

CENTER POINT SCHOOL
~WHAT'S HAPPENING IN YOUR COMMUNITY~
October 2011

Pumpkin & Halloween Fun

- Lone Pine Farms Pumpkin Patch & Haunted Corn Maze 91909 River Road, Junction City
 - Northern Lights Farm Pumpkin Patch & Hayride 36777 Wheeler Road, Pleasant Hill
 - Satterstroms Pumpkin Patch & Haunted House 80460 Delight Valley School Rd (CG)
 - Thistledown Farms Pumpkin Patch 91455 River Road, Junction City
 - Wet Rock Gardens Pumpkin Patch 2877 19th Street, Springfield

What? Pumpkin Patch Field Trip: The Fall Harvest Festival in Monmouth features old fashioned farm fun: a pumpkin patch, hay rides, farm animal display. Enjoy a hay ride; take home a small pumpkin for free. Admission to the Pumpkin Patch is included. Bring a sack lunch.

Where? Meet at Hilyard Community Center, 2580 Hilyard

Date? Saturday, 10/8

Time? 9:30am-5pm

Cost? \$25 Pre-registration is required

What? Scarecrow Building and Pumpkin Carving: The Arboretum staff provides inspiration and know-how for creative pumpkin carving, and you can design your own unique scarecrow to enter in the Scarecrow contest or display on your lawn. Scarecrows made at the workshop can be entered in the Mushroom Festival contest for FREE! Bring decorations for Scarecrows, and knives and spoons for pumpkins. Pants, shirts, straw, and pumpkins provided.

Where? Mount Pisgah Arboretum

Date? Sunday, 10/23

Time? 1pm-3pm

Cost? \$5 per pumpkin or scarecrow

What? Bats & Bags: Crafts for Kids: Make cool paper crafts of bats and ghosts. For kids and family.

Where? Eugene Library

Date? Sunday, 10/16

Time? 3pm-4pm

Cost? FREE

What? 8th Annual Autism Rocks: Mask Making and Talent Show Party: Presented by KindTree. Join us for a magical evening of mask making and a talent show! Wear your costumes, show off your talent! Get your picture taken with STAR WARS Troopers and catch some magic tricks by Hart Keene!

Where? Cosmic Pizza, 8th & Charnelton

Date? Sunday, 10/23

Time? 3pm-5:30pm

Cost? \$5/individual \$20/family (All funds support the autism community)

What? Nearby Nature's Haunted Hike: Celebrate night creatures. Enjoy a pumpkin-lit hike and encounter all sorts of furry and feathered creatures of the night in costume, from a gigantic bat to a sneaky spider. Rain or moonshine. Registration required.

Where? Alton Baker Park

Date? Sunday, 10/23

Time? 5:30pm-9pm

Cost? \$2/person \$5/family Members are Free

What? Howl-O-Ween Haunt: Need a safe alternative to trick or treating? The Park is the safe place for you! Come join us for our spook-tacular night of frightful events. We'll have everything from a costume contest to various spooky games, to creepy cuisine! Game and activity tickets sold for \$.25.

Where? Emerald Park, 1400 Lake Dr.

Date? Friday, 10/28

Time? 6pm-8pm

Cost? FREE

What? BOOOO-Barn: Celebrate the fall season. Enjoy carnival games, fall crafts and more. It's a fun filled evening for the whole family!

Where? Petersen Barn, 870 Berntzen Rd

Date? Friday, 10/28

Time? 5pm-8pm

Cost? FREE

What? HALLOWEEN ALL NIGHT SKATE!: Join friends and family for a whole night of rollerskating! Games, costume contest and much more!!

Where? Skateworld, 3188 Gateway Loop Springfield

Date? Friday, 10/28

Time? 8:30pm-7am (no admission after midnight)

Cost? \$13

What? Halloween Dance: Dance into the fall season while hanging out with friends, listening to music, and enjoying snacks and crafts. This program is designed for individuals with developmental disabilities.

Where? Hilyard Community Center, 2580 Hilyard St.

Date? Friday, 10/28

Time? 6:30pm-9pm

Cost? \$5 pre-registration required. 541-682-5311

What? Halloween Stories: Lots of fun & slightly scary! For kids and family.

Where? Eugene Library

Date? Sunday, 10/29

Time? 3pm-4pm

Cost? FREE

What? Haunted Hay Ride: Ride through the "haunted" trails of Dorris Ranch, where ghosts and goblins emerge from the shadows of filbert orchards. Warm up afterward with some hot apple cider and games and crafts. Tickets go on sale Oct. 3. This family-friendly event sells out fast!

