



Square dance is alive and well, and not just at county fairs. Catch the last **Multi-caller Square Dance Hoedown** of the season at Plank Town Brewing, where The Slippery Slope String Band will contribute its melodic combo of banjo, fiddle, guitar and cello to accompany all that swinging and promenading. Never squared-danced before? Not a problem. Experienced dancers are there to lend a helping hand, and each dance is explained beforehand, so everyone can participate. Bring a partner to swing round and round or find one at the dance.

The Multi-caller Square Dance Hoedown is 9-11pm Saturday, May 3, at Plank Town Brewing, 346 Main St., Spfd. \$3-\$5 sug. don. — *Amy Schneider*

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.

The Work of Byron Katie Inquiry Group, change your thinking, change your life, 6:30pm, call 686-3223 for location. 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, 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.

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.

LECTURES/CLASSES Depression Recovery Workshop, w/Mike Meyer, 11:30am-1pm, WOW Hall, 8th & Lincoln, call 503-680-6576. \$45, or sliding scale.

iPad for Beginners, 2:30pm; Anyone Can Draw, 5:30pm; downtown library, call 682-5450. FREE.

Oregon for the Curious, w/Bill Sullivan, 7pm, Tsunami Books, 2585 Willamette St. FREE.

"The Search for Life on Other Planets," w/Chris McKay, 7pm, Lillis Business Complex 282, UO Campus. 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 yoginimatrix@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, May 1.

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

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

Open Heart Meditation, noon, Unity of the Valley, 39th & Hilyard, info at 914-0431. FREE.

THURSDAY

MAY 8

SUNRISE 5:55AM; SUNSET 8:24PM
AVG. HIGH 66; AVG. LOW 42

BENEFITS Indoor Picnic Supper & Concert, benefit for First Family, 6pm, St. Mary's Catholic Church, 1062 Charnelton St. Don.

DANCE Student Dance Concert, 8pm, Gerlinger Annex, UO Campus, call 346-4363 for tix. \$10, \$5 stu. & sr.

FILM *Gasland II*, 7pm, Garden Club, 1645 High St. FREE.

Iranian Film Series continues. See Monday.

FOOD/DRINK It's Mai Party, Ayinger Brewery tapping, free samples, 5-9pm, The Bier Stein, 1591 Willamette St.

GATHERINGS Homeschool Book & Curriculum Sale, cash only, 1-3:30pm, 6680 Hurston Rd., Spfd., email curriculumssale@mail.com. FREE.

Spring Girlz Nite Out, Third Annual Hat Event Contest, 4-8pm, The Courtyard on 6th, 264 W. 6th St., Junction City, call 234-2160. FREE.

Talk w/Lady Jangchup Palmo, 6:30-8pm, Ragozzino Performance Hall, LCC Main Campus. \$10 sug. don.

Board Game Night continues. See Thursday, May 1.


Doc's Pad Drag Queen Bingo w/ Karess continues. See Thursday, May 1.

Downtown Public Speakers Toastmasters Club continues. See Thursday, May 1.

Duke Marmalade's Campfire Variety Hour continues. See Thursday, May 1.


Eugene Metro Business Networking International continues. See Thursday, May 1.

Group Acupuncture Clinic continues. See Thursday, May 1.



Transforming Adversity into Opportunity


A Public Talk by Lady Jangchup Palmo – A Tibetan woman of wisdom who spent 16 years meditating in a cave in the Himalayas and was instrumental in bringing His Holiness the Dalai Lama to Matt Court last May.



Thursday, May 8, 2014 • 6:30-8 p.m.

Lane Community College, Main Campus
Ragozzino Performance Hall

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