

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

Co-Dependents Anonymous, 12-step meeting, 6-7pm, Wellsprings Friends School, 3590 W. 18th Ave. FREE.

Keep It Simple Spfd Al-Anon Family Group, 6:30-7:30, Spfd Lutheran Church, 1542 I St., Spfd. FREE.

Men's Mentoring Circle, 6:30-8:30pm, McKenzie River Men's Center, 1465 Coburg Rd. \$10 sug. don.

Eugene Heritage Rose Group: "Roses Found in Willamette Valley Cemeteries," 7-9pm, Eugene Garden Club, 1645 High St. FREE.

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave. 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.

Bingo! 9pm, Sam Bond's Garage, 407 Blair Blvd. FREE.

Refuge Recovery Meeting continues. See Friday.

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, April 12.

HEALTH Health Qigong, 4:30-5:30pm today & Wednesday, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-\$9.

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

Latin Cardio Fusion, ages 14+, jazzy dance workout, 5:30pm today & Wednesday, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.

White Bird Free Walk-In Counseling & Referral continues. See Thursday.

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 Tech Purchases: Make Intelligent Buying Decisions, noon-1pm, Willamalane Adult Activity Ctr., 215 W. C St. 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.

All-Levels African Drum, 5-week course, 5:30-7pm, WOW Hall. \$75, \$60 stu.

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.

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, April 12

OUTDOORS/RECREATION Garden & Community: Tuesdays at Hendricks Park, 9am-noon, Hendricks Park, Summit Ave. & Skyline Blvd. 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.

Trivia at The Pub w/Elliot Martinez, 6-8pm, Oakshire, 207 Madison St. FREE.

Trivia Night, 6-8pm, Gateway Grill, 3198 Gateway St., Spfd. FREE.

Board Game Night, hosted by Funagain Games, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com. FREE.

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

Mario Kart Tournament, 9pm-2:30am, The Drake Bar, 77 W. Broadway. 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, April 12

Blazing Paddles continues. See Thursday, April 12

Duplicate Bridge continues. See Thursday, April 12

Pool Hall continues. See Thursday, April 12

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.

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.

Look to the Stars Art Show Reception, Cactus/Succulent Sale, 5:30-7:30pm, New Day Bakery, 449 Blair Blvd. 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.

FOOD/DRINKS Prime Rib Night, 5-9pm, Ax Billy Grill, Downtown Athletic Club, 999 Willamette St. \$24.

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

GATHERINGS Cascade Toastmasters, drop-ins welcome, 7-8:15am, Lane Transit District, 3500 E. 17th Ave., 541-682-6182. FREE.

Rush Hour Resistance, progressive protest every Tuesday, 5-6pm, Federal Courthouse, 405 E. 8th Ave. 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.

Co-Dependents Anonymous, men only 12-step meeting,

TUESDAY

APRIL 17
SUNRISE 6:25AM; SUNSET 7:59PM
AVG. HIGH 61; AVG. LOW 39

ART/RAFT Print Arts Northwest Exhibition, 11am-5pm, Whiteaker Printmakers, 1328 W. 2nd Ave. FREE.

BENEFITS Lane County Museum Annual Quilt Show, 10am-4pm today through April 22, Lane County Historical Museum, 740 W. 13th Ave. \$7-\$15.

BE SURE TO SUBMIT YOUR EVENT ONLINE eugeneweekly.com MENU>SUBMIT EVENT>ENTER YOUR INFO>DONE!




Deepak Chopra

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