Where? Dorris Ranch, 205 Dorris St. Springfield

Dates? Monday-Wednesday, 10/24-10/26

Time? 6:30pm-9:30pm

Cost? \$5 In-District \$7.50 Out of District

What? Jack-O-Lanterns on 5th: The largest collection of jack-o-lanterns will be on display. Live music, children's costume parade, prizes, food and more. Display your pumpkin too. A benefit for Shelter Care.

Where? 5th Street Public Market, Eugene

Date? Saturday, 10/29

Time? 12Noon-8:30pm

Cost? FREE

What? Mad Scientists' Halloween Extravaganza: Put on your costume and join the Halloween fun. See science demos and experiments, visit the Halloween carnival and use our trebuchet to launch pumpkins.

Where? Science Factory, 2300 Leo Harris Pkwy

Date? Friday, 10/28

Time? 5pm-8pm

Cost? \$15 non-members \$10 members

NO SCHOOL FRIDAY, OCTOBER 14th

What? **Wildlife Safari Field Trip:** Head to Wildlife Safari to see lions, tigers and bears near Roseburg. Designed for teens and young adults with developmental disabilities.

Where? Meet at Hilyard Center, 2650 Hilyard St.

Date? Friday, 10/14

Time? 10am-5pm

Cost? \$25 (Fee includes the cost of admission) and \$15 for lunch and snacks (Pre-registration is required)

What? **NO SCHOOL SWIM DAY:** Bring the kids to the pool on their day off!

Where? Echo Hollow Pool, 1655 Echo Hollow Rd

Date? Friday, 10/14

Time? 1:30pm-3:30pm

Cost? \$3

What? **NO SCHOOL SWIM DAY:** Bring the kids to the pool on their day off!

Where? Sheldon Pool, 2443 Willakenzie Rd

Date? Friday, 10/14

Time? 1:40pm-3:40pm

Cost? \$3

What? **Beginning Tribal Fusion Belly Dance: Grades 6-12.** Tribal fusion is a mixture of traditional dances of the Middle East and styles such as break dance. Emphasis will be on coordination, skill, strengthening, rhythm and movement. We will also learn about the difference in styles, history of dance, costumes and accessories.

Where? Willamalane Center, 250 S. 32nd St.

Dates? Friday, 10/14

Time? 11am-Noon

Cost? FREE but Donations are Welcome

EARLY RELEASE FRIDAY, OCTOBER 21st

What? **Movie Matinee at the Barn:** The popcorn, pop and the movie on the big screen are provided. You bring the friends and the laughter as you sit back and enjoy a movie at the Barn.

Where? Petersen Barn, 870 Berntzen

Date? Friday, 10/21

Time? 1:45pm-3:45pm

Cost? \$1

CULTURAL & SPECIAL EVENTS

What? **2011 Teen Short Story Contest:** Teens are invited to write a short story in *1200 words or less*. Every story must mention one of these three Springfield area landmarks: The White Horse Statue, the Springfield Water Tower, or the totem pole in Willamette Heights Park. Proper grammar is required. \$50 Cash Grand Prize with books and journals awarded for honorable mentions. Sponsored by the Springfield Arts Commission.

Where? Brought to you by the Springfield Public Library

Date? DEADLINE to submit story is October 29th

What? **FREE MEDICAL CLINIC:** This is a **2-Day ONLY** free health clinic for people without health coverage. Brought to you by Cascade Medical Team. No appointments needed. First come, first serve!

Where? PeaceHealth Medical Group, 1162 Willamette St

Date? Saturday & Sunday, 10/1 & 10/2

Time? 8am-5pm

Cost? FREE

What? Prevention Convention: Presented by the Eugene Police Department, this free event has classes and activities that will help you protect yourself, your identity, your home, and your property. An event unlike anything else in the country! Designed to be the ultimate education in crime prevention for kids, teens and adults.

Where? Sheldon High School

Date? Saturday, 10/1

Time? 1pm-5pm

Cost? FREE

What? Cuentos: Cuentos y Canciones (Stories and Songs) is a new weekly story time in Spanish for children and families.

Where? Bethel Branch Library

Date? Every Saturday in October and November

Time? 11am-Noon

Cost? FREE

What? Springfield Edible Festival: The Springfield Chamber of Commerce and Curtis Restaurant Equipment present a family-friendly event celebrating local restaurants and farms. Enjoy food and demonstrations.

