

MONDAY

MARCH 5
SUNRISE 6:42AM; SUNSET 6:06PM
AVG. HIGH 54; AVG. LOW 36

ART/CRAFT Muse Art Mondays, paint or draw local musicians each week w/MEEPA, 6pm, Whirlid Pies Downtown, 199 W. 8th Ave. FREE (\$5 sug. don. for supplies).

Craft Night, bring supplies or not, hosted by Ruthie, 7-10pm, Cush Cafe, 1235 Railroad Blvd. FREE.

GATHERINGS Lunch Bunch Toastmasters, noon, LCC downtown ctr., 101 W. 10th Ave., 541-687-7678. FREE.

Women in Black, silent peace vigil, 5-5:30pm, Pearl & 7th. FREE.

Cascadia Forest Defenders Meeting, 6-7:30pm, Growers Market upstairs, 454 Willamette. FREE.

Eugene Cannabis 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.

NAMI Lane County's Connection Support Group, 6:30pm, NAMI Resource Ctr., 2411 MLK Jr. Blvd. FREE.

NAMI Lane County's Homefront Class, 6:30pm, NAMI Resource Ctr., 2411 MLK Jr. Blvd. 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.

Indoor Cycle, 4:45pm & 5:30pm, Willamalane Adult Activity Ctr. \$7-\$9.

Tai Chi: Moving for Better Balance, ages 18+, 5:30pm & 6:30pm today & Wednesday, Willamalane Adult Activity Ctr., 350 W. C St., Spfd. \$7-\$9.

Latin Cardio Fusion, ages 14+, jazz 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 Allies, not Enemies: Intellectual Freedom & Social Justice, presentation & panel, 2-5pm, Knight Library. FREE.

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 Online Genealogy, 3pm, Bethel Branch, 1566 Coburg Rd. FREE.

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.

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 continues. See Friday.

"The Point" continues. See Thursday, March 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/Elliot Martinez, 6-8pm, Oakshire, 207 Madison St. FREE.

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

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

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

Blazing Paddles continues. See Thursday, March 1

Duplicate Bridge continues. See Thursday, March 1

Pool Hall continues. See Thursday, March 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 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

MARCH 6
SUNRISE 6:40AM; SUNSET 6:07PM
AVG. HIGH 54; AVG. LOW 36

ART/CRAFT ArtCity's Drink & Draw, 6:30-9pm, Thinking Tree Spirits, 88 Jackson St. FREE.

BENEFITS Grassroots to the Blues hosted by Grati-Tuesday, proceeds support Healthy Moves, 6pm, Oregon Wine LAB, 488 Lincoln St. FREE.

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.

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.

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

CLLAS SYMPOSIUM
March 8
9 AM-7:30 PM
Free & open to the public

"Justice Across Borders: Gender, Race, & Migration in the Americas"

Venues: Knight Library Browsing Room & Gerlinger Alumni Lounge, UO campus

CLLAS | CENTRO DE LATINOAMERICANOS Y LATIN AMERICAN STUDIES | An EO/AA/ADA Institution Committed to Cultural Diversity. | UNIVERSITY OF OREGON

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EugeneHomeShow.com

Admission with Canned Food ~ Fairgrounds
Thurs & Fri. 5-9pm Sat. 10am-8pm Sun. 10am-5pm

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