



Springfield's **Downtown Second Friday Art Walk** is on Friday, Oct. 13. The walk starts at 5:30 pm at the Willamalane Adult Activity Center (215 W. C Street, Springfield), which is featuring a group exhibition of mixed media work from three local artists. From there, complimentary shuttles will be providing rides to downtown Springfield galleries until 7 pm such as, the Emerald Art Center (500 Main Street, Springfield), featuring the Annual Mayor's Art Show, and Tronson Gallery of Contemporary Art (740 Main Street, Springfield), featuring paintings by artist Jerry Ross. Since the walk takes place on the spooky date of Friday the 13th, it will also serve as a costume contest for art walkers. Prizes will be awarded at the last stop of the Art Walk, Cascade Center for Spiritual Living (741 Main Street, Springfield). For a full list of participating galleries, visit the Downtown Springfield Second Friday Art Walk Facebook page. This event is FREE. — *Meerah Powell*

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.

Cascade Chorus open house & rehearsal, open to men of all ages, barbershop style, 7-9pm, Eugene Church of Christ, 2424 Norkenzie Rd., rwmewatkins@msn.com, cascadecorus.org. FREE.

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

Eugene Maker Space Open Hack continues. See Friday.

Overeaters Anonymous continues. See Thursday, Oct. 12.

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. 12.

Gentle Exercise for Wellness continues. See Thursday, Oct. 12.

Intro to Weight Training continues. See Thursday, Oct. 12.

Nia Fusion Fitness continues. See Thursday, Oct. 12.

POP Pilates w/Lila continues. See Thursday, Oct. 12.

Tai Chi: Level 1 continues. See Thursday, Oct. 12.

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

Table Tennis for kids continues. See Thursday, Oct. 12.

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

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

LECTURES/CLASSES "Environmental Stewards for Oregon Pollinators," w/Sarah Kincaid, lunch 11:30am, program 1pm, 1645 High St., eugenegardenclub.org. FREE.

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.

Intro to one of the newest long distance routes in the country w/Oregon Natural Desert Assc.'s Renee Patrick, 7pm, Obsidian Lodge. Directions at obsidians.org/lodgemap.htm. FREE.

Native Plants in an Ornamental Garden, 7-8:30pm, Lane County OSU Extension Service, 996 Jefferson St. FREE.

Talks at the MNCH continues. See Thursday, Oct. 12.

LITERARY ARTS Windfall Reading Series w/Allison Cobb & Carter McKenzie, 6pm, downtown library. FREE.

Poetry Night, 7pm, Axe & Fiddle, 657 E. Main St., Cottage Grove. 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, Oct. 12.

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

OUTDOORS/RECREATION GEARS Bicycle Club: 2 groups different rides, riding hills & Clearwater Path to McKenzie View, 6pm, Alton Baker Park, eugenegears.org. 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.



\$17 PIZZA & DRAFT BEER

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HEALTHY MOVES PRESENTS:

FALL, FASHION, AND FITNESS



OCTOBER 20, 2017

ANNUAL FUNDRAISING EVENT WITH DESSERT AND SILENT AUCTIONS, AND YOUTH FASHION SHOW

Hosted and catered by LCC Events Center located downtown, small-plates and beverages!
Music by The Love Sisters & Groove Too featuring Barbara Healy and Deb Cleveland, performance by Healthy Moves' Trainer Facinet Sylla and his Troupe Fe'Fafe' of Guinea Conakry!

Tickets are \$30 per person, includes dinner and one beverage voucher: WWW.HM4KIDS.COM

A special thank you to our local sponsors:

