

CALENDAR

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.

Laughter Yoga w/Juhee Hahn, laughter exercises to dissolve ego & create connection, 7-8pm, Injoy Wellness, 775 Monroe St., southside of bldg. \$5-\$15 don.

Cycle continues. See Thursday, July 20.

Gentle Exercise for Wellness continues. See Thursday, July 20.

Intro to Weight Training continues. See Thursday, July 20.

Nia Fusion Fitness continues. See Thursday, July 20.

Tai Chi: Level 1 continues. See Thursday, July 20.

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

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

Experiment & invent at "Take Flight" w/educators from The Science Factory, 1-3pm, downtown library. FREE.

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

Family Night, activities for children, 6:30pm, Bethel Branch Library, 1990 Echo Hollow Rd. FREE.

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.

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

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

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 20.

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

OUTDOORS/RECREATION GEARs Bicycle Club: Pine Grove, 6pm, Alton Baker Park, details at 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 Thursday, July 20.

Board Game Night continues. See Thursday, July 20.

Duplicate Bridge continues. See Thursday, July 20.

Pool Hall continues. See Thursday, July 20.

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.

TEEN Draw a Fantasy World Map, 2pm, Spfd Public Library, library meeting rm., 225 5th St., Spfd. FREE.

WEDNESDAY

JULY 26
SUNRISE 5:54AM; SUNSET 8:42PM
AVG. HIGH 83; AVG. LOW 52

ART/CRAFT Open Session Figure Drawing, 6:30-9pm, Emerald Art Ctr., 500 Main St., Spfd. \$6.

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.

Community Forum: What You Need to Know to Establish a Special Needs Trust, 6:30-8:30pm, Lane County Behavioral Health Services, rm. 198, 2411 MLK Jr. Blvd. FREE.

Many Stories, One People: A Night of Storytelling, 6:30-8:30pm, Petersen Barn Community Ctr., 870 Berntzen Rd. FREE.

"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.

Snacking Can Be good4u! 2-3pm, Natural Grocers, 201 Coburg Rd. 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.

Experiment & invent at "Take Flight" w/educators from The Science Factory, 10:15am, Bethel Branch library, 1990 Echo Hollow Rd.; 2pm, Sheldon Branch library, 1566 Coburg Rd. 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 Intro to Online Genealogy, 1:30pm, downtown library. 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, July 20.

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 20.

OUTDOORS/RECREATION Mom & Baby Stroller Run, 9:30am, Run Hub Northwest, 515 High St., 541-344-1239. FREE.

Altra Demo Run, All paces welcome, test out the new Altra Lone Peak & Torin while you run, 3 or 6 miles, 6pm, Run Hub Northwest, 515 High St. FREE.

Community Group Run, 3-6 miles, 6pm, Run Hub Northwest, 515 High St., 541-344-1239. FREE.

GEARs Bicycle Club: Women only ride, 6pm, Alton Baker Park, details at eugenegears.org. FREE.

Trivia w/Ras D & Kat, 6pm, Friendly St. Deli, 2757 Friendly St. FREE.



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RESTRICTIONS MAY APPLY. DO NOT OPERATE A VEHICLE OR MACHINERY UNDER THE INFLUENCE OF MARIJUANA. KEEP MARIJUANA OUT OF THE REACH OF CHILDREN.