

Cognitive Emotional Wellness Acupuncture, 12:30-2pm, Trauma Healing Project, 1110 Charnelton St. 541-687-9447. \$10.

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

Tai Chi in the Park Blocks continues. See Thursday, July 19

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

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

Parent-Daughter Circle, girls ages 11-15 & one parent of any gender, 6-7:30pm, Ophelia's Place, 1577 Pearl St., ste. 100, pre-register. \$10-\$80.

Family Music Time, 6:30pm, downtown library. FREE

Pajama Storytime, 6:30pm, downtown library. FREE

Table Tennis for kids continues. See Thursday, July 19

LECTURES/CLASSES Movement for Memory: A Dance Class For Your Brain, 11am-noon & 1-2pm, Park Blocks, 44 E. 7th Ave. FREE

Chair Yoga for the elderly continues. See Thursday, July 19.

POP Pilates continues. See Saturday.

Talks at the MNCH continues. See Thursday, July 19

LITERARY ARTS Wordcrafters: From Walden to Wild w/ Bronwynn Dean, 4-week series, 6-8pm, WordCrafters in Eugene, 438 Charnelton St., ste 102. \$139.

Page 2 Poetry open mic, 7:30pm sign up, Cush Cafe, 1235 Railroad Blvd. FREE

ON THE AIR Anarchy Radio w/John Zerzan, 7pm, KWVA 88.1FM.

"The Point" continues. See Thursday, July 19

Taste of the World w/Wagoma continues. See Saturday.

OUTDOORS/RECREATION Chinook Winds Casino Trip for "Boomer Tuesday," 7:45am-5:30pm, meet at Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$5.

Running Group, 4 miles, 6-10pm, Tap & Growler, 207 E. 5th Ave. FREE

Shuffleboard & Foosball Tournament, 6pm, The Barn Light, 924 Willamette St. FREE

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

Tai Chi in the Park Blocks, 8:30-9:30am, W. Park Blocks, 8th Ave. & Oak St. FREE

Board Game Night continues. See Thursday, July 19

Bingo Night w/Zach, 7pm, Side Bar, 1680 Coburg Rd. FREE

Trivia w/Ty Connor, 7pm, Beer-garden, 777 W. 6th Ave. FREE

WDYK Trivia w/Kevin, 7pm, Pour House, 444 N. 42nd St., Spfd. FREE

WDYK Trivia w/Nick, 7pm, Shooter's Pub & Grill, 2650 River Rd. FREE

WDYK Trivia w/Stephanie, 7pm, First National Taphouse, 51 W. Broadway, 541-393-6517. FREE

Bingo, 8pm, Webfoot, 839 E. 13th Ave. FREE

Trivia, 8pm, Duck Bar, 1795 W. 6th Ave. FREE

Bingo Bongo, 9-11pm, The Drake Bar, 77 W. Broadway. FREE

Breaking Bingo w/ Hunter-Downe Knightly

Killer Queen League Night, 5-on-5 arcade battle, 10pm-2am, Level Up Arcade, 1290 Oak St. FREE

Blazing Paddles continues. See Thursday, July 19

Board Game Night continues. See Thursday, July 19

Duplicate Bridge continues. See Thursday, July 19

Pool Hall continues. See Thursday, July 19

SOCIAL DANCE Coalescence: Community Estatic Dance, 10am-noon, WOW Hall, 291 W. 8th Ave. \$8-\$12.

Eugene Folk Dancers, weekly international folk dancing, 6:45pm lessons, 7:45pm dance, Willamalane Adult Activity Ctr., 215 W. C St., Spfd., 541-344-7591. \$3-\$7.

