

CALENDAR

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.

Natural Hacks for Memory Support w/Yaakov Levine, 1-2:15pm, Natural Grocers, 201 Coburg Rd., 541-345-3300. FREE.

Health Care for All, 7pm, First United Methodist Church, 1376 Olive St. FREE.

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.

Family Music Time, 10:15am, 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 iPad for Beginners, ages 50+, 1-3pm,

Willamalane Adult Activity Ctr., 215 W. C St. \$14.

Women's Yoga for Outdoor Fitness, learn basics to develop strength to become a climber, paddler, backpacker, etc., 5:30pm, REI, 306 Lawrence. FREE.

Responding to Life's Challenges in a Meaningful Way, 7-8:15pm, Sweaty Ganesh Yoga Studio, 820 Charnelton St. \$10 sug. don.

Intro to Ki continues. See Monday.

Talks at the MNCH continues. See Thursday, June 29.

LITERARY ARTS 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, June 29.

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.

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 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 Q St., Spfd. FREE.

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

Blazing Paddles continues. See Thursday, June 29.

Duplicate Bridge continues. See Thursday, June 29.

Pool Hall continues. See Thursday, June 29.

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.

Dance Empowered w/Cynthia Valentine continues. See Saturday.

SPIRITUAL Refuge Recovery, 7-8:30pm, Unitarian Church, 1685 W. 13th Ave. Rm. 2. FREE.

TEENS Watch: 13 Reasons Why, viewing of Netflix adaption, 2pm, downtown library. FREE.

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

Twins: Volcanoes, learn about, build & explode volcanoes, 4pm, Sheldon library branch, 1566 Coburg Rd. FREE.

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

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FILM The Opal Network screens "Crazywise," What if a psychological crisis was seen as a positive transformative experience? 6:30pm, downtown library. FREE.

SpringFilm: "Dead Man," rated R, 6:30-9pm, Wildish Community Theater, 630 Main St., Spfd. FREE.

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

Downtown Toastmasters continues. See Thursday, June 29.

Emerald Photographic Society Club Meeting continues. See Thursday, June 29.

Home Grown Community Radio Forming KEPW-FM meetings continue. See Thursday, June 29.

NAMI Connection Support Group for people w/mental health issues continues. See Thursday, June 29.

Ubuntu Contributionism Meetup continues. See Thursday, June 29.

HEALTH Cycle continues. See Thursday, June 29.

Gentle Exercise for Wellness continues. See Thursday, June 29.

Intro to Weight Training continues. See Thursday, June 29.

Nia Fusion Fitness continues. See Thursday, June 29.

Tai Chi: Level 1 continues. See Thursday, June 29.

Tai Chi: Level 2 continues. See Thursday, June 29.

Stress & Anxiety Relief Group Acupuncture continues. See Thursday, June 29.

KIDS/FAMILIES Family Music Time, 10:15am, downtown library. FREE.

Babies & Toddlers Storytime continues. See Wednesday.

LECTURES/CLASSES Protect Your Skin from the Inside Out w/Yaakov Levine, 2-3pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE.

South Valley Farmers Market continues. See Thursday, June 29.

WDYK Trivia w/Haley continues. See Thursday, June 29.

WDYK Trivia w/Kevin continues. See Thursday, June 29.

WDYK Trivia w/Zach continues. See Thursday, June 29.

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mall Business Clinic: Ask the Experts, 5-7pm, downtown library, pre-register for individual appointments 541-682-5450. FREE.

Teaching Children Mindfulness, discussion, 5:15-6:45pm, Unitarian Universalist Church, 1685 W. 13th Ave. FREE.

Basic Makeup Application, ages 50+, 6-8pm, Willamalane Adult Activity Ctr., 215 W. C St. \$15.

DanceAbility Class continues. See June 29.

Harmony: Community Centered Martial Arts continues. See June 29.

Massage Techniques continues. See Thursday, June 29.

Talks at the MNCH continues. See Thursday, June 29.

ON THE AIR "Arts Journal" continues. See Thursday, June 29.

"The Many Hats of Coco" continues. See Thursday, June 29.

"The Point" continues. See Thursday, June 29.

Thursday Night Jazz w/David Gizara continues. See Thursday, June 29.

OUTDOORS/RECREATION Adult Recess, ages 18+, get moving w/pickleball, red light-green light, etc., noon-1pm, Meadow Park, 851 Mill St., Spfd. FREE.

Adult introduction to ki-aikido continues. See Thursday, June 29.

Board Game Night continues. See Thursday, June 29.

Centennial chess club continues. See Thursday, June 29.

Cribbage Tournament continues. See Thursday, June 29.

Duplicate Bridge continues. See Thursday, June 29.

Lunchtime Tap & Growler Running Group continues. See Thursday, June 29.

Pool Hall for seniors continues. See Thursday, June 29.

Tai Chi continues. See Thursday, June 29.

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SOCIAL DANCE Crossroads Blues Fusion Weekly Blues & Fusion Dance continues. See Thursday, June 29.

English & Scottish Country Dancing continues. See Thursday, June 29.

Line Dance Lessons continue. See Thursday, June 29.

Music & Dance Workshops w/Taller de Son Jarocho continues. See Thursday, June 29.

SPIRITUAL Insight Meditation continues. See Thursday, June 29.

Refuge Recovery continues. See Thursday, June 29.

Zen Meditation continues. See Thursday, June 29.

TEENS No Shame Workshop continues. See Thursday, June 29.

VOLUNTEER Join City of Eugene's volunteer program to help paint, weed & pick up litter, wear sturdy shoes & clothes appropriate for painting, instruction, gloves & refreshments provided, 4-7pm, Washington Jefferson Skatepark. FREE.

Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, June 29.

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Biking... for fun, fireworks, family outings

Art and the Vineyard
Valet Bike Parking
July 2,3,4 Alton Baker Park

Presented by:  C.A.T. Center for Appropriate Transport
bikevalet@catoregon.org

Sponsored by:  **arriving by bike**
Urban Cycling Outfitters
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RED BARN
NATURAL GROCERY & DELI

THIS 4TH OF JULY,
PUT YOUR MONEY WHERE YOUR MOUTH IS.
SUPPORT YOUR LOCAL INDEPENDENTS!

4TH & BLAIR • 541-342-7503 • 8AM-11PM DAILY (DELI 9PM)

W.O.W. HALL ★ THE COMMUNITY CENTER FOR THE PERFORMING ARTS WELCOMES ★
8TH & LINCOLN ★ TICKETS: UO TICKET OFFICE, TICKETWEB.COM, WOW HALL BOX OFFICE ★ HOURS: NOON - 6:00 MONDAY-FRIDAY ★ 541-687-2746 ★ WOVHALL.ORG ★ ALL AGES

LA LUZ
TUESDAY, JULY 4
WITH VERY SPECIAL GUESTS
SAVILA AND VCR
DOORS 8:00 PM, SHOWTIME 9:30
TICKETS \$25 ADVANCE, \$28 DAY OF SHOW

MATSYAHU
UNDERCURRENT
TUESDAY, JULY 11
DOORS 8:00 PM, SHOWTIME 9:00
TICKETS \$25 ADVANCE, \$28 DAY OF SHOW

ABBEY ROAD LIVE! PRESENTS
SGT. PEPPER
50TH ANNIVERSARY SHOW
THURSDAY, JULY 13
DOORS 8:00 PM, SHOWTIME 9:00
TICKETS \$25 ADVANCE, \$28 DAY OF SHOW