Where? Willamalane Center, 250 S. 32nd St.

Date? Saturday, 10/1

Time? 11am-6pm

Cost? \$5/13 and Up 12 and under FREE

What? Clayfest 2011: The annual ceramic show and sale featuring a large array of handmade pottery and ceramic art created by over 60 local artists. See demonstrations by participating artists, wander vendors and let the kids enjoy working with clay at the Clay Discovery area.

Where? Lane County Fairgrounds, Auditorium

Date? Fri - Sun, 10/7-10/9

Time? Friday 5pm-8pm Saturday 10am-6pm Sunday 11am-5pm

Cost? FREE

What? 29th Annual Lane County Home Improvement Show: Get fresh ideas, new products and solutions for your home from 250 vendors.

Where? Lane County Fairgrounds, Convention Center

Date? Fri - Sun, 10/7-10/9

Time? Friday 5pm-9pm Saturday 10am-9pm Sunday 10am-5pm

Cost? FREE with canned food donation

What? 10th Annual Oregon Covered Bridge Festival: This year's festival will be held in historic downtown Cottage Grove. Celebrate the beauty and craftsmanship of Oregon's covered bridges while helping to preserve and protect the historic treasures. A fun-filled, family event.

Where? Main Street in Cottage Grove

Date? Fri & Sat, 10/7 & 10/8

Time? 2pm Friday-Dark Saturday

Cost ? FREE

THE GREAT ROTARY DUCK RACE

Saturday, October 8th 9am-1pm

RACE IS AT NOON!!

\$5 per Duck

DUCKS SOLD AROUND TOWN AND ONLINE

OVER \$50,000 in prizes

All proceeds go towards the prevention of child abuse in our community

What? Finding and Identifying Mushrooms: Join mushroom enthusiast Josiah Legler for a short lecture and a hike to observe mushrooms in their native habitat. We will discuss mushroom biology and ecology, edible and medicinal mushrooms, terminology and identification, and more. Dress for a walk in the woods, bring a lunch, water, and a field guide if you have one.

Where? Meet at Mount Pisgah Arboretum and carpool to a nearby site about 30 minutes away for the hike.

Date? Sunday, 10/9

Time? 10am-4pm

Cost? \$25 Registration Required (541)747-1504

What? Antique Evaluation: Bring two of your antique collectible treasures for a free evaluation. Learn the value of your two treasures from professional appraisers with over 24 years of experience from Cummings and Associates. Also, learn how to protect your treasures.

Where? Petersen Barn, 870 Berntzen Road

Date? Wednesday, 10/12

Time? 12:30pm-2pm

Cost? FREE Pre-registration required (541-682-5521)

What? 42nd Annual Eugene Ski Swap: A huge ski swap fundraiser for the Willamette Pass Ski Patrol, the Willamette Backcountry Ski Patrol and the Santiam Pass Ski Patrol.

Where? Lane County Fairgrounds, Expo Halls 1 & 2

Date? Thurs-Sun, 10/27-10/30

Time? Consignment: Thursday 9am-9pm & Friday 9am-5pm Sale: Friday 6pm-9pm, Saturday 9am-5pm
Pick-up: Sunday 9am-4pm (no sales)

Cost? Donations for sales entry and \$0.50 per consignment item

What? Dia de los Muertos: 18th Annual Day of the Dead Exhibit: Join us for the 18th Annual Dia de los Muertos exhibit and Opening Fiesta Reception. This unique cultural exhibit features artwork created in the spirit of Mexican Holiday.

Where? Maude Kerns Art Center

Date? Friday, 10/14 (Opening Fiesta Reception) Exhibit runs 10/14-11/4

Time? 6pm-9pm

Cost? \$3-\$5 suggested donation

What? Día de los Muertos Celebration: A Day of the Dead Celebration at the library to include: music, craft activities, a presentation about a traditional Day of the Dead Altar, and a reader's theater performance.

Where? Springfield Public Library

Date? Saturday, 10/29

Time? 2pm-4pm

Cost? FREE

30th Annual Mushroom Festival and Plant Sale

Mt. Pisgah Arboretum

Sunday, 10/30

10am-5pm

\$5 suggested donation

This event is the largest mushroom display on the West Coast! Hundreds of locally-collected wild fungi will be on display, with experts on hand to answer questions and identify any specimens that visitors bring in. The festival also features a huge plant sale, a scarecrow contest, a bake sale, children's activities, hayrides, craft vendors, incredible mushroom-inspired food, fresh apple cider, wine, great music by popular local bands, and much more. Sorry, no dogs.

