



Delicious U-Pick Blueberries

THROUGH AUGUST 15TH

No Spray!

PICKED BLUEBERRIES ALSO AVAILABLE

30595 Wyatt Drive (next to Deterings) • Harrisburg
541-995-3445 • Monday-Saturday 8am-5pm

Aunt Louise's Blueberry Bars

1 cup flour
1 cup brown sugar
1/2 tsp salt
1/2 cup shortening
1 cup oatmeal

Mix and put 1/2 of mixture in 8x8 pan

Mix 2 1/2 Cups blueberries,
1/4 cup sugar
put in pan and sprinkle with remaining crumbs.

Bake 375 deg 45 min.

Hide from husband and kids.

Makes a great dessert, but I like 'em for breakfast!



PATRICK & GINI ARE BACK TOGETHER AT WESTEND TAVERN ON WEDNESDAYS (SEE MUSIC LISTINGS)

or seeking information about divorce, noon-1pm, Community Mediation Services, 93 Van Buren St., info at 2ndsaturday-eugene.org or 239-3504. \$25/4 classes.

Vegan Cooking Class, 6:30-8:30pm, Eugene Adventist Church, 1275 Polk St. FREE.

ON THE AIR "The Point," 9-9:30am, KPOV 88.9fm.

OUTDOORS/RECREATION Chess for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

Bike Riding for Seniors, weekly in-town rides, helmets required, 9:30am, from Campbell Center, 155 High St., reg. 682-5218. FREE.

Accessible Aquatics, swimming classes for individuals w/ disabilities, 10am, Amazon Pool, 2600 Hilyard St. \$7.

Aqua Nia, 10-11am, Tamarack Wellness Center, 3575 Donald St., pre-reg. at 686-9290. \$11.

Foursome Bridge for Seniors, noon-3:30pm, Campbell Community Center, 155 High St. \$0.25.

Cribbage for Seniors, 12:30-3pm, Petersen Barn Community Center, 870 Berntzen Rd. \$0.25.

Bingo for Seniors, 1-4pm, Campbell Community Center, 155 High St. \$0.25.

Yoga for Chronic Pain, 4:15-5:15pm, Willamette Medical Center, 2401 River Rd. \$10.

Kundalini Yoga Happy Hour, 5:30-6:30pm, YogaWest, 3635 Hilyard St. \$8.

Rock Climbing, 5:30-8:30pm, Art & Technology Academy, 1650 W. 22nd Ave., info at 682-5329. \$5.

Fusion Belly Dance w/Audralina, 6-7pm, TranZenDance Studio, 3887 Potter St. \$5-\$10.

Acrobatics, 7:30-8:30pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class

punchcard. First class FREE.

Pinball Tournament, 21+, 8pm, Blairally Vintage Arcade, 245 Blair Blvd., info at 335-9742.

Pool Hall continues. See Thursday, July 18.

SOCIAL DANCE Intro to Cuban Salsa Dancing: Styling & Musicality, 8pm, The Reach Center, 2520 Harris St., info at heidi@weiskel.org \$5.

SPIRITUAL A Course in Miracles Drop-In Study Group, 10-11:45am, Unity of the Valley, 39th & Hilyard, 914-0431. FREE.

Open Heart Meditation, noon, Unity of the Valley, 39th & Hilyard, info at open-your-heart.org.uk FREE.

"The Great Migration of the Solar Lineages," Hopi Elder Reveals Ancient Codices that confirm the migration of the Hopi people around the world, 7:30-10pm, Sarah Buddhist Center, 40th & Donald St., info at alan@stargateeugene.com or 342-8348. \$20 adv., \$25 door.

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(salad bar hours 9 am - 9 pm)
(hot bar hours 11 am - 8:30 pm)



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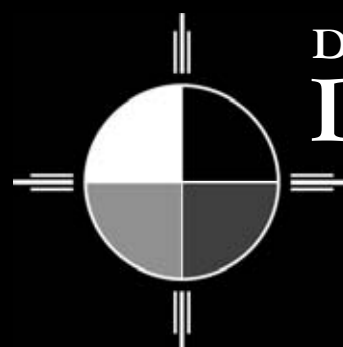
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