Bailonga: Argentine Tango Milonga, 7-10pm, The Vet's Club, 1626 Willamette St. \$5

UO West Coast Swing Dance Club, 7pm lessons, 8-10pm social dance, UO Campus, Living Learning Ctr. S. Performance Hall, 1455 E. 15th Ave. FREE

SPIRITUAL Zen Meditation Group, 7-8am, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE

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

Dzogchen Practice, Tibetan Buddhism, 6:30pm, Universalist Unitarian Church, 1685 W. 13th Ave., rm. 2. FREE

Refuge Recovery, 6:30-8pm, Unitarian Church, 1685 W. 13th Ave. rm. 5. FREE

Rudra Meditation [Kundalini Yoga Meditation] continues. See Thursday, July 19

VOLUNTEER Garden & Community: Tuesdays at Hendricks Park, learn gardening techniques, work party, 9am-noon, Hendricks Park, Summit Ave. & Skyline Blvd. FREE

Pollinator Conservation Work Party, 9am-noon, Alton Baker Park, 622 Day Island Rd. FREE

Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, July 19

WEDNESDAY

JULY 25
SUNRISE 5:53AM; SUNSET 8:43PM
AVG. HIGH 83; AVG. LOW 51

ARTS/CRAFTS Art Night Under the Stars, 6-8pm, 29077 Lorane Rd., Cottage Grove. \$10.

Eugene Biennial Juried Show, noon-5:30pm, Karin Clarke Gallery, 760 Willamette St. FREE

Current works by Oregon Fiber Artists continues, see Thursday.

COMEDY Open Mic Comedy, 6:30pm signup, 7pm show, The Drake Bar, 77 W. Broadway. FREE

FARMERS MARKETS Bailey Hill Farmers Market, 3-7pm, Bailey Hill Market, 3190 Bailey Hill Rd. FREE

Coast Fork Farm Stand continues. See Saturday.

FOOD/DRINK Keto Diet 101 - The Basics, 2-3pm, Natural Grocers, 201 Coburg Rd. FREE

GATHERINGS Overeaters Anonymous, 8-9am, First Christian Church, 1166 Oak St., oaeugene.org. FREE or don.

Nar-Anon Meeting, 12:30pm, Spfd Lutheran Church, 1542 I St., Spfd. FREE

Lifetime of Discovery Story Stage, 1-3pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE

Discussion group in Spanish - Hablar es Sanar grupo de apoyo, 2:30-4pm, Trauma Healing Project, 2222 Coburg Rd., ste. 300. \$5.

Peace Vigil, 4:30pm, 7th & Pearl. FREE

Battle of Ego - New Dates, 10am-noon, Sky Shambhala Ctr., 783 Grant St. \$50.

Co-Dependents Anonymous, women-only 12-step meeting, 6-7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. FREE

"Singing Through the Hard Times": Uniting w/ music, 6-8:30pm, Free Speech Plaza, 799 Oak St. FREE

Death Cafe, small group gatherings to talk about death, 7-8:30pm, Lane County Behavioral Health Services, 2411 Martin Luther King Jr. Blvd. FREE

Singing Heart Community Singing, 7-8:30pm, Unitarian Universalist Church of Eugene, 1685 W. 13th Ave. \$10.

"Out of the Fog," meeting of Marijuana Anonymous, 7:30pm, St. Mary's Episcopal Church, 1300 Pearl St. FREE

HEALTH Pet Grief Support Group, 11:30am, Companioning Care LLC, call 541-255-7116. \$5-\$20.

Pet-Care Coping Support Group, end of life, serious illness, need to re-home, Companioning Care LLC, call 541-255-7116. \$5-\$20.

P90X in the Park, 8-9am, Lively Park, 6100 Thurston Rd., Spfd. \$7-9.

Health Qigong continues. See Monday.

Latin Cardio Fusion continues. See Monday.

Tai Chi: Moving for Better Balance continues. See Monday.

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

KIDS/FAMILIES Lapsit Storytime, ages 3 & under w/adult, 10am, Spfd Library, 225 5th St., Spfd. FREE

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

Family STEAM, enjoy hands-on fun & learning together w/science, technology, etc., 4pm, Sheldon Library, 1566 Coburg Rd. FREE

Legos, 4pm, Eugene Public Library. FREE

Babies-Toddlers Storytime continues. See Thursday, July 19

Children's Intro to Ki-aikido continues. See Monday.

LECTURES/CLASSES Quack Chats Pub Talk, "Of fish and humans: How their basic brain development and behavior could help treat autism," Ax Billy Grill, 999 Willamette St. FREE

Meditation class - How to Transform Your Life, 6pm, Mahasiddha Kadampa Buddhist Ctr., 777 High St. \$10.

