

tion 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. FREE, don. accepted.

"Managing Depression through Ayurveda," w/Dr. Hari, 7-8:30pm, Trauma H at Heeran Center, 2222 Coburg Rd. \$8-\$28 sug. don.

"We the People Rising Up: Rejecting Corporate Control One Community at a Time," w/ Thomas Linzey, 7:30-9pm, The Shedd, 868 High St. \$10 sug. don.

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.

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.

Pool Hall continues. See Thursday, May 29.

Beginners Evening Yoga continues. See Monday.

Original Method Tai Chi & Qigong in the Park continues. See Wednesday.

SPIRITUAL 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
JUNE 5
SUNRISE 5:31AM; SUNSET 8:52PM
AVG. HIGH 70; AVG. LOW 46

FOOD/DRINK "Test Your Wit," blind tasting & prizes, 6-9pm, The Bier Stein, 1591 Willamette St.

GATHERINGS Hearing Voices & Extreme States Support Group, 6pm, First United Methodist Church, 1376 Olive St., see differentminds.us/eshv. FREE.

Board Game Night continues. See Thursday, May 29.

Doc's Pad Drag Queen Bingo w/ Kares continues. See Thursday, May 29.

Downtown Public Speakers Toastmasters Club continues. See Thursday, May 29.

Eugene Metro Business Networking International continues. See Thursday, May 29.

Group Acupuncture Clinic continues. See Thursday, May 29.

McKenzie Milky Mamas continues. See Thursday, May 29.

Trivia Night at Sidebar continues. See Thursday, May 29.

KIDS/FAMILIES Wonderful Ones Storytime continues. See Thursday, May 29.

LECTURES/CLASSES Genealogy: Next Steps, 1:30pm; Small Business Clinic: Ask the Experts, 5-7pm; Windfall: The Booming Business of Global Warming, 6pm; downtown library. FREE.

Alison Weir Talk on Relationship between U.S. & Israel, 7pm, Downtown Athletic Club, 999 Willamette St. FREE.

"Home Remedies for Common Ailments," w/Dr. Hari, 7-8:30pm, Trauma H at Heeran Center, 2222 Coburg Rd. \$8-\$28 sug. don.

Music & Dance Workshops w/ Taller de Son Jarocho continues. See Thursday, May 29.

LITERARY ARTS Mid-Valley Willamette Writers Author Celebration, 7-9pm, Tsunami Books, 2585 Willamette St. Children's book donation.

ON THE AIR "Arts Journal" continues. See Thursday, May 29.

"The Point" continues. See Thursday, May 29.

OUTDOORS/RECREATION Aerial Yoga continues. See Thursday, May 29.

Aqua Yoga continues. See Thursday, May 29.

Contact Juggling continues. See Thursday, May 29.

Drop-in Kayaking continues. See Thursday, May 29.

Gentle Yoga continues. See Thursday, May 29.

Hot Mamma's Club continues. See Thursday, May 29.

Mahjong for Seniors continues. See Thursday, May 29.

Prenatal Yoga continues. See Thursday, May 29.

Pool Hall continues. See Thursday, May 29.

Team Run Eugene continues. See Thursday, May 29.

Walk with Us continues. See Thursday, May 29.

Yoga Weight Management continues. See Thursday, May 29.

SOCIAL DANCE Crossroads Blues Fusion Dance continues. See Thursday, May 29.

Square Dancing continues. See Thursday, May 29.

Yoga Dance Party & Vegetarian Dinner continues. See Thursday, May 29.

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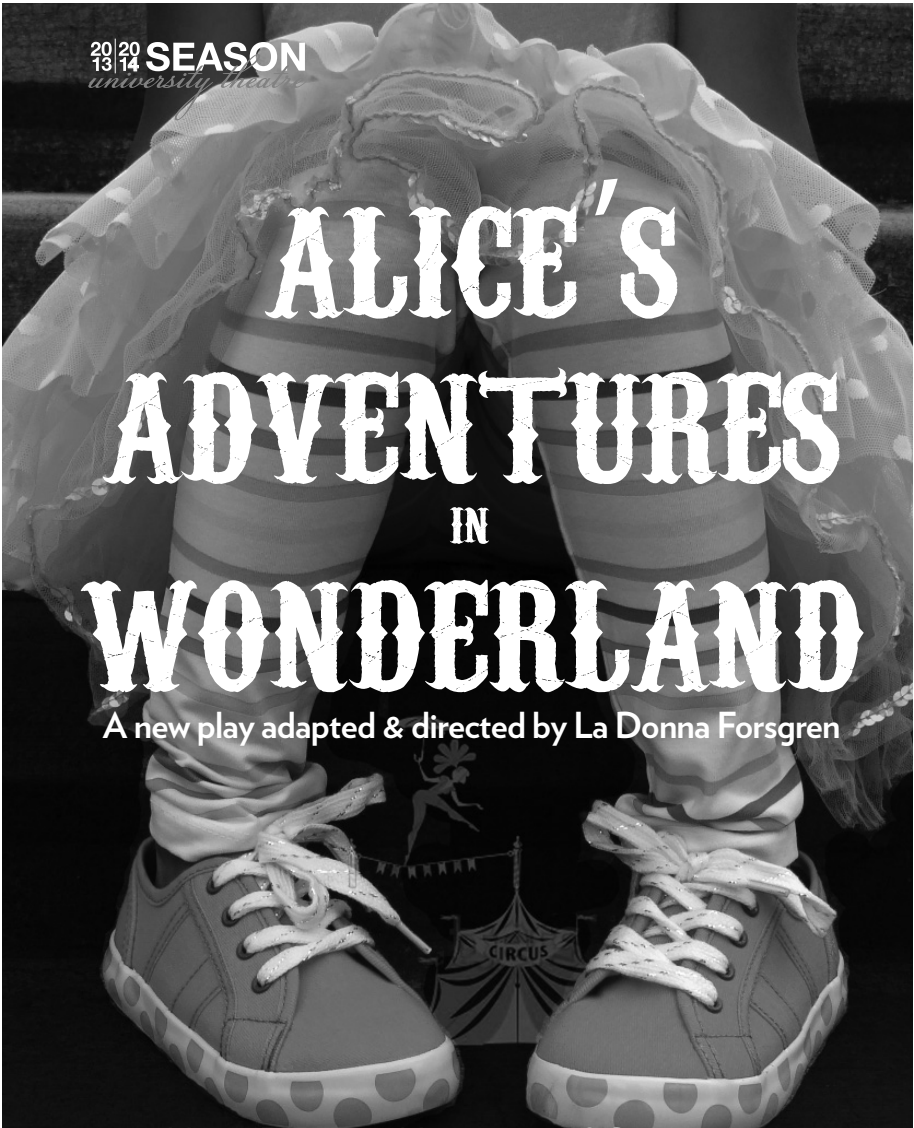
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