

springs 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 Ctr., 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.

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, May 31.

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.

Laughter Yoga, 7:30-9pm, 658 Madison St. FREE. White Bird Free Walk-In Counseling & Referral continues. See Thursday.

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

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 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.

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, May 31

OUTDOORS/RECREATION 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.

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.

SPIRITUAL Orientation Meeting at Saraha Nyingma Buddhist Institute, 6-7pm, Saraha Nyingma Buddhist Institute, 477 E. 40th Ave. FREE.

Inspirational Sounds Gospel Choir Rehearsal, 7pm, Northwood Christian Church, 2425 Harvest Ln. FREE.

THEATER Creative Chaos Informational Meeting, 3:30-4:30pm, Opal Ctr. for Art & Education, 513 E. Main St., Cottage Grove. 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.

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.

Citizens Climate Lobby, Lane County Chapter, 5:30-7pm, First United Methodist Church, 1376 Olive St. 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, 6:30-8pm, First Christian Church, 1166 Oak St. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45pm, LCC downtown, rm. 218, info at toddk.pe@gmail.com. FREE.

Adult Children of Alcoholics Meeting, 7-8:15pm, Trinity United Methodist Church, 440 Maxwell Rd. FREE.

Nar-Anon Meeting, beginners 6pm, back to basics 7pm, Wesley United Methodist Church, 1385 Oakway Rd. FREE.

Eugene Maker Space Open Hack continues. See Friday.

Overeaters Anonymous continues. See Thursday, May 31.

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, May 31.

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.

Evening POP Pilates, 5:30-6:30pm, Celebration Belly Dance & Yoga Studio, 1840 Willamette St., Suite 206. \$10-\$15.

POP Pilates continues. See Saturday.

KIDS/FAMILIES Baby & Me Storytime, 10am, Spfd. library, 225 5th St., Spfd. FREE.

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

The Thurston Hills are alive with the sound of restoration. Willamalane Park and Recreation District and Middle Fork Willamette Watershed Council will lead **a tour through the Thurston Hills** and discuss key features of the area. In 2017, the two groups received a grant from Oregon Watershed Enhancement Board to work on restoration of oak woodland and prairie habitats in the area. Restoration will require removal of Douglas fir and woody vegetation so native species can develop. Currently, less than five percent of historic oak woodland and one percent of prairie habitats remain in the Willamette Valley. Staff from both groups will discuss the importance of oak restoration in the Willamette Valley and why Thurston Hills were chosen for restoration and recreation. The tour is about seven miles long and people who attend should remember to bring water, wear sturdy shoes and bring walking sticks if necessary.

To register for the tour, register at middleforkwillamette.org/events. The tour begins at Thurston Hills Trailhead, 7575 McKenzie Highway, Springfield and runs 10 am to 2 pm Saturday, June 2. FREE. — *Henry Houston*

Adult intro to ki-aikido continues. See Thursday, May 31

Blazing Paddles continues. See Thursday, May 31

Duplicate Bridge continues. See Thursday, May 31

Pool Hall continues. See Thursday, May 31

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.

Don't miss this sinfully funny, Tony Award-nominated hit comedy!

Robert Askins' **HAND to GOD**

May 18 - June 9

Content advisory: adult language and themes

Tickets: (541)465-1506 or octheatre.org

SATURDAY JULY 14TH, 2018

FROM HARRIS BRIDGE VINEYARD IN PHILOMATH TO THE ROGUE BREWERY IN NEWPORT

EVENT PROCEEDS BENEFIT COMMUNITY SERVICES CONSORTIUM (CSC), A PUBLIC NON-PROFIT HELPING PEOPLE OVERCOME POVERTY IN LINN, BENTON & LINCOLN COUNTIES

MORE INFO. & REGISTRATION @ WWW.BARRELTOKEG.COM