

HEALTH 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+, jazzzy dance workout, 5:30pm today & Wednesday, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.

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.

LECTURES/CLASSES Mindful Yoga for Chronic Pain, 8-week program to develop tools for living more skillfully w/chronic pain, 2-3:30pm, Oregon Mind Body Institute, 1339 Oak St., katemorganllc@gmail.com. Insurance may cover some or all fees, please inquire for cost.

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.

Dance Fitness, ages 14+, dance yourself fit to pop, jazz & more, 5:30-6:30pm today & Wednesday, Bob Keefer Ctr., 215 W. C St., Spfd. \$9.

Be Your Best Badass: Own Your Sexual Self!, workshop, 6-7:30pm, As You Like It; The Pleasure Shop, 1655 W. 11th Ave. \$15.

"Project Management Skills: In-Demand & Obtainable," Clyde Raymer, 6:30-8pm, Lane Community College Downtown Campus, 101 W. 10th Ave., rm. 312, RSVP 541-463-6107. 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, Jan. 25.

OUTDOORS/RECREATION **GEARS** Bicycle Club: Hills for the dis-inclimbed, 9:30am, Alton Baker Park, eugenegears.org. FREE.

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, 6-8pm, Oakshire, 207 Madison St. 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.

Sam Bonds Bingo, 9pm, Sam Bonds Garage, 407 Blair St. FREE.

Adult intro to ki-aikido continues. See Thursday, Jan. 25.

Blazing Paddles continues. See Thursday, Jan. 25.

Duplicate Bridge continues. See Thursday, Jan. 25.

Pool Hall continues. See Thursday, Jan. 25.

SOCIAL DANCE Gypsy Square Dance, 7:45-9pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE intro.

Line/Party Dancing Lessons, learn to dance popular line & other dances like the Electric Slide, 8-9pm, Emerald Park Community Ctr., 1400 Lake Dr. FREE or Don.

Dance Empowered w/Cynthia Valentine continues. See Saturday.

SPIRITUAL Inspirational Sounds Gospel Choir Rehearsal, 7pm, Northwood Christian Church, 2425 Harvest Ln. FREE.

Refuge Recovery Meeting, 7-8:30pm, Buddha Eye Temple, 22nd & Garfield. FREE.

Guided meditation & teaching w/Tibetan Lama Tulkus Sangye Tenzin continues. See Friday.

Open silent meditation events continue. See Friday.

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.

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

TUESDAY

JANUARY 30
SUNRISE 7:31AM; SUNSET 5:20PM
AVG. HIGH 48; AVG. LOW 34

ART/CRAFT Group show, Best of Vistra continues. See Thursday, Jan. 25.

Watercolor, illustrations & acrylic paintings by Sophie Navarro continues. See Thursday, Jan. 25.

COMEDY Open Mic Comedy, 8:30pm signup, 9pm show, The Drake Bar, 77 W. Broadway. FREE.

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

FILM "Crazy" documentary, 990 Oak St., 5:30-7:30pm, LILA Peer Support Club, 990 Oak St. FREE.

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

Singing Heart Community Singing, Call & Response, all voices welcome, 10:30-11:50am, McNail-Riley House, 601 W. 13th Ave. Sug. Don. \$10.

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

Discussion group in Spanish - Hablar es Sanar grupo de apoyo, 1-2:30pm, Trauma Healing Project, 2222 Coburg Rd., ste. 300. \$5.

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.

NAMI Lane County's Family to Family Class, 6:30-8pm, Lane County Behavioral Health's NAMI Resource Ctr., rm. 198, 2411 MLK Jr. Blvd., register 541-343-7688. 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.

Eugene Maker Space Open Hack continues. See Friday.

Overeaters Anonymous continues. See Thursday, Jan. 25.

HEALTH Nia-Healing Through Movement class, noon-1pm, Trauma Healing Project, 2222 Coburg Rd., 541-687-9447. don.

Cycle continues. See Thursday, Jan. 25.

Gentle Exercise for Wellness continues. See Thursday, Jan. 25.

Nia Fusion Fitness continues. See Thursday, Jan. 25.

POP Pilates w/Lila continues. See Saturday.

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

Table Tennis for kids continues. See Thursday, Jan. 25.

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.

Deep Relaxation, Tools for Peace & Calming, presented by Oregon Mind Body Institute, 5:30-6:45pm, Oregon Mind Body Institute, 1339 Oak St., michele@yogamichele.com. \$15 drop-in or \$130 for 10 sessions.

Pilates, ages 18+, pilates uses both standing & mat movements to stretch, strengthen & train your core, 5:30-6:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$9.

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

Make It @ Your Library, Bullet Journal for Grown-Ups! 7pm, Fern Ridge Library, 88026 Territorial Hwy., Veneta. FREE.

Talks at the MNCH continues. See Thursday, Jan. 25.

