

CALENDAR

Program, trivia, raffle, 5pm, Axe & Fiddle, 657 E. Main St., Cottage Grove. FREE.

Debtor's Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th St., 541-968-1981. FREE.

NAMI On-Campus Mental Health Support Group, 6pm, Peterson Building rm. 105, UO, 541-343-8677. 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.

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

Move It!, Ages 50+, build stronger bones & lean muscle, 10:30am, Bob Keefer Ctr., 250 S. 32nd St., Spfd. Intro drop in FREE.

MELT, Ages 14+, to improve balance, stability, health, noon, Bob Keefer Ctr., 250 S. 32nd St., Spfd. Intro drop in FREE.

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

SilverSneakers Classic, ages 50+, exercise to music w/ weights, elastic tubing & ball, 1:30pm, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.

Strong Bones, Strong Body, ages 50+, 1:30pm, Bob Keefer Ctr., 251 S. 32nd St., Spfd. \$7-\$9.

Reiki Tummo sessions, 5:30-7pm, Heartwise, 1840 Willamette St., 541-683-8317 for appt. FREE.

Cycle continues. See Thursday, May 18.

Gentle Exercise for Wellness continues. See Thursday, May 18.

Intro to Weight Training continues. See Thursday, May 18.

Nia Fusion Fitness continues. See Thursday, May 18.

Tai Chi: Level 1 continues. See Thursday, May 18.

**KIDS/FAMILIES** Baby & Me Storytime, 10am, Spfd. library, 225 5th St., Spfd. FREE.

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

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

Mindcraft Block Parties for Kids continues. See Monday.

**LECTURES/CLASSES** Line Dance, ages 50+, for advanced beginner & beyond, 1:30-3:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$15-\$18.

Craigslist: Buy, Sell, Connect Online, Ages 18+, how to post ads, buy & sell, 6-8pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$14-\$16.

Fake News: Why It Matters & How to Fight It, 6pm, downtown library. FREE.

International Folk Dance Class, ages 18+, 6:45pm, Willamalane Adult Activity Ctr., 315 W. C St., Spfd. \$7-\$9.

John Hockenberry, host of The Takeaway, 7-9pm, LCC Performance Hall, Main Campus, Bldg. 6. Download tickets at klcc.org. FREE.

The Way of the Donkey, happiness & empowerment strategies for young people, 6pm donkey petting, 7pm presentation, Unitarian Universalist Church, 1685 W. 13th Ave. don.

Basic Money Matters w/Mark Braueur of Goodwill Industries, 7-8pm, Fern Ridge Library, 88026 Territorial, Veneta. FREE.

BE Home w/Renée Watson, 7pm, EMU, Rm. 214, Redwood Auditorium, UO Campus. FREE.

Talks at the MNCH continues. See Thursday, May 18.

**LITERARY ARTS** Lives of Museum Junkies w/Marilynne Eichinger, 2-3pm, Museum of Natural & Cultural History, 1680 E. 15th Ave. FREE.

**ON THE AIR** Anarchy Radio w/John Zerzan, 7pm, KWVA 88.1FM.

"The Point" continues. See Thursday, May 18.

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

**OUTDOORS/RECREATION** Bingo, 6pm, River Stop Restaurant, 39297 McKenzie Hwy, Spfd. 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., 541-344-1239. FREE.

Bike in Shapes Ride, community bike ride, 7pm, The Abbey at Sprout, 418 A. St., Spfd. FREE.

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

Trivia w/Ty Connor, 7pm, Beer-garden, 777 W. 6th Ave. 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.

WDYK Trivia w/Nick, 7pm, Shooter's Pub & Grill, 2650 River Rd. FREE.

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

Geeks Who Drink Pub Trivia, 8-10pm, Wayward Lamb, 150 W. Broadway St. FREE.

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

Board Game Night continues. See Thursday, May 18.

Duplicate Bridge continues. See Thursday, May 18.

Pool Hall continues. See Thursday, May 18.

**SOCIAL DANCE** Coalescence: Community Estatic Dance, 6-7:45pm, The Vet's Club Main Ballroom, 1626 Willamette St. \$8-\$12.

