

HEALTH Nia-Moving to Heal, noon-1pm, Trauma Healing Project, 2222 Coburg Rd., 541-687-9447. don. Cognitive Emotional Wellness Acupuncture, 12:30-2pm, Trauma Healing Project, 2222 Coburg Rd., 541-687-9447. \$10. KIDS/FAMILIES Baby & Me Storytime, 10am, Spfd. library, 225 5th St., Spfd. FREE. Table Tennis for kids continues. See Thursday, April 5 Talkers Storytime, 10:15am & 11am, downtown library. FREE. Parent-Daughter Circle, girls ages 11-15 & one parent of any gender, 6-7:30pm, Ophelia's Place, 1577 Pearl St., ste. 100, pre-register. \$10-\$80. Pajama Storytime, 6:30pm, downtown library. FREE. Noche de la Familia (Family Night in Spanish), 6:30pm, bethel branch, 1990 Echo Hollow Rd. FREE. LECTURES/CLASSES Tai chi for balance for total beginners, 1-2pm, St. Thomas 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, April 5. Talks at the MNCH continues. See Thursday, April 5 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, KWVA 88.1FM. "The Point" continues. See Thursday, April 5 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, April 5 Board Game Night continues. See Thursday, April 5 Duplicate Bridge continues. See Thursday, April 5 Pool Hall continues. See Thursday, April 5 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, April 5	WEDNESDAY APRIL 11 SUNRISE 6:35AM; SUNSET 7:51PM AVG. HIGH 60; AVG. LOW 38 ART/CRAFT A Method to Madness Acrylic Pour Class w/Ellen Furstner, 1pm, Emerald Art Ctr., 500 Main St., Spfd. \$25 class, \$10 supplies. Open Session Figure Drawing, 6:30-9pm, Emerald Art Ctr., 500 Main St., Spfd. \$6. Pet Portrait Workshop, materials included, no experience needed, 6:30-9:30pm, Oregon Academy of Tattoo & Fine Art, 1325 W. 7th Ave. \$30. COMEDY Open Mic Comedy, 6:30pm signup, 7pm show, The Drake Bar, 77 W. Broadway. FREE. FARMERS MARKETS Coast Fork Farm Stand continues. See Saturday. FILM "Kundun" [1997], film showing, 1pm, Willamalane Adult Activity Ctr. FREE. FOOD/DRINK 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. Discussion group in Spanish - Hablar es Sanar grupo de apoyo, 2:30-4pm, Trauma Healing Project, 2222 Coburg Rd., ste. 300. \$5.	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. Singing Heart Community Singing, Call & Response, All voices welcome, 7-8:30pm Eugene Unitarian Universalist Church, 1685 W 13th Ave. \$10. "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, April 5. HEALTH TrackTown Fitness, trainings to prepare for Eugene Marathon, 8am, Hayward Field, UO Campus. FREE. 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, 10:15 am & 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. Babies-Toddlers Storytime continues. See Thursday, April 5. Children's Intro to Ki-aiikido continues. See Monday. Family Swims at warm saltwater Tamarack Pool continues. See Saturday. LECTURES/CLASSES Frutas y verduras de temporada [Seasonal Fruits & Veggies], healthy eating workshop in Spanish, noon, downtown library. FREE. Less Clutter, Less Stress, 1-2pm, Willamalane Adult	Activity Ctr., 215 W. C St., Spfd. \$15-\$18. Curator Talk: Hunting & Empire in Medieval West Africa, 3-4pm, Museum of Natural & Cultural History, UO Campus. FREE w/ admission. Quack Chats Pub Talk: "Glimpses of Gut Microbes," 6-7pm, Ax Billy Grill, 999 Willamette 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, April 5 LITERARY ARTS Adventure Writing Workshop w/Charlotte Austin, 6:30-9pm, Backcountry Gear, 1855 W. 2nd Ave. \$25-\$30. 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, April 5 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, Bugsy'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, 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, April 5 Duplicate Bridge continues. See Thursday, April 5 Play Petanque! continues. See Sunday. Pool Hall continues. See Thursday, April 5 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. 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 Dinner, Drinks & Newsletter Party!, join WRP for pizza & beer while getting the spring newsletter ready for release, RSVP to maya@walamare restoration.org, 6-9pm, 454 Willamette St., upstairs. FREE.
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