

Syndrome, 6-7:30pm, 105 W. O St., Spfd., info at 221-0900.

Occupy Medical Herb Group, 7-8:30pm, First United Methodist Church, 1376 Olive St., info at 343-2223. Donat.

Trivia Night, 7pm, Sharkeys Pub & Grill, 4221 Main St., Spfd.

Trivia at Supreme Bean, 7pm, 16 Tons Supreme Bean, 29th & Willamette St. FREE.

Bingo Night, 8pm, Rogue Public House, 844 Olive St. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 8pm, The Barn Light, 924 Willamette St. FREE.

KIDS/FAMILIES Lapsit Storytime, ages birth-3 w/adult, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Preschool Storytime, ages 3-6, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Kids: Create a Kite, 3pm, Bethel Branch Library, 1990 Echo Hollow Rd., info at 682-8316. FREE.

LECTURES/CLASSES Class for women recently widowed 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.

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

OUTDOORS/RECREATION Obsidians: trail maintenance at Spencer Butte, 2 miles, sign up obsidians.org.

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 Acquatics, swimming classes for individuals with disabilities, 10am, Amazon Pool, 2600 Hilyard St. \$7.

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

Drop-in Fitness: Zumba, 11:30am-1pm, Park Blocks, 8th & Oak St.

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.

Superhero Dodgeball, 6-8pm, Kesey Square, pre-reg. at secure.rec1.com/OR/playground-sports/reg.php \$30/team.

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 25.

SOCIAL DANCE Cuban Suelta II: Individual Salsa Dancing, intermediate level, previous experience required, 8pm, The Reach Center, 2520 Harris St., info at heidi@weiskel.org. \$10.

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.

THURSDAY

AUGUST 1
SUNRISE 6:01AM; SUNSET 8:36PM
AVG. HIGH 84; AVG. LOW 52

FARMERS MARKETS Lane County Farmers Market, 10am-2pm Thursdays through Sept. 26, Fifth St. Public Market.

FOOD for Lane County Youth Farm Stand at Riverbend, 2-6pm, Sacred Heart Medical Center's Riverbend Campus, 3333 Riverbend Dr., Spfd., food-forlanecounty.org. FREE.

FOOD/DRINK Wine tasting, 5-7pm, Supreme Bean Coffee Co., 2864 Willamette St. FREE.

The Corner Market continues. See Thursday, July 25.

GATHERINGS Group Acupuncture Clinic, 10am orientation, 10-11:30am clinic, Trauma Healing Project, 2222 Coburg Rd, Ste 300, 687-9447. Donat.

Eugene Metro Business Networking International, 11:30am, Downtown Athletic Club, 999 Willamette St., http://wkly.ws/159 \$12 lunch.

Downtown Public Speakers Toastmasters Club, drop-ins welcome noon-1:05pm, Les Lyle Conference Rm, Fourth floor Wells Fargo Bldg., 99 E. Broadway Ave., info at 485-1182. FREE.

InStove Public Tour, 5:30pm, InStove, 79099 Hwy. 99, Cottage Grove, info & RSVP at 942-9519 or instove.org. FREE.

Board Game Night, new players welcome, 6-11pm, Funagain Games, 1280 Willamette St., info at 654-4205. FREE.

Hearing Voices & Extreme States Support Group, 6pm, 1257 High St., upstairs, info at differentminds.us/eshv/ FREE.

Trivia Night, 7pm, Sixth Street Grill, 55 W. 6th Ave. FREE.

Doc's Pad Drag Queen Bingo w/ Trai La Trash, 8pm, Doc's Pad, 710 Willamette St. FREE.

Trivia Night, 8pm, Rogue Public House, 844 Olive St. FREE.

Trivia Night, 9pm, Sidebar, 1680 Coburg Rd.

KIDS/FAMILIES Wonderful Ones Storytime, 1-year-olds w/ caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE.

Kids: Create a Kite, 3pm, Sheldon Branch Library, 1566 Coburg Rd., info at 682-8316. FREE.

