

ON THE AIR “The Sunday Morning Hangover TV Show,” 1:30am, Comcast channel 29.

“The Sunday Morning Hangover Radio Program” w/Marc Time, 10am, KWVA 88.1FM & kwvara-dio.org.

Son of Saturday Gold, True stuff for true believers, ft. artist Sam Cooke, 11am-1pm, KRVM.

Music Hour w/Wally Bowen, 1-2pm, 92.5 KOCE.

Reverb w/ Sean Cummins, 2pm, 92.5 KOCE.

Dr. Yeti Show continues. See Saturday.

OUTDOORS/RECREATION Bark in the Park, 7am-noon, Alton Baker Park, 622 Day Island Rd. \$25-\$45.

Grapes of Half Presented by Pink Buffalo Racing at Sweet Cheeks Winery, 8am, Sweet Cheeks Winery, 27007 Briggs Hill Rd. \$55-\$70.

Dick Lamster educates about cavity nesting birds, 8-9:30am, Hendricks Park, Summit Ave & Skyline Blvd. \$3 don.

“A Trail of Two Cities” Free Family Bike Ride, 9-11am, Booth Kelly Trailhead, 307 S. 5th St., Spfd. FREE.

Birds, Bees, Butterflies, & Blooms Walk, 10am-noon, Mount Pisgah Arboretum, 34901 Frank Parrish Rd. \$5, Members FREE.

Play Petanque! Easy to learn/ fun to play, free lessons, 10am-1 Sundays & 6pm-dark Wednesdays, University Park, University Ave & 24th Ave. FREE.

Wildflower & Music Festival, 10am-5pm, Mount Pisgah Arboretum, 34901 Frank Parrish Rd. \$8 sug. don.

Celebrate Earth Day at the MNCH, noon-5pm, Museum of Natural & Cultural History, 1680 E. 15th Ave. \$5, Members & UO stu. FREE.

Final Table Poker, 3pm & 6pm, Steve's Bar & Grill, 117 14th St., Spfd. FREE.

Cards Against Humanity w/ Kevin, 8pm, Max's Tavern, 550 E. 13th Ave., 541-349-8986. FREE.

The Broadway Revue Burlesque Show!, 10pm, Luckey's Club, 933 Olive St. \$5.

Blazing Paddles continues. See Thursday, May 17

Duplicate Bridge continues. See Thursday, May 17

SOCIAL DANCE Coalescence: Community Estatic Dance, 10am-noon, WOW Hall. \$8-\$12.

Music & Dance Workshop w/ Taller de Son Jarocho, 3-5pm, Whiteaker Community Ctr., N. Jackson & Clark St. FREE.

Mother's Day Square Dance w/ the Eugene City Barnstormers & Rosie Sweetman, 4-6pm, WOW Hall. FREE.

USA Sunday Dance, 5-9:30pm, Vet's Club, 1620 Willamette St. \$7-\$10.

Veselo Folk Dancers, international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 541-683-3376. \$3.

SPIRITUAL Self Realization Fellowship 9-9:50am meditation; 10-11am service, 1610 Olive St. FREE.

Sunday Morning Meditation, 9am-noon, Open Sky Shambhala, 783 Grant St. FREE.

Learn to Meditate, 1-3pm, Open Sky Shambhala Ctr., 783 Grant St. \$15.

Zen Meditation Group, 5:30-7pm, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE.

The Essence of Insight Meditation, a 6-week mindfulness series, 6-8:15pm, Unitarian Church of Eugene, 1685 W. 13th Ave. \$90-\$120.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OT0, 4065 W. 11th Ave. #43, cophnia-oto.org. FREE.

THEATER Auditions for *Tree-house* continues. See Friday.

VOLUNTEER Interfaith Sunday breakfast, needs volunteers! all/no faiths, everyone welcome, serving over 400 people every Sunday, 6:30-10:30am, First Christian Church, 1166 Oak St., volunteers please contact susan at 541-343-4397 or breakfast@heartofeugene.org. FREE.

Feed the Hungry w/ Burrito Brigade, 11am, First Christian Church, 1166 Oak St. FREE.

MONDAY
MAY 21
SUNRISE 5:40AM; SUNSET 8:38PM
AVG. HIGH 68; AVG. LOW 43

ART/CRAFT Art Forum invites all to May's art challenge, "Fruit," 6-7 pm, ArtCity, 942 Olive St. FREE.

Craft Night, 7pm, Cush Cafe, 1235 Railroad Blvd. FREE.

The Precious - Abstract continues. See Thursday, May 17

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

Resist Trump Tuesday, noon, Federal Courthouse, 405 E. 8th Ave. FREE.

