

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.

Intro to Urban Homesteading: living well cheaply, 6:45-7:45pm, Campbell Community Center, 155 High St., 682-6392. FREE.

ON THE AIR Music Gumbo w/ Andy Goldfinger, 7pm, KOFC 92.5 FM.

"The Point" continues. See Thursday, March 30.

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-aikido continues. See Thursday, March 30.

Duplicate Bridge continues. See Thursday, March 30.

Pool Hall continues. See Thursday, March 30.

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

SPIRITUAL Saraha Orientation Meeting, 6-7pm, Saraha Nyngma Buddhist Institute, 477 E. 40th Ave. FREE.

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 w/Xcape Dance Academy, 4-5pm, Ophelia's Place, 1577 Pearl St. \$25-\$50 sug. don. for term.

The science that surrounds us, join UO graduate women scientists for a scientific workshop, 4-5pm, Ophelia's Place, 1577 Pearl St. Ste. 100. \$25-\$50 sug. don. for term.

THEATER Mamma Mia! 7:30pm, Hult Center. Sold Out.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Habitat Restoration Projects, 9am-noon,

locations vary, volunteer@bufordpark.org. FREE.

TUESDAY

APRIL 4
SUNRISE 6:47AM; SUNSET 7:43PM
AVG. HIGH 59; AVG. LOW 38

BENEFITS Chef's Night Out, 60 restaurant & beverage purveyors under one roof, 6:30pm, Hult Center. \$75-\$93.50, goes to FOOD for Lane County.

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

Knight Campus Town Hall, 9-10am, UO campus Erb Memorial Union, Lease Crutcher Lewis Room. FREE.

LCAP Meeting on PERS, 10am, Celeste Campbell Sr. Center. FREE.

Willama-Library Book Group discussing "The Maltese Falcon," 10:30am, Library conference rm., Spfd. public library, Spfd. 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, info at 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 30.

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 appt. FREE.

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

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

4J science curriculum open house, 5-6pm, 4J Education Center, 200 N. Monroe St. FREE.

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

LECTURES/CLASSES Tracing Memories for Relaxation, 6pm, Sheldon branch library. FREE.

Talks at the MNCH continues. See Thursday, March 30.

ON THE AIR "The Point" continues. See Thursday, March 30.

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

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

OUTDOORS/RECREATION 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 30.

Duplicate Bridge continues. See Thursday, March 30.

Pool Hall continues. See Thursday, March 30.

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 FanFicreation: Write About Your Favorite Fandoms, 4-5pm, Ophelia's Place, 1577 Pearl St. #100. \$10 sug. don.

Teens on Tuesday open makerspace, 4:30pm, Spfd. public library, Spfd. FREE.

WEDNESDAY

APRIL 5
SUNRISE 6:45AM; SUNSET 7:44PM
AVG. HIGH 59; AVG. LOW 38

ARTS/CRAFTS Art Bar, bring art to work on, 7-10pm, Shadowfox, 76 W. Broadway. 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-In Dubious Battle, 7pm, Mcnail-Riley House, 601 W. 13th Ave. FREE.

FOOD/DRINKS Wine Wednesday, Customized wine flights, discounted glass pours & cheese plates, 5-8pm, Tap & Growler, 207 E. 5th Ave. FREE.

GATHERINGS Lunchtime Meditation for Peace, 12:05-12:50pm, Cascade Center for Spiritual Living, 741 Main St., Spfd. FREE.

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

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

Ideas on Tap: Living w/Livestock by UO philosopher Erin McKenna, 6pm, Sprout! Regional Food Hub, 418 A St., Spfd. 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.

HEALTH Cognitive Emotional Wellness Acupuncture, 10am-12:15pm, Trauma Healing Project, 2222 Coburg Rd., 687-9447. \$10.

Acupuncture Healing Circle, 1:30-2:45pm, Trauma Healing Project, 2222 Coburg Rd., Call for appt., 678-9447. \$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.

Babies -Toddlers Storytime, 11am, up to age 12, Thursdays 4pm, Goose Resale 1075 Chambers, 343-1300. FREE.

Sensory Storytime, 1pm, downtown library. FREE.

Legos, 4pm, Eugene Public Library. FREE.

Children's Intro to Ki-aikido continues. See Monday.

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

Rush Hour Resistance continues. See Thursday, March 30.

LECTURES/CLASSES Medicare Made Clear for those new to Medicare, 5-5:45pm, Syman-Degler Bldg., 1163 Olive St. FREE.

Make a game board, 5:30pm, downtown library, pre-register 682-5450. FREE.

Intro to Urban Homesteading: living well cheaply, 7-8pm, River Road Park & Recreation, 1400 Lake Dr., 688-4052. FREE.

Talk & Book Signing w/Stephen Grey, "Cannabis & Spirituality," 7:30pm, Eugene Garden Club, 1645 High St. \$7-\$15 don.

Intro to Ki continues. See Monday.

Talks at the MNCH continues. See Thursday, March 30.

LITERARY ARTS Reading & Book Signing by Henry Alley, author of "The Dahlia Field," 7pm, Tsunami Books, 2585 Willamette St. FREE.

ON THE AIR "The Point" continues. See Thursday, March 30.

"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/Ras D & Kat, 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, March 30.

Pool Hall continues. See Thursday, March 30.

SOCIAL DANCE Ballroom Dancing, ages 18+, 7pm, Willamalane Adult Activity Center, 215 W. 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 Systemic Community Family Constellation circle, 7:15-9:15pm, Friends Meeting House, 2274 Onyx. leiahart.com. FREE.

TEENS Grrrrl Jamz, practice an instrument w/Grrrlz Rock, for girls 10-18, 3:30-6pm, Ophelia's Place, 1577 Pearl St., #100. FREE.

Magnet Mania, 4pm, Sheldon branch library. FREE.

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

THURSDAY

APRIL 6
SUNRISE 6:44AM; SUNSET 7:45PM
AVG. HIGH 59; AVG. LOW 38

BENEFITS Community Ecstatic Dance benefit for Food Not Bombs, 7-9pm, WOW Hall. \$5-\$15.

FILM UPRIVER, film-screening & audience discussion, 6-8pm, Bijou Art Cinema, 492 E. 13th Ave. \$6-\$8.

GATHERINGS Hearing Voices & Extreme States Discussion/Support Group, 1pm, LILA, 20 E. 13th Ave., differentminds.us/eshv. FREE.

Roseburg VA Medical Center town hall, 5-7pm, Eugene Healthcare Center, 3555 Chad Dr. FREE.

Willamette Writers Mid-Valley Chapter Meeting: "Crowd-funding for Authors," Susan DeFreitas, 6:30-9pm, Tsunami Books, 2585 Willamette St. FREE-\$10.

Downtown Toastmasters continues. See Thursday, March 30.

Emerald Photographic Society Club Meeting continues. See Thursday, March 30.

Home Grown Community Radio Forming KEPW-FM meetings continue. See Thursday, March 30.

NAMI Connection Support Group for people w/mental health issues continues. See Thursday, March 30.

Refuge Recovery meeting continues. See Thursday, March 30.

Rush Hour Resistance continues. See Thursday, March 30.

HEALTH Table Talk & Taste, weekly meet & greet w/our Nutritional Health Coach, Yaakov,



CULTURAL CONVERSATIONS

COLLEGE OF LIBERAL ARTS SCHOOL OF ARTS AND COMMUNICATION

April 3 - May 3, 2017

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