

CALENDAR

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.

Class for women recently widowed or seeking information about divorce, noon-1pm, Community Mediation Services, 93 Van Buren St., info at 2ndsaturdayeugene.org or 239-3504. \$25/4 classes.

One-on-One Computer Help, 2:30-3:30pm, downtown library. FREE.

Sit, Stand & Kneel: Maintain Your Mobility, 5:30pm, downtown library. FREE.

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

OUTDOORS/RECREATION Obsidians: Amazon Headwaters/ Spencer Butte, 6.2 miles. Reg. at obsidians.org.

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.

Gentle Yoga, 9:30-10:30am, Trauma Healing Project, 2222 Coburg

Rd. Ste 300, call 698-9447. \$5, scholarships available.

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

Accessible Aquatics, 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.

Basic Adult Zumba, 10-11am, Xcape Dance Academy, 420 W. 12th Ave. \$10 drop-in.

Aerial Yoga, adult classes, 11am-noon, Bounce Gymnastics & Circus Arts Center, 329 W. 3rd Ave., 343-4222. \$10 first class, \$15 drop-in.

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 & Tae Kwon Do combo class, 4pm, Alchemy Lotus Healing Center, 1380 W. 17th Ave., info at 286-0000 or yoginimatix@gmail.com. \$5 sug. don.

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.

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.

Beginners Evening Yoga continues. See Monday.

Pool Hall continues. See Thursday, April 3.

SOCIAL DANCE Cajun/Zydeco Dance, 6:30-9pm, New Day Bakery, 449 Blair Blvd., call 344-0748. \$3 don.

SPIRITUAL The Seth Books as Channeled through Jane Roberts, email SethGroup@Live.com for time & location. FREE.

Uganda made headlines recently with its anti-gay law, signed off by Ugandan President Museveni. This week, aid programs around the world are halting or threatening to halt their financial assistance, but the cuts in aid will be felt most strongly by the poorest in the country. Initiatives like the Child and Elderly Support Organization in Uganda still need help to provide basic services for Ugandans in need of food, water and shelter. **United for Uganda: A Night of Laughter, Lyrics and Love** will feature music and comedy by local entertainers, including David Helfand, Marian Pearl, Cress Bates, Gina Ginsberg and Short Order Kooks, and 100 percent of the proceeds will go toward aiding children and the elderly in Uganda.

United for Uganda is 6-10pm Saturday, April 5, at Cozmic, 199 W. 8th Ave. \$5-\$40 sug. don. — *Amy Schneider*

THURSDAY

APRIL 10
SUNRISE 6:38AM; SUNSET 7:51PM
AVG. HIGH 60; AVG. LOW 39

BENEFITS Sweets for SASS, benefit for Sexual Assault Support Services, all day, Red Wagon Creamery, 55 W. Broadway. Don.

FOOD/DRINK Salute to Samuel Smith Brewery, free samples, 5-9pm, The Bier Stein, 1591 Willamette St.

GATHERINGS Board Game Night continues. See Thursday, April 3.

Doc's Pad Drag Queen Bingo w/ Karess continues. See Thursday, April 3.

Downtown Public Speakers Toastmasters Club continues. See Thursday, April 3.

Duke Marmalade's Campfire Variety Hour continues. See Thursday, April 3.

Eugene Metro Business Networking International continues. See Thursday, April 3.

Group Acupuncture Clinic continues. See Thursday, April 3.

McKenzie Milky Mamas continues. See Thursday, April 3.

Trivia Night at Sidebar continues. See Thursday, April 3.

PADAL POWER music
Presents
SOL SEED
"FAMILY TREE" ALBUM RELEASE SHOW
EUGENE WEEKLY'S
NEXT BIG THING



Cozmic
SPECIAL GUEST:
CONNAH J
FRIDAY | APRIL 11TH | \$6
DOORS @ 8PM | MUSIC @ 9PM

Logos for various sponsors: Eugene Weekly, Cozmic, and others.



FOOD
For Lane County

ornamental and edible
perennials • berries •
bedding plants • shrubs
• herbs • organically
grown veggies, flowers
and herbs



to benefit FFLC Gardens
foodforlanecounty.org
(541) 343.2822
SNAP accepted for edible plants

spring plant sale • saturday april 5 10-5 • grassroots garden 1465 coburg rd



Evergreen Nutrition
Eugene's Most Complete
Vitamin Store
1653 Willamette
evergreennutrition.com
541-485-5100
FREE OFF-STREET PARKING
M-F 9-6
SAT 10-5 SUN 11-5

**Bone Builders
ON SALE IN APRIL**

Lane County
FARMERS MARKET
SATURDAY FARMERS MARKET
BEGINS **APRIL 5** 9AM TO 3PM
8th & Oak Street, Downtown Eugene

