

CALENDAR

Lane County Fair continues. See Thursday, July 20.

HEALTH Occupy Eugene Medical Clinic, noon-4pm, 509 E. 13th Ave. FREE.

Conscious Nutrition Series, 1:30-3pm, Everyday People Yoga, 352 W. 12th Ave. \$10-\$15.

KIDS/FAMILIES Family Fun, 1pm, downtown library. FREE.

Children's Meditation Class, 7-7:45pm, Eugene Zendo, 2190 Garfield St. FREE.

LECTURES/CLASSES Yoga on the Patio, pre-brunch yoga, includes 1 mimosa, beer or soda, 10:30-11:30am, Oregon Wine LAB, 488 Lincoln St. \$15.

Women's Self Defense Class, 11am-12:15pm, The Art of War, 251B W. 7th Ave. FREE.

Self Defense Classes for the Community, wing chun kung fu & weapon training, 12:15-1:15pm, WOW Hall. don.

Talks at the MNCH continues. See Thursday, July 20.

LITERARY ARTS Yours & Ours: Storytelling, 4pm, Vanilla Jill's & Equiano's Yard, 298 Blair Blvd. FREE.

ON THE AIR "The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

"The Sunday Morning Hangover Radio Program" w/Marc Time, 10am, KWA 88.1FM & kwvaradio.org.

Son of Saturday Gold, True stuff for true believers, 11am-1pm, KRVM.

OUTDOORS/RECREATION TrackTown Fitness, trainings to prepare for Eugene Marathon, 8-9am, Hayward Field. FREE.

Eugene Peace Run, 8:30-11am, Alton Baker Park, 100 Day Island Rd., info & registration eclecticedgeracing.com. \$15-\$20.

GEARs Bicycle Club: 2 rides, Pleasant Hill, Jasper, Weyerhauser Rd. & Beginner Ride, 9am, Alton Baker Park, eugenegears.org. FREE.

Play Petanque! Easy to learn/fun to play, free lessons, 10am-1pm today & 6pm Wednesday, University Park, University & 24th Ave. FREE.

Church of Pinball, tournament, minors welcome, 3pm, Blairally, 245 Blair Blvd., 541-683-1721. \$5.

Final Table Poker, 3pm & 6pm, Steve's Bar & Grill, 117 14th St., Spfd. FREE.

The Broadway Revue Burlesque Show!, 10pm, Luckey's Club, 933 Olive St. \$5.

Blazing Paddles continues. See Thursday, July 20.

Duplicate Bridge continues. See Thursday, July 20.

Wild Wild West Western Swimfest continues. See Saturday.

SOCIAL DANCE Coalescence: Community Estatic Dance, 10am-noon, WOW Hall. \$8-\$12.

Music & Dance Workshop w/ Taller de Son Jarocho, 3-5pm, Whiteaker Community Ctr., N. Jackson & Clark St. FREE.

Argentinian Tango, lesson 3-4pm, dance 5-7pm, 541-485-6647. \$5-\$12.

USA Dance: Ballroom dancing, 5:30-7:30pm, Vet's Club, 1626 Willamette St. \$3-\$5.

Veselo Folk Dancers, international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 541-683-3376. \$3.

SPIRITUAL Self Realization Fellowship 9-9:50am meditation; 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 070, 4065 W. 11th Ave. #43, cophnia-oto.org. FREE.

Intensive Beginning Level Course in Raja Yoga Meditation continues. See Saturday.

THEATER Dr. Amnesia Trance's Hypnotic Show...OR It's Mining Memories Down a Long, Dark Hole continues. See Friday.

VOLUNTEER Feed the Hungry w/Burrito Brigade, 11am, First Christian Church, 1166 Oak St. FREE.

MONDAY

JULY 24
SUNRISE 5:52AM; SUNSET 8:44PM
AVG. HIGH 83 AVG. LOW 51

ART/CRAFT 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.

Depression & Bipolar Support Alliance, peer support group for people w/depression or bipolar illness, 7-8:30pm, First United Methodist Church, 1376 Olive St. FREE.

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.

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 Grief Support Group, 5:30-6:30pm, Companioning Care LLC, RSVP & location 541-255-7116. \$3-\$15.

Pet-Illness Coping Support Group, 7-8pm, Companioning Care LLC, RSVP & location: 541-255-7116. \$3-\$15.

Laughter Yoga continues. See Thursday, July 20.

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-aikido, 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 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.

ON THE AIR Music Gumbo w/ Andy Goldfinger, 7pm, KOFC 92.5 FM.

"The Point" continues. See Thursday, July 20.

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, WestEnd Tavern, 563 W. Centennial Blvd., Spfd. FREE.

Sam Bonds Bingo, 9pm, Sam Bonds Garage, 407 Blair St. FREE.

GlassRoots LLC Presents:

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\$15 SUNDAY July 23

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Friday, July 21
Fridays at the Park Blocks:
ArtCity presents Studio without Walls
4:30 - 8 pm at the Park Blocks
Make art, mingle with artists and enjoy live entertainment. All media welcome to explore our Slug Queen models.



Sunday, July 23
Oregon Tuba Ensemble
6:30 - 7:30 pm at Washburne Park
Bring a picnic for familiar tunes and classical melodies.

Kesey Square Beer Garden!
Every Wednesday & Thursday from 4-6 pm. Music from the Hi-Fi Street Performance Series.

pARTy on the Plaza
Thursday, July 27
Acrobuffos
5:30 - 6:15 pm at the Hult Center Plaza
A zany water balloon gladiator show with no words and loud theatrics.



Umbrella PROPERTIES **16 KMTR EUGENE**

Mix 94.5 FM **97.7 La Que Buena** **EUGENE Weekly**

Event Details at: eugfun.org