

295 Azalea Dr. First time FREE, monthly \$15.

Lindy Hop, East Coast, Charleston, 8-10pm, Veterans Memorial Building, 1626 Willamette St. \$5.

Salsa & Bachata Night, 9pm, The Drake, 77 W. Broadway. \$3 lesson, FREE.

Dance Empowered w/Cynthia Valentine continues. See Saturday.

SPIRITUAL Battle of Ego, 6-8pm, Open Sky Shambhala, 783 Grant St. \$50.

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.

Buddhist Teaching: "The 37 Practices of a Bodhisattva" by Tulku Sangye Tenzin Rinpoche continues. See Saturday.

THURSDAY

JULY 5
SUNRISE 5:35AM; SUNSET 8:58PM
AVG. HIGH 79; AVG. LOW 50

ART/CRAFT Karin Clarke Gallery, Small Oils from Italy, noon-5pm, Karin Clarke Gallery, 760 Willamette St. FREE.

FARMERS MARKETS Amazon Farmers Market continues. See Thursday, June 28

The Corner Market continues. See Thursday, June 28

South Valley Farmers Market continues. See Thursday, June 28

FILM Springfilm Great Soundtracks: *The Lord of the Rings*, 6:30-9pm, Wildish Theater, 630 Main St., Spfd. FREE.

GATHERINGS Hearing Voices & Extreme States Discussion/Support Group, 1pm, Lane Independent Living Alliance, 20 E. 13th Ave. FREE.

Citizens Climate Lobby, Lane County Chapter, 5:30pm, First United Methodist Church, 1376 Olive St. FREE.

NAMI Lane County's Friends & Family Support Group continues. See Thursday, June 28

Atheist, Agnostics & Free Thinker AA continues. See Thursday, June 28

Downtown Toastmasters continues. See Thursday, June 28

Emerald Photographic Society Club Meeting continues. See Thursday, June 28

Men's Meet Up continues. See Thursday, June 28

Mindfulness Group continues. See Thursday, June 28

NAMI Connection Support Group for people w/mental health issues continues. See Thursday, June 28

Overeaters Anonymous continues. See Thursday, June 28

HEALTH Mindfulness continues. See Thursday, June 28

Tai Chi in the Park Blocks continues. See Thursday, June 28

Stress & Anxiety Relief Group Acupuncture continues. See Thursday, June 28

White Bird Walk-in Counseling & Referral continues. See Thursday, June 28

KIDS/FAMILIES Little Family Yoga, 10:30-11am, Spfd Public Library, 225 5th St., Spfd. FREE.

Babies & Toddlers Storytime continues. See Wednesday.

Family STEAM continues. See Thursday, June 28

Family music time continues. See Thursday, June 28

Table Tennis for kids continues. See Thursday, June 28

Walkers storytime continues. See Thursday, June 28

LECTURES/CLASSES Chair Yoga for the elderly continues. See Thursday, June 28

DanceAbility Class continues. See Thursday, June 28

Mindful & Wellness @ Work continues. See Thursday, June 28

LITERARY ARTS Camp NaNoWriMo for Teens, 6-9pm, Wordcrafters In Eugene, 436 Charnelton St., ste 102. \$139.

ON THE AIR "Arts Journal" continues. See Thursday, June 28

"The Point" continues. See Thursday, June 28

Thursday Night Jazz w/David Thursdays continues. See April 26

OUTDOORS/RECREATION Adult introduction to ki-aikido continues. See Thursday, June 28

Board Game Night continues. See Thursday, June 28

Cards Against Humanity w/Charley continues. See Thursday, June 28

Categorically Correct Trivia w/Elliott Martinez continues. See Thursday, June 28

Centennial chess club continues. See Thursday, June 28

Cribbage Tournament continues. See Thursday, June 28

Duplicate Bridge continues. See Thursday, June 28

Board Game Night continues. See Thursday, June 28

Lunchtime Tap & Growler Running Group continues. See Thursday, June 28

Pool Hall for seniors continues. See Thursday, June 28

Tai Chi continues. See Thursday, June 28

Tai Chi in the Park Blocks continues. See Thursday, June 28

WDYK Trivia w/Alan continues. See Thursday, June 28

WDYK Trivia w/Kevin continues. See Thursday, June 28

SOCIAL DANCE Crossroads Blues Fusion Weekly Blues & Fusion Dance continues. See Thursday, June 28

