

GATHERINGS Food Not Bombs, 2-4pm, Park Blocks, 8th & Oak St. FREE

Occupy Eugene Medical Clinic, noon-4pm, 1717 Centennial Blvd., Stes. 4 & 7, Spfd. FREE
RPG Summer Sampler, noon-3pm, Delight, 538 Main St., Cottage Grove. \$10.

Rainbow Family Picnic, 2-6pm, Emerald Park, 1400 Lake Dr. off River Road. FREE

HEALTH Yoga at the Lab, 10:30am, Oregon Wine Lab, 488 Lincoln St. \$15.

Yoga at the Oregon Wine Lab, 10:30-11:30am, 455 Lincoln St. \$15.

Family Yoga on the Farm, 11:15am-12:15pm, Agrarian Ales, 31115 W. Crossroads Lane West. \$18.

KIDS/FAMILIES "The Free Rangers Station", noon-4pm, Dexter Lake Farmers Market. FREE

LECTURES/CLASSES Walk & Talk at the Museum continues. See Saturday.

ON THE AIR "The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

"The Sunday Morning Hangover Radio Program" w/Marc Time, 10am, KWVA 88.1FM & kwvara-dio.org.

Son of Saturday Gold, True stuff for true believers, ft. artist Sam Cooke, 11am-1pm, KRVM.

Reverb w/ Sean Cummins, 2pm, 92.5 KOCE

Music Hour w/Wally Bowen continues. See Saturday.

Talks at the MNCH continues. See Thursday, Aug. 30.

Dr. Yeti Show continues. See Saturday.

OUTDOORS/RECREATION Play Petanque! Easy to learn/fun to play, free lessons, 10am-1 Sundays & 6pm-dark Wednesdays, University Park, University Ave & 24th Ave. FREE

RPG Summer Sampler, noon-3pm, Delight, 538 E. Main St. \$10.

Final Table Poker, 3pm & 6pm, Steve's Bar & Grill, 117 14th St., Spfd. FREE

Malabon Players Society, adult pick up basketball, 3pm, Malabon Elementary School, 1380 Taney St. FREE

Blazing Paddles continues. See Thursday, Aug. 30.

Duplicate Bridge continues. See Thursday, Aug. 30.

SOCIAL DANCE 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, 2310 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, 2385 W. 13th Ave. \$90-\$120.

Refuge Recovery Meeting, 7-8:30pm, Open Sky Shambhala Ctr., 783 Grant St.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OT0, 4065 W. 11th Ave. #43, cophnia-oto.org. FREE

THEATER Trek Theatre presents *The Inner Light* continues. See Saturday.

VOLUNTEER Interfaith Sunday breakfast, needs volunteers! all/no faiths, everyone welcome, serving over 400 people every Sunday, 6:30-10:30am, First Christian Church, 1236 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, 1236 Oak St. FREE

MONDAY
SEPTEMBER 3

SUNRISE 6:38AM; SUNSET 7:44PM
AVG. HIGH 80; AVG. LOW 49

ART/CRAFT Craft Night, 7pm, Cush Cafe, 1305 Railroad Blvd. FREE

Celebration of local artist: Perry Johnson continues. See Saturday.

Jerry Ross' Courbet's Tent continues.see Thursday, Aug. 30.

FOOD/DRINK 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

Springfield 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, Well-springs Friends School, 3590 W. 18th Ave. FREE

Meditation in Everyday Life, 6-8pm, Open Sky Shambhala, 783 Grant St. \$50.

Meditation Class, 6-7:30pm, Mahasiddha Buddhist Center, 777 High St. \$5-10.

Keep It Simple Spfd AI-Anon Family Group, 6:30-7:30, Spfd Lutheran Church, 1542 I St., Spfd. FREE

Lane County NAMI Connections Group, 6:30pm, Nami Resource Ctr., 2411 Martin Luther King Blvd. FREE

Men's Mentoring Circle, 6:30-8:30pm, McKenzie River Men's Center, 1465 Coburg Rd. \$10 sug. don.

NAMI Lane County's Friends and Family Support Group, 7-8:30pm, Healing Matrix, 632 Main St., Cottage Grove. FREE

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 236 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

Pinball League Meeting, 8-9:30pm, Level Up Arcade, 1290 Oak St. \$5.

Bingo! 9pm, Sam Bond's Garage, 407 Blair Blvd. FREE

HEALTH 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+, jazzy dance workout, 5:30pm today & Wednesday, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.

Meditation in Everyday Life, 6-8pm, Open Sky Shambhala Ctr., 783 Grant St. \$50.

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

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, Aug. 30.

Have you been dying to learn some of drag's best-kept secrets? Lucky for you, Delighted Tobehere will offer her insight in the show **Drag 101 Starring Delighted Tobehere**. She grabbed the nation's attention on the television show *America's Got Talent* and has 17 years of experience as a drag queen. That deadly combination means it'll be a show full of personal stories, gossip, how-tos and live singing. Maybe after the show you'll feel like you could make it on *RuPaul's Drag Race*. But at the very least, the show will work toward Delighted Tobehere's mission to encourage audience self-discovery and accept others through the lens of laughter and entertainment. So come with an open mind and leave with an awareness. In other words, you'll get woke.

Drag 101 starts at 8 pm Friday, Aug. 31, at Wildish Theater, located at 630 Main Street in Springfield. Tickets are \$20-\$30.

— Henry Houston



Best EUGENE Weekly

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