

WHAT'S HAPPENING

THURSDAY DECEMBER 29

SUNRISE 7:47 AM; SUNSET 4:43 PM
AVG. HIGH 45; AVG. LOW 32

BENEFIT Ecstatic Dance benefit for community supported shelters, 7:15-9pm, WOW Hall. \$5-\$20 sug. don.

FARMERS MARKETS FOOD for Lane County Youth Farm Stand, 2-6pm today & Thursday, Jan. 5, 3333 Riverbend Dr., 343-2822. FREE.

GATHERINGS EUGfun! Winter Days, music, entertainment, food carts & more, 11:30am-2:30pm today & tomorrow, Park Blocks, 8th and Oak St. FREE.

Downtown Public Speakers Toastmasters Club, drop-ins welcome noon-1:05pm today & Thursday, Jan. 5, Les Lyle Conference Rm, fourth floor Wells Fargo Bldg., 99 E. Broadway Ave., 485-1182. FREE.

NAMI Connection Support Group for people with mental health issues, 1-2:30pm today & Thursday, Jan. 5, 2411 Martin Luther King Jr. Blvd. FREE.

Emerald City Roller Girls, learn about roller derby, 6:30-8pm, Bob Keefer Center, 250 S. 32nd, Spfd. Register at 436-4544. FREE.

Home Grown Community Radio Forming KEPW-FM, 7pm, today & Thursday, Jan. 5, Growers Market, 454 Willamette St., 343-8548. FREE.

HEALTH Ear Points Group Acupuncture Clinic, 10-11:30am, Trauma Healing Project, 2222 Coburg Rd., 687-9447. \$10 sug. don.

Chinese Acupuncture Healing Circle w/Ting, 2-4pm, Trauma Healing Project, 2222 Coburg Rd., Ste. 300, 687-9447. \$15.

Mindfulness Group, 4-5pm, NAMI Resource Center, 2411 Martin Luther King Blvd., 520-3096. FREE.

Reiki session, practitioners welcome, 5:30-7pm today & Thursday, Dec. 29, Heartwise, 1840 Willamette St. FREE.

LECTURES/CLASSES Talks at the MNCH, 2pm today, Tuesday & Wednesday, Dec. 29, Museum of Natural & Cultural History, 1680 E. 15th Ave., natural-history.uoregon.edu. FREE w/price of museum admission.

KIDS/FAMILIES Winter Break "School's Out Safari," 7:30am-6pm, today & tomorrow, Eugene Family YMCA, 2055 Patterson St. \$30-\$35.

Wonderful Ones Storytime, 1-year-olds w/caregivers, 10:15am & 11am today & Thursday, Dec. 29, downtown library, 682-8316. FREE.

Daily Laser Light Shows, 11:30am, 12pm, 1pm, 2pm & 3pm, today, tomorrow & Saturday, Science Factory, 2300 Leo Harris Pkwy. \$3-\$6.

ON THE AIR "The Point," current local issues, arts, stories,

9-9:30am, today, tomorrow & Monday through Thursday, Dec. 29, KPOV 88.9FM.

"Merry Beatles, a Cool Yule with the Fab Four!" Beatles covers by jazz musicians, 9pm-midnight, KLCC 89.7FM.

OUTDOORS/RECREATION Pool Hall for seniors, 8:30am-4:30pm today, tomorrow & Monday through Thursday, Dec. 29, Campbell Community Center, 155 High St. \$0.25.

Lunchtime Running Group, 3-4 miles, 12:15-12:45pm today & Thursday, Dec. 29, Tap & Growler, 207 E. 5th Ave. FREE.

Duplicate Bridge, 1pm today, Sunday, Tuesday & Thursday, Dec. 29; 9:30am Monday; 6:30pm Wednesday, Emerald Bridge Club, 1782 Centennial Blvd., Spfd. \$8.

Cribbage Tournament, 5:30-7:30pm today & Thursday, Dec. 29, Max's Tavern, 550 E. 13th Ave. \$2.

Board Game Night, 6-11pm today, Tuesday & Thursday, Dec. 29, Funagain Games, 1280 Willamette St. FREE.

WDYK Trivia w/Brady, 7-9pm today & Thursday, Dec. 29, Brew & Cue, 2222 Hwy 99. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Level Up, 1290 Oak St. FREE.

WDYK Trivia w/Rick, 9pm today & Thursday, Dec. 29, Side Bar, 1680 Coburg Rd. FREE.

SOCIAL DANCE Crossroads Blues Fusion dancing, 7-11pm, Vet's Ballroom, 1626 Willamette St. \$6-\$10, first time FREE.

Music & Dance Workshops w/ Taller de Son Jarocho, 7-9pm today & Thursday, Dec. 29, American Legion Hall, 344 8th St., Spfd. FREE.

Fall Dance Sampler Series, Tango, 7:30pm, In Shape Athletic Club, 2681 Willamette St. \$10.

