

CALENDAR

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

Adult intro to ki-aikido continues. See Thursday, Sept. 28.

Blazing Paddles continues. See Thursday, Sept. 28.

Duplicate Bridge continues. See Thursday, Sept. 28.

Pool Hall continues. See Thursday, Sept. 28.

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 Guided silent meditation w/Tibetan Lama Tulku Sangye Tenzin, 6-7pm today & Wednesday, Saraha Nyingma Buddhist Institute, 477 E. 40th Ave. FREE.

Saraha Orientation Meeting, 6-7pm, Saraha Nyingma Buddhist Institute, 447 E. 40th Ave. FREE.

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.

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.

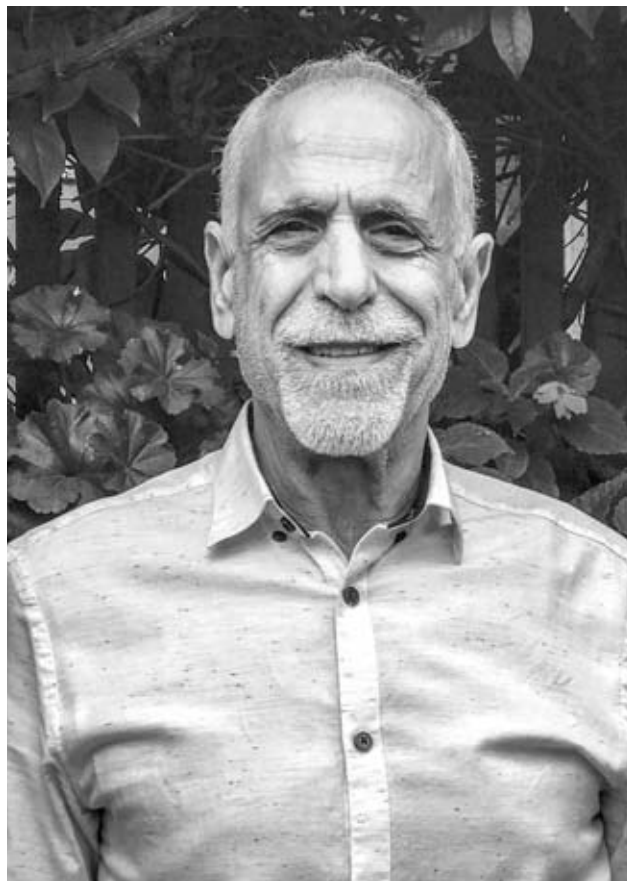
VOLUNTEER Friends of Buford Park & Mt. Pisgah Habitat Restoration Projects, 9am-noon, locations vary, volunteer@bufordpark.org. FREE.

TUESDAY

OCTOBER 3
SUNRISE 7:12AM; SUNSET 6:48PM
AVG. HIGH 70; AVG. LOW 43

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.

Lane Co. Association of PERS retirees, panel of state legislators, 10am, Celeste Campbell Ctr., 155 High St. 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., 541-357-1390. 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 Care for All - OR, 7pm, First United Methodist Church, 1376 Olive St. FREE.

Singing Heart, community singing, call & response, all voices welcome, 10:30-11:45pm, McNail-Riley House, 601 W. 13th Ave. sug. don. \$10.

The Great Costume Swap Dropoff continues. See Monday.

Overeaters Anonymous continues. See Thursday, Sept. 28.

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.

Bridging Cultures is a celebration of Muslim culture that includes exhibits, film screenings and conversations throughout the month of October. The Cottage Grove Public Library will be hosting an ongoing display for the entire month, starting Sunday, Oct. 1, featuring its collection of books, films, music and art that's focused on all things Muslim culture. This first week also includes a screening of the short film *What It's Like To Be Muslim in Oregon* with conversations with guest speakers Ibrahim Hamide, the owner of Café Soriah, and Hanan Elsherif, the UO Arabic Studies coordinator. The film screening is from 6-8 pm at the Cottage Grove Public Library (700 Gibbs Avenue, Cottage Grove) on Monday, Oct. 2. Check out the full list of events at cottagegrove.org/library. This event, and all other Bridging Cultures events, is FREE. — *Meerah Powell*

Reiki Tummo sessions, 5:30-7pm, Heartwise, 1840 Willamette St., 541-683-8317 for appt. FREE.

Cycle continues. See Thursday, Sept. 28.

Gentle Exercise for Wellness continues. See Thursday, Sept. 28.

Intro to Weight Training continues. See Thursday, Sept. 28.

Nia Fusion Fitness continues. See Thursday, Sept. 28.

Tai Chi: Level 1 continues. See Thursday, Sept. 28.

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

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

Table Tennis for kids, 4:45-6:15pm today & Thursday, Oct. 5, Boys & Girls Club, 1545 W. 22nd St., eugenettclub.com or 541-515-2861. FREE w/membership.

Pajama Storytime, 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.

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

PDP Pilates w/Lila continues. See Thursday, Sept. 28.

Talks at the MNCH continues. See Thursday, Sept. 28.

LITERARY ARTS Spfd Poetry Series, 7-9pm, Emerald Art Ctr., 500 E. Main St., Spfd. 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. 28.

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

OUTDOORS/RECREATION

Tabletop Games for all ages, 5:30pm, bethel library, 1990 Echo Hollow Rd; sheldon library, 1566 Coburg Rd. 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.

TNT Trivia, 8:30pm, Axe & Fiddle, 657 E. Main St., Cottage Grove. FREE.

Blazing Paddles continues. See Thursday, Sept. 28.

Board Game Night continues. See Thursday, Sept. 28.

Duplicate Bridge continues. See Thursday, Sept. 28.

Pool Hall continues. See Thursday, Sept. 28.

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., 215 W. C St., Spfd. \$3.

Bailonga: Argentine Tango Milonga, lessons followed by open dance, 8-11pm, 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 Color It! teen program, choose a coloring book & color to tranquility, 4:30pm, Spfd Library, library meeting rm., 225 5th St., Spfd. FREE.

H.E.R. (Healing Empowerment & Recovery) Group, for girls ages 14-18 who've experienced trauma, 4:30-6pm, Ophelia's Place, 1577 Pearl St., ste. 100. \$25-\$40.

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