

WHAT'S HAPPENING

THURSDAY JULY 6

SUNRISE 5:36AM; SUNSET 8:57PM
AVG. HIGH 80; AVG. LOW 51

ART/CRAFT Wine & Watercolors, 6-8pm today & 3:30-5:30pm Saturday, Noble Estate Urban, 560 Commercial St., 541-338-3007. \$15-\$30.

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 13, 7th & Main St., Cottage Grove. SVFarmersOnMain@gmail.com. FREE.

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 Downtown Public Speakers Toastmasters Club, drop-ins welcome, noon-1:05pm today & Thursday, July 13, Les Lyle Conference rm., 4th fl. Wells Fargo Bldg., 99 E. Broadway Ave., 541-485-1182. FREE.

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

NAMI Connection Support Group for people w/mental health issues, 1-2:30pm today & Thursday, July 13, 2411 Martin Luther King Jr. Blvd. FREE.

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

EUGfun! pARTy on the Plaza: Eugene Taiko, 5:30-6:15pm, Hult Ctr. Plaza. FREE.

Home Grown Community Radio Forming KEPW-FM, 6:30pm, today & Thursday, July 13, Growers Market, 454 Willamette St., 541-343-8548. FREE.

Ubuntu Contributionism Meetup, 6:30pm today & Thursday, July 13, Market of Choice, 67 W. 29th Ave., 541-285-7329. FREE.

Emerald Photographic Society Club Meeting, 6:45pm today &

Thursday July 13, Northwood Christian Church, 2425 Harvest Ln., Spfd. FREE.

Santa Clara Community Organization, 7pm, Messiah Lutheran Church, 3280 River Rd. FREE.

HEALTH Gentle Exercise for Wellness, ages 50+, 9 & 10am today, Tuesday & Thursday, July 13, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

Intro to Weight Training, ages 18+, 10am today, Tuesday & Thursday, July 13, Bob Keefer Ctr., 251 S. 32nd St., Spfd. \$7-\$9.

Stress & Anxiety Relief Group Acupuncture, 10-11:30am today & Thursday, July 13, Trauma Healing Project, 2222 Coburg Rd., 541-687-9447. \$10.

Tai Chi: Level 1, ages 50+, 11am today, Tuesday & Thursday, July 13, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

Tai Chi: Level 2, noon-1pm today & Thursday, July 13, 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 13, 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 13, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

LECTURES/CLASSES Harmony: Community Centered Martial Arts, open practice, 10am today & Thursday, July 13, Monroe Park, Monroe St. & W. 10th Ave. FREE.

Laughter Yoga, 11:15am-12:15pm, River Rd. Park & Rec, 1400 Lake Dr., rm. 3. \$6 drop-in.

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

Talks at the MNCH, 2pm today through Sunday, Tuesday through Thursday, July 13, 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 13, all abilities & disabilities, Hilyard Community Ctr., 2580 Hilyard St., 541-357-4982. don.

Small 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.

Massage Techniques, ages 18+, learn basic Swedish massage techniques, 6:30-8:30pm today & Thursday, July 13, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$12-\$14.

KIDS/FAMILIES Family Music Time, 10:15am, downtown library, 541-682-8316. FREE.

Library Tour for families, 2pm, Spfd Public Library, 225 5th St., Spfd. FREE.

ON THE AIR "The Point," current local issues, arts, stories, 9-9:30am, today, tomorrow & Monday through Thursday, July 13, KPOV 88.9FM.

"Arts Journal," current local arts, 9-10pm today & Thursday, July 13. Comcast channel 29.

"The Many Hats of Coco," host Theo Czuk interviews local novelists & artists, guest author is Tim Savage, 10pm, ch. 29.

Thursday Night Jazz w/David Gizara, 10pm today & Thursday, July 13, KLCC 89.7FM.

OUTDOORS/RECREATION Pool Hall for seniors, 8:30am-4:30pm today, tomorrow & Monday through Thursday, July 13, Campbell Community Ctr., 155 High St. \$0.25.

Blazing Paddles, table tennis club, 9:30-11:30am today

& Thursday, July 13, 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.

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

Lunchtime Running Group, 3-4 miles, 12:15-12:45pm today & Thursday, July 13, Tap & Growler, 207 E. 5th Ave. FREE.

Duplicate Bridge, 1pm today, Sunday, Tuesday & Thursday, July 13; 9:30am Monday; 6:30pm Wednesday, Emerald Bridge Club, 1782 Centennial Blvd., Spfd. \$8.

