

CALENDAR

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** Teen Program, VR games, big screen video games, board games, snacks, 4:30pm, Spfd public library, library meeting rm., 225 5th St. FREE.

**WEDNESDAY**

**MAY 31**  
SUNRISE 5:32AM; SUNSET 8:47PM  
AVG. HIGH 70; AVG. LOW 45

**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.

Bailey Hill Farmers Market, 3-7pm, Bailey Hill Market, 3190 Bailey Hill Rd., spencercreekmarkets.org. 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.

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 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.

Stability Balls 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, Thursdays 4pm, 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.

**LECTURES/CLASSES** Vegan Salad Dressings & Dips w/Yaakov Levine, 6-7pm, Natural Grocers, 201 Coburg Rd. FREE.

The Palmo Ctr. for Peace & Education presents Consciousness Living Series w/Tulku Jigme Rinpoche, Tibetan Buddhist meditation & philosophy teacher, 7-8:30pm, Tsunami Books, 2585 Willamette St. sug. don. \$10-\$15.

Intro to Ki continues. See Monday.

Talks at the MNCH continues. See Thursday, May 25.

**LITERARY ARTS** Oregon Wild presents: Hiking the Pacific Crest Trail in Oregon, w/author Eli Boschetto, 6-8pm, Claim 52 Brewing, 1030 Tjinn St., ste. 1. 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 25.

**OUTDOORS/RECREATION** Eug/Spfd Mossbacks Volkssport Club: walk & cleanup, Eastgate Trail in Spfd, 9am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd., mossbacks.org. FREE.

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.

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

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

Cards Against Humanity w/ Kevin, 8pm, First National Tap-house, 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 Q St., Spfd. FREE.

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

Duplicate Bridge continues. See Thursday, May 25.

Pool Hall continues. See Thursday, May 25.

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, Charles-ton, 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.

"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.

Restoring the Orders of Love, Family Systemic Constellation, 7:15-9:15pm, Friends Meeting House, 2274 Onyx, leiahart.com. 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**

**JUNE 1**  
SUNRISE 5:32AM; SUNSET 8:48PM  
AVG. HIGH 70; AVG. LOW 45

**FILM** "There Eyes Were Watching God," 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.

Springfilm: Made in Oregon, screening of "Paint Your Wagon," 6:30pm, Wildish Theater, 630 Main St., Spfd. FREE.

"What The Health," documentary, 7:30pm, Bijou Arts Cinema, 492 E. 13th Ave., tugg.com/events/what-the-health-bjgu. \$11.

**FOOD/DRINK** Viking Braggot

Pineapple IPA Release Party, 4-10pm, Starlight Lounge, 830 Olive St. FREE.

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

Willamette Writers Mid-Valley Chapter Meeting: Author's Gala, 6:30-9pm, Tsunami Books, 2585 Willamette St. sug. don. \$10.

Downtown Toastmasters continues. See Thursday, May 25.

Emerald Photographic Society Club Meeting continues. See Thursday, May 25.

Home Grown Community Radio Forming KEPW-FM meetings continue. See Thursday, May 25.

NAMI Connection Support Group for people w/mental health issues continues. See Thursday, May 25.

**HEALTH** Cycle continues. See Thursday, May 25.

Gentle Exercise for Wellness continues. See Thursday, May 25.

Intro to Weight Training continues. See Thursday, May 25.

Nia Fusion Fitness continues. See Thursday, May 25.

Tai Chi: Level 1 continues. See Thursday, May 25.

Tai Chi: Level 2 continues. See Thursday, May 25.

Stress & Anxiety Relief Group Acupuncture continues. See May 25.

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

Wonderful Ones Storytime continues. See Thursday, May 25.

**LECTURES/CLASSES** Small Business Clinic: Ask the Experts, 5-7pm, downtown library,

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