



THESE BIRDS WALK SHOWS AT BIJOU METRO ON THURSDAY, NOV. 28

Aerial Yoga, adult classes, 6-7pm, Bounce Gymnastics & Circus Arts Center, 329 W. 3rd Ave., 343-4222. \$10 first class, \$15 drop-in.

Tricycle Racing, cash & prizes for winners, 9pm, McShane's Bar & Grill, 86495 College View Rd. FREE.

Pool Hall continues. See Thursday, Nov. 21.

**SOCIAL DANCE** Joy of Hula Community Dance, family friendly, 6:30pm, 1400 Lake Dr., info at 688-4052.

Beginning Samba class, 6:45-7:45pm, Celebration Belly Dance & Yoga Studio, info at 255-9253. \$10.

Eugene Folk Dancers, weekly international folk dancing, 6:45pm lessons, \$3; 7:45pm dance, \$3, Willamalane Adult Activity Center, 215 W. C St., Spfd., 344-7591.

**SPIRITUAL** Contentment in Everyday Life, 5-week class, through Nov. 26, 7-8:30pm, Shambhala Meditation Center, 100 W. Q St., Spfd., call 214-1314. \$10/class.

Buddhist Teachings on Death & Dying, 7:45-9pm, Eugene Zendo, 2190 Garfield St. FREE.

## WEDNESDAY

**NOVEMBER 27**  
SUNRISE 7:24AM; SUNSET 4:37PM  
AVG. HIGH 49; AVG. LOW 36

**COMEDY** Quackin' Me Up Comedy Competition, 8-10pm, through Nov. 20, Studio 44, 44 E. 7th Ave. \$5.

**FILM** Movie Group: *One Flew Over the Cuckoo's Nest*, 1pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. FREE.

**FOOD/DRINK** Sweetwater Farm Stand, fresh farm produce, products & recopes, 4-6pm, 1243 Rainbow Dr.

The Corner Market continues. See Thursday, Nov. 21.

Coast Fork Farm Stand continues. See Saturday.

**GATHERINGS** Thanksgiving Assembly, highlighted work by 2nd through 8th graders, 11am-12:30pm, Eugene Waldorf School, 1350 McLean Blvd. FREE.

Optimal Technology Lunch, learn to control information technology, web development & more, noon-1pm, Executive Suites, 380 Q St., Spfd. FREE.

Fall Grief & Bereavement Support Group, 6-week series, 3-4:30pm through Oct. 30, South Lane Mental Health, 1245 Birch Ave., Cottage Grove, info & pre-reg. at 767-4197. FREE.

Teen Gaming, weekly through Nov. 20, 3:30-5:30pm, Sheldon Branch Library, 1566 Coburg Rd., info at 682-8316. FREE.

Peace Vigil, 4:30pm, 7th & Pearl. FREE.

Foreclosure Defense Meeting, 5-7pm, Growers' Market, 454 Willamette St., info at 844-8280. FREE.

Co-Dependents Anonymous, women-only 12-step meeting, 6-7pm, St. Thomas Episcopal Church, 1465 Coburg Rd., south entrance. FREE.

NAMI Connections Support Group for individuals w/mental illness, 6pm, NAMI Office, 76 Centennial Loop., Ste A, 209.

Support Group for People Who Have Loved Ones w/Asperger's Syndrome, 6-7:30pm, 1283 Lincoln St.

Pregnancy & Postpartum Mental Wellness Support Group, 6:30pm, McKenzie Willamette Hospital, 1460 G St., Spfd., call 1-800-896-0410. FREE.

Co-Dependents Anonymous, men-only 12-step meeting, 7-8pm, McKenzie Willamette Hospital, 1460 G St., Spfd., east entrance, info at 913-9356. FREE.

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

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

Trivia Night, 7-9pm, The Cooler, 20 Centennial Loop. FREE.

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

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, 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.

Sensory Storytime, for children w/sensory integration needs w/caregivers, 1pm, downtown library, 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.

**LGBTQ** Ophelia's Place Meeting, for LGBTQIA youth, 4-6pm, through Dec. 12, Ophelia's Place, 1577 Pearl St. Ste 100. FREE.

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

**OUTDOORS/RECREATION** Obsidians: Amazon Headwaters/Spencer Butte, 6 miles, reg. at obsidians.org.

Active & Restorative Yoga Blend, 7-8:30am, Just Breathe, 2868 Willamette St. Ste 200., call 343-3770. \$11.

Yoga in the Morning, 7:30-8:45am, Eugene Chiropractic Group, 131 E. 11th Ave., call 343-3455. \$11.

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.

Tai Chi for Balance 1 & 2, 9:45am & 11am, River Road Annex, 1055 River Rd. \$4.

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

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

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