Spfd Lions Club Meeting, noon-1pm, Roaring Rapids Pizza Company, 4006 Franklin Blvd. FREE.

Wordcrafters' Be Write In: Virtual Write-In, 1-2:30pm, online only, wordcraftersineugene.org/bewritein. FREE-\$5.

Eugene Cannabis TV Recording Session, 4:30pm, CTV-29 Studios, 2455 Willakenzie Rd., contact dankbagman@hotmail.com. 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.

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

Political Prisoner Letter Writing: Michael Foster, Valve Turner, free pizza, 6-8pm, First United Methodist Church, 1376 Olive St. 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.

Depression & Bipolar support alliance, 7-8:30pm, First United Methodist Church, 1376 Olive 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.

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, May 17

HEALTH 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.

NAMI Lane County's Friends & Family Support Group, 7-8pm, Healing Matrix, 632 Main St., Cottage Grove. FREE.

Pet Grief Support Group, 7-8pm, Companionship Care LLC, 696 Country Club Rd. \$5-\$20.

Laughter Yoga, 7:30-9pm, 658 Madison St. FREE. 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.

LECTURES/CLASSES Garden & Community: Tuesdays at Hendricks Park, 9am-noon, Hendricks Park, Summit Ave & Skyline Blvd. FREE.

Gardening Fitness Workshop, 10-11am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$10-\$12.

Safe Internet Surfing, 3-5pm, Sheldon branch library, 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.

Ugandan pastor talks work w/ orphans, street children & marginalized women, 7-9pm, St. Thomas Moore Newman Ctr., 1850 Emerald St. 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.

Music Hour w/ Wally Bowen continues. See Saturday.

“The Point” continues. See Thursday, May 17

OUTDOORS/RECREATION Track-Town Youth League, 4-7:30pm, Churchill High School, 1850 Bailey Hill Rd. 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/Elliott Martinez, 6-8pm, Oakshire, 207 Madison St. FREE.

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

Big Blue Trivia Night, 6:30-8pm, Oregon Wine Lab, 488 Lincoln St. \$10.

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.

Virtual Reality, ft. Rick & Morty VR, The Drake Bar, 77 W. Broadway. FREE.

Adult intro to ki-aikido continues. See Thursday, May 17

Blazing Paddles continues. See Thursday, May 17

Duplicate Bridge continues. See Thursday, May 17

Pool Hall continues. See Thursday, May 17

SOCIAL DANCE 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, 6-8:30pm, 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.

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TUESDAY
MAY 22
SUNRISE 5:39AM; SUNSET 8:39PM
AVG. HIGH 68; AVG. LOW 44

ART/CRAFT The Precious - Abstract continues. See Thursday, May 17

Print Arts Northwest Exhibition continues. See Thursday, May 17

BENEFITS Community Veterinary Center Pet Video Contest, win prizes & help animals w/ low-income humans, all day through Thursday, May 24, Community Veterinary Ctr., 1590 Washington St., www.communityvet.com. \$5 don.

The Movement Project Shoe Drive continues. See Thursday, May 17

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.

FARMERS MARKET Tuesday Farmers Market, 10am-3pm, 8th Ave & Oak St. FREE.

FOOD/DRINKS 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.

Singing Heart, call & response all voices, 10:30-11:50am, McNail-Riley House, 601 W. 13th Ave. \$10.

Resist Trump Tuesday, noon, Federal Courthouse, 405 E. 8th Ave. 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.

Tuesday Evening Meditation, 6-7pm, Open Sky Shambhala, 783 Grant St. FREE.

Co-Dependents Anonymous, men only 12-step meeting, 6:30-8pm, First Christian Church, 1166 Oak St. FREE.

Eugene Wild One's - ABC's of Government, 6:30-8:30pm, Tap & Growler, 207 E. 5th Ave. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45pm,

Spring Has Sprung!

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TRUTH, DECEPTION, AND THE SPIRIT OF L.F. STONE

ENCIRCLE FILMS PRESENTS:
ALL GOVERNMENTS LIE
A FILM ABOUT LIARS
...AND THE JOURNALISTS WHO EXPOSE THEM.

THURSDAY, MAY 24, 6PM
BIJOU ART CINEMAS, 492 E. 13TH AVE

Q&A DISCUSSION FOLLOWING FILM WITH
NATIONALLY RENOWNED JOURNALIST
JEFF COHEN

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NAMI Lane County
National Alliance on Mental Illness
Community Celebration

Join Us in Celebrating
Mental Health Awareness Month!

FREE EVENT
- Food - Music - Raffle -
- Local Agencies & Businesses -
- Kids' Activities -
- Info on Mental Health -
- Shirts for Sale -

Sunday May 20th, 1-4 pm
Alton Baker Park, Eugene