

The Movement Project Gala, silent auction, hors d'oeuvres, live music, 5pm, Sprout! Regional Food Hub, 418 A St., Spfd. FREE.

HEALTH Saturday Cycle, ages 18+, 9-9:50am & 10-10:50am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

Zumba, ages 18+, latin dance meets fitness, 10-11am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$9.

Flow Yoga, ages 18+, 11am-noon, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$9.

Pet Grief Support Group (death or loss), 1-2:30pm, Companioning Care LLC, RSVP & location: 541-255-7116. \$10-\$40.

Pet-Illness Coping Support Group, 3-4:30pm, Companioning Care LLC, RSVP & location: 541-255-7116. \$10-\$40.

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.

Dog Tale Time, kids come read to trained dogs, ages 5-12, 2-3:30pm, downtown library, pre-register 541-682-8316. FREE.

LECTURES/CLASSES African Drum w/Fode Sylla, 9:45-10:45am, WOW Hall. \$12-\$15.

Performance Workshop w/Corky Siegel, focuses on the transformative power of dynamic expression by guiding & sharing performance secrets to artists, 1-2:30pm, The Shedd, rm. 230, 868 High St. \$10 for Eugene Area Educators w/purchase of concert ticket.

"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.

Talks at the MNCH continues. See Thursday, Feb. 1.

LITERARY ARTS Writer Joy Harjo, 3pm, downtown library. 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.

OUTDOORS/RECREATION Eug/Spfd Mossbacks Volkssport Club: walk in Portland, 8am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd, mossbacks.org. FREE (\$10 carpool).

Walk the Eugene Half Marathon w/the Spirited Walkers training group, information meeting 8:30am, walk 9am, RunHub N.W. 515 High St. FREE.

All-Paces Group Run, 9am, Run Hub Northwest, 515 High St., 541-344-1239. 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.

Cards Against Humanity w/Stephanie, 8pm, Gridiron Grill & Taphouse, 2816 Main St., Spfd, 541-636-2961. FREE.

Blazing Paddles continues. See Thursday, Feb. 1.

Centennial chess club continues. See Thursday, Feb. 1.

SOCIAL DANCE Armenian & Balkan dance festival, various workshops & dances all day today & tomorrow, Vet's Club, 16th & Willamette. \$12-\$50.

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.

Salsa Dancing, 9pm, the Lounge, 2043 River Rd. FREE.

Barnstormers, square dancing, 9:30pm, Sam Bond's Garage, 407 Blair Blvd. \$5.

SPIRITUAL Contemplative Mass w/Taize chant, 5:30-6:30pm, Episcopal Church of the Resurrection, 3925 Hilyard St. FREE.

THEATER *The Father* continues. See Friday.

The Flick continues. See Thursday, Feb. 1.

Ghost the Musical continues. See Friday.

Motown The Musical continues. See Friday.

The Whipping Man continues. See Thursday, Feb. 1.

VOLUNTEER First Saturdays in Awbrey Park, work party, 9am-noon, Awbrey Park, River Rd. & Spring Creek Dr. FREE.

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, Feb. 1.

SUNDAY
FEBRUARY 4
SUNRISE 7:26AM; SUNSET 5:26PM
AVG. HIGH 49; AVG. LOW 34

COMEDY Laughing Lounge, open mic comedy hosted by Seth Milstein, 8-10pm, Starlight Lounge, 830 Olive St. 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.

Rainbow Family Potluck, bring food to share, 2-6pm, Cush Cafe, 1235 Railroad Blvd. FREE.

GATHERINGS Picc-A-Dilly Flea Market, 10am-4pm, Lane County Fairgrounds. \$1.50.

Food Not Bombs, 2-4pm, Park Blocks, 8th & Oak St. FREE.

Community Centered Martial Arts, 3pm, Mangan City Park, 4075 Aerial Wy. 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.

Conscious Nutrition Series, 1:30-3pm, Everyday People Yoga, 352 W. 12th Ave. \$10-\$15.



