

WHAT'S HAPPENING

THURSDAY JUNE 29

SUNRISE 5:32AM; SUNSET 8:59PM
AVG. HIGH 77; AVG. LOW 49

FARMERS MARKETS Amazon Farmers Market, noon-4pm, Amazon Community Ctr., 2700 Hilyard St. FREE.

FOOD for Lane County Youth Farm Produce Stand at Riverbend, 2-6pm, 3333 Riverbend Dr., foodforlanecounty.org/gardens. FREE.

South Valley Farmers Market, 4-7pm today & Thursday, July 6, 7th & Main St., Cottage Grove. SV-FarmersOnMain@gmail.com. FREE.

GATHERINGS Downtown Public Speakers Toastmasters Club, drop-ins welcome, noon-1:05pm today & Thursday, July 6, Les Lyle Conference rm., 4th fl. Wells Fargo Bldg., 99 E. Broadway Ave., 541-485-1182. FREE.

NAMI Connection Support Group for people w/mental health issues, 1-2:30pm today & Thursday, July 6, 2411 Martin Luther King Jr. Blvd. FREE.

Mindfulness Group, 4-5pm, NAMI Resource Ctr., 2411 Martin Luther King Blvd., 541-520-3096. FREE.

Ubuntu Contributionism Meetup, 6:30pm today & Thursday, July

6, Market of Choice, 67 W. 29th Ave., 541-285-7329. FREE.

Emerald Photographic Society Club Meeting, 6:45pm today & Thursday, July 6, Northwood Christian Church, 2425 Harvest Ln., Spfd. FREE.

Home Grown Community Radio Forming KEPW-FM, 6:30pm, today & Thursday, July 6, Growers Market, 454 Willamette St., 541-343-8548. FREE.

HEALTH Gentle Exercise for Wellness, ages 50+, 9 & 10am today, Tuesday & Thursday, July 6, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

Intro to Weight Training, ages 18+, 10am today, Tuesday & Thursday, July 6, Bob Keefer Ctr., 251 S. 32nd St., Spfd. \$7-\$9.

Stress & Anxiety Relief Group Acupuncture, 10-11:30am today & Thursday, July 6, Trauma Healing Project, 2222 Coburg Rd., 541-687-9447. \$10.

Tai Chi: Level 1, ages 50+, 11am today, Tuesday & Thursday, July 6, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

Tai Chi: Level 2, noon-1pm today & Thursday, July 6, ages 50+, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

Zumba Gold, ages 50+, today body experience w/fun dance movements, 1:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

Cycle, ages 14+, indoor cycling to music for aerobic training, 4:45-5:30pm today, Tuesday & Thursday, July 6, first come, first serve, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.

Nia Fusion Fitness, ages 18+, non-impact, aerobic exercise, 5:30pm today, Tuesday & Thursday, July 6, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

LECTURES/CLASSES Harmony: Community Centered Martial Arts, open practice, 10am today & Thursday, July 6, Monroe Park, Monroe St. & W. 10th Ave. FREE.

Laughter Yoga for Silver & Fit, 11:15am-12:15pm, River Rd. Park & Recreation, 1400 Lake Dr. \$6.

Ahhh! Neck & Shoulder Tension Release, ages 50+, hands-on class to relieve shoulder & neck tension, noon-1:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$14.

New to Medicare? Ages 18+, learn all you need to know, 2-4pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE.

Talks at the MNCH, 2pm today through Sunday, Tuesday through Thursday, July 6, Museum of Natural & Cultural History, 1680 E. 15th Ave., natural-history.uoregon.edu. FREE w/price of museum admission.

DanceAbility Class, creative movement for youth 4pm, adults 5pm, today & Thursday, July 6, all abilities & disabilities, Hilyard Community Ctr., 2580 Hilyard St., 541-357-4982. don.

Summer Chalk Board, ages 15+, create a useful & decorative tool, 5:30-7:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$15-\$18.

Jump Start: Poetry Writing Workshop, 6pm, downtown library. FREE.

Massage Techniques, ages 18+, learn basic Swedish massage techniques, 6:30-8:30pm today & Thursday, July 6, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$12-\$14.

