

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

Scandinavian Dancing, beginners welcome, 2-5pm, Sons of Norway, 710 McKinley St., culturaldirector@sonjalodge.org. \$2-\$4, first time FREE.

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., 2nd fl., eugene-ballroom.org. FREE.

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 OTD, 4065 W. 11th Ave. #43, cophnia-oto.org. FREE.

THEATER Creative Chaos: What Makes a Good Play? continues. See Friday.

Jesus Christ Superstar continues. See Friday.

Now I Am Your Neighbor continues. See Thursday, Sept. 21.

The Philadelphia Story continues. See Thursday, Sept. 21.

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

MONDAY

SEPTEMBER 25
SUNRISE 7:03AM; SUNSET 7:03PM
AVG. HIGH 74 AVG. LOW 45

ART/CRAFT Drop-in Maker Time, all ages drop in to make crafts, 3-5pm, sheldon branch library, 1566 Coburg Rd. 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).

FILM The Opal Network shows "Healing Voices," documentary about mental illness, 6:30pm, downtown library. FREE.

GATHERINGS Lunch Bunch Toastmasters, noon, LCC downtown ctr., 101 W. 10th Ave., 541-341-1690. FREE.

Whiteaker Community Market Celebration, music, slideshow,

community, 5pm, Vanilla Jill's, 298 Blair Blvd. don.

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.

Symphony Happy Hour w/ Francesco, Eugene Symphony Music Director shares musical highlights from the season, 5:30-6:30pm, Slightly Coffee, 545 E. 8th Ave. 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 disorder, 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.

Now recruiting low-voiced women! Come sing w/Sweet Adeline harmonizing group, 7pm, Spfd Elks Lodge, 1701 Centennial Blvd., Spfd. 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.

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 & flexi-

bility, 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 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.

STEAM storytime, science, technology, engineering, art & math for ages 3-7 w/caregivers, 4pm, downtown library. 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, Sept. 21.

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, Sept. 21.

Blazing Paddles continues. See Thursday, Sept. 21.

Duplicate Bridge continues. See Thursday, Sept. 21.

Pool Hall continues. See Thursday, Sept. 21.

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.

Hip hop Dance w/Xcape Dance Academy, 4-5pm, Ophelia's Place, 1577 Pearl St. #100. \$25-\$50 sug. don. for term.

Art is for All Workshops, 4:30-6pm, Ophelia's Place, 1577 Pearl St. #100. \$20-\$40 for all 4 classes, register by 10/2.

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

TUESDAY

SEPTEMBER 26
SUNRISE 7:04AM; SUNSET 7:01PM
AVG. HIGH 73; AVG. LOW 45

ART/CRAFT Coloring Party for Adults, 2pm, Bethel branch li-

brary & 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.

Mercury in Our Environment: Black Butte Mine Superfund Site, Coast Fork Science Pub, 5-7pm, Axe & Fiddle, 657 E. Main St., Cottage Grove. 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, Sept. 21.

Gentle Exercise for Wellness continues. See Thursday, Sept. 21.

Intro to Weight Training continues. See Thursday, Sept. 21.

Nia Fusion Fitness continues. See Thursday, Sept. 21.

Tai Chi: Level 1 continues. See Thursday, Sept. 21.

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

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

Pajama Storytime, 6:30pm, downtown library. FREE.

LECTURES/CLASSES Intro to Excel, 1pm, downtown library. FREE.

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

Map Your Neighborhood: Disaster Readiness, learn how to minimize damage in a disaster, 3:30pm, downtown library. FREE.

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

POP Pilates w/Lila. See Thursday, Sept. 21.

Talks at the MNCH continues. See Thursday, Sept. 21.

LITERARY ARTS Eugene Book Talk, review of "Book of Strange New Things," by Michel Faber, 7pm, Market of Choice, 67 W. 29th Ave. FREE.

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, Sept. 21.

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

OUTDOORS/RECREATION 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, Sept. 21.

Harvest Festival
September 24th, 11am to 7pm

- * Admission is can of Food for Food For Lane Cty
- * Merchants
- * Info Tables
- * Kids Crafts
- * Harvest Celebration Circle

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