

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

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

How to Talk to Your Health Care Provider, Intimacy over 50, 6pm, As You Like It, 1655 W. 11th Ave. \$15.

Vegan Cooking Class, 6:30-8:30pm, Eugene Adventist Church, 1275 Polk St. FREE.

Free Intro: A Psycho-spiritual Process for Discovering, Understanding, & Working Directly w/Your Many Selves, 7:30pm, Unitarian Universalist Church, 1685 W. 13th Ave., rm. 2, 357-8169. FREE.

ON THE AIR Music Gumbo w/ Andy Goldfinger, 7pm, KOFC 92.5 FM. "The Point" continues. See Thursday, March 16.

OUTDOORS/RECREATION Qigong, 4:30pm, Willamalane Adult Activity Center, 215 W. 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.

Adult intro to ki-ai-kido continues. See Thursday, March 16.

Duplicate Bridge continues. See Thursday, March 16.

Pool Hall continues. See Thursday, March 16.

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

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

TEENS Drop-in support groups for girls & non-binary youth, 4-6pm, Ophelia's Place, 1577 Pearl St. #100. FREE.

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

MARCH 21
SUNRISE 7:13AM; SUNSET 7:26PM
AVG. HIGH 57; AVG. LOW 37

FOOD/DRINK New Beer Release, meet the brewer & learn the story behind the beer, 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.

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, rm. 218, toddk.pe@gmail.com. FREE.

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

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

Rush Hour Resistance continues. See Thursday, March 16.

HEALTH Friends & Family Discussion Group, 10:30am-noon,



Hippies want to protest it; punks want to complain about it; Gen Xers just want to avoid it. And Millennials — said to be an optimistic generation, and judging from their voracious appetite for up-tempo EDM and DJ culture — well, they seem to just want to dance about it. Musician, producer and all around knob-twiddling whiz kid Jackson Stell (a.k.a. **Big Wild**) is one of dance music's hottest young acts. Touring in support of his debut *Invincible EP*, out now on Odesza's label Foreign Family Collective (In other news, Odesza's show this spring at Cuthbert is already sold-out!). *Invincible* is buoyed by Stell's youthful energy, along with elements of jazz fusion, world music and always EDM's alternately slow-rolling and frenetic tempos. Vocalist iDa HAWK, guesting on the title track, gives the whole thing a classic jazz feel, looking to the past while remaining hopeful for the future.

Big Wild plays along with **Phantoms** and **IHF** 9 pm Sunday, March 19, at WOW Hall; \$15 advance, \$18 door, All-ages.
— Will Kennedy

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 appt. FREE.

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

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

Awbrey Park Elementary School kindergarten orientation, 6:30-7:30pm, 158 Spring Creek Dr., 4j.lane.edu/kindergarten, 790-4050. FREE.

Pajama Storytime, 6:30pm, downtown library. FREE.

Buena Vista Spanish Immersion Elementary School kindergarten orientation, 6-7pm, 1500 Queens Way, 4j.lane.edu/kindergarten, 790-6500. FREE.

Gilham Elementary School kindergarten orientation, 6-7pm, 3307 Honeywood St., 4j.lane.edu/kindergarten, 790-6200. FREE.

Holt Elementary School kindergarten orientation, 6-7pm, 770

Calvin St., 4j.lane.edu/kindergarten, 790-6100. FREE.

Willagillespie Elementary School kindergarten orientation, 6-7pm, 1125 Willagillespie Rd., 4j.lane.edu/kindergarten, 790-7100. FREE.

LECTURES/CLASSES Determining the Best Online Sites for Selling, 1-3:30pm, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$15-\$18.

Building Meaningful Donor Relationships, 3-5pm, Hult Center Studio. \$20.

Wilderness Management: Are We Loving Our National Forests to Death? 7pm, Obsidian Lodge, obsidians.org. FREE.

Science Pub: Butterflies In & Around the Watershed, 5-7pm, Axe & Fiddle, 657 E. Main St., Cottage Grove. FREE.

"Healing Gardens: Gardening for Your Health" 7-8:30pm, Lane County OSU Extension Service, 996 Jefferson St. FREE.

Talks at the MNCH continues. See Thursday, March 16.

ON THE AIR "The Point" continues. See Thursday, March 16.

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

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

OUTDOORS/RECREATION GEARS Bicycle Club: Riding Hills, 9am, easier ride starting at 10am, Alton Baker Park, eugenegears.org/wp-content/uploads/March-2017.pdf. FREE.

Coloring Party for Adults, 2pm, Bethel branch library & Sheldon branch library. 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 St., 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, 444 N. 42nd St., Spfd. FREE.

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

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

Board Game Night continues. See Thursday, March 16.

Duplicate Bridge continues. See Thursday, March 16.

Pool Hall continues. See Thursday, March 16.

SOCIAL DANCE UO West Coast Swing Dance Club, 7pm lessons, 8-10pm social dance, UO Campus, Living Learning Center S. Performance Hall, 1455 E. 15th Ave. FREE.

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. \$5.

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

TEENS Free Movie: *Doctor Strange*, 4:30pm, Spfd. Public Library, 225 Fifth St. FREE.

WEDNESDAY

MARCH 22
SUNRISE 7:11AM; SUNSET 7:27PM
AVG. HIGH 57; AVG. LOW 37

ARTS/CRAFTS Art Bar, bring art to work on, 7-10pm, Shadowfox, 76 W. Broadway. FREE.

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English & Scottish **Eugene Country Dancers**

Social Dancing

No Partner Necessary (all ages)
Ten Week Course: \$60 (\$50 H&R members)
Drop-In \$7 per night (\$6 H&R members)
January 12-March 16, 2017
Thursdays 7:00-9:30pm

FREE INTRODUCTION NIGHT
THURSDAY, JAN. 5, 2017, 7:00-9:30 PM

First Time: Drop-In Any Thursday For Free Tryout
Spring: March 23-June 8
Summer: June 15-August 24
Fall: August 31-November 16

Eugene Country Dancers
(Eugene Chapter of the Heather and the Rose Country Dancers)
Location: Veterans Memorial Ballroom
1626 Willamette Street, Eugene, Oregon
email: ccd@s2graphis.com

HEAR YE, HEAR YE !!

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