

CALENDAR

981 Fillmore St., zenwesteugene@gmail.com. FREE.

TEEN Unleashing Her: A Shakti Sadhana, ages 14-18, lead by Starla Diana, practice a Sadhana, a practice that incorporates yoga, meditation & breath, 3:30-5pm today & Thursday, April 5, Ophelia's Place, 1577 Pearl St., ste. 100, pre-register. \$25-50.

Acoustic GRRRL JAM w/ukuleles, acoustic guitars, etc., no experience necessary, 4-5:30pm today & Thursday, April 5, Ophelia's Place, 1577 Pearl St., ste. 100. FREE.

THEATER THE SLOTH: True stori- es, told live. Topic: New & scary, bring an original story to share!, 7:30-9:30pm today & Thursday, April 5, Atrium Bldg., 99 W. 10th Ave. FREE.

Wonder of the World, 7:30pm today, tomorrow & Saturday & 2pm Sunday, The Very Little Theatre, 2350 Hilyard St. \$15-\$19.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party, 9am-noon today, Tuesday, & Thursday, April 5, Native Plant Nursery, Buford Park, volunteer@bufordpark.com, 541-344-8350. FREE.

FRIDAY

MARCH 30

SUNRISE 6:57AM; SUNSET 7:37PM
AVG. HIGH 58; AVG. LOW 38

FARMERS MARKETS The Corner Market continues. See Thursday, March 29.

FOOD/DRINK Wine & Music, 4-10pm, Noble Estate Urban, 560 Commercial St. FREE. Food/drink costs vary.

Wine Tasting, 6-9pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd. FREE.

GATHERINGS Yawn Patrol Toastmasters, 6-7:45am, LCC Downtown Ctr., 110 W. 10th Ave. FREE.

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

Food Not Bombs, 1pm cooking, Campbell Club, 3pm serving, Kesey Square. FREE.

NAMI Lane County's Connection Group in Cottage Grove, OR, 1:30-3pm, Healing Matrix, 632 E. Main St., Cottage Grove. FREE.

Eugene Maker Space Open Hack, 6-8pm today & Tuesday, 687 McKinley St., eugenemakerspace.com. FREE.

HEALTH Eggs - Beyond Breakfast, 2-2:30pm, Natural Grocers, 201 Coburg Rd. FREE.

Tai chi for Balance or Yoga Therapy sessions: 30 min each, 3pm, Sacred Heart medical Ctr. lobby, 3333 Riverbend Dr., Spfd. Don.

KIDS/FAMILIES Eggcellent Adventure!, coloring station, toys & prizes, etc., 8am-5pm, Natural Grocers, 201 Coburg Rd. FREE.

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

Family Storytime, 10:15am, Sheldon branch library, 1566 Coburg Rd. & Bethel branch library, 1990 Echo Hollow Rd. FREE.

Engineer It!, 2:30-3:30pm, Spfd Public Library, 225 5th St., Spfd. FREE.

LECTURES/CLASSES Talks at the MNCH continues. See Thursday, March 29

ON THE AIR Music Gumbo w/ Andy Goldfinger, 6-9pm today & Monday, KOFC 92.5 FM.

Marc Time's Record Attic, 11:30pm, Comcast channel 29.

"The Point" continues. See Thursday, March 29

OUTDOORS/RECREATION Walk 'n' Talkers, weekly self-led neighborhood walking group, 9-11am, meet at Campbell Community Ctr., 155 High St. FREE.

Wildflower Walk, 10am-noon, 10am-noon, Mount Pisgah Arboretum, 34901 Frank Parrish Rd. \$5.

Bridge Group for Seniors, 12:30-3:30pm, Campbell Community Ctr., 155 High St. \$0.25.

Magic the Gathering, standard deck casual play, 6pm, Castle of Games, 660 Main, Spfd. \$1.

Blazing Paddles continues. See Thursday, March 29

Centennial chess club continues. See Thursday, March 29

Pool Hall continues. See Thursday, March 29

SOCIAL DANCE Folk Dancing for Seniors, request & lessons, 2-3:30pm today, Willamalane Adult Activity Ctr., 215 W. C St., Spfd; 2:30-4pm Monday, Campbell Community Ctr., 155 High St., info at 541-603-0998. \$25-\$1.

