

Dance Empowered w/Cynthia Valentine continues. See Saturday.

SPIRITUAL Inspirational Sounds Gospel Choir Rehearsal, 6:30-8:30pm, Northwood Christian Church, 2425 Harvest Ln. FREE.

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

TEENS Computer Programming & Website Design Camp, girls ages 13-18, 10am-3pm today, tomorrow, Wednesday & Thursday, July 13, Ophelia's Place, 1577 Pearl St., ste. 100. \$25-\$50 sug. don. for the week (no girls turned away for lack of don.)

Drop-in support groups for girls & non-binary youth, middle school group 4-5pm, high school group 5-6pm, Ophelia's Place, 1577 Pearl St #100. FREE.

Intro to Hip hop w/Xcape Dance Academy, 4-5pm, Ophelia's Place, 1577 Pearl St. #100. \$25-\$50 sug. don. for term.

The science that surrounds us, join UO women in Graduate scientist for a scientific workshop, 4-5pm, Ophelia's Place, 1577 Pearl St. Ste. 100. \$25-\$50 sug. don. for term.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Habitat Restoration Projects, 9am-noon, locations vary, volunteer@bufordpark.org. FREE.

TUESDAY

JULY 11
SUNRISE 5:40AM; SUNSET 8:55PM
AVG. HIGH 82; AVG. LOW 51

ART/CRAFT Ongoing Drop-In Art Class w/Alan M. Clark, learn how to digitally prepare images w/Photoshop, bring laptop, 1-4pm, Emerald Art Ctr., 500 Main St., Spfd. 551-726-8595. FREE.

Coloring Party for Adults, 2pm, Bethel branch library & Sheldon branch library. FREE.

COMEDY Amusedays w/Chaz Logan Hyde, comedy/open mic, 10pm, Luckey's Club, 933 Olive St. FREE.

FARMERS MARKETS Lane County Tuesday Farmers Market, 10am-3pm, 8th & Oak. FREE.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 7-8:15am, Lane Transit District, 3500 E. 17th Ave., 541-682-6182. FREE.

Eugene Men Against Rape Culture, open to all, task force meeting, 4:30pm, Grower's Market, 454 Willamette St. FREE.

Rush Hour Resistance, 5-6pm, Federal Bldg., 405 E. 8th Ave. FREE.

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

Party in the Parks, 5:30-7:30pm, Churchill Park, 2120 Bailey Hill Rd. FREE.

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

Nar-Anon Meeting, beginners 6pm, back to basics 7pm, Wesley United Methodist Church, 1385 Oakway Rd. 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.

Rainbow Gypsy After Party, 7-11pm, Whirled Pies Downtown, 199 W. 8th Ave. don.

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

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

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, July 6.

Gentle Exercise for Wellness continues. See Thursday, July 6.

Intro to Weight Training continues. See Thursday, July 6.

Nia Fusion Fitness continues. See Thursday, July 6.

Tai Chi: Level 1 continues. See Thursday, July 6.

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

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

Try "Hip Hop" w/Eileen King of Unity School of Dance & King's Krew Dance Co., 1pm & 3pm, downtown library. FREE.

Family Music Time, 6:30pm, downtown library. FREE.

Storyteller Cullen Vance, 7-8pm, Fern Ridge Library, 88026 Territorial, Veneta. FREE.

Boys & Girls Oregon Soccer Camp 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.

Control Your Cash, workshop on personal money management, 5:30pm, downtown library. FREE.

Digital Design: Custom Stamps, 5:30pm, downtown library, pre-registration & library card required, 541-682-5450. FREE.

Potato Stamp Prints, 6pm, sheldon branch library, 1566 Coburg Rd. FREE.

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

Creating Green & Resilient Homes & Neighborhoods, Jan Spencer will describe "green preparedness," 7pm, River Rd. Park & Rec, 1400 Lake Dr. FREE.

Talks at the MNCH continues. See Thursday, July 6.

LITERARY ARTS Page 2 Poetry open mic, 7:30pm sign up, Cush Cafe, 1235 Railroad Blvd. FREE.

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

"The Point" continues. See Thursday, July 6.

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

OUTDOORS/RECREATION WREN Wetland Wander, casual walk through the West Eugene Wetlands, 9-11am, Fern Ridge Reservoir, take Royal Ave. West. FREE.

Cottage Grove Covered Bridge Tour, 9:30am, Bohemia Park in Cottage Grove, eugenegears.org. 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.

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.

Blazing Paddles continues. See Saturday.

Board Game Night continues. See Thursday, July 6.

Duplicate Bridge continues. See Thursday, July 6.

Pool Hall continues. See Thursday, July 6.

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.

Refuge Recovery, 6:30-8pm, Unitarian Church, 1685 W. 13th Ave. rm. 5. FREE.

WEDNESDAY

JULY 12
SUNRISE 5:47AM; SUNSET 8:54PM
AVG. HIGH 82; AVG. LOW 51

DANCE Now! Performing Arts Series: Pop Up Dance Boutique w/Joy Master Kemy Joseph, noon-1:30pm, Park Blocks, 8th & Oak St. 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. \$5-\$15.

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.

Pet Grief Support Group (death or loss), noon-1pm, Companioning Care LLC, RSVP & location: 541-255-7116. \$3-\$15.

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.

Try "Hip Hop" w/Eileen King of Unity School of Dance & King's Krew Dance Co, 10:15am, Bethel branch library, 1990 Echo Hollow Rd. 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.

Try "Hip Hop" w/Eileen King of Unity School of Dance & King's Krew Dance Co, 2pm, sheldon branch library, 1566 Coburg Rd. FREE.

Legos, 4pm, Eugene Public Library. FREE.

Boys & Girls Oregon Soccer Camp continues. See Monday.

Children's Intro to Ki-ai-kido continues. See Monday.

Family Swims at warm saltwater Tamarack Pool continues. See Monday.

LECTURES/CLASSES Learn a Language Online, 5pm, downtown library. FREE.

Medicare Made Clear for those new to Medicare, 5-5:45pm, Syman-Degler Bldg., 1163 Olive St. FREE.

3D Scan & Print Your Head, 5:30pm, downtown library, library card & pre-registration required, 541-682-5450. FREE.

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

Sign Language w/Valerie Nelson, 7-8pm, Fern Ridge Library, 88026 Territorial, Veneta. FREE.

Intro to Ki continues. See Monday.

Talks at the MNCH continues. See Thursday, July 6.

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, July 6.

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.

GEARs Bicycle Club: McKenzie View, 6pm, Alton Baker Park, eugenegears.org. FREE.

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 Q St., Spfd. FREE.

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

Blazing Paddles continues. See Thursday, July 6.

Duplicate Bridge continues. See Thursday, July 6.

Pool Hall continues. See Thursday, July 6.

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.



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