THE MUSIC LINE-UP

10am Tara Stonecipher

11am Tyler Fortier

Noon Jazz Du Jour

1pm Voodooon Moi

2pm Cynthia Valentine & Concrete Loveseat

3pm Satori Bob

4pm Samba Ja

RECREATIONAL

Willamalane Center (250 S. 32nd St.) is proud to present the new Two50 Youth Center!

New facility, new furniture, new games and a larger-than-life gaming experience. We have multiple 3D HDTVs and gaming consoles that will impress even the most seasoned gamer. Not into video games?

Spend some time on Willamalane's regulation-size indoor sports courts or scaling the rock wall.
Membership is FREE!

Daily After School Drop-in Schedule for Middle School students:

Make it Monday

From an art project to a tasty science experiment, our activities will make you look forward to Mondays.

Tournament Tuesday

Now that we are surrounded by all this great sports equipment we have to try it all out. Push yourself and find your hidden talent.

Wide-screen Wednesday

Relax and watch a movie on our amazing 18-foot-wide screen. Movies may be rated up to PG-13.
Parents are welcome to call and ask the movie title.

TGI Thursday

What do you want to do? As a thank-you to the teens, we ask how you want to spend your Thursday.
Make your voice heard and join us!

Finally Friday

Show your gaming skills, challenge your friends and become the champion with the highest scores.

Late Night at Two50 for High School Students:

New this year, a time and place for high school students only! Join us at Two50 for open gym, rock climbing and gaming on multiple 3D HDTVs. Come hang out the third Friday of every month. Must have a valid I.D. card or proof of school. **FREE**
Date/Time this Month: Friday, 9/16 7pm-10pm

What? Rock Climbing: Community Climb Time @ ATA: For families who want to do something extraordinary! Learn rock climbing basics, practice indoor climbing, and spend quality time together in a safe, supportive environment.

Where? Arts & Technology Academy at Jefferson Middle School, 1650 W. 22nd Ave

Date? Tuesdays & Thursdays

Time? 5:30pm-8:30pm

Cost? \$5 Fee includes instruction, equipment and maintenance. Family Season Pass \$100

What? Teen Gaming: Drop in after school to play an amazing variety of board, card, & role-playing games. Plenty of games supplied & you're invited to bring your own -- & bring a friend. Plus: free raffles!

Where? Sheldon Branch Library

Date? Wednesdays

Time? 3:30pm-5:30pm

Cost? FREE

What? Drop-In Skateboarding: Ages 5 & up: Join our awesome staff for a fun skateboarding experience! Learn the fundamentals of skateboarding and park riding. Helmets required, full pads highly recommended. Helmets, pads and skateboards are available for loan. Children ages 5-6 require parent attendance; children ages 7-9 require parent or an older sibling/caretaker attendance.

Where? US Sports Plex, 4540 Commerce St., Eugene (W 11th)

Date? Wednesdays

Time? 3:30pm-5:30pm

Cost? \$8 Pre-registration is required.

What? First Friday Family Fun Night: Enjoy a free evening of fun including dinner and games or crafts (dinner served until 7pm). Meet your neighbors and friends for a fun filled evening.

Where? Petersen Barn, 870 Berntzen Road

Date? Friday, 10/7

Time? 5:30pm-7:00pm

Cost? FREE

What? First Saturday Park Walk: Join local experts to learn about and appreciate Eugene's natural areas. These leisurely walks are a great way for family and friends to enjoy our local wild lands.

Where? Delta Ponds. Meet at viewing platform on Goodpasture Island Road

Date? Saturday, 10/1

Time? 9am-11am

Cost? FREE

What? I Dig Dinosaurs! New Exhibit at the Science Factory!: This exhibition combines engaging hands-on activities for a range of ages with touchable cast specimens of dinosaur skulls and skeletons.

Where? Science Factory, 2300 Leo Harris Pkwy

Date? October through January

Hours? Wed-Sun, 10am-4pm

Cost? \$4 non-members \$3 seniors 2 and under FREE

What? Wii & Mii Time: Ages 16 & up. Join others to play Wii, Uno or just chilling with friends. Playing 'Wii Sports' is a fun way to practice up on your sports playing time. Games include bowling, tennis, baseball, golf and boxing. A simple snack will be provided.