Advanced dance class w/Taller de Son Jarocho, 4:30-6pm, Whiteaker Community Ctr., N. Jackson & Clark St. FREE.

Salsa Dancing, intro class 9pm, open dancing 10pm-1am, Salseros Rm., upstairs, 1626 Willamette St. \$10.

SPIRITUAL Teaching on Buddhist View & Conduct w/ Tibetan Lama Tulku Sangye Tenzin, 6-7pm, Saraha Nyingma Buddhist Institute, 477 E. 40th Ave. FREE.

Refuge Recovery, check RefugeEugene FB for updated schedules, 7-8:30pm, Buddha Eye Temple, 2190 Garfield St. FREE.

Zen Meditation Group, good for beginners 7:30-8:30pm, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE.

THEATER *Wonder of the World* continues. See Thursday, March 29.

LEARNER & LOEWE's BRIGADOON, musical, 7:30pm today & tomorrow, Actors Cabaret, 996 Willamette St. \$16-\$48.95.

VOLUNTEER Native Plant Nursery Volunteer Work Party,

1-4pm, Alton Baker Park, Native Plant Nursery. FREE.

SATURDAY

MARCH 31

SUNRISE 6:55AM; SUNSET 7:38PM
AVG. HIGH 58; AVG. LOW 38

ART/RAFT Open studio, 3-5pm, Art Space at The Crafty Mercantile, 517 E. Main St., Cottage Grove. Don.

Jello Art Show: Jello Goes Gold, 5-8pm, Maude Kerns Art Ctr., 1910 E. 15th Ave. \$3-\$5.

Art Opening: "Dead Loss" - Lil- lian Almeida & Maddison Colvin, 6-9pm, Slightly Coffee, 545 E. 8th Ave., Ste. A. FREE.

COMEDY Comedy Open Mic, 6:30pm signup, 7pm open mic, Cush Cafe, 1235 Railroad Blvd. \$2-\$3 Don.

NYC Comedy Night, 8-10:30pm, Sam Bond's Brewing, 540 E. 8th Ave. \$15.

FARMERS MARKETS Hideaway Bakery Farmers Market, 9am-2pm, Hideaway Bakery, 3377 E. Amazon. FREE.

Winter Market, 10am-2pm, 8th Ave & Oak St. FREE.

Coast Fork Farm Stand, 11am-6pm, 10th & Washington, Cottage Grove. FREE.

The Corner Market continues. See Thursday, March 29.

GATHERINGS Al-Anon, friends & family of alcoholics, beginners meeting, 9am, Bethesdal Lutheran Church, 4445 Royal Ave., 541-554-3707. FREE.

Our Revolution Lane County, 10am-1pm, Theo's Coffee House, 199 W. 8th Ave., ourrevolutionlanecounty.com. FREE.

Addyson Creek Open House Tour, "under construction" tour of new home community, 11am-2pm, 893 Argon Ave. FREE.

Co-Dependents Anonymous, 12 step meeting, noon-1pm, White Bird Clinic, 341 E. 12th Ave. FREE.

Drum Circle, hand drums preferred, noon-5pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Peace Vigil, noon-1pm, downtown library, info at 541-484-5099. FREE.

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, March 29.

HEALTH 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.

POP Pilates, 12:30-1:30pm, Celebration Belly Dance & Yoga Studio, 1840 Willamette St., Ste. 206. \$10-\$15.

Dive Deep into Happiness, experience the power of breath as well as effortless & deep meditation, 4-5pm, Natural Grocers, 201 Coburg Rd. FREE.

KIDS/FAMILIES Willamalane Megga Hunt, 9:30am-noon,

THE EXPERIENCE
EVERYONE IS
TALKING ABOUT

April 19-22

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This program was made possible in part by a grant from Oregon Humanities(OH), a statewide nonprofit organization and an independent affiliate of the National Endowment for the Humanities, which funds OH's grant program.



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