

Inspirational Sounds Gospel Choir Rehearsal, 6:30-8:30pm, Northwood Christian Church, 2425 Harvest Lane., Spfd, 995-8459. FREE.

Men's Mentoring Circle, 6:30-8:30pm, McKenzie River Men's Center, 1465 Coburg Rd. \$10 sug. fee.

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

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave.

Nar-Anon Meeting, 7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. & Cottage Grove Community Center, 700 E. Gibbs Ave., Cottage Grove. FREE.

Refuge Recovery Meeting, 7-8:30pm, Buddha Eye Temple, 2190 Garfield St. FREE.

SASS Monday Night Drop-in Group, for survivors of sexual assault, self-identified women 18+, 7-8:30pm, Sexual Assault Support Services, 591 W. 19th Ave. FREE.

Sweet Adeline harmonizing group, 7pm, United Methodist Church, 1385 Oakway Rd. FREE.

Eugene Cannabis TV Recording Session, 7:30pm, CTV-29 Studios, 2455 Willakenzie Rd., contact dankbagman@hotmail.com. FREE.

HEALTH "Bone Builders & Bone Breakers" w/nutritionist Yaakov Levine, 1-2:30pm, Natural Grocers, 201 Coburg Rd., 345-3300. FREE.

Guided Meditation w/River, 4pm, Ophelia's Place, 1577 Pearl St. FREE.

KIDS/FAMILIES The Feel Good Closet, clothing exchange for girls 10-18, 1-4pm, Ophelia's Place, 1577 Pearl St. FREE.

LECTURES/CLASSES Adult Ki Aikido, 7pm, Oregon Ki Society, 1071 W. 7th Ave. FREE.

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

OUTDOORS/RECREATION Duplicate Bridge continues. See Thursday, Jan. 14.

Pool Hall continues. See Thursday, Jan. 14.

SOCIAL DANCE West Coast Swing, lessons & dance, 7-10:30pm, The Vet's Club, 1626 Willamette St.

SPIRITUAL Coffee & Conversation w/Bobby Lee, 10-11:30am, Backstage Bakery, 25 S. 7th St., Cottage Grove. FREE.

Inspirational Sounds rehearsal, sing African-American gospel, 6:30pm, Northwood Christian Church, 2425 Harvest Ln., Spfd. FREE.

VOLUNTEER Walama Restoration Project Work Party, tools & refreshments provided, 10am, north end of Kinckerbocker Bridge, Alton Baker Park. FREE.

Exercercise, Learn & Serve, noon-3pm, Mathews Community Gardens, 954-1082. FREE.

Native Plant Nursery Volunteer Work Party continues. See Thursday, Jan. 14.

1:30-3pm, Willamalane Adult Activity Center, 215 W. C St., Spfd, 345-2988. FREE.

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

Eugene Men Against Rape Culture, book discussion group, 5pm, Knight Library room 321, UO. FREE.

Board Game Night, new players welcome, 6-11pm, Funagain Games, 1280 Willamette St., info at 654-4205. FREE.

Shuffleboard & Foosball Tournament, 6pm, The Barn Light, 924 Willamette St. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45 pm, LCC downtown., info at toddk.pe@gmail.com. FREE.

Emeralds Photographic Society Club Meeting, 6:45pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. FREE.

Adult Children of Alcoholics Meeting, 7-8pm, Santa Clara Church of Christ, 175 Santa Clara Ave., Santa Clara.

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

Live Drawing, 7-9pm, New Zone Gallery, 164 W. Broadway. \$5.

Martin Luther King Jr. Day Celebration w/keynote speaker April Ryan, 7pm, Columbia Hall room 150, UO. FREE.

Nar-Anon Meeting, beginners 6pm, back to basics 7pm, Wesley United Methodist Church, 1385 Oakway Rd. FREE.

Exhibit Talks continue. See Thursday, Jan. 14.

HEALTH Nia-Healing Through Movement class, noon-1pm, Trauma Healing Project, 2222 Coburg Rd., 687-9447. Don.

KIDS/FAMILIES Baby Pop Music, 9:30am, Daisy's Place, 1244 Lawrence. FREE.

LECTURES/CLASSES Pruning: Fruit Trees, 1-3pm, GrassRoots Garden, 1465 Coburg Rd. FREE.

