

Ophelia's Place, 1577 Pearl St. Ste 100, pre-reg. at 284-4333. \$5 don.

Qigong for Health, 4:30pm, Willamalane Adult Center, 215 W. C St., Spfd. \$4.

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

"Monday Flex" Zumba, 6-7pm, Denbaya Studio, 1325 Jefferson St. First class \$5, drop-in \$10.

Beginners Evening Yoga, 6-30pm today & Wednesday, Willamalane Adult Center, 215 W. C St., Spfd. \$4.

Zumba Dance Fitness Class, 7-8pm, Eugene Ballet Academy, 1590 Willamette St. \$10 drop-in.

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.

Pool Hall continues. See Thursday, Feb. 13.

Pinocle for Seniors continues. See Friday.

SOCIAL DANCE International Folk Dance Lessons, 2:30-4pm, Campbell Senior Center, 155 High St., 682-5318, \$0.25.

Beyond Basics & Advanced Beyond Basics, 7-8pm, The Vet's Club, 1626 Willamette St.

Scottish Country Dance w/Robert & Leone, all dances taught; reels, jigs, strathspeys, 7-9pm, Studio B, 1590 Willamette St., info at 935-6051. \$15/month.

SPIRITUAL Discovering Your True Nature through the Teachings of the Mystics, 1-2:30pm, Unity of the Valley, 39th & Hilyard, email mercyskiss@efn.org. FREE.

Open Heart Meditation, 5:30-6:30pm, 1340 W. 17th Ave., info at 914-0431. Don.

Beginning Level Samatha Meditation Class, drop-ins welcome, 6-7pm, Saraha Buddhist Temple, 477 E. 40th Ave. \$10 sug. don.

Tibetan Meditation Class, 7:30-8:30pm through Feb. 17, Just Breathe Yoga, 2868 Willamette St. Ste 200. Don.

TUESDAY

FEBRUARY 18
SUNRISE 7:07AM; SUNSET 5:47PM
AVG. HIGH 52; AVG. LOW 35

ARTS/CRAFTS Beading Circle, 3-6pm, Harlequin Beads & Jewelry, 1027 Willamette St., FREE.

FOOD/DRINK New Beer Release, 6pm, Oakshire Public House, 207 Madison St., call 654-5520. FREE.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Original Pancake House, 782 E. Broadway, call 343-3743. FREE.

NAMI Connections, peer support group for people living with mental illness, 3:30-5pm, First United Methodist Church, 1376 Olive St. FREE.

WACAC, a new adult chorus, 5:30-7pm, The Shedd, info & reg. at 687-6526.

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

Shuffleboard & Foosball Tournament, 6pm, The Barn Light, 924 Willamette St. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45 pm, Northwest Community Credit Union, 3660 Gateway St., info at toddk.pe@gmail.com. FREE.

Adult Children of Alcoholics Meeting, 7-8pm, Santa Clara Church of Christ, 175 Santa Clara Ave., Santa Clara.

Lively Introduction to Meditation, instruction & support for

developing meditation practice, facilitated by Lisa-Marie DiVincent, 7-9pm, location & reg. at 484-7366. Don.

Local Talent Show, bring your talents, 7-10pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Oakridge Bingo, proceeds go to local organizations, 7pm, Big Mtn. Pizza, 47527 Hwy. 58, Oakridge. \$5/4 cards.

Trivia Night, 7-9pm, LaVelle Tap Room, 400 International Way. FREE.

Tricycle Races, 9pm, McShanes, 86495 College View Rd. FREE.

KIDS/FAMILIES Terrific Twos Storytime, for 2-year-olds w/ caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE.

LECTURES/CLASSES Pest & Soil Management, 1pm, Eugene Garden Club, 1645 High St., call 688-1256. FREE.

Myths for Our Time Writing Workshop, girls ages 10-18, 4:30-5:30pm through March 18, Ophelia's Place, 1577 Pearl St., pre-reg. at 284-4333. \$25-\$50/9 workshops.

"Discovering David Douglas," w/ Ed Alverson, 7pm, OSU Extension Office, 996 Jefferson St. Don.

