

CALENDAR

10-11am service, 1610 Olive St. FREE.
 Zen Meditation Group, 5:30-7pm, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE.
 Gnostic Mass Celebration, 8pm, Coph Nia Lodge 0T0, 4065 W. 11th Ave. #43, cophnia-oto.org. FREE.
THEATER *Talking With* continues. See Friday.
VOLUNTEER Feed the Hungry w/ Burrito Brigade, 11am, First Christian Church, 1166 Oak St. FREE.

MONDAY

JULY 17
 SUNRISE 5:45AM; SUNSET 8:51PM
 AVG. HIGH 82 AVG. LOW 51

ART/CRAFT Dr. Dexter's Q3 Artists' Reception: Michael DeLuise & Nick Siegrist, meet the artists, enjoy photography, snacks & drinks, 5-7pm, 2233 Willamette St., ste. B. FREE.
 Muse Art Mondays, paint or draw local musicians each week w/ MEEPA, 6pm, Whirled Pies Downtown, 199 W. 8th Ave. FREE (\$5 sug. don. for supplies).
GATHERINGS Lunch Bunch Toastmasters, noon, LCC downtown ctr., 101 W. 10th Ave., 541-341-1690. FREE.
 Women in Black, silent peace vigil, 5-5:30pm, Pearl & 7th. FREE.
 Cascadia Forest Defenders Meeting, 5:30-7pm, Rose Gardens, 300 N. Jefferson. FREE.
 Eugene Cannabis TV Recording Session, 5:30pm, CTV-29 Studios, 2455 Willakenzie Rd., contact dankbagman@hotmail.com. FREE.
 Overeaters Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th Ave. FREE.
 Atheist, Agnostics & Free Thinker AA, 12-Step Meeting,

6:30-7:30pm, 2520 Harris St., 541-255-8444. FREE.
 Men's Mentoring Circle, 6:30-8:30pm, McKenzie River Men's Center, 1465 Coburg Rd. \$10 sug. don.
 Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave. FREE.
 Nar-Anon Meeting, 7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. & Cottage Grove Community Ctr., 700 E. Gibbs Ave., Cottage Grove. FREE.

Psychoanalysis in Eugene, clinical & literary discussion group, 7-9pm, 355 W. 8th Ave., RSVP to michaelhejazi@gmail.com. FREE.
 SASS Monday Night Drop-in Group, for survivors of sexual assault, self-identified women 18+, 7-8:30pm, 591 W. 19th Ave. FREE.
 Now recruiting! Women! Come sing w/Sweet Adeline harmonizing group, 7pm, United Methodist Church, 1385 Oakway Rd. FREE.

Polyamory & Non-monogamy Relationship Discussion & Support Group, 7:15pm, contact eugenepolygroup@gmail.com for location. don.
 Refuge Recovery Meeting continues. See Friday.
HEALTH Stability Balls, ages 50+, bring your stability ball to class, 8am today & Wednesday, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.

Active Exercise, ages 50+, moderate aerobics, stretches, weights, etc. You can begin at any time, 9am today & Wednesday, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.
 Strength & Flexibility, ages 50+, regain strength, balance & flexibility, 9am today & Wednesday, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.

Laughter Yoga, 11:15am-12:15pm, River Road Park & Rec, Classroom C, 1400 Lake Dr. \$6 drop in.
 Health Qigong, 4:30-5:30pm today & Wednesday, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE.
 Tai Chi: Moving for Better Balance, ages 18+, 5:30 & 6:30pm today & Wednesday, Willamalane Adult Activity Ctr., 350 W. C St., Spfd. \$7-\$9.
 Latin Cardio Fusion, ages 14+, jazzy dance workout, 5:30pm today & Wednesday, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.
 Pet-Illness Coping Support Group, 7-8pm, Companioning Care LLC, RSVP & location: 541-255-7116. \$3-\$15.
 Tai chi for Balance or Yoga Therapy sessions continues. See Friday.

KIDS/FAMILIES Spanish Bilingual Story Time, stories, songs & crafts, 12:45pm, Spfd Public Library, Fountain Plaza, 225 5th St., Spfd. FREE.
 STEAM storytime, 3:30pm, downtown library. FREE.
 Minecraft Mondays, 4pm, downtown library, pre-registration & library card required, 541-682-8316. FREE.
 Children's Intro to Ki-ai-kido, 4:15pm today & Wednesday, Oregon Ki Society, 1071 W. 7th Ave. FREE.
 Pajama Story Time, 6:30pm, Eugene Public Library. FREE.
 Family Swims at warm saltwater Tamarack Pool continues. See Saturday.

LECTURES/CLASSES Facebook: Connect w/People You Care About, 9:30-11:30am, Willamalane Adult Activity Ctr., 215 W. C St., spfd. \$14.
 Intro to Ki, 4:15pm today & Wednesday, Oregon Ki Society, 1071 W. 7th Ave. FREE.

DanceAbility Class, creative movement for youth & adults; all abilities & disabilities, 5:15-6:15pm, CG Body Studio, 28 S. 6th St. #B, Cottage Grove, 541-357-4982. don.
 InDesign for Beginners, 5:30pm, downtown library, pre-registration & library card required, 541-682-5450. FREE.
 Wordcrafters Writing Workshop: Step Into Stories w/author Bruce Holland Rogers, 5:30-7:30pm, Spfd Public Library, 225 5th St., Spfd. Registration encouraged: 541-726-3766. FREE.