Possibilities for a community economy, 7-9pm, River Road Rec Ctr., 1400 Lake Dr. FREE

Dance Fitness continues. See Monday.

Intro to Ki continues. See Monday.

Talks at the MNCH continues. See Thursday, July 19

ON THE AIR "Truth Television," live call-in local news/politics, 6pm, Comcast 29.

"That Atheist Show," weekly call-in, 7pm, Comcast 29, 541-790-6617.

"The Point" continues. See Thursday, July 19

OUTDOORS/RECREATION Track-Town Fitness, 8-9am, Hayward Field, 1580 E. 15th Ave. FREE

Mom & Baby Stroller Run, 9:30am, Run Hub Northwest, 515 High St., 541-344-1239. FREE

Community Group Run, 3-6 miles, 6pm, Run Hub Northwest, 515 High St., 541-344-1239. FREE

History Pub Trivia Night, 5:30-7pm, 5th Street Public Market, 296 E. 5th Ave. FREE

Trivia w/Elliot Martinez, 7-9pm, 16 Tons Cafe, 2864 Willamette St. FREE

WDYK Trivia w/Nick, 7pm, Bugsy's Bar & Grill, 559 N. Pacific Hwy., Junction City, 541-998-5185. FREE

Humanity w/Kevin, 8pm, First National Taphouse, 51 W. Broadway. FREE

Pinball Knights, 3-strikes pinball tournament, 21 & over, 8pm, Blairally, 245 Blair Blvd., 541-683-1721. \$5 buy in.

Trivia w/Ty Connor, 8pm, Starlight Lounge, 830 Olive St. FREE

WDYK Trivia w/Alan, 9pm, The Wild Duck, 1419 Villard St., 541-485-3825. FREE

WDYK Trivia w/Stephanie, 9pm, Prime Time Sports Bar, 1360 Mohawk Blvd., Spfd, 541-746-0549. FREE

Blazing Paddles continues. See Thursday, July 19

Duplicate Bridge continues. See Thursday, July 19

Play Petanque! continues. See Sunday.

Pool Hall continues. See Thursday, July 19

Qigong continues. See Monday.

SOCIAL DANCE Contact Improvisation Jam, w/half-hour guided warm-up, drop-ins & no experience fine, 6:15-8:15pm, Xcape Dance, 420 W. 12th Ave. info at 206-356-0354. \$5-\$12.

Buzzed w/ Bachata, 7pm, The Oregon Wine Lab, 488 Lincoln St. FREE

Scottish Country Dancing, 7-9pm, Santa Clara Grange, 295 Azalea Dr. First time FREE, monthly \$15.

Ballroom Dancing, ages 18+, 7:40pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$3-\$3.50.

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

Rendezvous LGBTQ Dance, 10pm, The Drake, 77 W. Broadway, \$3.

Dance Empowered w/Cynthia Valentine continues. See Saturday.

SPIRITUAL Battle of Ego, 10am-noon, 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 26
SUNRISE 5:54AM; SUNSET 8:42PM
AVG. HIGH 83; AVG. LOW 52

ARTS/CRAFTS Springstitch: A Community Crafting Group, 4:30-6pm, Spfd. Public Library, 225 5th St., Spfd. FREE

Thirst 2 Create Paint Party: "Bean in the Woods!", 6-8:30pm, Tradewinds Cafe and Catering, 3443 Hilyard St. \$35.

Current works by Oregon Fiber Artists continues, see Thursday.

BENEFIT 2018 10th Annual "Wine for Water" benefit event for Water for People, 6-9pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd. \$20-25.