Let's tear down those walls and learn a little bit about our Armenian and Balkan neighbors here in Lane County. I'm not much of a dancer, but this weekend's dance festival and lineup of workshops offer a look into the life and culture of Armenia. Festival registration opens at 9 am on Saturday with two workshops to follow. That evening, everyone will be treated to a show by Sussefusse International Dance Troupe — a Portland based group that will perform dances from around the world. Following the performance, you can join in the fun yourself when the International dance party kicks off at 7:45 pm. Chubritza of Arcata and Mark Levy of Eugene will provide the beats for the Armenian and Balkan/Romani dances. Sunday morning will feature another talk on Armenian culture for those of you who missed Saturday morning or were intrigued by the previous night's party. The **2018 Veselo Community Folk Dancers Armenian and Balkan Dance Festival** is Saturday, Feb. 3 and Sunday, Feb. 4 at the Vet's Club on 16th and Willamette. For more information and a full schedule of events go to veselofolkdancers.org. \$15-\$50, spectators FREE.

— *Max Thornberry*

KIDS/FAMILIES Family Fun, 2pm, downtown library. FREE.

LECTURES/CLASSES Yoga at the LAB w/mimosa for those 21+, 10:30-11:30am, Oregon Wine LAB, 488 Lincoln St. \$15.

Women's Self Defense Class, 11am-12:15pm, The Art of War, 251B W. 7th Ave. FREE.

Talks at the MNCH continues. See Thursday, Feb. 1.

LITERARY ARTS NAC Radical Reading Club, reading & discussing Le Guinn's "Those Who Walk Away From Omelas," no pre-reading required, 2-4pm, Grower's Market, upstairs, 454 Willamette St. 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, KWA 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.

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.

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

Blazing Paddles continues. See Thursday, Feb. 1.

Duplicate Bridge continues. See Thursday, Feb. 1.

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.

Veselo Folk Dancers, international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 541-683-3376. \$3.

Armenian & Balkan dance festival continues. See Saturday.

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 *Ghost the Musical* continues. See Friday.

The Whipping Man continues. See Thursday, Feb. 1.

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

MONDAY
FEBRUARY 5
SUNRISE 7:24AM; SUNSET 5:28PM
AVG. HIGH 49; 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).

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 Cannabis TV Recording Session, 5:30pm, CTV-29 Studios, 2455 Willakenzie Rd., contact dankbagman@hotmail.com. FREE.

National Organization for Women (NOW) South Willamette Valley Chapter, 6-7:30pm, 1645 High St. FREE.

Men's Mentoring Circle, 6:30-8:30pm, McKenzie River Men's Center, 1465 Coburg Rd. \$10 sug. don.

Cascade Mycological Society Meeting, Truffle Hunting w/a Dog, 7pm, Amazon Community Ctr., 2700 Hilyard St., cascademycology.org. FREE.

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.

Refuge Recovery Meeting continues. See Friday.

HEALTH Health Qigong, 4:30-5:30pm today & Wednesday, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE.

Cycle, ages 18+, 4:45-5:45pm & 5:30-6:30pm today & Wednesday, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

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.

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.

Make Chinese Paper Lanterns, adults & teens, 5:30pm, downtown library. FREE.

Samba Ja Community Brazilian Percussion Ensemble, beginner rehearsal & orientation, 7:30pm, Corestar Cultural Ctr., 439 W. 2nd Ave., dearsambaja@gmail.com. FREE.

LITERARY ARTS NEA Big Read Book Groups, conversation about Joy Harjo's "How We Became Human," 4pm, Sheldon Library, 1566 Coburg Rd. FREE.

ON THE AIR Music Gumbo w/Andy Goldfinger, 7pm, KOFC 92.5 FM.

"The Point" continues. See Thursday, Feb. 1.

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/Elliott Martinez, 6-8pm, Oakshire, 207 Madison St. FREE.

Twisted Trivia, 7pm, Webfoot, 839 E. 13th Ave. FREE.

Game Night, Mario Kart Tournament/Switch meetup, 9pm, The Drake Bar, ?? W. Broadway. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Cornucopia Bar & Burgers, 295 W. 5th Ave. FREE.

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

Adult intro to ki-aikido continues. See Thursday, Feb. 1.

Blazing Paddles continues. See Thursday, Feb. 1.

Duplicate Bridge continues. See Thursday, Feb. 1.

Pool Hall continues. See Thursday, Feb. 1.

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 Saraha Orientation Meeting, monthly orientation meeting, 6-7pm, Saraha Nyingma Buddhist Institute, 477 E. 40th Ave. FREE.

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

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,