Centennial chess club, 5-8pm today, Friday, Saturday & Thursday, July 13, Centennial Market, 651 W. Centennial Blvd., Spfd. RSVP 541-912-9061. FREE.

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

Tai Chi, 5:30-6:30pm today & Thursday, July 13, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE drop in.

Board Game Night, 6-11pm today, Tuesday & Thursday, July 13, 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 13, OKS, 1071 W. 7th. FREE.

WDYK Trivia w/Haley, 7pm today & Thursday, July 13, Sidelines, 77 W. Broadway. FREE.

WDYK Trivia w/Brady, 7pm today & Thursday, July 13, Brew & Cue, 2222 State Hwy. 99 N. FREE.

WDYK Trivia w/Zach, 7pm today & Thursday, July 13, 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 13, Side Bar, 1680 Coburg Rd., #108. FREE.

SOCIAL DANCE Line Dance Lessons, 6-8pm today & Thursday, July 13, The Blind Pig Bar, 2750 Roosevelt Blvd. FREE.

Crossroads Blues Fusion, blues dancing lessons 7pm today & Thursday, July 13, 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 13, Vet's Club, 1620 Willamette St. \$7, first time FREE.

Music & Dance Workshops w/ Taller de Son Jarocho, 7-9pm today & Thursday, July 13, 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 13, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE.

Insight Meditation, 6:30-8pm today & Thursday, July 13, Eugene Yoga Annex, 3575 Donald St. Don.

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

Zen Meditation, 7-8:45pm today & Thursday, July 13, Zen West, 981 Fillmore St., zenwesteugene@gmail.com. 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 13, Native Plant Nursery, Buford Park, volunteer@bufordpark.com, 541-344-8350. FREE.

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.

FRIDAY JULY 7

SUNRISE 5:37AM; SUNSET 8:57PM
AVG. HIGH 80; AVG. LOW 51

ART/CRAFT Free First Friday at the Museum, free admission first Friday of the month, 11am-5pm, UO Museum of Natural & Cultural History, 1680 E. 15th Ave. FREE.

Lane Arts Council's First Friday ArtWalk, a tour of galleries & art venues guest-hosted by Oregon Bach Festival's Janelle McCoy, 5:30pm, starts at Lincoln Gallery, 309 W. 4th Ave., lanearts.org. FREE.

DANCE DanceAbility International performance, 12:15-1:15pm, Oregon Country Fair, Oregon Country Fairgrounds, Veneta. FREE (plus price of admission).

FILM "The Billionaires' Tea Party," Ron Paul Inspired, Koch Brothers Planted/Hijacked & Trump Harvested, movie showing, 6-7:30pm, 1061 Chambers St., ste. L. FREE.

Movie in the Park: "Muppet Treasure Island," 9pm, Petersen Barn Park, 870 Berntzen Rd. FREE.

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

Cicchetti Night, stand-up, after-work happy hour, like they do in Venice, Italian-inspired bar snacks & drinks, 5-8pm, Provisions Market Hall, 296 E. 5th Ave. FREE.

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

DANCE Eugene Ballet Company dancers choreograph & perform #instaballet on the spot w/ suggestions from audience, 5:30-8pm, Capitello Wines, 540 Charnelton. FREE.

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

Oregon Country Fair, 11am-7pm today, tomorrow & Sunday, Oregon Country Fairgrounds, Veneta. \$24-\$34.

Forum: Opioids, noon-1pm, UO Baker Ctr., 975 High St. FREE.

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

Food Not Bombs, 1pm cooking, Campbell Club, 3pm serving, Kesey Square. FREE.

Refuge Recovery Meeting, 7-8:30pm today & Monday, Buddha Eye Temple, 2190 Garfield St. FREE.



PHOTO BY KYLE MILLER

Summertime in Oregon is a time to get out and get as much sunny activity in as possible before the months and months of rain return. But, it's also a great time to get some relaxation time in too. You can do both of those things this weekend at McKenzie River Lavender's annual **Lavender Festival**. Just east of Springfield there will be fields of lavender in bloom for U-Pick opportunities, as well as lavender starts for sale if you want to grow some at home. There will also be arts and crafts activities, live music, food and kid-friendly activities. McKenzie River Lavender will also have its own lavender products for sale, such as lavender oil, lotion and honey.

The Lavender Festival is 10 am-5 pm Friday through Sunday, July 7-9, at McKenzie River Lavender (40882 McKenzie Highway). It's FREE. — *Meerah Powell*