Eugene Folk Dancers, weekly international folk dancing, 6:45pm lessons, 7:45pm dance, Willamalane Adult Activity Ctr., 215 W. C St., Spfd., 541-344-7591. \$3-\$7.

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

Two-Step Tuesday, country dancing night, \$2 food/drink specials, 7:30pm, Elks Lodge, 1701 Centennial Blvd., Spfd. FREE.

International Folk Dance, ages 18+, no experience or partner necessary, drop-ins welcome, 7:45pm, Willamalane Adult Activity Ctr., 315 W. C St., Spfd. \$3.

Bailonga: Argentine Tango Milonga, 8-11pm, lessons at 8pm followed by open dance, Vet's Club, 1626 Willamette St., bailonga.org. \$5.

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

"Sit Happens," meditation, reading, discussion, 6:30-8pm, Unitarian Church, 1685 W. 13th Ave. rm. 5. FREE.

**TEEN** Creative Arts Playshop, fun interactive playshop for girls 13-18, face painting, music, acrobatics, 4-5pm, Ophelia's Place, 1577 Pearl St., Ste. 100. sug. don. \$10.

WEDNESDAY

MAY 24  
SUNRISE 5:37AM; SUNSET 8:41PM  
AVG. HIGH 67; AVG. LOW 43

**ART/CRAFT** 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., 541-513-4527. FREE.

Coast Fork Farm Stand continues. See Saturday.

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

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

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

Spencer Creek Growers Markets Vendor Orientation meeting, 5pm, Spencer Cr. Grange, 86013 Lorane Hwy. spencercreekmarkets.org. FREE.

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

Quack Chats: Is It Getting Better? Homophobia in High School? 6-7pm, EMU, Falling Sky Pizzeria, UO Campus. FREE.

Open Session Figure Drawing, 6:30-9pm, Emerald Art Ctr., 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., 541-687-9447. \$10.

Active Exercise continues. See Monday.

Health Qigong continues. See Monday.

Latin Cardio Fusion continues. See Monday.

Strength & Flexibility continues. See Monday.

Tai Chi continues. See Monday.

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

Preschool Storytime, 10:15am & 11am, downtown library, 541-682-8316. FREE.

Babies-Toddlers Storytime, 11am, up to age 12, 4pm, Mother Goose Resale 1075 Chambers, 541-343-1300. 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.

Minecraft Block Parties for Kids continues. See Monday.

**LECTURES/CLASSES** Android Phones for Beginners, ages 50+, learn email Facebook, apps & how to enhance navigation, 9-11am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$14-\$16.

Build a Robot, learn basic vector graphics, electronics & programming, for adults & teens, 5:30pm, downtown library, RSVP 541-682-5450. FREE.

ELAW Global Community Conversation w/Zuzana Caputova, 6-7:30pm, Sam Bond's Brewing, 540 E. 8th Ave. FREE.

Exploring New Zealand: Thru-Hiking Te Araroa & Beyond, REI Eugene @ Beergarden, 777 W. 6th Ave. FREE.

Intro to Ki continues. See Monday.

Talks at the MNCH continues. See Thursday, May 18.

**LITERARY ARTS** Patricia Kullberg speaking on her book "On the Ragged Edge of Medicine," 7pm, UO Duck Store, 895 E. 13th Ave. FREE.

Speak Your Peace, open spoken word, 7:30pm sign-up, Vanilla Jill's, 298 Blair Blvd., call 541-393-6822. FREE.

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

"That Atheist Show," weekly call-in, 7pm, Comcast 29, 541-790-6617.

"The Point" continues. See Thursday, May 18.

**OUTDOORS/RECREATION** Mom & Baby Stroller Run, 9:30am, Run Hub Northwest, 515 High St., 541-344-1239. FREE.

Community Group Run, 3-6 miles, 6pm, Run Hub Northwest, 515 High St., 541-344-1239. FREE.

WDYK Trivia w/Ras D & Kat, 6pm, Friendly St. Deli, 2757 Friendly St. FREE.

WDYK Trivia w/Zach, 7pm, Buggy's Bar & Grill, 559 Pacific Hwy. W., Junction City. FREE.

