



Feeling blue in the icy winter weather? There's no better way to warm up than ecstatic dance, Mike Meyer of **Community Ecstatic Dance** says. Cold community members can find some warmth and community in WOW Hall on Dec. 29 and help the community while they're at it. "People kind of connect with each other non-verbally but a lot of it is an individual experience," Meyer says. This week's dance is a benefit for Community Supported Shelters around Eugene. These shelters, part of Eugene's Rest Stop program, provide shelter, community and resources to the homeless. Donations at the dance will go to support these shelters, though Meyer says anyone can join the fun, even if they don't donate. "I really think the practice itself is a wonderful therapeutic healing event," Meyer says. "It's such good exercise and it's fun — definitely one of the healthiest wintertime activities in the whole community." Meyer, a social worker during the day, says that ecstatic dance "helps realize the vision of really healthy community activities that bring us together and help us support each other." He adds that the music at the dance is a cross between work music and electronica, with roots and swing music occasionally mixed in.

The Community Ecstatic Dance benefit for Community Supported Shelters is 7:15-9pm, Thursday, Dec. 29, at WOW Hall, 291 E. 8th Eugene. FREE, \$5-\$20 sug. don. — *Kelly Kenoyer*

Oregon Ballroom Dance Club, 7:30pm lesson; 8:30-10pm social dance, Gerlinger Hall, 1486 University St., Rm. 220 \$5-\$7.

Salsa Dancing w/Salseros Dance Company, 8:45pm, Salseros Dance Studio, 1626 Willamette St. \$7.

SPIRITUAL Community Kirtan, 7pm, Everyday people Yoga, 352 W 12th Ave. \$1 sug. don.

Advent Organ Recital, noon, First United Methodist Church, 1376 Olive Street, \$10 sug. don. & canned food.

SATURDAY
DECEMBER 24
SUNRISE 7:46AM; SUNSET 4:39PM
AVG. HIGH 45; AVG. LOW 33

FARMERS MARKETS Hideaway Bakery Farmers Market, 9am-2pm, Hideaway Bakery, 3377 E. Amazon. FREE.

FOOD for Lane County Youth Farm Stand, 10am-2pm, 705 Flamingo Ave., Spfd., 343-2822. FREE.

Coast Fork Farm Stand, 11am-6pm, 10th & Washington, Cottage Grove. FREE.

GATHERINGS Overeaters Anonymous, 9:30am, First United Methodist Church Library, 1370 Olive St. FREE.

Our Revolution Lane County, 10am-1pm, Whirled Pies, 199 W. 8th Ave. ourrevolutionlanecounty.com. FREE.

Holiday Market, 10am-4pm: Sharon Rogers 10:30am; The Post Project 11:30am; The Rosen Sisters 12:30pm; Barbara Healy Trio 1:30pm; American-istan 3:00 PM; Lane Events Center, 13th & Jefferson, www.holidaymarket.org. FREE.

Co-Dependents Anonymous, 12 step meeting, noon-1pm, White Bird Clinic, 341 E. 12th Ave. FREE.

Peace Vigil, noon-1pm, downtown library, info at 484-5099. FREE.

SNOW! at 5th Street Market continues. See Friday.

Exhibit Talks continue. See Thursday, Dec. 22.

HOLIDAY Eugene Harpist performs Christmas music, 2:30pm, Sacred Heart at RiverBend, 3333 RiverBend Dr., Spfd. FREE.

Santa Photos at Valley River Center continues. See Thursday, Dec. 22.

KIDS/FAMILIES Family Music Time, 10:15am, downtown library. FREE.

Cuentos y Canciones: Stories & Songs in Spanish, 11:15am, Bethel branch, 1990 Echo Hollow Rd., 682-8316. FREE.

Winter Holidays Family Swims at warm saltwater Tamarack Pool, 1-2pm, 3575 Donald St. # 210, \$4-\$6.

Dog Tale Time, for children from kindergarten to sixth grade, 2-3:30pm, downtown library, 682-8316. FREE.

ON THE AIR Taste of the World w/Wagoma, cooking & cultural program, 9-10am today, 7-8pm Tuesdays, Comcast channel 29.

