

# MONDAY

**JANUARY 30**  
SUNRISE 7:32AM; SUNSET 5:20PM  
AVG. HIGH 48; AVG. LOW 34

**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.

**GATHERINGS** Lunch Bunch Toastmasters, noon, 341-1690. FREE.

Technology Management Team, 3:30-5pm, Bob Straub Conference Room, 125 E. 8th Ave., 682-6267. FREE.

Drop-In Support Group for girls, 4-5pm, Ophelia's Place, 1577 Pearl St., #100. FREE.

Women in Black, silent peace vigil, 5-5:30pm, Pearl & 7th. FREE.

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

Atheist, Agnostics & Free Thinker AA, 12-Step Meeting, 6:30-7:30pm, 2520 Harris St., 255-8444. FREE.

Cascadia Forest Defenders Meeting, 5:30-7pm, Growers Market, 454 Willamette St. FREE.

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

Depression & Bipolar Support Alliance, 7-8:30pm, First United Methodist Church, 1376 Olive St. FREE.

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

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

Psychoanalysis in Eugene, clinical & literary discussion group, 7-9pm, 355 W. 8th Ave., rsvp to michaelhejazi@gmail.com. FREE.

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

Women! Come sing with Sweet Adeline harmonizing group, 7pm, United Methodist Church, 1385 Oakway Rd. FREE.

Polyamory & Non-monogamy Relationship Discussion & Support Group, 7:15pm, contact eugenepolygroup@gmail.com for location. Don.

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

Refuge Recovery Meeting continues. See Friday.

**HEALTH** Your Body, Your Source, gain energy and alleviate the winter blues, for ages 50+, 10-11:30am, Willamalane Adult Activity Center, 215 W. C St., Spfd. FREE.

Tai chi for Balance or Yoga Therapy sessions continue. See Friday.

**KIDS/FAMILIES** Minecraft Block Party for kids, 4pm today, Tuesday & Thursday, Feb. 2, downtown library, pre-register at 682-8316. FREE.

Children's Intro to Ki, 4:15pm today & Wednesday, Oregon Ki Society, 1071 W. 7th Ave. FREE.

Pajama Story Time, 6:30pm, Eugene Public Library. FREE.

Chinese language immersion program info session, 7-7:45pm, 4J Education Center, 200 N. Monroe St. FREE.

Family Swims at warm saltwater Tamarack Pool continues. See Saturday.

**LECTURES/CLASSES** Coloring Party for Adults, 10am-noon, Bethel branch library & Sheldon branch library. FREE.

Intro to Ki, 4:15pm today & Wednesday, Oregon Ki Society, 1071 W. 7th Ave. FREE.

DanceAbility Class, creative movement for youth & adults; all abilities and disabilities, 5:15-6:15pm, CG Body Studio, 28 S. 6th St. #B, Cottage Grove, 357-4982. Don.

Windows 10, learn the ins and out of Microsoft's terrifying new operating system, for ages 18+, 6-8pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$12-\$14.

Intro to Voice Dialogue, a psycho-spiritual process for discovering you many selves, 7:30pm, Unitarian Universalist Church, 1685 W. 13th Ave., 357-8169. FREE.

**ON THE AIR** "The Point" continues. See Thursday, Jan. 26.

**OUTDOORS/RECREATION** Qigong, 4:30pm, Willamalane Adult Activity Center, 215 West C St., Spfd. FREE intro.

The Monday Night Running Group, 5:30pm, Eugene Running Company, 116 Oakway Ctr. FREE.

Filipino Martial Arts for Fitness, 5pm, Bob Keefer Center, 250 S. 32nd St., Spfd. FREE intro.

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

Twisted Trivia, 7pm, Webfoot, 839 E. 13th Ave. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Cornucopia Bar & Burgers, 295 W. 5th Ave. FREE.

Duplicate Bridge continues. See Thursday, Jan. 26.

Pool Hall continues. See Thursday, Jan. 26.

**SOCIAL DANCE** Gypsy Square Dance, 7:45-9pm, Willamalane Adult Activity Center, 215 West C St., Spfd. FREE intro.

**SPIRITUAL** Inspirational Sounds Gospel Choir Rehearsal, 6:30-8:30pm, Northwood Christian Church, 2425 Harvest Ln. FREE.

