

CALENDAR

day, 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.

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 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.

5-week West African Drum Class w/Alseny Yansane, 5:30-7pm, WOV Hall. \$60-\$75 for all 5 weeks.

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.

How to Avoid Being Eaten the Butterfly Way: Mimicry, Camouflage & Warnings, 7pm refreshments, 7:30pm presentation, Eugene Garden Club, 1645 High St. FREE.

Samba Ja Community Brazilian Percussion Ensemble, beginner rehearsal & orientation, 7:30pm, Corestar Cultural Ctr., 439 W. 2nd Ave., dearsambaja@gmail.com. FREE.

ON THE AIR Music Gumbo w/ Andy Goldfinger, 7pm, KOFC 92.5 FM.

"The Point" continues. See Thursday, Oct. 5.

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, 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, Oct. 5.

Blazing Paddles continues. See Thursday, Oct. 5.

Duplicate Bridge continues. See Thursday, Oct. 5.

Pool Hall continues. See Thursday, Oct. 5.

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.

Hip hop Dance w/Xcape Dance Academy, 4-5pm, Ophelia's

Place, 1577 Pearl St. #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 OCTOBER 10
SUNRISE 7:21AM; SUNSET 6:36PM
AVG. HIGH 67; AVG. LOW 42

ART/CRAFT Make Bristle Bots, for adults & teens, 3pm, Sheldon library, 1566 Coburg 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.

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

Spiritual Science & Society, 3pm, 651 W. Centennial Blvd., Spfd. 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.

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

Masculinity & Domestic Violence: A Community Discussion, 7pm, 2520 Harris St. FREE.

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

Eugene Maker Space Open Hack continues. See Friday.

Overeaters Anonymous continues. See Thursday, Oct. 5.

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, Oct. 5.

Gentle Exercise for Wellness continues. See Thursday, Oct. 5.

Intro to Weight Training continues. See Thursday, Oct. 5.

Nia Fusion Fitness continues. See Thursday, Oct. 5.

Tai Chi: Level 1 continues. See Thursday, Oct. 5.

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

Table Tennis for kids continues. See Thursday, Oct. 5.

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

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.

Long Tom River Histories, illustrated talk by David Turner, 6pm, downtown library. FREE.

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

The Owyhee River Journals, presentation w/Bonnie Olin, 7pm, REI, 306 Lawrence St. FREE.

Plants for Western Gardens, natives & others, lecture, 7pm, Campbell Community Ctr., 155 High St., 541-344-0896. \$5.

POP Pilates w/Lila continues. See Thursday, Oct. 5.

Talks at the MNCH continues. See Thursday, Oct. 5.

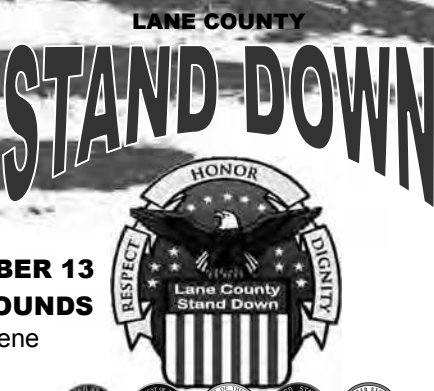
LITERARY ARTS Page 2 Poetry open mic, 7:30pm sign up, Cush Cafe, 1235 Railroad Blvd. FREE.

ON THE AIR Anarchy Radio w/John Zerzan, 7pm, KWVA 88.1FM.

"The Point" continues. See Thursday, Oct. 5.

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

OUTDOORS/RECREATION GEARS Bicycle Club: Riding Hills, 9am, Alton Baker Park, eugenegears.org. FREE.



LANE COUNTY STAND DOWN


FRIDAY, OCTOBER 13
LANE COUNTY FAIRGROUNDS
796 West 13th Ave, Eugene

ALL Veterans Welcome
as well as Reservists, Active Duty Personnel — and their families!

...Services...
Limited Medical & Dental
Vision Care
Two Hot Meals
Haircuts
Toiletries
Civilian Clothing
Women's Area
Bike Repair
Pet Food
Legal Advice/Aid
Family Services
Veteran Benefits
Job Fair
Housing Programs
DOD Gear, and more!

Providing Our Veterans A Hand Up Not A Hand Out

6:30am Check In
7:30am Breakfast
11:30am Lunch
1:00pm DOD Gear

 Citizens of our community can help support the Stand Down with a tax deductible donation. Please visit: www.LaneCountyStandDown.org

THANK YOU!


LCSO sponsored in part by...
Eugene/Springfield/Cottage Grove Elks
Saint Vincent de Paul • Goodwill Industries
Salvation Army • Springfield Utility Board
Veterans of Foreign Wars & Auxiliaries
American Legion & Auxiliaries • SILKE Communications



VETERANS JOB FAIR

Local businesses will be on site accepting applications for current & future employment opportunities

Opens @ 8:00am



Happy Trails

Slip-trailed arabesques flow around Nicole Hummel's rustic contemporary pottery.

Follow the trail to over sixty local potters at

CLAY FEST 2017

October 6-8, 2017
Hours: Friday, 5-8 pm;
Saturday, 10 am-6 pm;
Sunday, 11 am-5 pm.

Lane County Fairgrounds Auditorium
Eugene, Oregon
www.clayfest.org

Clay Fest 2017 is produced by Local Clay with sponsorship from:

