

Co-Dependents Anonymous, 12 step meeting, noon-1pm, White Bird Clinic, 341 E. 12th Ave. FREE. Peace Vigil, noon-1pm, downtown library, info at 541-484-5099. FREE. Celebration of life for Brian James West, drummer for groups like Cherry Poppin Daddies, Sugar Beets, etc., 2-4pm, The Shedd, 868 High St. FREE. Joe Berney's Campaign Kickoff for Lane County Commissioner, 2-4pm, Plumber & Steamfitter Training Ctr., 2861 Pierce Pkwy., Spfd. FREE. Books & Brew VII: A Night at the Library! games, live music, food & beverage, raffles, etc., mony raised supports Library Foundation's mission, 6-9pm, Spfd Public Library, 225 5th St., Spfd. FREE. HEALTH POP Pilates w/Lila, dance choreography & pilates moves, all levels welcome, 12:30pm today & 5:30pm Tuesday, 1840 Willamette St., upstairs studio b, bit.ly/popwithlila. \$10-\$15. KIDS/FAMILIES Family Music Time, 10:15am, downtown library. FREE. Legos, 10:15am, Sheldon branch library, 3pm, Bethel branch library, 541-682-8316. FREE. Family Music Time, Songs in Spanish, 11:15am, Bethel branch, 1990 Echo Hollow Rd., 541-682-8316. FREE. Youth Art Works Free Art Class for Kids Ages 6-12, 1-3pm at Emerald Art Ctr., 500 Main St., Spfd, RSVP 541-726-8595. FREE. Table Tennis for kids, 1:30-2:30pm, Boys & Girls Club, 1545 W. 22nd St., eugenettclub.com or 541-515-2861. FREE. Family Swims at warm saltwater Tamarack Pool, 1-2pm today, 6:30-7:30pm & Wednesday, 3575 Donald St. #210. \$4-\$6. LECTURES/CLASSES Hope Ranch Ministries, Sex Trafficking Awareness Training, 9am-1pm, Santa Clara Church, 175 Santa Clara Ave. \$20. African Drum w/Fode Sylla, 9:45-10:45am, WOW Hall. \$12-\$15. Unleash Yourself "A Day of Workshops," 10am-4pm, Peterson Barn Community Ctr., 870 Berntzen Rd. \$5 Sug. Don. Zumba, ages 18+, latin dance meets fitness, 10-11am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$9. Energy Healing for Physical Healing, 11am-1pm, A Healing Space, 171 Lawrence St., RSVP	heart-to-heart-healing.com. \$20. Flow Yoga, ages 18+, 11am-noon, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$9. "Intro to Pest Management," garden education class, 1pm, Oregon's Constant Gardener, 990 Garfield St., register ocg-fam.com. \$10. "The Nature of Fascism" weekly Freire-style political education hosted by Communist Labor Party Eugene, 2-3pm, Growers Market, upstairs, 454 Willamette St., clpeugene@gmail.com. FREE. SuperBrain Yoga, 2-4pm, A Healing Space, 171 Lawrence St., RSVP heart-to-heart-healing.com. \$20. Talks at the MNCH continues. See Thursday, Jan. 25. LITERARY ARTS "Words of Life" poetry/spoken word, 1:45pm, Whirled Pies, 8th & Charnelton. FREE. Tracy Calhoun & JJ, canine hero, will present "JJ's Journey," 2pm, Barnes & Noble, 1163 Valley River Dr. FREE. William Sullivan: New Hikes in Southern Oregon & Rajneeshees Murder Mystery, 2pm, Spfd Public Library, library meeting rm., 225 5th St., Spfd. FREE. ON THE AIR Country Classics, Hot Licks & Hipbilly favorites, ft. artist Hank Williams, 9-11am, KRVM. Taste of the World w/Wagoma, cooking & cultural program, 9-10am today, 7-8pm Tuesdays, Comcast channel 29. 60s Beat, "Keeping the Spirit of the 60s Alive," ft. artist Neil Diamond, 7-9pm, KRVM. "The Many Hats of Coco" continues. See Thursday, Jan. 25. OUTDOORS/RECREATION North Umpqua Trail Destination Run, all paces welcome, 5, 10 or 15-mile routes, 8am, Run Hub Northwest, 515 High St., 541-344-1239. FREE. All-Paces Group Run, 9am, Run Hub Northwest, 515 High St., 541-344-1239. FREE. Eug/Spfd Mossbacks Volkssport Club: walk in Corvallis, 9am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd, mossbacks.org. FREE [\$5 carpool]. GEARs Bicycle Club: 2 groups different rides, Creswell for one group & Dillard, Bear Creek, 9:30am, Alton Baker Park, eugenegears.org. FREE. Dungeons & Dragons, roleplaying, 12:30pm, Delight, 538 E. Main, Cottage Grove, info at delightcg@gmail.com. FREE. Amtgard Iron Keep LARP, 1pm, 1400 Lake Dr. FREE.	Pinball tourney fundraiser for Womenspace, all-ages, 2pm, Level Up Arcade, 1290 Oak St. \$5 min. Don. Cards Against Humanity w/ Stephanie, 8pm, Gridiron Grill & Taphouse, 2816 Main St., Spfd, 541-636-2961. FREE. Blazing Paddles continues. See Thursday, Jan. 25. Centennial chess club continues. See Thursday, Jan. 25. SOCIAL DANCE Dance Empowered w/Cynthia Valentine, 9-10am today, 5:30-6:30pm Monday & Wednesday, WOW Hall. \$10. West African Dance w/Alseny Yansane, 11am-12:30pm, WOW Hall. \$12-\$15. Bachata Lessons, 6-9pm, Oregon Wine LAB, 488 Lincoln St. FREE or Don. Eugene Folklore Society's Contra Dance, 7pm workshop, 7:30pm dance, Village School, 3411 Willamette St. \$6-\$10. Salsa Dancing, 9pm, the Lounge, 2043 River Rd. FREE. SPIRITUAL Contemplative Mass w/Taize chant, 5:30-6:30pm, Episcopal Church of the Resurrection, 3925 Hilyard St. FREE. THEATER <i>The Father</i> continues. See Friday. <i>The Flick</i> continues. See Thursday, Jan. 25. <i>Ghost the Musical</i> continues. See Friday. <i>The Realistic Joneses</i> continues. See Thursday, Feb. 1. <i>The Whipping Man</i> continues. See Thursday, Jan. 25. VOLUNTEER Feed the Hungry w/ Burrito Brigade, 10am, Bethesda Lutheran Church, 4445 Royal Ave. FREE. Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, Jan. 25.	Valley River Dr., 541-687-0356. FREE. FILM "An Inconvenient Truth Sequel: Truth to Power," 2pm, Central Lutheran Church, 1857 Potter St., world.350.org/eugene. FREE. FOOD/DRINKS Interfaith Sunday breakfast, needs volunteers! all/no faiths, everyone welcome, 7-10am, First Christian Church, 1166 Oak St., breakfast@heartofeugene.org. FREE. Sunday Bunday, brunch w/ GF, DF, soy free Bao & drinks, 10am-4pm, Maven Art Boutique, 271 W. 8th Ave. FREE, food & drink prices vary. Mimosa Sunday, noon-6pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd. FREE. GATHERINGS Oregon Truffle Festival Fresh Truffle Marketplace, 11am-4pm, Hilton Downtown, Playwrights Hall, 66 E. 6th Ave. \$12-\$25. Sowing the Seed - Tea of Life Collective, activities throughout the day, learn of new means of operation, noon-5pm, Tea of Life, 960 W. 5th Ave. FREE. Food Not Bombs, 2-4pm, Park Blocks, 8th & Oak St. FREE. Community Centered Martial Arts, 3pm, Mangan City Park, 4075 Aerial Wy. FREE. CouchHosting.org Office Hours, tips on finding a low cost apartment & leads on one or more couch surfing spots in Lane County, 4-8pm, Growers, 454 Willamette St. FREE. Democratic Socialists of America chapter meeting, 6-8pm, 609 E. 13th Ave. FREE. Prayers for World Peace, 6:30-7:30pm, Ami de Paris Salon, 280 W. Broadway. don. or FREE. HEALTH Occupy Eugene Medical Clinic, noon-4pm, 509 E. 13th Ave. FREE. Pet Grief Support Group [death or loss], 1-2:30pm, Companioning Care LLC, RSVP & location 541-255-7116. \$10-\$40. Conscious Nutrition Series, 1:30-3pm, Everyday People Yoga, 352 W. 12th Ave. \$10-\$15. Pet-Illness Coping Support Group, 3-4:30pm, Companioning Care LLC, RSVP & location 541-255-7116. \$10-\$40. KIDS/FAMILIES Family Fun, 2pm, downtown library. FREE. LECTURES/CLASSES Women's Self Defense Class, 11am-12:15pm, The Art of War, 251B W. 7th Ave. FREE. The Buzz Behind Bone Broth & Collagen w/Yaakov Levine, 2-3pm, Natural Grocers, 201 Coburg Rd. FREE. Talks at the MNCH continues. See Thursday, Jan. 25.	LITERARY ARTS Author's Presentation w/Sarah Hovet, Jennifer Hornsby & Rhonda Zimlich, 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 & kwvaradio.org. Son of Saturday Gold, True stuff for true believers, ft. artist Sam Cooke, 11am-1pm, KRVM. OUTDOORS/RECREATION TrackTown Fitness, trainings to prepare for Eugene Marathon, 8-9am, Hayward Field. FREE. GEARs Bicycle Club: 2 groups different speeds, Franklin Firehouse, 9:30am, 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. Malabon Players Society, adult outdoor pickup basketball, 3pm, Malabon Elementary School, 1380 Taney St. FREE. Cards Against Humanity w/ Kevin, 8pm, Max's Tavern, 550 E. 13th Ave., 541-349-8986. FREE. Blazing Paddles continues. See Thursday, Jan. 25. Duplicate Bridge continues. See Thursday, Jan. 25. SOCIAL DANCE Coalescence: Community Estatic Dance, 10am-noon, WOW Hall. \$8-\$12. Music & Dance Workshop w/ Taller de Son Jarocho, 3-5pm, Whiteaker Community Ctr., N. Jackson & Clark St. FREE. 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 070, 4065 W. 11th Ave. #43, cophnia-oto.org. FREE. THEATER <i>The Flick</i> continues. See Thursday, Jan. 25. <i>Ghost the Musical</i> continues. See Friday. <i>The Realistic Joneses</i> continues. See Thursday, Feb. 1.	<i>The Whipping Man</i> continues. See Thursday, Jan. 25. VOLUNTEER Feed the Hungry w/Burrito Brigade, 11am, First Christian Church, 1166 Oak St. FREE.
MONDAY JANUARY 29 SUNRISE 7:32AM; SUNSET 5:18PM AVG. HIGH 48; AVG. LOW 34 ART/RAFT 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]. Group show, Best of Vistra continues. See Thursday, Jan. 25. Watercolor, illustrations & acrylic paintings by Sophie Navarro continues. See Thursday, Jan. 25. 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, Growers Market upstairs, 454 Willamette. FREE. Eugene Cannabix 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. Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave. 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. Sip & Stitch, ages 21+, bring your work-in-progress or try something new in our monthly crafter's meet up, sip tea or wine, 7-9pm, Bob Keefer Ctr., 215 W. C St., Spfd. \$6. Refuge Recovery Meeting continues. See Friday.					

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