

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

FEBRUARY 6  
SUNRISE 7:23AM; SUNSET 5:29PM  
AVG. HIGH 49; AVG. LOW 34

**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.

Church Women United Breakfast at Brails, no host breakfast, discussion to follow up on Friday's forum on universal health care, 7:30am, 17th & Willamette St. FREE.

Lane Assoc. of PERS Retirees, program: State Treasurer Tobias Read, the Oregon Investment Council & interaction w/PERS, 10am, Celeste Campbell Ctr., 2nd & High. FREE.

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.

Neighborhood Anarchist Collective (NAC), incarcerated comrades support gathering, 6-8pm, Growers Market, 454 Willamette St. 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, Feb. 1.

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

Pilates, ages 18+, 5:30-6:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

Cycle continues. See Thursday, Feb. 1.

Gentle Exercise for Wellness continues. See Thursday, Feb. 1.

Gentle Yoga continues. See Thursday, Feb. 1.

Nia Fusion Fitness continues. See Thursday, Feb. 1.

POP Pilates w/Lila continues. See Saturday.

Zumba continues. See Thursday, Feb. 1.

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

Table Tennis for kids continues. See Thursday, Feb. 1.

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.

eBooks & More: Drop In, learn how to download & stream eBooks, 4-6pm, downtown library. FREE.

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.

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

Attracting Native Pollinators: How You Can Help Bring Back the Bees w/Mace Vaughan of the Xerces Society, 7pm, Unitarian Church, 1685 W. 13th Ave. FREE.

Tech Tuesday: Pinterest!, discover new ideas & find inspiration to do the things you love w/Pinterest, 7pm, Fern Ridge Library, 88026 Territorial Hwy., Veneta. FREE.

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

**LITERARY ARTS** Willama-Library Book Group, discussion of JD Vance's "Hillbilly Elegy," 10:30am, Spfd Public Library, 225 5th St., Spfd. 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, Feb. 1.

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

**OUTDOORS/RECREATION** Tabletop Games for All Ages, 5:30pm, Bethel Library, 1990 Echo Hollow

Rd., & Sheldon Library, 1566 Coburg Rd. 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.

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.

Bingo Bongo, grand prize from Midtown Direct, 9pm, The Drake Bar, 77 W. Broadway. FREE.

Blazing Paddles continues. See Thursday, Feb. 1.

Board Game Night continues. See Thursday, Feb. 1.

Duplicate Bridge continues. See Thursday, Feb. 1.

Pool Hall continues. See Thursday, Feb. 1.

**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.

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.

**TEEN** Teen Game Day, video games, virtual reality, board games, 4:30pm, Spfd Public Library, meeting rm., 225 5th St., Spfd. 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 Party continues. See Thursday, Feb. 1.

WEDNESDAY

FEBRUARY 7  
SUNRISE 7:22AM; SUNSET 5:31PM  
AVG. HIGH 49; AVG. LOW 34

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

**COMEDY** Open Mic Comedy, 9:30pm signup, 10pm show, The Drake Bar, 77 W. Broadway. FREE.

**DANCE** Circa "S," acrobatic performance, 7:30pm, The Hult Ctr., Silva Concert Hall. \$28-\$65.75.

**FARMERS MARKETS** Coast Fork Farm Stand continues. See Saturday.

**FOOD/DRINKS** Wine Wednesday, Customized wine flights, discounted glass pours & cheese plates, 5-8pm, Tap & Growler, 207 E. 5th Ave. \$5-\$15.

**GATHERINGS** Overeaters Anonymous, 8-9am, First Christian Church, 1166 Oak St., oaeugene.org. FREE or don.

Nar-Anon Meeting, 12:30pm, Spfd. Lutheran Church, 1542 I St., Spfd. FREE.

Peace Vigil, 4:30pm, 7th & Pearl. FREE.

Open House at "The Fern Ridge Shopping Ctr," tour businesses, gift basket drawings, music, food, 5:30-7pm, 88267 Territorial Rd., Veneta. FREE.

Co-Dependents Anonymous, women-only 12-step meeting, 6-7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. FREE.

"Out of the Fog," meeting of Marijuana Anonymous, 7:30pm, St. Mary's Episcopal Church, 1300 Pearl St. FREE.

**HEALTH** Cognitive Emotional Wellness Acupuncture, 10am-11:30am, Trauma Healing Project, 2222 Coburg Rd., 541-687-9447. \$10.

Full Body Group Acupuncture w/Karen, by appt. only, Trauma Healing Project, 2222 Coburg Rd., ste. 300. \$10.

Health Qigong continues. See Monday.

Latin Cardio Fusion continues. See Monday.

Tai Chi: Moving for Better Balance continues. See Monday.

**KIDS/FAMILIES** Lapsit Storytime, ages 3 & under w/adult, 10am, Spfd Library, 225 5th St., Spfd. FREE.

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

SPL After School Club: Random Acts of Kindess, 3:45pm, Spfd Public Library, 225 5th St., Spfd. FREE.

Family STEAM, enjoy hands-on fun & learning together w/science, technology, etc., 4pm, Sheldon Library, 1566 Coburg Rd. FREE.

Legos, 4pm, Eugene Public Library. FREE.