ON THE AIR Music Gumbo w/Andy Goldfinger, 7pm, KOFC 92.5 FM. "The Point" continues. See Thursday, July 13.
OUTDOORS/RECREATION Qigong, 4:30-5:30pm today & Wednesday, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE drop-in.
 Filipino Martial Arts for Fitness, 5pm, Bob Keefer Ctr., 250 S. 32nd St., Spfd. FREE intro.
 The Monday Night Running Group, 5:30pm, Eugene Running Company, 116 Oakway Ctr. FREE.
 Board Game Night, hosted by Funagain Games, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com. FREE.
 Trivia at The Pub w/Elliott Martinez, 7-9pm, Oakshire, 207 Madison St. FREE.
 Trivia w/Ty Connor, 7pm, Beergarden, 777 W. 6th Ave. FREE.
 Twisted Trivia, 7pm, Webfoot, 839 E. 13th Ave. FREE.
 Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Cornucopia Bar & Burgers, 295 W. 5th Ave. FREE.
 WDYK Trivia w/Brady, 7pm, West-End Tavern, 563 W. Centennial Blvd., Spfd. FREE.

Sam Bonds Bingo, 9pm, Sam Bonds Garage, 407 Blair St. FREE.
 Adult intro to ki-ai-kido continues. See Thursday, July 13.
 Blazing Paddles continues. See Thursday, July 13.
 Duplicate Bridge continues. See Thursday, July 13.
 Pool Hall continues. See Thursday, July 13.

SOCIAL DANCE Gypsy Square Dance, 7:45-9pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE intro.
 Dance Empowered w/Cynthia Valentine continues. See Saturday.

SPIRITUAL Mighty Fortress Vacation Bible School, children in 4-5th grade welcome, songs, crafts, snacks, games, 9am-noon today through Friday, July 21, Grace Lutheran Church, 710 E. 17th Ave. Register at graceeugene.org or 541-342-4844. FREE.
 Inspirational Sounds Gospel Choir Rehearsal, 6:30-8:30pm, Northwood Christian Church, 2425 Harvest Ln. FREE.
 Refuge Recovery Meeting, 7-8pm, Buddha Eye Temple, 2190 Garfield St. FREE.

TEENS 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 scientists 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 18
 SUNRISE 5:46AM; SUNSET 8:50PM
 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.
 Potato Stamp Prints, for adults & teens, 6pm, Bethel branch library, 1990 Echo Hollow Rd. 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.
 Titan Toastmasters, learn to speak in public, noon, Lane Community College Ctr. Bldg., rm. 202, 4000 E. 30th Ave. FREE.

Oakleigh Meadow Cohousing, informational gathering, 4-6pm, for RSVP & location, call 541-514-1176. 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! food, live music, free bike helmets & more, 5:30-7:30pm, Maurie Jacobs Park, Fir Ln. FREE.



Gorilla Glue #4

Pistol Point

This sticky strain will glue you to your seat! GG#4's reputation is known to wow you with its sour yet earthy aroma, and will be sure to lock down your evening in the most relaxing way possible. Call or order Online. Now delivering.

THC: 26.13% CBD: 0%
RECREATIONALLY LICENSED

TESTED BY: ChemHistory
 2045 FRANKLIN BLVD. • EUGENE
 541-505-7575 • EUGENEOG.COM





Adonis

by CannaFlo Farms

This delicious cross between The White and Green Ribbon is perfect for those chill days or nights, providing a euphoric and relaxing high without being too sedative.

THC: 17.04% CBD: 0% OLCC LICENSED

TESTED BY: Oregon Analytical
 88344 TERRITORIAL RD • VENETA
 (541) 935-9618





Jaeger

by CannaFlo Farms

An indica hybrid crossed from LA Confidential & Blue Dream is renowned for its relaxing qualities and its aroma of black licorice.

THC: 14.13% CBD: 0% OLCC LICENSED

TESTED BY: Green Leaf Labs
 1936 MAIN ST • SPRINGFIELD
 541-505-9971



Z7

by Siskyou Sungrown

This CBD strain is a heavy indica leaning hybrid. One puff of this Sweet Floral Flower will bring a mellow relaxation without the jarring effects of THC. Also available in concentrate.

THC: .59% CBD: 17.71% OLCC LICENSED

TESTED BY: Green Leaf Labs
 420 BLAIR BLVD • EUGENE
 541.393.6820


TJ's Grapefruit

Sativa

This bright and uplifting flower is a perfect choice for daytime use, promoting creativity, positive mood, and calmness. A great bud for those who want to medicate frequently but don't want to be subdued.

THC: 16% CBD: .10% MMD# 95859

TESTED BY: OG Analytical
 1910 EMPIRE PARK DRIVE, EUGENE, OR
 541.505.7105 • TJSPROVISIONS.COM




OG God's Gift

Hybrid

OG God's Gift is a blend of OG Kush and Granddaddy Purple Kush, explaining it's pain relieving properties. Covered in glistening white crystals this wonderful strain is an indica dominant hybrid that tastes like sweet lemon-grapes.

THC: 24.29% CBD: 0.29%

390 COBURG RD. EUGENE • 541-505-8740