OUTDOORS/RECREATION All-Paces Group Run, 9am, Run Hub Northwest, 515 High St., 344-1239. FREE.

Eug/Spfd Mossbacks Volkssport Club: Walk in Corvallis, 9am, Wilamalane Adult Activity Center, 215 West C St Spfd., 726-7169. FREE.

Dungeons & Dragons, roleplaying, 12:30pm, Delight, 538 E. Main, Cottage Grove, info at delightcg@gmail.com. FREE.

SPIRITUAL Christmas Eve worship, 5:30pm, family service with Christmas pageant, carols & anthems, 10:30pm, Festive Eucharist, 11pm, Church of the Resurrection, 3925 Hilyard St. FREE.

VOLUNTEER Feed the Hungry w/Burrito Brigade, 10am, Bethesda Lutheran Church, 4445 Royal Ave. FREE.

SUNDAY
DECEMBER 25
SUNRISE 7:46AM; SUNSET 4:40PM
AVG. HIGH 45; AVG. LOW 33

FARMERS MARKETS Fairmount Neighborhood Farmers Market, 10am-2pm, 19th Ave. & Agate St. FREE.

FOOD/DRINKS Mimosa Sunday, noon-6pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd.

GATHERINGS Overeaters Anonymous, 9:30am, First United Methodist Church, 1370 Olive St. FREE.

Community Centered Martial Arts, 3pm, Mangan City Park. FREE.

Exhibit Talks continue. See Thursday, Dec. 22.

HEALTH Occupy Eugene Medical Clinic, noon-4pm, 509 E. 13th Ave. FREE.

KIDS/FAMILIES Children's Meditation Class, 7-7:45pm, Eugene Zendo, 2190 Garfield St. FREE.

LECTURES/CLASSES Women's Self Defense Class, 11am-12:15pm, The Art of War, 251B W. 7th Ave. FREE.

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

"The Sunday Morning Hangover Radio Program" w/Marc Time, 10am, KWVA 88.1FM & kwradio.org.

OUTDOORS/RECREATION Church of Pinball, tournament, minors welcome, 3pm, Blairally, 245 Blair Blvd., 683-1721 \$5.

Final Table Poker, 3pm & 6pm, Steve's Bar & Grill, 117 14th St., Spfd. FREE.

Cards Against Humanity w/Rick, 7pm, First National Taphouse, 51 W. Broadway. FREE.

Duplicate Bridge continues. See Thursday, Dec. 22.

SOCIAL DANCE Coalescence Dance, 10am-noon today, WOW Hall, 291 W. 8th Ave; 6-7:45pm Tuesday, Vet's Ballroom, 1626 Willamette St. \$8-\$12, first time FREE.

Music & Dance Workshop w/Taller de Son Jarocho, 3-5pm, Whiteaker Community Center, N. Jackson & Clark St. FREE.

Argentinian Tango, lesson 3-4pm, dance 5-7pm, 485-6647. \$5-\$12.

USA Dance: ballroom dancing. 5:30-7:30pm, Vet's Club, 1626 Willamette St. FREE.

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

SPIRITUAL Self Realization Fellowship 9-9:50am Meditation; 10-11am Service, 1610 Olive St. FREE.

Special Devotion: God speaks in modern times, 10am, Eugene Baha'i Center, 1458 Alder St. FREE.

Zen Meditation Group, 5:30-7pm, Blue Cliff Zen Center, 439 W. 2nd Ave. FREE.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OTO, 4065 W. 11th Ave. #43, cophnia-oto.org. FREE.

VOLUNTEER Feed the Hungry w/Burrito Brigade, 11am, First Christian Church, 1166 Oak St. FREE.'

MONDAY
DECEMBER 26
SUNRISE 7:46AM; SUNSET 4:40PM
AVG. HIGH 45; AVG. LOW 32

ARTS Artist Show & Tell, artists, photographers, storytellers, 5-7pm, Shadowfox, 76 W. Broadway. FREE.

Musart, drawing musicians as they perform, 6-8pm, Whirled Pies, 199 W. 8th Ave. \$5.



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