LECTURES/CLASSES Small Business Clinic: Ask the Experts, 5-7pm, downtown library, info & pre-reg. at 682-5450. FREE.

Summer Beginning Improv Workshop for Adults, 7-9pm, Thursdays through Aug. 29, Arcade Theater, 513 Main St., Cottage Grove, info at arcade.theater@opalcentercg.org. \$25/6 weeks & show.

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

"Arts Journal," current local arts, 9-10pm, Comcast Channel 29.

OUTDOORS/RECREATION Mahjong for Seniors, 1-4pm, Campbell Community Center, 155 High St. \$0.25.

Gentle Yoga, 5:30-6:30pm, Trauma Healing Project, 2222 Coburg Rd., STE 300, 687-9447. Donat.

Team Run Eugene adult track workout group, 6pm, ATA Track, 24th & Fillmore St. FREE.

Contact Juggling, 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.

Drop-in Kayaking, bring equipment, no instruction provided, ages 12 & up, 8-10pm, Echo Hollow Pool, 1655 Echo Hollow Rd. \$5

Hot Mamma's Club, 8:15pm, All That! Dance Company, 855 W. 1st Ave., info at 688-1523 or allthatdance@hotmail.com \$10.

Aqua Yoga continues. See Thursday, July 25.

Prenatal Yoga continues. See Thursday, July 25.

Walk with Us continues. See Thursday, July 25.

Pool Hall continues. See Thursday, July 25.

SOCIAL DANCE Yoga Dance Party & vegetarian dinner, 7pm, Alchemy Lotus Healing Center, 1380 W. 17th Ave., RSVP at yoginimatrix@gmail.com \$8.

Crossroads Blues Fusion Dance, 7:30-11:30pm, Just Breathe, 2868 Willamette St. #200, info at crossroadsbluesfusion.com.

Cuban Suelta I: Individual Salsa Dancing, no experience required, 8pm, Flex Studios, 1005 Oak Alley, info at heidi@weiskel.org. \$10.

SPIRITUAL Reiki Tummo Healing Clinic, 5:30-7:30pm, 1340 W. 17th Ave., call 914-0431 for appt. Donat.

Zen West meditation group, bringing practice home, beginners welcome, 7:30-9pm, Unitarian Universalist Church of Eugene, 1685 W. 13th Ave, info at 543-5344 or zenwesteugene@gmail.com Donat.

VOLUNTEER Care for Owen Rose Garden, bring gloves & small hand-weeding tools, instruction provided, noon-3pm, end of N. Jefferson St., 682-5025.

CORVALLIS

AND SURROUNDNG AREAS

SATURDAY, JULY 27: Albany Farmers Market, 9am-1pm, 4th & Ellsworth St., Albany, info at 740-1542.

Corvallis Farmers Market, 9am-1pm today & Wednesday, 1st & Jackson St., info at 740-1542.

WEDNESDAY, JULY 31: Corvallis Farmers Market continues. See Saturday.

ATTENTION

OPPORTUNITIES

Applications are now available for the 2013 SLUG Queen Competition. Deadline to apply, Aug. 2, contest Aug. 9. email kimstill@eugenesaturdaymarket.org for application & info.

Are you interested in Lane County's culture & want to take a vital role in its future? The Lane County Cultural Coalition (LCCC) is looking to fill two board member openings in the South Eugene & one each in the Springfield and East Lane districts. Visit laneculture.net for more info & apps.

Lane County Cultural Coalition is offering a second round of Cultural Opportunity Grants for 2013 projects occurring during the 2014 calendar year, deadline for app. submissions is Tuesday, October 15, by 5pm, visit laneculture.net for more info.

"Salon du Peuple" call to artists: an open-non juried art exhibition. Submissions for the show, which takes place on Thursday, Aug. 22, will be accepted at New Zone Gallery, 164 W. Broadway Ave., on Saturday, Aug. 17, entry fee of \$10/submission.

WER-FM is offering free air time to females for their products, services, stories, retaped interviews, and/or music, send audio to info@jfilmand-music.com.

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