**TEENS** Intro to Hip-hop, 4-5pm, Ophelia's Place, 1577 Pearl St., 284-4333x113 to register. sug. don. \$25-\$50 for term.

Graphic Novels & You, 5-6pm, Ophelia's Place, 1577 Pearl St., pre-register at info@ophelias-place.net. \$10-\$25 sug. don. for term.

**VOLUNTEER** Friends of Buford Park & Mt. Pisgah Habitat Restoration Projects, 9am-noon, locations vary, volunteer@bufordpark.org. FREE.

# TUESDAY

**JANUARY 31**  
SUNRISE 7:31AM; SUNSET 5:22PM  
AVG. HIGH 48; AVG. LOW 34

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

**FILM** *Who Am I to Stop it*, documentary screening w/filmmaker Cheryl Green, 5:30-8pm, EMU Redwood Auditorium, UO. FREE.

**FOOD/DRINKS** New Beer Release, meet the brewer & learn the story behind the suds, 6pm, Oakshire, 207 Madison St. FREE.

**GATHERINGS** Cascade Toastmasters, drop-ins welcome, 7-8:15am, Lane Transit District, 3500 E. 17th Ave., 682-6182. FREE.

Public Hearing: Public comment regarding renewal of public safety levy, 9am & 5:30pm, Harris Hall, 125 E. 8th Ave. FREE.

Beading Circle, 3-6pm, Mona Beads, 1712 Willamette St. FREE.

Eugene Men Against Rape Culture, open to all, task force meeting, 4:30pm, Grower's Market, 454 Willamette St. FREE.

Debtor's Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th St., 968-1981. FREE.

NAMI On-Campus Mental Health Support Group, 6pm, Peterson Building rm. 105, UO, 343-8677. FREE.

Co-Dependents Anonymous, men only 12-step meeting, 6:30-8pm, First Christian Church, 1166 Oak St. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45pm, LCC downtown, room 218, info at toddk.pe@gmail.com. FREE.

Adult Children of Alcoholics Meeting, 7-8:15pm, Trinity United Methodist Church, 440 Maxwell Rd. FREE.

Information night: School Choice in Eugene School District 4J, 7pm, 4J Education Center, 200 N. Monroe St., 4j.lane.edu/choice, 790-7570. FREE.

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

Info Session on Eugene's Proposed Urban Growth Boundary continues. See Thursday, January 26.

**HEALTH** Friends & Family Discussion Group, 10:30am-noon, Trauma Healing Project, 2222 Coburg Rd., Ste. 300. \$5.

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

Reiki Tummo sessions, 5:30-7pm, Heartwise, 1840 Willamette St., 683-8317 for appmt. FREE.

**KIDS/FAMILIES** Terrific Twos Storytime, 10:15am & 11am, downtown library. FREE.

Baby & Me Storytime, 10am, Spfd. library, 225 5th St., Spfd. FREE.

Minecraft Block Party continues. See Monday.

**LECTURES/CLASSES** Cannabis Science Pub, lecture & trivia, 6pm, Whirled Pies Downtown, 199 W. 8th Ave. FREE.

Talks at the MNCH continues. See Thursday, Jan. 26.

**ON THE AIR** "The Point" continue. See Thursday, Jan. 26.

Anarchy Radio w/John Zerzan, 7pm, KWVA 88.1FM.

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

**OUTDOORS/RECREATION** Eugene/Spfd Mossbacks Volkssport Club: Neighborhood & Connie Hansen Gardens walk, 5K & 10K options, 10:15am, Cozy Cove Beach Front Resort, 515 NW. Inlet Ave., Lincoln City, 726-7169. FREE.

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

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

Team Run Hub 5k Training Program Kick-off, 8 week program, 6pm, Run Hub Northwest, 515 High Street, 344-1239. FREE.

Bingo Night w/Zach, 7pm, Side Bar, 1680 Coburg Rd. FREE.

WDYK Trivia w/Haley, 7pm, First National Taphouse, 51 W. Broadway. FREE.

WDYK Trivia w/Kevin 7pm, Pour House. FREE.

Bingo, 8pm, Webfoot, 839 E. 13th Ave. FREE.

Trivia, 8pm, Duck Bar, 1795 W. 6th Ave. FREE.

Board Game Night continues. See Thursday, Jan. 26.

Duplicate Bridge continues. See Thursday, Jan. 26.