Windfall Reading: Molly Gloss & John Witte, 5:30pm, downtown library. FREE.

Patent Your Invention w/Frank Plaisted, 7pm, Fern Ridge Library, 88026 Territorial Road. FREE.

Shakespeare Behind Bars founder Curt Tofteland, 7:30pm, Straub Hall room 156, UO. FREE.

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

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

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

OUTDOORS/RECREATION GEARS Bike Club: Riding Hills, 25-50 miles, medium pace, 9:30am, Alton Baker Park. FREE.

Running Group, 4 miles, 6-10pm, Tap & Growler, 207 E. 5th Ave. FREE.

Duplicate Bridge continues. See Thursday, Jan. 14.

Pool Hall continues. See Thursday, Jan. 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, lessons and open dance, 8-11pm, Vet's Club, 1626 Willamette St. \$4.

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 Work Party, 9am-noon, Hendricks Park Rhododendron Garden, 1800 Skyline Blvd., 510-4636. FREE.

Native Plant Nursery Volunteer Work Party continues. See Thursday, Jan. 14.

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

Exhibit Talks continue. See Thursday, Jan. 14.

HEALTH "Baking w/Almond Flour," cooking demo w/nutritionist Yaakov Levine, 6-7:30pm, Natural Grocers, 201 Coburg Rd., 345-3300. 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.

Grrrl Jamz w/musicians from Grrrlz Rock! for girls 10-18, 3:30-6pm, Ophelia's Place, 1577 Pearl St., 284-4333. FREE.

Women's Advisory Council for Youth, for girls 12-18, 4-5pm, Ophelia's Place, 1577 Pearl St., 284-4333. FREE.

Children's Ki Aikido, 5:15pm, Oregon Ki Society, 1071 W. 7th Ave. FREE.

Family Board Game Night, 6pm, Castle of Games, 660 Main, Spfd. FREE.

LECTURES/CLASSES Medicare Made Clear, 5-6pm, Oregon Insurance Lady Office, 1163 Olive St. FREE.

"A Way to Immortality: Greek Myths of Divinization & Etruscan Funerary Rituals" w/Daniele Maras, 6pm, downtown library. FREE.

"Race, Police, the Supreme Court & Democracy," a forum by We the People Eugene & Eugene NAACP, 7pm, Knight Law School room 110, UO, 937-3034. Don.

LITERARY ARTS Bi-Focal Book Club, meet other readers, talk about books, 9am, The Barn Light, 924 W. Broadway, 935-1182. FREE.

Bud of the Month

Brought to you by:



OREGON ANALYTICAL SERVICES

Born of passion. Grounded in science.

oregonanalyticalservices.com
541-505-9193
1686 Pearl Street, Eugene



Agent Orange

STRAIN: Sativa-dominant Hybrid

This sativa-dominant hybrid was grown in-house. It tastes of sweet citrus and serves as a great mood enhancer.

THC: 21.03% **CBD:** 0% **MMD#** 23826

TESTED BY: Cascadia Labs

1300 NW 9TH ST. • CORVALLIS
(541) 286-4771



Bob Marley Kush

STRAIN: Sativa

This smooth hybrid packs a punch! With a euphoric high and sweet, musky undertones, it will have you smiling in no time like the man himself.

THC: 24.81% **CBD:** 0.01% **MMD#** 02701

TESTED BY: Green Leaf Labs

2045 FRANKLIN BLVD. • EUGENE
541-505-7575 • 11AM-10PM, 7 DAYS A WEEK



Critical Mass CBD

STRAIN: Indica Dominant Hybrid

Fruity, with clear notes of lemon, pine and exotic wood, this flavorful version of Critical Mass offers a comfortable balance of relaxing pain relief and lightly heady high.

THC: 7.03% **CBD:** 10.19%

FOR A FULL LIST OF DISPENSARIES VISIT
WWW.SUGARTOPBUDDERY.COM



Pot of Gold

STRAIN: Hybrid

Soaring uplifting high.

THC: 30.75% **CBD:** .48% **MMD#** 49176

TESTED BY: Green Leaf Labs

1049 EAST MAIN STREET • COTTAGE GROVE
(541) 946-3337