

CALENDAR

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, Healing the Inner Child, all ages, 11:15am-12:15pm, River Road Gym, 1400 Lake Dr., classrm. C. \$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 Grief Support Group, 5:30-6:30pm, Companions Care LLC, RSVP & location 541-255-7116. \$3-\$15.

Pet-Illness Coping Support Group, 7-8pm, Companions

Care LLC, RSVP & location: 541-255-7116. \$3-\$15.

Tai chi for Balance or Yoga Therapy sessions continues. See Friday.

KIDS/FAMILIES Mobile Art Bus, free art lessons for kids, 10am-noon, Bethel Community Park, 5700 Babe Ruth Dr.; 1-3pm, Peterson Barn Park, 870 Berntzen Rd. FREE.

Spanish Bilingual Story Time, stories, songs & crafts, 12:45pm, Spfd Public Library, Fountain Plaza, 225 5th St., Spfd. 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 Android Tablets, how to use: ages 50+, 9:30-11:30am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$14-\$16.

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, Aug. 3.

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/Elliot Martinez, 7-9pm, Oakshire, 207 Madison St. FREE.

Trivia w/Ty Connor, 7pm, Beer garden, 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.

Adult intro to ki-aikido continues. See Thursday, Aug. 3.

Blazing Paddles continues. See Thursday, Aug. 3.

Duplicate Bridge continues. See Thursday, Aug. 3.

Pool Hall continues. See Thursday, Aug. 3.

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

THEATER Musical Theater Intensive Camp for ages 14-20, today through Saturday, August 12, Opal Ctr. for Arts & Education, 513 E. Main St., Cottage Grove, call 541-543-3193 for info. \$250, scholarships available.

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

TUESDAY

AUGUST 8
SUNRISE 6:08AM; SUNSET 8:26PM
AVG. HIGH 83; 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.

Yarn & Thread, adults: drop-in w/your projects, 5:30pm, 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.

FILM Movie Night Under the Stars, double feature "Robots" & "Plan 9 From Outer Space," 8:30pm, Oak Hill School, 86397 Eldon Schafer Dr. FREE.

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

Signature Hospice Grief Support Group, 5:30-7pm, 2620 River Rd., call 541-246-1568 for info. 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.

Industrial Workers of the World meeting, 7pm, New Day Bakery, 449 Blair Blvd. FREE.

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.

Laughter Yoga, healing the inner child, all ages, bring yoga mats or towels, 7-8pm, Injoy Wellness, 775 Monroe St., southside of bldg. \$5-\$15 don.

Cycle continues. See Thursday, Aug. 3.

Gentle Exercise for Wellness continues. See Thursday, Aug. 3.

Intro to Weight Training continues. See Thursday, Aug. 3.

Nia Fusion Fitness continues. See Thursday, Aug. 3.

Tai Chi: Level 1 continues. See Thursday, Aug. 3.

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

Mobile Art Bus, free art lessons for kids, 10am-noon, Emerald Park, 1400 Lake Dr.; 1-3pm, Awbrey Park, River Rd. & Spring Creek Dr. FREE.

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

"Create a Book" w/master storyteller Kelly Terwilliger, 1 & 3pm, downtown library. FREE.

Puppet Show w/Vikki Gasko Green, 1pm, Lobby of City Hall, 225 5th St., Spfd. FREE.

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

LECTURES/CLASSES Strong bones, strong body, ages 50+, 10-11am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE intro.

Line Dance, ages 50+, for advanced beginner & beyond, 1:30-3:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$15-\$18.

Jump Into Green Screen, intro to creating green screen images, 3:30-5pm, sheldon branch

library, 1566 Coburg Rd. FREE.

Digital Design: Custom Stamps, 5:30pm, downtown library. FREE.

What If? Managing Your Money for the Unexpected, 5:30pm, downtown library. FREE.

International Folk Dance Class, ages 18+, 6:45pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

Talks at the MNCH continues. See Thursday, Aug. 3.

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, Aug. 3.

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

OUTDOORS/RECREATION GEARS Bicycle Club: Riding Hills, 8am, Alton Baker Park, eugenegears.org. FREE.

August Wetland Wander w/WREN, casual walk, 9-11am, Wild Iris Ridge, Bailey Hill Rd. & Warren St. 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, Aug. 3.

Board Game Night continues. See Thursday, Aug. 3.



OAKRIDGE KEG AND CASK FESTIVAL
SATURDAY, AUGUST 12 (3PM - 11:30PM)
A FAMILY FRIENDLY EVENT • FREE ADMISSION

Local Beer Vendors
Food Booths
Sunshine & Smiles

LIVE MUSIC FEATURING
Blue Lotus (EUGENE)
Acoustic Minds (SAN DIEGO)
Kelly Thibodeaux & The Etoufee Band

A fundraiser for local nonprofits including: Local Food Box (UWDCD), Oakridge-Westfir Area Chamber of Commerce, Greater Oakridge Area Trail Stewards (GOATS), and the Uptown Business & Revitalization Association (UBRA).

PRESENTED BY
ALPINE STREAM CONSTRUCTION CCB# 192987



UpStream Art

Friday, August 11, 5 - 9 p.m.
In downtown Springfield by City Hall, the Justice Center & Springfield Museum

Watch local artists paint murals on storm drains!
FREE, family friendly. Info at springfieldstreams.org or call 541.726.3694.

Sponsored By
AARP
Real Possibilities

Also on August 11 in Springfield!
History and HOPS
A Fundraiser for the SPRINGFIELD MUSEUM

Artist: Jessilyn Brinkerhoff