Cards Against Humanity w/ Kevin, 8pm, First National Taphouse, 51 W. Broadway. FREE.

Pinball Knights, 3-strikes pinball tournament w/IFPA points for players, 21 & over, 8pm, Blairally, 245 Blair Blvd., 541-683-1721. \$10 buy in.

Trivia w/Ty Connor, 8pm, Starlight Lounge, 830 Olive St. FREE.

WDYK Trivia w/Brady, 8pm, Sonny's Tavern, 533 O St., Spfd. FREE.

WDYK Trivia w/Nick, 8pm, O Bar and Grill, 115 Commons Dr. FREE.

Duplicate Bridge continues. See Thursday, May 18.

Pool Hall continues. See Thursday, May 18.

Qigong continues. See Monday.

**SOCIAL DANCE** Ballroom Dancing, ages 18+, 7pm, Willamalane Adult Activity Ctr., 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** Lunchtime Meditation for Peace, 12:05-12:50pm, Cascade Ctr. for Spiritual Living, 741 Main St., Spfd. FREE.

Consciousness Living Series w/Tulku Jigme Rinpoche, Tibetan Buddhist Meditation & philosophy teacher, 7-8:30pm talk, Tsunami Books, 2585 Willamette St. sug. don. \$10-\$15.

"Defy the Lie," revolving topic relating to the book "Refuge Recovery" by Noah Levine, followed by meditation & discussion, 7-8:30pm, Unitarian Church, 1685 W. 13th Ave. rm. 2. FREE.

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

Women's Advisory Council for girls 14-18, 4-5pm, Ophelia's Place, 1577 Pearl St., #100. FREE.

THURSDAY  
MAY 25

SUNRISE 5:36AM; SUNSET 8:42PM  
AVG. HIGH 69; AVG. LOW 44

**ART/CRAFT** 5th Annual So Small: Miniature Art Show & Silent Auction for OSLP, 6-8pm, Lincoln Gallery, 309 W. 4th Ave.

**FILM** "Selma," weekly film screening celebrating African-American directors in honor of National Museum of African-American History & Culture Exhibit, 5:30pm, Cottage Grove Public Library, 700 E. Gibbs Ave., Cottage Grove. FREE.

**GATHERINGS** Downtown Toastmasters continues. See Thursday, May 18.

Emerald Photographic Society Club Meeting continues. See Thursday, May 18.

Home Grown Community Radio Forming KEPW-FM meetings continue. See Thursday, May 18.

NAMI Connection Support Group for people w/mental health issues continues. See Thursday, May 18.

**HEALTH** Cycle continues. See Thursday, May 18.

Gentle Exercise for Wellness continues. See Thursday, May 18.

Intro to Weight Training continues. See Thursday, May 18.

Nia Fusion Fitness continues. See Thursday, May 18.

Tai Chi: Level 1 continues. See Thursday, May 18.

Tai Chi: Level 2 continues. See Thursday, May 18.

Stress & Anxiety Relief Group Acupuncture continues. See May 18.

**KIDS/FAMILIES** Babies & Toddlers Storytime continues. See Wednesday.

Wonderful Ones Storytime continues. See Thursday, May 18.

**LECTURES/CLASSES** Apple Photos & Camera, ages 18+, for user of iPhones, iPads & Macs, 9-11am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$14-\$16.

Alzheimer's Basics, 4pm, Bethel Branch Library, 1990 Echo Hollow Rd. FREE.

Bike Touring 101, interactive presentation w/UO Bike Program, 6-8pm, UO Outdoor Program Barn, UO Campus, 1225 E. 18th St. FREE.

Citizen Journalism: Writing Workshop, 6pm, downtown library. FREE.

Portents & Parallels Lecture Series, "Secretive Rulers & Leaking Officials: The Case of Early Imperial China," 6:15pm, Tsunami Books, 2585 Willamette St. sug. don. \$3-\$5.

What is Urban Homesteading? ages 18+, 6:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE.

Flat Fix & Prevention Clinic, 7:30-9:30pm, Arriving By Bike, 2705 Willamette St. \$10.

DanceAbility Class continues. See May 18.

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