

CALENDAR

Family STEAM continues. See Thursday, Aug. 16

Family music time continues. See Thursday, Aug. 16

Table Tennis for kids continues. See Thursday, Aug. 16

Walkers storytime continues. See Thursday, Aug. 16

LECTURES/CLASSES Chair Yoga for the elderly continues. See Thursday, Aug. 16

DanceAbility Class continues. See Thursday, Aug. 16

ON THE AIR "Arts Journal" continues. See Thursday, Aug. 16

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

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

OUTDOORS/RECREATION Adult introduction to ki-aikido continues. See Thursday, Aug. 16

Board Game Night continues. See Thursday, Aug. 16

Cards Against Humanity w/Charley continues. See Thursday, Aug. 16

Categorically Correct Trivia w/Elliott Martinez continues. See Thursday, Aug. 16

Centennial chess club continues. See Thursday, Aug. 16

Cribbage Tournament continues. See Thursday, Aug. 16

Duplicate Bridge continues. See Thursday, Aug. 16

Board Game Night continues. See Thursday, Aug. 16

Lunchtime Tap & Growler Running Group continues. See Thursday, Aug. 16

Pool Hall for seniors continues. See Thursday, Aug. 16

Tai Chi continues. See Thursday, Aug. 16

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

WDYK Trivia w/Alan continues. See Thursday, Aug. 16

WDYK Trivia w/Kevin continues. See Thursday, Aug. 16

SOCIAL DANCE English & Scottish Country Dancing continues. See Thursday, Aug. 16

Line Dance Lessons continue. See Thursday, Aug. 16

Music & Dance Workshops w/Taller de Son Jarocho continues. See Thursday, Aug. 16

SPIRITUAL Refuge Recovery continues. See Thursday, Aug. 16

Rudra Meditation (Kundalini Yoga Meditation) continues. See Thursday, Aug. 16

Zen Meditation continues. See Thursday, Aug. 16

THEATER THE SLOTH: Drag Takeover, 10:30pm, The Drake Bar, 77 W. Broadway. FREE, True stories, told live continues. See Thursday, Aug. 16

Roving Park Players present Doctor Doolittle continues. See Thursday, Aug. 16

Frost/Nixon continues. See Friday.

No Shame Theatre Work Shop continues. See Thursday, Aug. 16

VOLUNTEER Rose Garden Summer Work Party, Owen Rose Garden, 300 N. Jefferson St. FREE

Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, Aug. 16

Hendricks Park Native Plant Garden Work Party continues. See Thursday, Aug. 16

CORVALLIS AND THE REGION

SATURDAY, AUGUST 18 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 Aug. 30 edition, please visit www.eugeneweekly.com/calendar/event/add & submit your event online by Thursday, Aug. 23 at noon. For questions, email cal@eugeneweekly.com.

Editor is compiling an anthology called What Happened to the Hippies that will feature short articles from individuals who considered themselves hippies in the 1960's and early 70's. If you might be interested in knowing more about this project, please email hippiebook@yahoo.com.

VOTE! VOTE! VOTE!

2018-2019 BEST OF EUGENE

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Escaping The Pleasure Trap

Mastering the Hidden Force that Undermines

Health and Happiness

by Dr. Alan Goldhamer

Author, Educator, Clinical Researcher, Founder and Director of TrueNorth Health Center

Today we battle excess, not deficiency. For the first time in over three billion years of life on earth, the well-being of a species is no longer dependent upon the success of individuals solving problems of deficiency. **Instead, the issue is how well we can manage our excesses and, in particular, dietary excesses.**

With a health-promoting diet you can:

- lose weight
- overcome common disorders
- delay death
- avoid disabilities



Attend this illuminating and revealing lecture to learn about the 4 major components of healthy living:

Diet- what and how we eat;

Environment- how we select and modify our surroundings;

Activity- how we exercise, rest and sleep; and,

Psychology- how we view ourselves and interact with others.

Health is rarely the consequence of expensive or complicated medical care. It is the natural, spontaneous consequence of healthful living. Health and happiness are the foundations of a good life. Your health is largely in your own hands and no one else's.

Saturday, August 18, 2018, 2:00 pm
Eugene Public Library • 100 W. 10th Ave. • Free
Sponsored by the Eugene Veg Education Network (EVEN)

AUGUST 24-26

TIMBER LINN PARK
ALBANY, OREGON

Fred Meyer Microbrew & Wine Garden
Night Glow at Dusk on Friday

Fireworks will follow the Saturday night concert

CADWELL REALTY GROUP
RESIDENTIAL & COMMERCIAL REAL ESTATE

GOO GOO DOLLS
Saturday 8pm
Main Stage

SELMET, INC.
TOYOTA
Let's Go Places
Amphitheater

More than 70 juried art & craft

arauco
Walmart
Balloons launch each morning at 6:45am
CoEnergy Propane

Courtesy Shuttle

Family activities all weekend

Red Robin

Live entertainment all weekend on the **OFD * FOODS** Festival Stage

Aerosmith Rocks Tribute
Friday at 8pm

Fun Airport Activities
For All Ages

Free Young Eagles Flights
Saturday & Sunday
Kids 8 - 17 Years

The Art of Cars Show on Sunday

Parking \$5 after morning balloon launches

Titanium Sponsors:

Main Stage Sponsor:
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