healers, 1-4pm, Harmonic Health, 150 Shelton McMurphey Blvd. Ste 206. FREE.

ON THE AIR "The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

Sentinel Radio broadcast, 7am, KPNW 1120AM.

OUTDOORS/RECREATION Blackberry bRamble, known for its scenic route, extraordinary food at rest stops, reliable support & free blackberry pie & ice cream at the finish, all rides take off from Hilyard Community Center, 2580 Hilyard St., see eugenegeears.org/bramble. $39-$49.

Vinyasa Yoga, mixed levels, 9-10:15pm, Everyday People Yoga, 352 W. 12th Ave., See epyogaeugene.com. Don.

Basic Adult Zumba, 11am-noon, Reach Center, 2520 Harris St. $10 drop-in.

Family Blackberry Raft, float along the Willamette & stop to pick blackberries, 11am-4:30pm, River House Community Center, 301 N. Adams St. $30. Reg. at eugene-or.gov.

Restorative Yoga, mixed levels, noon-1pm, Everyday People Yoga, 352 W. 12th Ave., See epyogaeugene.com. Don.

Prenatal Yoga w/Simrat, 3-4:30pm, Yoga West Eugene, info at 337-8769. $8 drop-in, $7 stu.

Foosball League, free play 4-6pm & 8pm-midnight, league 6-8pm, The Barn Light, 924 Willamette St., info at thebarnlight@gmail.com. FREE.

Drop In Yoga, all levels, 5-6:15pm, Eugene Yoga, 3575 Donald St., See eugeneyoga.us. $5.

Zumba Dance Fitness Class, 5:30-6:30pm, Eugene Ballet Academy, 1590 Willamette St. $10 drop-in.

SOCIAL DANCE Sunday Jam: Dancin' in the Park, local DJs spin funk & soul in the sun, 2-6pm, Sladden Park, N. Adams & Cheshire. FREE.

Tango Milonga, 3-5pm lessons, $12; 5-7pm dance, $5, Reach Center, 2520 Harris St.

Cuban Salsa, 5pm lesson, 6pm social dance, Courtsports, 2728 Pheasant Blvd., Spfd., See eugenecasineros.com for info. $2 sug. don.

La Milonguita, Argentine Tango Social Dance, no partner necessary, 5-7pm, Reach Center, 2520 Harris St. $5 dance, watch for FREE.

Veselo Folk Dancers, weekly international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 683-3376. $3.

SPIRITUAL Buddha Path Practice, 10:30am-noon, Celebration Belly Dance & Yoga, 1840 Willamette St. Ste 206, email dzogchenbuddhafoundation@gmail.com. FREE.

Dharma Practice, meditation, readings, discussion & more, 10:30am, 1840 Willamette St. Ste 206. FREE.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OTO, 4065 W. 11th Ave. #43, info at coph-nia-oto.org.

THEATER *Gentlemen Prefer Blondes* continues. See Friday.

Leader of the Pack continues. See Friday.

Antony & Cleopatra continues. See Saturday.

VOLUNTEER Civic Stadium Work Party, bring gloves, water & hand tools, 10am-noon, Civic Stadium. FREE.

MONDAY

AUGUST 4

SUNRISE 6:04AM; SUNSET 8:32PM
AVG. HIGH 84; AVG. LOW 52

ARTS/CRAFTS MuseArt, draw/paint local musicians, 5-7pm, Cozmic, 199 W. 8th Ave. $5 sug. don.

BENEFITS Pints Gone Wild, benefit for Cascadia Wildlands, w/ Gaye Lee Russell & Her Badass Band, noon-9pm, Ninkasi Tasting Room, 272 Van Buren

FILM Movie Night, 9pm, The City, 2222 MLK Jr. Blvd. FREE.

GATHERINGS Eugene Lunch Bunch Toastmasters, learn public speaking in a friendly atmosphere, noon, 101 W. 10th Ave. Room 316, call 341-1690.

Oregon Department of Human Services Town Hall Meeting, 1-3pm, LCC Center for Meeting & Learning, LCC Campus, pre-reg. at DHS.DirectorsOffice@dhsoha.state.or.us. FREE.

Pine Needle Basket Guild, share ideas & techniques, 1:30-4pm, The Crafty Mercantile, 517 E. Main, Cottage Grove, call 514-0704. FREE.

Overeaters Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th Ave. FREE.

Auditory Art Extravaganza, bring art supplies, 7-11pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Board Game Night, hosted by Funagain Games, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com. FREE.

Empathy Cafe, evolve your talk, learn compassionate nonviolent communication in a group,