

If you've ever envisioned yourself running laps around Hayward Field, but your dreams are impeded by that locked gate, listen up. Every Sunday until April 22, you can run or walk around the track that hosts The Prefontaine Classic and most likely has shoe remnants from Olympians, world champions and record-setting Ducks. What's more exciting than working out at 8 am on a Sunday? Workouts vary every week and runners and walkers of any level are welcome to join. The event is free and you'll probably spot a couple of Olympic runners at the events, too.

TrackTown Fitness Sundays begin run from 8-9 am every Sunday, at Hayward Field on the University of Oregon Campus. FREE.

— *Corinne Boyer*



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.

Kinship & Reciprocity: Indigenous American Perspectives on Animal Life, 6pm, downtown library. FREE.

NAMI Lane County's Homefront Class, 6:30-9pm, NAMI Resource Ctr., 2411 MLK Jr. Blvd., register at sarahmerkle@namilane.org or 541-343-7688. 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, Feb. 22

OUTDOORS/RECREATION Eug/Spfld Mossbacks Volkssport Club: Eastgate Trail clean-up walk in Springfield, 9am, from Willamalane Adult Activity Center, 215 West C St, Spfd mossbacks.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, Feb. 22

Blazing Paddles continues. See Thursday, Feb. 22

Duplicate Bridge continues. See Thursday, Feb. 22

Pool Hall continues. See Thursday, Feb. 22

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, 2190 Garfield St. FREE.

TEEN 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.

Study Club, girls ages 10-18, 4-5pm, Ophelia's Place, 1577 Pearl St., ste. 100. FREE.

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

TUESDAY

FEBRUARY 27
SUNRISE 6:52AM; SUNSET 5:58PM
AVG. HIGH 53; AVG. LOW 36

BENEFITS Grati-Tuesday w/The Science Ctr., 5-8pm, Oregon Wine LAB, 488 Lincoln St. FREE or Don.

COMEDY Comedy open mic, 7pm, Happy Hours, 645 River Rd. FREE.

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

FILM The Garden Documentary Showing, 6-7:30pm, Lawrence Hall, rm. 115, UO Campus. 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. 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.

Roadside Geology of Oregon & Washington, 5-7pm, Axe & Fiddle, 657 E. Main St, Cottage Grove. 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.

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.

Lane County Audubon program meeting ft. professional photographer Dave Stone, 7:30pm, Eugene Garden Club, 1645 High St. FREE.

Eugene Maker Space Open Hack continues. See Friday.

Overeaters Anonymous continues. See Thursday, Feb. 22

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

POP Pilates w/Lila, dance choreography & pilates moves, all

Lyle Jacobson Celebrity Organ Concert

FRIDAY, MARCH 2, 2018 AT 7:30PM

A special outreach concert for the community sponsored by Central Lutheran Church's St. Cecilia Music Endowment Fund



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