Children's Intro to Ki-aikido continues. See Monday.

Family Swims at warm saltwater Tamarack Pool continues. See Saturday.

**LECTURES/CLASSES** Ahhh! Neck & Shoulder Tension release, acupressure class, noon, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$15-\$18.

"Safe Medication Management in Older Adults," 1-5pm, La Quinta Inn & Suites, 155 Day Island Rd. FREE.

Change your Brain, Transform your Pain, 6-week course for those who suffer from chronic pain, 2-3:30pm, Oregon Mind Body Institute, 1339 Oak St., 541-953-4969. Insurance may cover some or all fees. Please inquire for cost.

Where to Start to Love Your Heart - Heart Health 101 w/Yakov Levine, 2-3:15pm, Natural Grocers, 201 Coburg Rd. FREE.

Ideas on Tap, rethinking human waste w/UO environmental scientist Kory Russel, 6pm, Sprout!, 418 A St., Spfd. FREE.

Responding to Life's Challenges in a Meaningful Way, 7-8:15pm, Sweaty Ganesh Yoga Studio, 820 Charnelton St. \$10 sug. don.

Samba Ja Community Brazilian Percussion Ensemble, practice for performance approved members, introduction & beginners please see Monday listing, 7:30pm, Corestar Cultural Ctr., 439 W. 2nd Ave., dearsambaja@gmail.com. FREE.

Dance Fitness continues. See Monday.

Intro to Ki continues. See Monday.

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

**ON THE AIR** "Truth Television," live call-in local news/politics, 6pm, Comcast 29.

"That Atheist Show," weekly call-in, 7pm, Comcast 29, 541-790-6617.

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

**OUTDOORS/RECREATION** Mom & Baby Stroller Run, 9:30am, Run Hub Northwest, 515 High St., 541-344-1239. FREE.

Community Group Run, 3-6 miles, 6pm, Run Hub Northwest, 515 High St., 541-344-1239. FREE.

Trivia w/Ras D & Kat, 6pm, Friendly St. Deli, 2757 Friendly St. FREE.

Trivia w/Elliot Martinez, 7-9pm, 16 Tons Cafe, 2864 Willamette St. FREE.

WDYK Trivia w/Nick, 7pm, Bugsy's Bar & Grill, 559 N. Pacific Hwy., Junction City, 541-998-5185. FREE.

Cards Against Humanity w/Kevin, 8pm, First National Taphouse, 51 W. Broadway. FREE.

Pinball Knights, 3-strikes pinball tournament, 21 & over,

8pm, Blairally, 245 Blair Blvd., 541-683-1721. \$5 buy in.

Trivia w/Ty Connor, 8pm, Starlight Lounge, 830 Olive St. FREE.

WDYK Trivia w/Alan, 9pm, The Wild Duck, 1419 Villard St., 541-485-3825. FREE.

WDYK Trivia w/Stephanie, 9pm, Prime Time Sports Bar, 1360 Mohawk Blvd., Spfd, 541-746-0549. FREE.

Blazing Paddles continues. See Thursday, Feb. 1.

Duplicate Bridge continues. See Thursday, Feb. 1.

Play Petanque! continues. See Sunday.

Pool Hall continues. See Thursday, Feb. 1.

Qigong continues. See Monday.

**SOCIAL DANCE** Ballroom Dancing, ages 18+, 7pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$3-\$3.50.

Contact Improvisation Jam, w/half-hour guided warm-up, drop-ins & no experience fine, 6:15-8:15pm, Xcape Dance, 420 W. 12th Ave. info at 206-356-0354. \$5-\$12.

Scottish Country Dancing, 7-9pm, Santa Clara Grange, 295 Azalea Dr. First time FREE, monthly \$15.

Lindy Hop, East Coast, Charleston, 8-10pm, Veterans Memorial Building, 1626 Willamette St. \$5.

Dance Empowered w/Cynthia Valentine continues. See Saturday.

**SPIRITUAL** Insight Meditation, 6:30-8pm, YogaMind Studio, 1339 Oak St. don.

Buddhist meditation class, guided meditation & teaching, 7-8:15pm, Sweaty Ganesh Yoga, 820 Charnelton. \$10 sug. don.

Refuge Recovery, 7-8:30pm, Unitarian Church, 1685 W. 13th Ave. Rm. 2. FREE.

Open silent meditation events continue. See Friday.

**TEEN** Grrrl Jamz, practice an instrument w/Grrrlz Rock, for girls 10-18, 3:30-5pm, Ophelia's Place, 1577 Pearl St., #100. FREE.

Women's Advisory Council for girls 14-18, 4-5pm, Ophelia's Place, 1577 Pearl St., #100. FREE.

**VOLUNTEER** "Elected Auditor 4 City Accountability," help bring real transparency & public trust to Eugene govt., variety of fun tasks, 5-6:30pm, Tsunami Books, 2585 Willamette St. FREE.

THURSDAY

FEBRUARY 8  
SUNRISE 7:21AM; SUNSET 5:32PM  
AVG. HIGH 50; AVG. LOW 34

**ART/CRAFT** Paint Party, "Chameleon!" 6-8:30pm, Viking Braggot Company, 520 Commercial St., unit F, pre-register thirst2create.com. \$35.

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