SPIRITUAL Zen Meditation Group, 7-8am today & Thursday, Dec. 29, Blue Cliff Zen Center, 439 W. 2nd Ave. FREE.

Open Heart Meditation, 4:30pm today & Thursday, Dec. 29, 1840 Willamette St. FREE.

Zen Practice & Teaching, 7-8:30pm, Zen West, 981 Fillmore St. Dons welcome. FREE.

TEENS Fandom & Cosplay Club, for girls ages 12-18, 4-5pm, Ophelia's Place, 1577 Pearl St. FREE.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party, 9am-noon today, Tuesday & Thursday, Dec. 29, Native Plant Nursery, Buford Park, volunteer@bufordpark.com, 344-8350. FREE.

Care for Owen Rose Garden, bring gloves & small hand-weeding tools, instruction provided, noon-3pm, end of N. Jefferson St., 682-5025. FREE.

FRIDAY DECEMBER 30

SUNRISE 7:47 AM; SUNSET 4:44 PM
AVG. HIGH 45; AVG. LOW 32

FARMERS MARKETS Springfield Farmers Market outdoors w/ entertainment, 3-7pm, Springfield City Hall, 225 5th St., Spfd. FREE.

FOOD/DRINKS Wine & Music, 4-10pm, Noble Estate Urban, 560 Commercial St. FREE.

Wine Tasting, 6-9pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd. FREE.

GATHERINGS Yawn Patrol Toastmasters, 6-7:45am, LCC Downtown Center, 110 W. 10th Ave. FREE.

Nar-Anon Meeting, 12:30pm, Springfield Lutheran Church, 1542 I St., Spfd. FREE

Food Not Bombs, vegan meal, 2-4pm, 8th & Oak. FREE.

Eugene Resistance Training, 3pm, upstairs at Growers Market, 454 Willamette St., eugeresistancetraining@protonmail.com. FREE.

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

EUGfun! Winter Days continues. See Thursday, Dec. 29.

KIDS/FAMILIES DIY Buttons, make & take art, 1-3pm, Spfd. Public Library, library meeting rm., FREE.

Winter Break School's Out Safari continues. See Thursday, Dec. 29.

Family Storytime, 10:15am, Sheldon branch library, 1566 Coburg Rd and Bethel branch library, 1990 Echo Hollow Rd. FREE.

Daily Laser Light Shows continues w/additional times at

7pm, 8pm, 9pm & 10pm. See Thursday, Dec. 29.

LECTURES/CLASSES Talks at the MNCH continues. See Thursday, Dec. 29.

ON THE AIR Marc Time's Record Attic, 11:30pm, Comcast channel 29.

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

OUTDOORS/RECREATION Walk 'n' Talkers, weekly self-led neighborhood walking group, 9-11am, meet at Campbell Community Center, 155 High St. FREE.

Bridge Group for Seniors, 12:30-3:30pm, Campbell Community Center, 155 High St. \$0.25.

Magic the Gathering, standard deck casual play, 6pm, Castle of Games, 660 Main, Spfd. \$1.

Pool Hall continues. See Thursday, Dec. 29.

SOCIAL DANCE Folk Dancing for Seniors, request & lessons, 2-3:30pm today, Willamalane Adult Activity Center, 215 W. C St.; 2:30-4pm Monday, Campbell Community Center, 155 High St., info at 603-0998. \$25-\$1.

Contact Improvisation Jam, 2:45-4:15pm, Hillyard Community Center, 2580 Hillyard St., 357-4982. \$5-\$12.

Advanced dance class w/Taller de Son Jarocho, 4:30-6pm, Whiteaker Community Center, N. Jackson & Clark St. FREE.

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.



PHOTO BY IRINA KUZMINA

Feeling that holiday bloat? Or maybe it's those holiday blues. The lines are growing at the gym as people resolve to work out, but forget bodyshaming, the best cure for all the weird feelings that 2016 has created is loving yourself and your body and getting outside. For the sixth year in a row, the Oregon Parks and Recreation Department has announced it is "partnering with America's State Parks to offer free guided **First Day Hikes** in state parks across Oregon on New Year's Day." This means for nonhikers, you don't have to worry about knowing the lay of the land; you can just follow the leader. The hikes are taking place across the state — go to the Oregon State Parks website for a full list — from the Siuslaw North Jetty to Silver Falls and Smith Rock state parks. Here in Lane County, the first hike is a first ride. The trip will be a five-mile horse ride on the Heron, Elk and River trails at Elijah Bristow State Park on New Year's Day. The event is BYOH (bring your own horse) but the park is open for hikers and bikers that day, too. So take a scenic ride or walk along Lost Creek and the Willamette River and leave 2016 behind.

First Day Ride at Elijah Bristow State Park, equestrian parking area, noon Jan. 1, 2017. Directions at OregonStateParks.org. Call 541-937-1173 x224 for more info. FREE.

— Camilla Mortensen