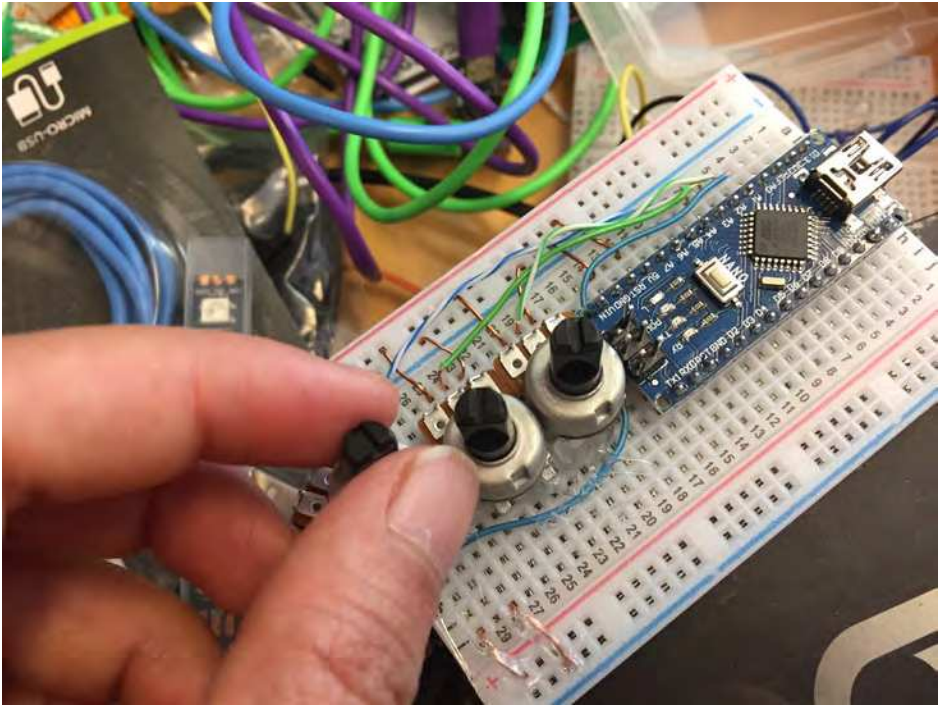




As cool as the real world is, our future will be in code and computers. To get the youth (ages 12 through 17) and interested adult learners hooked on coding, Delight in Cottage Grove is hosting the **Arduino Coding Camp**. The four-day camp focuses on Arduino, an open-source platform, that reads input — such as a pressing a button or sending a Twitter message — and can turn it into an action, like activating a motor. During the camp, participants can learn how to connect electronics platforms to electronic outputs, perform basic programming and build an interactive project. Each participant has three projects to choose from: musical light organ, digital color wheel or sound synthesizer. The coding camp runs 2 to 5 pm Tuesday, Aug. 21 through Friday, Aug. 24. The camp is held at Delight, located at 538 East Main Street, Cottage Grove. The four-day camp costs \$125. — *Henry Houston*

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

Altruism Book Study Group, 6-7pm, Saraha Nyingma Buddhist Institute, 477 E. 40th Ave. FREE

Meditation Tuesday, 6pm, 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

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

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

Party in the Parks, 5:30-7:30pm, Live DJ set from Connah Jay, Arrowhead Park. FREE

Eugene Maker Space Open Hack continues. See Friday.

Overeaters Anonymous continues. See Thursday, Aug. 23.

HEALTH 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, Aug. 23

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, Aug. 23.

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

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

Magic Summer Camp, 2-5pm, Delight, 538 Main St., Cottage Grove. \$72.

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, Aug. 23

LECTURES/CLASSES Propagating and Dividing Plants, 8am, OSU Extension Office, 996 Jefferson St. FREE

Chair Yoga for the elderly continues. See Thursday, Aug. 23.

POP Pilates continues. See Saturday.