English & Scottish Country Dancing continues. See Thursday, June 28

Line Dance Lessons continue. See Thursday, June 28

Music & Dance Workshops w/Taller de Son Jarocho continues. See Thursday, June 28

SPIRITUAL Refuge Recovery continues. See Thursday, June 28

Rudra Meditation (Kundalini Yoga Meditation) continues. See Thursday, June 28

Zen Meditation continues. See Thursday, June 28

THEATER THE SLOTH: True stories, told live continues. See Thursday, June 28

No Shame Theatre Work Shop continues. See Thursday, June 28

Rapunzel continues. See Tuesday.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, June 28

Hendricks Park Native Plant Garden Work Party continues. See Thursday, June 28

CORVALLIS AND THE REGION

FRIDAY, JUNE 29 21st World Beat Festival, 5-10pm, 10am-11pm tomorrow & 11am-7pm Sunday, Salem Multicultural Institute & World Beat, 200 Water Street NE, Salem. \$5.

OSUsed Store Sale, weekly public sale w/furniture, computers, office supplies, etc., noon-3pm today & 5:30-7:30pm Tuesday, Property Services, OSUsed Store, OSU Campus, Corvallis. FREE.

"Arts Alive!" Stretch your creative skills and watch, make & participate alongside professional & emerging artists, 5:30-8:30pm, The Corvallis Arts Ctr., 500 S.W. Madison Ave., Corvallis. FREE.

SATURDAY, JUNE 30 Mid-Valley Bike Club Saturday Rides, 8am, corner of Circle Blvd. & Highland St., Corvallis. FREE.

Corvallis Farmers Market, 9am-1pm, 1st Street & Jackson Avenue, Corvallis. FREE.

ATTENTION OPPORTUNITIES

Due date for the calendar is noon the Thursday before the Thursday issue in which you would like your event published. For example, if you'd like to be included in our July 5 edition, please visit www.eugeneweekly.com/calendar/event/add & submit your event online by Thursday, June 28 at noon. For questions, email cal@eugeneweekly.com.

Adventure! Children's Museum invite ages 10-19 to design posters. The group also invites crafters and artists extraordinaire, to make some anemones, urchins, coral, barnacles & crustaceans to line the edges of the cove. Contact adventurechildrensmuseum@gmail.com for more details.

Emerald City Medicinal

EUGENE'S FIRST & FINEST



LET FREEDOM RING WITH A FREE 4TH OF JULY BBQ!
12:00 - 2:00 PM • STOREWIDE SPECIALS ALL DAY



MON-THUR 9AM-9PM, FRI-SAT 9AM-10PM AND SUNDAYS! 9AM-7PM
1474 W. 6TH AVENUE • 541-505-9065

Do not operate a vehicle or machinery under the influence of this drug. For use only by adults 21 years of age and older. Keep out of reach of children



5 Universal Principles of Veganism

Attend this fascinating and informative free lecture to learn how a whole-food, plant-based lifestyle can help you avoid premature aging, prevent and reverse chronic diseases, and promote abiding joy and happiness.

Compelling! Scientific principles! Easy to understand! Put wisdom into practice! Reap benefits to transform your life!

Saturday, July 7, 2018, 2:00 PM

Eugene Faith Center, 1410 W. 13th Av, Eugene enter from South 14th Av. side • Free Admission

Sponsored by Eugene Veg Education Network (EVEN)

Dr. Orestes Gutierrez

- President, Osteopathic Physicians and Surgeons of Oregon
- Regional Assistant Dean, Pacific Northwest University
- Clinical Assistant Professor of Family Medicine, Western University and Pacific NW University of Health Sciences
- Author of *3 Steps to Superior Health* and *LOVES The Answer*
- 20 year vegan
- Served in US Navy as Lieutenant Commander
- Completed training at Mayo Clinic
- Distinguished Scholar Award from Florida Academy of Family Physicians



UNLIMITED SUMMER FUN

16 Activities • 1 Pass!

\$50

Ages 18 and Under
Purchase at LTD,
Willamalane facilities
& Eugene Rec pools
Willamalane.org



PASS VALID 5/28-9/3/2018 AT:
Adventure! Children's Museum,
Amazon Pool, Bob Keefer
Center, Camp Putt, Cascades
Raptor Center, Echo Hollow
Pool, Emerald Lanes, Eugene
Science Center, Get Air Eugene,
Jordan Schnitzer Museum of
Art, Lane Transit District, River
Road Pool, Sheldon Pool, Skate
World, Splash! at Lively Park and
Willamalane Park Swim Center.
RESTRICTIONS APPLY.