

"Migraines—Safe, Natural Treatment & Prevention w/out Medication," w/Zachary Corbett, 5:30pm today & Wednesday, 132 E. Broadway Ste 312. FREE.

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

OUTDOORS/RECREATION Drop In Yoga/Sunrise Yoga, 6:15-7:15am, Eugene Yoga, 3575 Donald St., See eugeneyoga.us. \$5.

Hatha Yoga Basics, 7-8:15am, Eugene Chiropractic Group, 131 E. 11th Ave., call 343-3455. \$11.
Chair Yoga, 7:30-8:30pm, Eugene Chiropractic Group, 131 E. 11th Ave., call 343-3455. \$11.

Basic Adult Zumba, 10-11am, On the Move Fitness, 519 Main, Spfd. \$10 drop-in.

Gentle Yoga, 11am-noon, Trauma Healing Project, 2222 Coburg Rd, Ste 300, 687-9447. \$5, scholarships available.

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.

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

McKenzie Flyfishers Meeting, w/John Rodriguez, 6-9pm, Lewis & Clark Catering Co., 2210 Martin Luther King Jr. Blvd., see mckenzieflyfishers.org. FREE, dinner \$17.

Original Method Tai Chi & Qigong in the Park, 6-8pm today & Wednesday, Sladden Park, call 708-1163. \$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, Aug. 14.

Pinochle for Seniors continues. See Friday.

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

West Coast Swing, lessons & dance, 7-10:30pm, 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.

TUESDAY

AUGUST 19
SUNRISE 6:21AM; SUNSET 8:10PM
AVG. HIGH 83; AVG. LOW 51

FARMERS MARKETS Lane County Farmers Market, 10am-3pm, 8th & Oak.

FILM Movies in the Garden: *Back to the Future*, 7pm doors, Village Green Resort, 725 Row River Rd., Cottage Grove. \$2.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Downtown LCC Campus 108, 101 W. 10th Ave., call 343-3743. FREE.

Church Women United Breakfast, 7am, 17th & Willamette, call 554-2546. FREE, breakfast extra.

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

Wine & Cheese After-Work Chorus, 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.

Global Warming & Jobs Town Hall, w/Tom Potiowsky, Jenny Liu & Jeff Renfro, 6-7:30pm, LCC Downtown Campus, 101 W. 10th Ave. 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.

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.

Trivia Night, includes prizes, 7pm, White Horse Saloon, 4360 Main, Spfd. FREE.

Co-Dependents Anonymous 12-step Meeting, 7-8pm, Valley Methodist Church, 25133 E. Broadway, Veneta. FREE.

Open Mic Poetry, 7:30pm sign-up, Cush Cafe, 1235 Railroad Blvd., call 393-6822. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Starlight Lounge, 830 Olive St. 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.

Marimba Camp for Youth continues. See Monday.

LECTURES/CLASSES Galaxies: Huge Star Cities in Deep Space, w/Rich Kang, 6pm, downtown library. FREE.

"For the Love of Horses!" w/ Rita Schlime, 7pm, Fern Ridge Library, 88026 Territorial Hwy., Veneta. FREE.

Rock Climbing Basics, 7pm, REI, 306 Lawrence St. FREE.

Cloth Diaper Demonstration Class continues. See Saturday.

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

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

OUTDOORS/RECREATION Pinochle for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

Basic Adult Zumba, 10-11am, On the Move Fitness, 519 Main, Spfd. Drop-in \$10.

Zumba w/Shelly, 10:45-11:45am, Celebration Belly Dance & Yoga, 1840 Willamette St. #206. \$8 drop-in.

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.

Cycling for Veterans, 5:30-7:30pm through Aug. 26, Maurice Jacobs Park. FREE.

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.

The Tap & Growler Running Group, 6pm, Tap & Growler, 207 E. 5th Ave., call 505-9751. FREE.

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

Basic Adult 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, Aug. 14.

SOCIAL DANCE 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.

Bailonga: Argentine Tango Milonga, 8-11pm, Vet's Club, 1626 Willamette St. \$4-\$8.

SPIRITUAL Relationship w/Sacred Texts, instructional classes based on text by Dogen, 7-9pm, Eugene Zendo, 2190 Garfield St., call 302-4576. FREE.

VOLUNTEER Eugene Park Stewards Rhododendron Garden Work Party, 9am-noon, Hendricks Park Rhododendron Garden. FREE.

WEDNESDAY

AUGUST 20
SUNRISE 6:22AM; SUNSET 8:09PM
AVG. HIGH 82; AVG. LOW 51

ARTS/CRAFTS Painting Competition & Try-It-Yourself Art, 5:30-8:30pm, Kesey Square, call 682-2057. FREE.

Figure Drawing from Life, open model sessions, 6:30-9pm, Emerald Art Center, 500 Main, Spfd. \$5.

BENEFITS "Art in the Attic," fundraiser for Jordan Schnitzer Museum of Art, 11am-6pm, Oakway Center Heritage Courtyard. Don.

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

FARMERS MARKETS 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.

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

GATHERINGS 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.

Peace Vigil, 4:30pm, 7th & Pearl. FREE.

Temple Beth Israel Mid-Week Community Picnic, 5:30pm, Tugman Park, call 485-7218. FREE.

Co-Dependents Anonymous, women-only 12-step meeting, 6-7pm, St. Thomas Episcopal Church, 1465 Coburg Rd., south entrance. FREE.

VLT 85th SEASON!

The Very Little Theatre
presents

LEADER OF THE PACK

1960s Jukebox Musical by
Anne Beatts, Ellie Greenwich,
Jack Heifner, & Melanie Mintz
Directed by Peg Major

FINAL WEEKEND!
August 14-16

Tix: \$20 (\$15 for Thursdays)
Box office open 2:00-5:30
Wed.-Sat., 2350 Hilyard St.

Tix on-line at www.TheVLT.com

541-344-7751



Thursday, August 14 • 8-11

Dirty Spoon

Friday, August 15 • 7:30-10:30

Breakers Yard

Saturday, August 16 • 7:30-10:30

Paul Prince & Ken Sokolov

ALL SHOWS 21 AND OVER, FREE

28 Beer Taps & 8 NW Wine Taps

Join us for lunch, dinner & late night.

First National Taphouse

51 W. Broadway | 541-393-6517

Crescent Park SENIOR LIVING

Please join us for an

INFORMATIONAL MEETING

about our new community!

Opening
Fall
2014



WHAT: Learn about our new senior living community in Eugene

WHEN: Wednesday, August 27 • 6:00pm

WHERE: Hilton Garden Inn
3528 Gateway Street, Springfield, OR 97477
On the corner of Gateway and Beltline

Snacks and refreshments will be provided.
Please RSVP.

541-636-0665 • CrescentParkSeniorLiving.com
2951 Coburg Road • Eugene, OR 97408

♿ A SPECTRUM RETIREMENT COMMUNITY