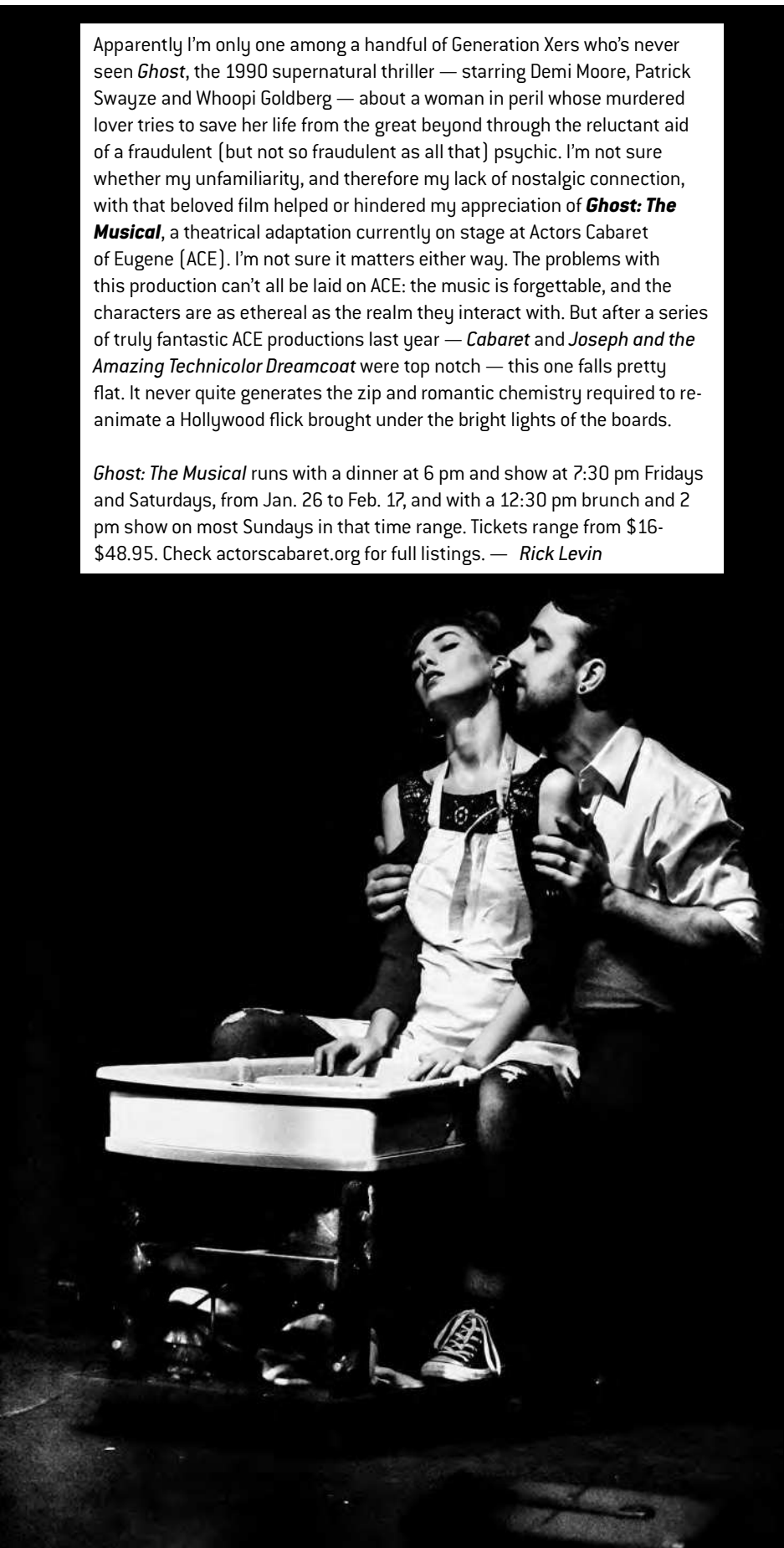
LITERARY ARTS Page 2 Poetry open mic, 7:30pm sign up, Cush Cafe, 1235 Railroad Blvd. FREE.

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

"Music That Matters," radio tribute to Brian West, 7-10pm, KRVM 91.9FM.

"The Point" continues. See Thursday, Jan. 25.

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, Beer-garden, 777 W. 6th Ave. 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.

WDYK Trivia w/Stephanie, 7pm, First National Taphouse, 51 W. Broadway, 541-393-6517. FREE.

Bingo, 8pm, Webfoot, 839 E. 13th Ave. FREE.

Trivia, 8pm, Duck Bar, 1795 W. 6th Ave. FREE.

Blazing Paddles continues. See Thursday, Jan. 25.

Board Game Night continues. See Thursday, Jan. 25.

Duplicate Bridge continues. See Thursday, Jan. 25.

Pool Hall continues. See Thursday, Jan. 25.

SOCIAL DANCE Coalessence: 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.

Bailonga: Argentine Tango Milonga, lessons & open dance, 8-11pm, Vet's Club, 1626 Willamette St., bailonga.org. \$5.

SPIRITUAL 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.

VOLUNTEER Garden & Community: Tuesdays at Hendricks Park, learn gardening techniques, work party, 9am-noon, Hendricks Park, Summit Ave. & Skyline Blvd. FREE.

Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work