

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 & 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 Animal Adventure: pre-school Green Start Play Day, 10-11:30am, Nearby Nature's Learnscapes in Alton Baker Park, pre-register nearbynature.org/events. \$5.

Spanish Bilingual Story Time, stories, songs & crafts, 12:45pm, Spfd Public Library, Fountain Plaza, 225 5th St., Spfd. FREE.

Gift Making Workshop, ages 10-18, 4-6pm, Ophelia's Place, 1577 Pearl St., ste. 100, RSVP opheliaplacenet. 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 After Charlottesville: Confronting White Supremacy w/Eric K. Ward & Spfd-Eugene SURJ, noon-1pm, Knight Law School, rm. 110, UO Campus. FREE.

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.

It's Our Turn: Embracing Pleasure for Women, workshop, helping people w/the #metoo movement find their power, 6-7:30pm, As You Like It; The Pleasure Shop, 1655 W. 11th Ave. \$15.

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, Nov. 16.

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.

Night Trivia Mondays hosted by Marty Chilla & Sherri Thieben, 6:30pm, Park Street Cafe, 776 W. Park St. 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/Elliott 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, Nov. 16.

Blazing Paddles continues. See Thursday, Nov. 16.

Duplicate Bridge continues. See Thursday, Nov. 16.

Pool Hall continues. See Thursday, Nov. 16.

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.

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

TUESDAY

NOVEMBER 21
SUNRISE 7:15AM; SUNSET 4:40PM
AVG. HIGH 50; AVG. LOW 37

ART/CRAFT New Zone Art Gallery Holiday Store, homemade crafts, jewelry & other quality gifts, noon-6pm today & tomorrow, New Zone Gallery, 220 W. 8th Ave. FREE.

"Di-ver-si-ty" by Nancy Frances Cheeseman, other art by Kathy Tiger & Bess Noble continues. See Thursday, Nov. 16.

BENEFITS Pints for a Cause, \$1 of every pint sold will go to benefitting Burrito Brigade, noon-9pm, Ninkasi Tasting Rm., 272 Van Buren St. FREE.

COMEDY Amusedays w/Chaz Logan Hyde, comedy/open mic, 10pm, Luckey's Club, 933 Olive St. FREE.

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

Resist Trump, peaceful rally in opposition to Trump Agenda, noon-1pm, Federal Courthouse, 405 E. 8th Ave. FREE.

Debtor's Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th St., 541-357-1390. 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.

A Night in Solidarity w/P.C.U.N. Farmworkers' Union & Immigrant Right ft. Tish Hinojosa, 6:30pm, EMU Ballroom, UO Campus. 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, cascadechorus.org. FREE.

Eugene Maker Space Open Hack continues. See Friday.

NaNoWriMo Write Ins continues. See Saturday.

Overeaters Anonymous continues. See Thursday, Nov. 16.

HEALTH 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, Nov. 16.

Gentle Exercise for Wellness continues. See Thursday, Nov. 16.

Intro to Weight Training continues. See Thursday, Nov. 16.

Nia Fusion Fitness continues. See Thursday, Nov. 16.

POP Pilates w/Lila continues. See Thursday, Nov. 16.

Tai Chi: Level 1 continues. See Thursday, Nov. 16.

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

Table Tennis for kids continues. See Thursday, Nov. 16.

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

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

LECTURES/CLASSES Using Native Plants in Ornamental Gardens, Eugene Garden Club meeting, 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.

The Campaign to Fight Toxic Prisons w/Jordan Mzurek, 5-7pm, Lawrence Hall, rm. 166, UO Campus. FREE.

Yoga Nidra, meditation, 5:30-6:45pm, Oregon Mind Body Institute, 1339 Oak St. \$14.

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, Nov. 16.

LITERARY ARTS Poetry Night, 7pm, The 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, Nov. 16.

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, Beergarden, 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, Nov. 16.

Board Game Night continues. See Thursday, Nov. 16.

Duplicate Bridge continues. See Thursday, Nov. 16.

Pool Hall continues. See Thursday, Nov. 16.

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.

Dzogchen Practice, Tibetan Buddhism, 6:30pm, Universalist Unitarian Church, 1685 W. 13th Ave., rm. 2. FREE.

Refuge Recovery, 6:30-8pm, Unitarian Church, 1685 W. 13th Ave. rm. 5. FREE.

TEEN 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.

Lockout Room, teen riddle-solving, 4:30pm, Spfd Public Library, library meeting rm., 225 5th St., Spfd. FREE.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, Nov. 16.

WEDNESDAY

NOVEMBER 22
SUNRISE 7:17AM; SUNSET 4:39PM
AVG. HIGH 50; AVG. LOW 37

ART/CRAFT Open Session Figure Drawing, 6:30-9pm, Emerald Art Ctr., 500 Main St., Spfd. \$6.

"Di-ver-si-ty" by Nancy Frances Cheeseman, other art by Kathy Tiger & Bess Noble continues. See Thursday, Nov. 16.

New Zone Art Gallery Holiday Store continues. See Tuesday.

FARMERS MARKETS The Corner Market, fresh local produce, noon-6pm, 295 River Rd., 541-513-4527. FREE.

Bailey Hill Farmers Market, 3-7pm, Bailey Hill Market, 3190 Bailey Hill Rd., spencercreekmarkets.org. FREE.

Coast Fork Farm Stand continues. See Saturday.

FOOD/DRINKS Thanksgiving Luncheon for Laurel Hill participants & friends/family, noon-3pm, Laurel Hill Ctr., 2145 Centennial Plaza. FREE.

NEW DATE! THIS SATURDAY
BE A HERO!
GIVE TO THE
LETTER CARRIERS
FOOD DRIVE
NOVEMBER 18



Put a bag of canned or packaged food by your mailbox. Your Letter Carrier will pick it up. Text FFLC to 41444 to donate cash. Go to foodforlanecounty.org/donate for a list of most wanted foods.