FARMERS MARKETS Amazon Farmers Market continues. See Thursday, July 19

The Corner Market continues. See Thursday, July 19

South Valley Farmers Market continues. See Thursday, July 19

GATHERINGS Parkinson's Disease 101, 4-5:30pm, Eugene Mind Works, 207 E. 5th Ave. FREE

The Lost Art of Good Conversation, 6:30-8pm, Open Sky Shambhala, 783 Grant St. FREE

Lane County NAMI LGBTQIA+ Connection Group continues. See Thursday, July 19

NAMI Lane County's Friends & Family Support Group continues. See Thursday, July 19

Atheist, Agnostics & Free Thinker AA continues. See Thursday, July 19

Downtown Toastmasters continues. See Thursday, July 19

Emerald Photographic Society Club Meeting continues. See Thursday, July 19

Men's Meet Up continues. See Thursday, July 19

Mindfulness Group continues. See Thursday, July 19

NAMI Connection Support Group for people w/mental health issues continues. See Thursday, July 19

Overeaters Anonymous continues. See Thursday, July 19

HEALTH Mindfulness continues. See Thursday, July 19

Tai Chi in the Park Blocks continues. See Thursday, July 19

Stress & Anxiety Relief Group Acupuncture continues. See Thursday, July 19

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

KIDS/FAMILIES Touch a Truck, 5:30-6:15pm, Petersen Barn Community Center, 870 Berntzen Rd. FREE

Babies & Toddlers Storytime continues. See Wednesday

Family STEAM continues. See Thursday, July 19

Family music time continues. See Thursday, July 19

Table Tennis for kids continues. See Thursday, July 19

Walkers storytime continues. See Thursday, July 19

LECTURES/CLASSES The Lost Art of Good Conversation, 6:30-8pm, Open Sky Shambhala, 783 Grant St. FREE

Liberate Your Mind Tour, 6-9pm, Owen Rose Garden, 300 N. Jefferson St. FREE

Chair Yoga for the elderly continues. See Thursday, July 19

DanceAbility Class continues. See Thursday, July 19

Mindful & Wellness @ Work continues. See Thursday, July 19

ON THE AIR "Arts Journal" continues. See Thursday, July 19

"The Point" continues. See Thursday, July 19

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

OUTDOORS/RECREATION Adult introduction to ki-aikido continues. See Thursday, July 19

Board Game Night continues. See Thursday, July 19

Cards Against Humanity w/Charley continues. See Thursday, July 19

Categorically Correct Trivia w/ Elliot Martinez continues. See Thursday, July 19

Centennial chess club continues. See Thursday, July 19 .

Cribbage Tournament continues. See Thursday, July 19.

Duplicate Bridge continues. See Thursday, July 19

Board Game Night continues. See Thursday, July 19

Lunchtime Tap & Growler Running Group continues. See Thursday, July 19

Pool Hall for seniors continues. See Thursday, July 19

Tai Chi continues. See Thursday, July 19

Tai Chi in the Park Blocks continues. See Thursday, July 19

WDYK Trivia w/Alan continues. See Thursday, July 19

WDYK Trivia w/Kevin continues. See Thursday, July 19

SOCIAL DANCE Crossroads Blues Fusion Weekly Blues & Fusion Dance continues. See Thursday, July 19

English & Scottish Country Dancing continues. See Thursday, July 19

Line Dance Lessons continue. See Thursday, July 19

Music & Dance Workshops w/ Taller de Son Jarocho continues. See Thursday, July 19

SPIRITUAL Refuge Recovery continues. See Thursday, July 19

Rudra Meditation [Kundalini Yoga Meditation] continues. See Thursday, July 19

Zen Meditation continues. See Thursday, July 19

THEATER THE SLOTH: True stories, told live continues. See Thursday, July 19

Drag Takeover, 10:30pm, The Drake Bar, 77 W. Broadway. FREE,

No Shame Theatre Work Shop continues. See Thursday, July 19

VOLUNTEER Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, July 19

Hendricks Park Native Plant Garden Work Party continues. See Thursday, July 19

CORVALLIS

AND THE REGION

MONDAY, JULY 23 How to Read Prose in Public and Still Make Friends w/Mo Daviau, First Presbyterian Church, 114 S.W. 8th St. FREE

SATURDAY, JULY 26 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 26 edition, please visit www.eugeneweekly.com/calendar/event/add & submit your event online by Thursday, July 19 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 adventurechil-drensmuseum@gmail.com for more details.

Grocery Outlet, located at 14th St., Spfd, will accept donations of \$5 or more for Catholic Community Services of Lane County through July. Those who donate will also receive a coupon for \$5 off following Grocery Outlet purchase of \$25 or more.