Where? Hilyard Community Center, 2580 Hilyard

Date? Mondays & Wednesdays, 10/3-12/7

Time? 3:15pm-4:15pm

Cost? \$20

What? Happy Trails Hiking Group: Get out and explore local hiking trails and scenic areas around Eugene! Designed for individuals with developmental disabilities who are interested in hiking 2-3 miles. Bring a sack lunch and water bottle.

Where? Meet at Hilyard Community Center, 2850 Hilyard

Date? Saturday, 10/8

Time? 10am-4pm

Cost? \$18

What? Middle Fork Path Family Bike Ride: Pump up the tires on the family bikes and head on down to Clearwater Park to experience the scenic new Middle Fork Path. This 6-mile ride will take us to the base of Quarry Hill, where we will stop for lunch (please bring your own). Along the way we will stop and enjoy nature and discuss the cultural history of the Mill Race and the surrounding area.

Where? Clearwater Park, off of Jasper Rd. Springfield

Date? Saturday, 10/8

Time? 11am-1pm

Cost? \$2/person or \$5/family

What? Family Exploration Day with WREN: Fall is an exciting time to explore the West Eugene Wetlands with your family. Bring a picnic lunch and water. Limited trails available, please wear long pants and sturdy shoes. No registration needed.

Where? Meadowlark Prairie Overlook, Greenhill Road & Royal Ave, Eugene

Date? Saturday, 10/8

Time? 10am-2pm

Cost? FREE

THE ARTS

EVERY WEDNESDAY-Free Admission to the Museum of Natural and Cultural History 11am-5pm
Located at 1680 East 15th Ave, Eugene

What? On Display in October: Lane County Beekeepers Association provides information about the benefits of bees and the how-tos of beekeeping. Children's Center: Art and displays by Patterson Preschool, Eugene Figure Skating Club, Little Owls School of Arts and Crafts, YMCA, and Treasures from Guatemala.

Where? Eugene Library, 2nd Floor

Date? Throughout the month of October

Cost? FREE

What? On Display in October: Autism Rocks Art Display at Village Health.

Where? Woodfield Station shopping area at Willamette and 28th.

Date? 10/24-10/31

Cost? FREE

What? Cabaret: Winner of the 1966 Tony Award for Best Musical. The scene is a seedy night club in Berlin in 1931, during the Nazi rise to power. Join the emcee of the burlesque Kit Kat Club as he bids his patrons "Willkommen," for no matter what your troubles in the world outside, "in here, life is beautiful."

Where? The Cottage Theatre, 700 Village Drive, Cottage Grove

Dates? October 14th -30th & November 4th -6th (Fridays, Saturdays, & Sundays)

Time? 8pm (Fri & Sat) 2:30pm (Sun)

Cost? \$19-\$21

What? First Friday Art Walk: Walk on a guided tour of Eugene's downtown art galleries, meet the artists, and enjoy light refreshments.

Where? Begins at Jacob's Gallery, Hult Center, one Eugene Center

Date? The First Friday of every Month!

Time? 5:30pm-9pm

Cost? FREE

What? First Friday Concert: Jazz 'n' Jammers! Enjoy a free concert of swing and traditional jazz.

Where? Eugene Library

Date? Friday, 10/7

Time? 6pm

Cost? FREE

What? Second Friday Art Walk: Join us on Main St. for a celebration of the arts in downtown Springfield.

Where? Downtown Springfield

Date? The Second Friday of every Month!

Time? 5pm-8pm

Cost? FREE

What? 'A Real Man' with Mike Guido: A Southern California comedian has taken his struggles coping with his daughter's autism and turned them into a one-man show. Eugene native Mike Guido hopes that by sharing his story, he'll help other parents, particularly dads, cope with the challenges and the joys of parenting a special needs child. Presented by KindTree.

Where? Wildish Community Theatre, Downtown Springfield

Date? Saturday, 10/1

Time? 7pm

Cost? \$10-\$30

What? reArt for Kids: Kids and family: create recycled art with MECCA: Materials Exchange Center for the Community Arts.

Where? Eugene Library

Date? Sunday, 10/2

Time? 3pm-4pm

Cost? FREE

What? Chance to Dance: Ages 13+. Join this exciting and energetic dance class that explores movement, rhythm, and a fun way to exercise. No experience required! For teens and adults with developmental disabilities.

