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.

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 Bilinqual 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 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. 24.

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.

Eugene Women's Rugby, practice, 6pm, Amazon Fields behind te Hilyard Community Ctr., eugenewomensrubgy@gmail.com. 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, 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.

Adult intro to ki-aikido continues. See Thursday, Aug. 24.

Blazing Paddles continues. See Thursday, Aug. 24.

Duplicate Bridge continues. See Thursday, Aug. 24.

Pool Hall continues. See Thursday, Aug. 24.

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.

Refuge Recovery Meeting, 7-8:30pm, 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

AUGUST 29

SUNRISE 6:32AM; SUNSET 7:52PM

AVG. HIGH 81; AVG. LOW 50

ART/CRAFT 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.

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.

NAMI On-Campus Mental Health Support Group, 6pm, HEDCO Education Bldg. rm 144. 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.

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, Aug. 24.

Gentle Exercise for Wellness continues. See Thursday, Aug. 24.

Intro to Weight Training continues. See Thursday, Aug. 24.

Nia Fusion Fitness continues. See Thursday, Aug. 24.

Tai Chi: Level 1 continues. See Thursday, Aug. 24.

KIDS/FAMILIES Family Science Week, hands on activities designed for families, 9am-1pm today, tomorrow & Thursday, Aug. 31. $129/child 5 & over, $10 reg. fee.

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.

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

"Peasant Struggle in Nicaragua & Beyond," talk & potluck, 6-8pm, 458 Blair Blvd. don.

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

Laughter Yoga, bring yoga mat, 7-8pm, 775 Monroe St. $5-$15 don.

Talks at the MNCH continues. See Thursday, Aug. 24.

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. 24.

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

OUTDOORS/RECREATION GEARs Bicycle Club: riding hills, 8am, Alton Baker Park, eugenegears.org. FREE.

Magician Henrik Bothe Performance, 6pm, Fountain Plaza, Spfd Public Library, 225 5th St., Spfd. FREE.

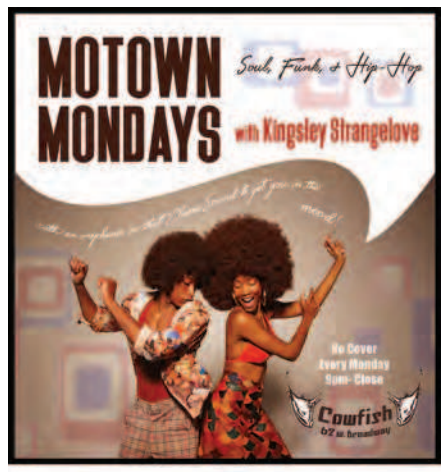
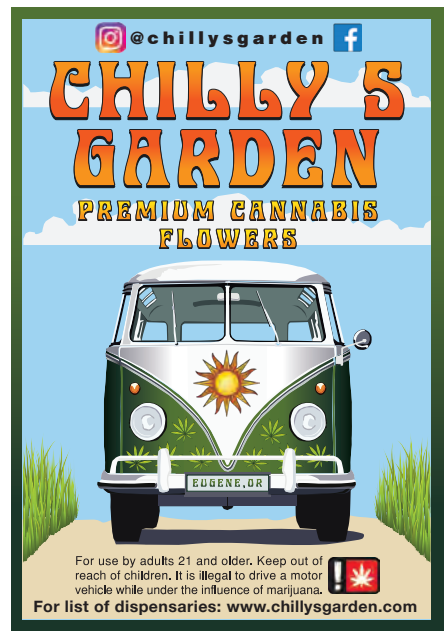
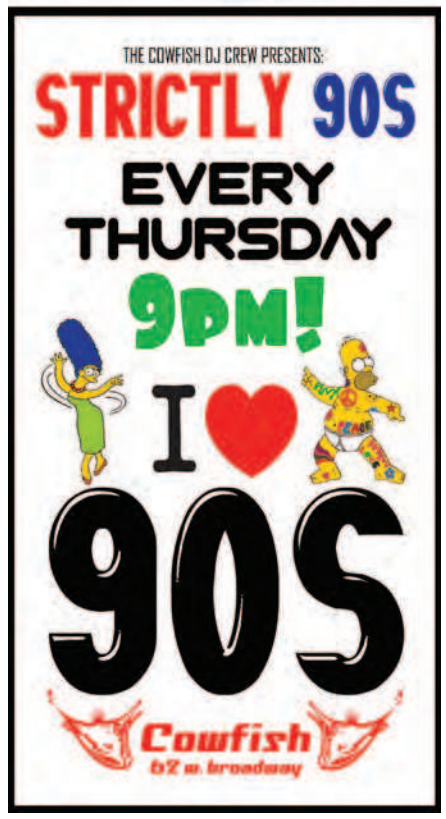
Running Group, 4 miles, 6-10pm, Tap & Growler, 207 E. 5th Ave. FREE.

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, Beergarden, 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.