

Lakey, 2-4pm, Tsunami Books, 2585 Willamette St. FREE.

Authors' presentation w/Lex Runciman, Tim Whitsel & Penelope Schott, 4:30-6pm, River Rd. Annex, 1055 River Rd. FREE.

**ON THE AIR** "The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

"The Sunday Morning Hangover Radio Program" w/Marc Time, 10am, KWVA 88.1FM & kwvradio.org.

Son of Saturday Gold, True stuff for true believers, "Elvis's Record Collection," 11am-1pm, KRVM.

**OUTDOORS/RECREATION**

TrackTown Fitness, trainings to prepare for Eugene Marathon, 8-9am, Hayward Field. FREE.

GEARs Bicycle Club: 2 groups different speed, Pleasant Hill via Bear Creek Rd., 9am, Alton Baker Park, eugenegears.org. FREE.

Play Petanque! Easy to learn/fun to play, free lessons, 1pm today & Wednesday, University Park, University & 24th Ave. FREE.

Final Table Poker, 3pm & 6pm, Steve's Bar & Grill, 117 14th St., Spfd. FREE.

The Broadway Revue Burlesque Show!, 10pm, Luckey's Club, 933 Olive St. \$5.

Blazing Paddles continues. See Thursday, Oct. 19.

Duplicate Bridge continues. See Thursday, Oct. 19.

**SOCIAL DANCE** Coalescence: Community Estatic Dance, 10am-noon, W0W Hall. \$8-\$12.

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. \$3-\$5.

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

**THEATER** 45 Seconds from Broadway continues. See Thursday, Oct. 19.

Jekyll & Hyde continues. See Thursday, Oct. 19.

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

**MONDAY**

**OCTOBER 23**

SUNRISE 7:37AM; SUNSET 6:14PM  
AVG. HIGH 61 AVG. LOW 39

**ART/CRAFT** 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).

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

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.

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 Methodist Church, 1376 Olive St. FREE.

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave. FREE.

NAMI Lane County's Friends & Family Support Group in Cottage Grove, 7-8pm, Healing Matrix, 632 Main St., Cottage Grove. 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, Companionship Care LLC, RSVP & location 541-255-7116. \$3-\$15.

Pet-Illness Coping Support Group, 7-8pm, Companionship 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.

Vietnam War Teach In, 5pm, downtown library, Bascom rm., 541-485-1755, calclane.org. 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.

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

Wordcrafters Writing Workshop: "What a Character!" 5:30-7:30pm, Spfd public library, library meeting rm., 225 5th St., Spfd. FREE.

Ladies & Gentlemen Studio Lecture, 6pm, 942 Olive 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. 19.

**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, Oct. 19.

Blazing Paddles continues. See Thursday, Oct. 19.

Duplicate Bridge continues. See Thursday, Oct. 19.

Pool Hall continues. See Thursday, Oct. 19.

**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 24**

SUNRISE 7:38AM; SUNSET 6:13PM  
AVG. HIGH 61; AVG. LOW 39

**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 County Consumer/Survivor Advisory Council, 1-3pm, Lane County Behavioral Health, rm. 198, 2411 MLK Blvd. FREE.

Womenspace Open House, learn more about services, food from Off The Waffle, 4-6pm, Womenspace, 1577 Pearl St., ste. 200. FREE.

Coast Fork Science Pub, trivia, science talk, 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., 541-357-1390. FREE.

Bridging Cultures event, Muslim short film, skype conversation w/Mansoor Shams, 6-8pm, Cottage Grove Public Library, 700 Gibbs Ave. FREE.

NAMI Lane County's Connection Support Group, 6-7:30pm, Peterson Hall, Rm. 102, 955 E. 13th Ave., UO Campus. 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.

Register as an Intervener against the Jordan Cove Liquid Natural Gas Pipeline (LNG), short instructional video, food & drink, all welcome, 6:30pm, Grower's Market, upstairs, 454 Willamette St. 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 Norckenzie Rd., rwmewatkins@msn.com, cascadechorus.org. 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. 19.

**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. 19.

Gentle Exercise for Wellness continues. See Thursday, Oct. 19.

Intro to Weight Training continues. See Thursday, Oct. 19.

Nia Fusion Fitness continues. See Thursday, Oct. 19.

POP Pilates w/Lila continues. See Thursday, Oct. 19.

Tai Chi: Level 1 continues. See Thursday, Oct. 19.

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

Table Tennis for kids continues. See Thursday, Oct. 19.

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.

Community Philosophy Café: What is Art?, 6pm, downtown library. FREE.

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

Talks at the MNCH continues. See Thursday, Oct. 19.

**LITERARY ARTS** John Wilson Foster FRSC reading & reception, "Pilgrims of the Air: The Passing of the Passenger Pigeons," 7pm, Knight Library, browsing rm., UO Campus. FREE.

Western Haunts of Southern Oregon w/author Ken Goodman, 7pm, Barnes & Noble, 1163 Valley River Dr. 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. 19.

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

**OUTDOORS/RECREATION** GEARs Bicycle Club: Riding Hills, 9am, 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.

79TH ANNIVERSARY SHOP TODAY SALE AND SAVE BIG!



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