New Hikes in Southern Oregon w/William Sullivan, 7-9pm, Knight Law School, 1515 Agate St., rm. 110. FREE.

Women's International Travel Basics, 7pm, REI, 306 Lawrence St. FREE.

Astrology: Oregon's Celestial Event of the Century, upcoming solar eclipse, presentation, 7:15pm, Tsunami Books, 2585 Willamette St. FREE.

KIDS/FAMILIES Wonderful Ones Storytime, 1-year-olds w/ caregivers, 10:15am & 11am, downtown library, 541-682-8316. FREE.

ON THE AIR "The Point," current local issues, arts, stories, 9-9:30am, today, tomorrow & Monday through Thursday, July 6, KPVO 88.9FM.

"Arts Journal," current local arts, 9-10pm today & Thursday, July 6. Comcast channel 29.

"The Many Hats of Coco," guest is author Tim Savage, host Theo Czuk interviews local novelists & artists, 10pm today & Thursday, July 6 & 9:30am Saturday, ch. 29.

Thursday Night Jazz w/David Gizara, 10pm today & Thursday, July 6, KLCC 89.7FM.

OUTDOORS/RECREATION Pool Hall for seniors, 8:30am-4:30pm today, tomorrow & Monday through Thursday, July 6, Campbell Community Ctr., 155 High St. \$0.25.

GEARs Bicycle Club: McKenzie View & Sunderman, 9am, Alton Baker Park, eugenegears.org. FREE.

Blazing Paddles, table tennis club, 9:30-11:30am today & Thursday, July 6, 6-8pm Friday & Wednesday, 9am-noon Saturday & 2-4pm Sunday, Bob Keefer Sports Ctr., 250 S. 32nd St., Spfd. \$5, mention this listing & first time FREE.

Lunchtime Running Group, 3-4 miles, 12:15-12:45pm today & Thursday, July 6, Tap & Growler, 207 E. 5th Ave. FREE.

Duplicate Bridge, 1pm today, Sunday, Tuesday & Thursday, July 6; 9:30am Monday; 6:30pm Wednesday, Emerald Bridge Club, 1782 Centennial Blvd., Spfd. \$8.

Centennial chess club, 5-8pm today, Friday, Saturday & Thursday, July 6, Centennial Market, 651 W. Centennial Blvd., Spfd. RSVP 541-912-9061. FREE.

Cribbage Tournament, 5:30-7:30pm today & Thursday, July 6, Max's Tavern, 550 E. 13th Ave. \$2.

Tai Chi, 5:30-6:30pm today & Thursday, July 6, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE drop in.

Board Game Night, 6-11pm today, Tuesday & Thursday, July 6, Funagain Games, 1280 Willamette St. FREE.

GEARs Bicycle Club: Women only ride, 6pm, Alton Baker Park, eugenegears.org. FREE.

Adult intro to ki-ai-kido, 7pm Today, Monday & Thursday, July 6, OKS, 1071 W. 7th. FREE.

WDYK Trivia w/Haley, 7pm today & Thursday, July 6, Sidelines, 77 W. Broadway. FREE.

WDYK Trivia w/Brady, 7pm today & Thursday, July 6, Brew & Cue, 2222 State Hwy. 99 N. FREE.

WDYK Trivia w/Zach, 7pm today & Thursday, July 6, Gridiron Grill & Taphouse, 2816 Main St., Spfd. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Level Up, 1290 Oak St. FREE.

WDYK Trivia w/Kevin, 9pm today & Thursday, July 6, Side Bar, 1680 Coburg Rd., #108. FREE.

SOCIAL DANCE Line Dance Lessons, 6-8pm today & Thursday, July 6, The Blind Pig Bar, 2750 Roosevelt Blvd. FREE.

Crossroads Blues Fusion, blues dancing lessons 7pm today & Thursday, July 6, open dance 8:30-11:30pm, Vet's Club, 1620 Willamette St. \$6-\$10, first time FREE.

English & Scottish Country Dancing, 7pm today & Thursday, July 6, Vet's Club, 1620 Willamette St. \$7, first time FREE.

Music & Dance Workshops w/Taller de Son Jarocho, 7-9pm today & Thursday, July 6, American Legion Hall, 344 8th St., Spfd. FREE.

Fall Dance Sampler Series, Tango, 7:30pm, In Shape Athletic Club, 2681 Willamette St. \$10.

SPIRITUAL Zen Meditation Group, 7-8am today & Thursday, July 6, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE.

Insight Meditation, 6:30-8pm today & Thursday, July 6, Eugene Yoga Annex, 3575 Donald St. Don.

Refuge Recovery, 7-8:30pm today & Thursday, July 6, Unitarian Universalist, 1685 W. 13th Ave., rm. 6. FREE.

Zen Meditation, 7-8:45pm today & Thursday, July 6, Zen West, 981 Fillmore St., zenwesteugene@gmail.com. FREE.

TEEN Teen Field Trip to Oregon State Capitol, 10am-4pm, departing from Spfd Public Library, 225 5th St., permission slip at willamalane.org/class/oregon-state-capitol-trip. FREE.

THEATER No Shame Workshop: Short-form theatre & improv! 7:30pm, Atrium Building, 99 W. 10th Ave. FREE.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party, 9am-noon today, Tuesday & Thursday, July 6, Native Plant Nursery, Buford Park, volunteer@bufordpark.com, 541-344-8350. FREE.

FRIDAY

JUNE 30

SUNRISE 5:32AM; SUNSET 8:59PM
AVG. HIGH 78; AVG. LOW 49

ART/CRAFT Cottage Grove Art Walk, music, art, 6-8pm, historic downtown Cottage Grove. FREE.

Portraits of a Past Time opening, art by Bret Pendlebury, 6pm, Oakshire, 207 Madison St. FREE.

Sin Is So In Ill, collaborative art show & poetry/fiction reading w/Last Friday Artwalk, 7pm-midnight, Old Whiteaker Firehouse, 1045 W. 1st Ave. FREE.

FILM "Man Ray" film screening, popcorn & refreshments, 6:30-9pm, Jon Meyers Studio, 385 W. 2nd Ave. don.

FOOD/DRINK Wine & Music, 4-10pm, Noble Estate Urban, 560 Commercial St. FREE.

Wine Tasting, 6-9pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd. FREE.

GATHERINGS Yawn Patrol Toastmasters, 6-7:45am, LCC Downtown Ctr., 110 W. 10th Ave. FREE.

Fill a Bag of Fabric Sale, 11am-6pm today & 11am-5pm tomorrow, MECCA, 449 Willamette St. \$5-\$10.

With the **Fourth of July** coming up quickly, most of us already have evening plans to watch fireworks, eat BBQ and crack open a cold brewski with friends and family. From **Springfield's Light of Liberty Celebration** in Island Park (200 W. B Street) to the **Eugene Pro Rodeo**, the area has a lot to offer as far as destinations to watch fireworks (check out our Summer Guide for more on July 4 firework spots). If you have an open schedule in the daytime, though, there are still a ton of Fourth of July activities to partake in. Get out and get active with **GEARs Bicycle Club** for their traditional ride to the Fourth of July Parade in Harrisburg. The bike ride starts at 9 am from Alton Baker Park. It's FREE and open to everyone. Another option to get outside before it gets too hot is the **Fourth of July Butterfly Count**. Join Oregon's Chapter of the North American Butterfly Association to view the different kinds of butterflies and dragonflies at Mount Pisgah Arboretum, East Buford Park, the West Eugene Wetlands and Spencer Butte. Meet at 10 am at the Campbell Community Center parking lot (155 High Street) to carpool. It's \$5 per person and \$8 per family. The **Art and the Vineyard Festival** will be taking place July 2-4 in Alton Baker Park with a ton of daytime activities for all ages, including live music. On the Fourth, there will be musical performances all day, from 12:30 pm until fireworks at dusk, including local acts: Zac Wolfe Band and Gumbo Groove, among others. If you're looking to get your live music fix a day before the Fourth, **ARRIVAL**, an **ABBA cover band from Sweden**, will be performing at Art and the Vineyard on Monday, July 3. Tickets to Art and The Vineyard are \$25 for a three-day pass, \$10 for one-day admission for those 15 years and older, \$5 for ages 6-14 and FREE for kids 5 and under. VIP reserved seating tickets for ARRIVAL are \$35. — *Meerah Powell*