Pool Hall continues. See Thursday, Jan. 26.

**SOCIAL DANCE** Eugene Folk Dancers, weekly international folk dancing, 6:45pm lessons, 7:45pm dance, Willamalane Adult Activity Center, 215 W. C St., Spfd., 344-7591. \$3-\$7.

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

Coalescence Dance continues. See Sunday.

**SPIRITUAL** Open Heart Meditation, 4:30-5:15pm, HeartWise, 1840 Willamette St. FREE.

Raja Yoga Meditation, 7-8:45pm, Brahma Kumaris Center, 175 E. 31st Ave., register at 343-5252. FREE.

**TEENS** Teens on Tuesday: Beaded Bracelets, 4:30-5:30pm, Springfield Public Library, 225 Fifth St., Spfd. FREE.

# WEDNESDAY

**FEBRUARY 1**  
SUNRISE 7:29AM; SUNSET 5:23PM  
AVG. HIGH 48; AVG. LOW 34

**ARTS/CRAFTS** "Involuntary Movements," noon; "Polyphony & the Sublime," 6pm, JSMA, UO. FREE.

Artist Talk w/James Bailey, 6-7:30pm, Maude Kerns Art Center, 1910 E. 15th Ave. FREE.

Art Bar, bring art to work on, 7-9pm, Shadowfox, 76 W. Broadway. FREE.

**BENEFITS** Oakshire Inspires for Aprovecho, 11am-10pm, reception 5-7pm, Oakshire, 207 Madison St. FREE.

**FARMERS MARKETS** The Corner Market, fresh local produce, noon-6pm, 295 River Rd., 513-4527. FREE.

Coast Fork Farm Stand continues. See Saturday.

**FILM** IWW Movie & Discussion: *Thunderheart*, 7pm, Mcnail-Riley House, 601 W. 13th Ave. FREE.

**FOOD/DRINKS** Wine Wednesday, tasting, 5-7pm, Tap & Growler, 207 E. 5th Ave. FREE.

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

Women's Advisory Council for Youth, for girls 12-18, 4-5pm, Ophelia's Place, Ophelia's Place, 1577 Pearl St., #100. FREE.

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

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

Open Session Figure Drawing, 6:30-9pm, Emerald Art Center, 500 Main St., Spfd. \$6.

"Out of the Fog," meeting of Marijuana Anonymous, 7:30pm, St. Mary's Episcopal Church, 1300 Pearl St. FREE.

Exhibit Talks continue. See Thursday, Jan. 26.

**HEALTH** Cognitive Emotional Wellness Acupuncture, 10am-1pm, Trauma Healing Project, 2222 Coburg Rd., 678-9447. \$10.

Eight Steps to Healthier Living, for ages 50+, 1-3pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$14-\$17.

Table Talk & Taste: Meet nutritional health coach Yaakov Levine, 1-4pm; Omega-3 Recipes for Optimal Health, 6-7pm, Natural Grocers, 201 Coburg Rd. FREE.

Acupuncture Healing Circle w/Karen, 1:30-4pm, Trauma Healing Project, 2222 Coburg Rd., 678-9447. \$10.

Is it Gluten Free? discover the joys of life w/out gluten, for ages 18+, 6-7:30pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$13-\$15.

**KIDS/FAMILIES** Lapsit Storytime, ages 3 & under w/adult, 10am, Spfd. Library, 225 5th St., Spfd. FREE.

Preschool Storytime, 10:15am & 11am, downtown library, 682-8316. FREE.

Sensory Storytime, 1pm, downtown library. FREE.

Legos, 4pm, Eugene Public Library. FREE.

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

Children's Intro to Ki continues. See Monday.

Family Swims at warm saltwater Tamarack Pool continues. See Monday.

**LECTURES/CLASSES** Medicare Made Clear, 5-5:45pm, Symon-Degler Building, 1163 Olive St., 222-9020. FREE.

"Mystery in the Theatre", talk by the cast & director of *39 Steps*, 6pm, downtown library. FREE.

Intro to Ki continues. See Monday.

Talks at the MNCH continues. See Thursday, Jan. 26.

**ON THE AIR** "The Point" continues. See Thursday, Jan. 26.

"Truth Television," live call-in local news/politics, 6pm, Comcast 29.

"That Atheist Show," weekly call-in, 7pm, Comcast 29, 790-6617.

