

CALENDAR

Blazing Paddles continues. See Thursday, July 19.

Duplicate Bridge continues. See Thursday, July 19.

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

USA Dance 4th Sunday Dance, 5:30-7:30pm, Vet's Club, 1620 Willamette St. \$3-5.

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

Prayers for World Peace, 10:30am-noon, Mahasiddha Kadampa Buddhist Ctr., 777 High St. FREE

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, 6-8:15am, Unitarian Church of Eugene, 1685 W. 13th Ave. \$90-\$120.

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

THEATER *Guys & Dolls* continues. See Friday.

There's a Pirate in the Pantry . . . *OR The Flapjacks are about to Flip!* 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

JULY 23
SUNRISE 5:51AM; SUNSET 8:45PM
AVG. HIGH 83; AVG. LOW 51

ART/CRAFT Current works by Oregon Fiber Artists continues, see Thursday.

ArtCity Pro Meeting, 6-8pm, 942 Olive St. FREE

Art Forum, challenge "So Small," or bring your current project, 6-7pm, Art City, 942 Olive St. FREE

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

FOOD/DRINK Healthy Community Dinner at Whole Foods w/ Dr. Kevin Krautsack, 6:30-8:30pm, Whole Foods Eugene, 353 E. Broadway. FREE

Quizzo Pub Trivia, 7-9pm, The Drake Bar, 77 W. Broadway. FREE

Drink & Draw, 9pm, prizes, drawing & \$3 Ninkasi pints, 5th Street Cornucopia, 207 E. 5th Ave. FREE

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

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

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

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

Ladies' Shopping Night Out, 5-8pm, Fifth Street Public Market, 296 E. 5th 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.

DBSA of Lane County, 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.

HEALTH P90X in the Park, 8-9am, Lively Park, 6100 Thurston Rd., 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+, jazz 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.

Tai chi for Balance or Yoga Therapy sessions continues. See Friday.

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, July 19.

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

Adventure! Weird Science w/ Lauren continues. See Saturday.

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 & Wednes-

day, 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

Learn 1 song & parade w/ Samba Ja, 8pm, Corestar Cultural Ctr., 439 W. 2nd Ave., dearsambaja@gmail.com. FREE

LITERARY ARTS Words & Worlds Camp, 1-4pm, Alton Baker Park, \$179.

Explorers Camp for Middle School, 9am-noon, Alton Baker Park, \$149.

ON THE AIR Music Gumbo w/ Andy Goldfinger continues. See Friday.

"The Point" continues. See Thursday, July 19

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/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.

Navigating w/ Ride w/ GPS & GEARS, 6:30-8pm, Hilyard Community Ctr., 2580 Hilyard St. 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

Sam Bonds Bingo, 9pm, Sam Bonds Garage, 407 Blair St. FREE

Adult intro to ki-aikido continues. See Thursday, July 19

Blazing Paddles continues. See Thursday, July 19

Duplicate Bridge continues. See Thursday, July 19

Pool Hall continues. See Thursday, July 19

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

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

Refuge Recovery, 6-8:30pm, Buddha Eye Temple, 2190 Garfield St. FREE

Rudra Meditation (Kundalini Yoga Meditation) continues. See Thursday, July 19

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

TUESDAY

JULY 24
SUNRISE 5:52AM; SUNSET 8:44PM
AVG. HIGH 83; AVG. LOW 51

ARTS/CRAFTS Current works by Oregon Fiber Artists continues, see Thursday.

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 Tuesday Night Pub Run, 6-9pm, Tap & Growler, 207 E. 5th Ave. FREE

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

Behind the Scenes at the Museum, 9am-3:30pm, MNCH, 1680 E. 15th Ave. \$25, \$20 members.

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

Industrial Workers of the World meeting, 6:30pm, New Day Bakery, 449 Blair Blvd. 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

Castellers of Oregon, 7-9pm, Petersen Barn Community Ctr., 870 Berntzen Rd. 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

Breaking Bingo w/ Hunter-Downe Knightly, 9pm, Old Nick's Pub, 211 Washington St. FREE

Eugene Maker Space Open Hack continues. See Friday.

Overeaters Anonymous continues. See Thursday, July 19.

HEALTH Nia-Moving to Heal, noon-1pm, Trauma Healing Project, 1110 Charnelton St. 541-687-9447. don.

EUGENE

SUNDAY streets

Let the good times roll and walk, and bike, and dance, and play...

Volunteers needed! Sign up here: www.eugene-or.gov/essvolunteer
sundaystreets@ci.eugene.or.us

Learn more at:
eugenesundaystreets.org

#eugenesundaystreets

SUNDAY JULY 29TH NOON TO 4PM DOWNTOWN
WITH LIVE MUSIC IN THE PARK BLOCKS UNTIL 5PM

EUGENE 2018 Parade
JULY 29, 10AM TO NOON
SPINNIN' OUR WHEELS