

Episcopal Church, 1465 Coburg Rd. Don.

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.

Chair Yoga for the elderly continues. See Thursday, March 22.

Talks at the MNCH continues. See Thursday, March 22

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, KWWA 88.1FM.

"The Point" continues. See Thursday, March 22

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.

Bingo Bongo, 9-11pm, The Drake Bar, 77 W. Broadway. FREE.

Drink & Draw, games, prizes, drawing, 9pm, 5th Street Cornucopia, 207 E. 5th Ave. FREE.

Blazing Paddles continues. See Thursday, March 22

Board Game Night continues. See Thursday, March 22

Duplicate Bridge continues. See Thursday, March 22

Pool Hall continues. See Thursday, March 22

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 Zen Meditation Group, 7-8am, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE.

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 G-TEC: Computer Aided 3D Design, girls ages 10-18, 4-5:30pm, Ophelia's Place, 1577 Pearl St., ste. 100, pre-register. \$25-50.

Your Body, Your Sexuality, girls ages 14-18, group focused on empowering girls through understanding of their bodies & sexualities, 4:15-5:30pm, Ophelia's Place, 1577 Pearl St., ste. 100, pre-register. 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, March 22.

FILM "Viceroy's House" (2017), 1-3pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE.

FOOD/DRINK Wine Wednesday, Customized wine flights, dis-counted 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.

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

NAMI Lane County Community Forum: Supported Employment, 6:30-8:30pm, NAMI Resource Ctr., 2411 MLK Jr. Blvd. FREE.

Singing Heart Community Sing-ing, Call & Response, All voices welcome, 7-8:30pm Eugene Unitarian Universalist Church, 1685 W 13th Ave. FREE.

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

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, March 22.

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 Rain Rang-ers Spring Break Adventure, 8:30am-3pm, Alton Baker Park. \$45-\$50.

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

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

The Shark Riddle Show, join filmmakers & sister/brother duo Laura & Robert Sams for a shark-filled show based on their children's film, 1pm & 3pm, 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.

Babies-Toddlers Storytime continues. See Thursday, March 22.

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

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

Spring Break Kids Camp continues. See Monday.

Spring Break Nature Camps continues. See Monday.

LECTURES/CLASSES The Future of Cycling in Eugene, 6:30-8pm, Eugene Garden Club, 1645 High St. 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, March 22

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, March 22

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

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

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

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

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