Talks at the MNCH continues. See Thursday, Aug. 23

LITERARY ARTS 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, Aug. 23

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

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

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

Eug/Spfld Mossbacks Volkssport Club, 9:45am, Gracie's Sea Hag Restaurant, 58 N. Highway 101. 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

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

King Pong!, 8-10pm, Kesey Square, FREE

Killer Queen League Night, 10pm-2am, Level Up Arcade, 1290 Oak St. 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

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

Blazing Paddles continues. See Thursday, Aug. 23

Board Game Night continues. See Thursday, Aug. 23

Duplicate Bridge continues. See Thursday, Aug. 23

Pool Hall continues. See Thursday, Aug. 23

SOCIAL DANCE Coalescence: Community Estatic Dance, 6pm, 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, Aug. 23

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

Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, Aug. 23

WEDNESDAY

AUGUST 22
SUNRISE 6:24AM; SUNSET 8:04PM
AVG. HIGH 82; AVG. LOW 51

ARTS/CRAFTS Jerry Ross' Courbet's Tent continues.see Thursday.

BENEFITS Pints for Pisgah, 5-8pm, The Bier Stein, 1591 Willamette St., Benefit for Friends of Buford Park & Mt. Pisgah. FREE

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.

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

Summer Reading Series, Eugene's Got Talent: Youth Variety Show, 5-7pm, Downtown Eugene Public Library. FREE

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

Walk & Talk at the Museum, 2pm, Museum of Natural & Cultural History, 1680 E. 15th Ave. Cost is admiss.

"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.

Working with Emotions, 10am-noon, Open Sky Shambhala, 783 Grant St. \$50.

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, Aug. 23

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

Oregon Rocks! at the library, 12:30-1:30pm, Junction City Public Library, 726 Greenwood St. 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, Aug. 23

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

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

Dance Fitness continues. See Monday.

Intro to Ki continues. See Monday.

Talks at the MNCH continues. See Thursday, Aug. 16

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

The Colours of Aire w/DJ Anonymous, 9pm, 92.3 FM or KEPW.org.

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

"The Point" continues. See Thursday, Aug. 16

OUTDOORS/RECREATION Community Group Run, 3-6 miles, 6pm, Run Hub Northwest, 515 High St., 541-344-1239. 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, Aug. 16

Duplicate Bridge continues. See Thursday, Aug. 16

Play Petanque! continues. See Sunday.

Pool Hall continues. See Thursday, Aug. 16

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.

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 Insight Meditation, 6:30-8pm, YogaMind Studio, 1339 Oak St. don.

Refuge Recovery, 7-8:30pm, Unitarian Church, 1685 W. 13th Ave. Rm. 2. FREE

THURSDAY

AUGUST 23
SUNRISE 6:25AM; SUNSET 8:03PM
AVG. HIGH 82; AVG. LOW 51

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

Jerry Ross' Courbet's Tent continues. See Thursday.

FARMERS MARKETS Amazon Farmers Market continues. See Thursday, Aug. 16

The Corner Market continues. See Thursday, Aug. 16

South Valley Farmers Market continues. See Thursday, Aug. 16

FOOD/DRINK Great Taste, 6-9pm, Heritage Courtyard, 2350 Oakmont Way. \$50-100.

GATHERINGS Healing through Discussion, 10:30am-noon, Trauma Healing Project, 1100 Charnelton St. \$5.

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

Ice Cream Social, 5:30-7pm, Campbell Community Ctr., 155 High St. FREE

Reversing Global Warming, 6:45-8:15pm, Eugene Mindworks, 207 E. 5th Ave. FREE

Atheist, Agnostics & Free Thinker AA continues. See Thursday, Aug. 16

Downtown Toastmasters continues. See Thursday, Aug. 16

Emerald Photographic Society Club Meeting continues. See Thursday, Aug. 16

Men's Meet Up continues. See Thursday, Aug. 16

Mindfulness Group continues. See Thursday, Aug. 16

Overeaters Anonymous continues. See Thursday, Aug. 16

HEALTH Mindfulness continues. See Thursday, Aug. 16

Tai Chi in the Park Blocks continues. See Thursday, Aug. 16

White Bird Walk-in Counseling & Referral continues. See Thursday, Aug. 16

KIDS/FAMILIES Magic Summer Camp continues.see Wednesday.

Babies & Toddlers Storytime continues. See Wednesday