"Growing Bamboo," 7pm, Fern Ridge Library, 88026 Territorial Hwy., Veneta, call 935-7512. FREE.

"No More Deaths: Humanitarian Aid Is Never a Crime," 7pm, Ben Linder Room, EMU, UO Campus. FREE.

LITERARY ARTS Windfall Reading: Writers Henry Hughes & Jenny Root, 5:30pm, downtown library, call 682-5450. FREE.

ON THE AIR "The Point," 9-9:30am, KPOV 88.9FM. Anarchy Radio w/John Zerzan, 7pm, KWVA 88.1FM.

Taste of the World w/Wagoma continues. See Saturday.

OUTDOORS/RECREATION Climate Warm-Up Walk, talk about global climate change & next year's cross-country march to inspire action, 8am, EWEB, 500 E. 4th Ave.

Pinocle for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

Tuesday Morning Regulars, 9am-noon, Hendricks Park Rhododendron Garden. FREE.

Tai Chi for beginners w/Suman Barkhas, 11:30-noon, Sacred Heart Medical Center at Riverbend, 3333 Riverbend Dr., Spfd., info at 515-0462.

Scrabble for Seniors, 1-3pm, Campbell Community Center, 155 High St. \$0.25.

OBRA Criterium, bike ride, 1K flat oval course, 5:30pm, Greenhill Technology Park, W. 11th & Terry, reg. 521-6529. \$15 per race, \$50 per month.

Prenatal Yoga, 5:30-6:45pm, Core Star Center, 439 W. 2nd Ave., 556-7144. \$10, \$48 for 6 classes, sliding scale.

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

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

"Tuesday Tempo" Zumba, 6-7pm, Reach Center, 2520 Harris St. First class \$5, drop-in \$10.

Zumba Dance Fitness Class, 7-8pm, Eugene Ballet Academy, 1590 Willamette St. \$10 drop-in.

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

Pool Hall continues. See Thursday, Feb. 13.

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

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 Learn Zen Meditation, instructional classes based on text by Dogen, 7-9pm, Eugene Zendo, 2190 Garfield St., call 302-4576. FREE.

WEDNESDAY

FEBRUARY 19
SUNRISE 7:06AM; SUNSET 5:48PM
AVG. HIGH 52; AVG. LOW 35

COMEDY Comedy Open Mic w/ Mac Chase, 9pm, Tiny Tavern, 394 Blair Blvd. FREE.

FILM Footrot Flats, 1pm, Willamalane Adult Activity Center, 207 W. C St. FREE.

International Film Night, 7-10pm, Cush Cafe, 1235 Railroad Blvd. FREE.

FOOD/DRINK The Corner Market, fresh local produce, noon-6pm, 295 River Rd., 513-4527.

Sweetwater Farm Stand, fresh farm produce, products & recipes, 4-6pm, 1243 Rainbow Dr. Coast Fork Farm Stand continues. See Saturday.

GATHERINGS Employer Protection Seminar, noon-1:30pm, LCC Downtown, 101 W. 10th Ave. FREE.

Your Body, Your Sexuality Group, ages 14-18, 4-5pm through March 12, Ophelia's Place, 1577 Pearl St. Ste 100, pre-reg. at 284-4333. 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., call 221-0900 for info.

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, 7pm, 16 Tons, 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.

Family Board Game Night, 6pm, Castle of Games, 660 Main, Spfd. FREE.

LECTURES/CLASSES Class for women recently widowed

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"Off-the-charts energy."
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February 26

7:30 pm

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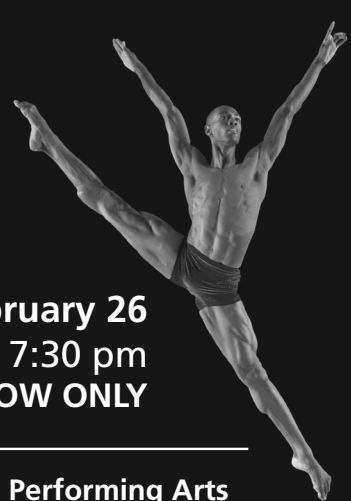


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