**OUTDOORS/RECREATION** Mom & Baby Stroller Run, 9:30am, Run Hub Northwest, 515 High St., 344-1239. FREE.

Community Group Run, 3-6 miles, 6pm, Run Hub Northwest, 515 High St., 344-1239. FREE.

WDYK Trivia w/Kevin, 6pm, Friendly St. Deli. FREE.

WDYK Trivia w/Zach, 7pm, Bugsy's Bar & Grill. FREE.

Pinball Knights, 3-strikes pinball tournament w/IFPA points for players, 21 & over, 8pm, Blairally, 245 Blair Blvd., 683-1721. \$10 buy in.

Duplicate Bridge continues. See Thursday, Jan. 26.

Pool Hall continues. See Thursday, Jan. 26.

**SOCIAL DANCE** Ballroom Dancing, ages 18+, 7pm, Willamalane Adult Activity Center, 215 West C St., Spfd. \$3-\$3.50.

Scottish Country Dancing, 7-9pm, Santa Clara Grange, 295 Azalea Dr. First time FREE, monthly \$15.

Lindy Hop, East Coast, Charleston, 8-10pm, Veterans Memorial Building, 1626 Willamette St. \$5.

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

**TEENS** Grrrl Jamz, practice an instrument w/Grrrlz Rock, for girls 10-18, 3-6pm, Ophelia's Place, 1577 Pearl St., #100. FREE.

Minecraft Block Party for teens, 4pm, downtown library, pre-register at 682-8316. FREE.

Tweens: snowflakes impressions, 4pm, Sheldon branch library. FREE.

# THURSDAY

**FEBRUARY 2**  
SUNRISE 7:28AM; SUNSET 5:25PM  
AVG. HIGH 48; AVG. LOW 34

**ARTS** "Sandow Birk's *American Qur'an*: A New Dawn for the Koran," 5:30pm, JSMA, UO. FREE.

**FILM** *A Requiem for the American Dream*, 6pm, Bijou Art Cinema, 492 E. 13th Ave. \$5-\$8.

*Personal Best*, 6:30-9pm, Wildish Theater, 630 Main St. Spfd. FREE.

**GATHERINGS** Hearing Voices & Extreme States discussion/support group, 1pm, LILA, 20 E. 13th Ave. FREE.

Maker Hub Open Lab: Paper & Handcrafts, 1-7pm, downtown library. FREE.

Downtown Toastmasters continues. See Thursday, Jan. 26.

Emerald Photographic Society Club Meeting continues. See Thursday, Jan. 26.

Home Grown Community Radio Forming KEPW-FM meetings continue. See Thursday, Jan. 26.

NAMI Connection Support Group for people with mental health issues continues. See Thursday, Jan. 26.

Info Session on Eugene's Proposed Urban Growth Boundary continues. See Thursday, January 26.

**KIDS/FAMILIES** Nearby Nature Green Start Play Day, 10-11:30am, Alton Baker Park, register at 687-9699. \$5.

Tween Scene book group: *Hook's Revenge* author visit, 4pm, Downtown Library. FREE.

4J school choice visit week, tours & meetings offered at all Eugene 4J schools continues. See Monday.

Minecraft Block Party continues. See Monday.

Wonderful Ones Storytime continues. See Thursday, Jan. 26.

**LECTURES/CLASSES** Make Cards that Move, 10am, Sheldon branch library. FREE.

"Peru: The Inca Empire & Rio Olympics," for ages 18+, 1:30-2:30pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. FREE.

"Recreating Territories: Academic Input in Struggles for LandSubtitle," 4-5pm, Condon Hall room 106, UO. FREE.

CSI Eugene by the EPD crime lab, 6pm, downtown library. FREE.

DanceAbility Class continues. See Jan. 26.

Talks at the MNCH continues. See Thursday, Jan. 26.

**LITERARY ARTS** Lane Community Writers reading, 5pm, LCC downtown, room 421. FREE.

**ON THE AIR** "Arts Journal" continues. See Thursday, Jan. 26.

Thursday Night Jazz w/David Gizara, 10pm today & Thursday, Jan. 26, KLCC 89.7FM.

"The Point" continues. See Thursday, Jan. 26.

**OUTDOORS/RECREATION** Board Game Night continues. See Thursday, Jan. 26.

Brew & Cue Trivia continues. See Thursday, Jan. 26.