Where? Hilyard Community Center, 2580 Hilyard

Dates? Tuesdays, 10/4-11/29

Time? 6:15pm-7:15pm

Cost? \$25

What? Art Creations: Ages 13+. Work with paint, pastels, clay and other media. New techniques and activities will be offered each week. Designed for people with developmental disabilities.

Where? Hilyard Community Center, 2580 Hilyard

Dates? Wednesdays, 10/5-10/26

Time? 5:30pm-6:30pm

Cost? \$30

What? Healing Stories: A Digital Storytelling Festival: Witness the expression in film of trauma survivors in the Digital Storytelling Workshop program. Presented by the Trauma Healing Project.

Where? Wildish Community Theater, Downtown Springfield

Date? Saturday, 10/8

Time? 6pm-9pm

Cost? FREE - \$25

What? Emerald Valley Opry: The Opry takes place on the Second Saturday of every month. All proceeds benefit the Bethel Schools music programs. This month on stage: **Keeter Stuart & Trio Bravo** (country), **David Lomond** (gospel & Elvis), **Kathy Boyd & Phoenix Rising** (country & bluegrass), **McG's** (Celtic), **Larry & Beth Cummings & Friends** (Country)

Where? Willamette High School Auditorium, 1801 Echo Hollow Rd.

Date? Saturday, 10/8

Time? 5:30pm

Cost? \$6 adults; \$5 seniors; \$3 7-16; FREE under 7

What? Mask Making Workshop: Artist Samuel Becerra presents two workshops for sculpting and designing your own clay masks for Dia de los Muertos. For ages 8-18.

Where? Springfield Public Library

Date? Wednesday, 10/12 (Designing) and Wednesday 10/26 (Painting)

Time? 4:30pm-5:30pm

Cost? FREE Pre-registration is required; please call 541-726-3766

What? Fred Crafts Radio Redux: "Treasure Island": Set sail in search of hidden treasure with Long John Silver and his spurious sidekicks in Robert Louis Stevenson's timeless tale of buccaneers and buried gold.

Where? Wildish Community Theatre, Downtown Springfield

Dates? Friday, Saturday, Sunday 10/14-10/16

Times? 7:30pm (Fri/Sat) 2pm (Sun)

Cost? \$12/adult \$7/students & seniors

What? Barbershop Harmony Extravaganza!: This will be a rousing afternoon of wonderful barbershop harmony and fun. Featured will be seven of the Willamette Valley's finest, award winning, barbershop quartets. Refreshments and goodies will be served and drawings for amazing prizes will be held at intermission. Good old foot stomping music, as only barbershoppers can.

Where? River Road Park, 1400 Lake Dr.

Date? Sunday, 10/23

Time? 2pm-4pm

Cost? \$10 or \$15 at the door

What? Teen Book Club: This month's book is "Rot & Ruin" by Jonathan Maberry. In this post-apocalyptic novel, fifteen-year-old Benny becomes a bounty hunter in a world where fences and border patrols guard the few people left among conquering zombies. Pre-register and pick up the book at the Downtown Teen Desk starting October 1.

Where? Eugene Library

Date? Thursday, 10/27

Time? 4pm-5pm

Cost? FREE

VOCATIONAL/INSTRUCTIONAL/VOLUNTEER OPPORTUNITIES

What? Volunteer at Ferndale Park: Volunteers are needed to help improve Ferndale Park. Volunteers will be working with the City of Eugene park volunteer program to remove invasive species. Tools and gloves will be provided. Please RSVP to 541-682-4845 or lorna.j.baldwin@ci.eugene.or.us.

Where? Ferndale Park (Santa Clara)

Date? Saturday, 10/1

Time? 9am-Noon

Cost? FREE

What? Petersen Barn Garden Club: Welcome to the Petersen Barn Garden Club. You'll get your hands dirty, learn from each other, laugh with each other and grow in your community. Children under 8 welcome with adult supervision.

Where? Petersen Barn, 870 Berntzen

Date? Wednesdays

Time? 3:30pm-4:30pm

Cost? FREE

What? Great Willamette River Clean Up: Join this regional project to clean and protect the Willamette Valley. Organizers will provide tools, gloves, water, restrooms, and instruction. Also enjoy free giveaways, raffle prizes, lunch and refreshments.

Where? Alton Baker Park

Date? Sunday, 10/9

Time? 10am-1pm

Cost? FREE

What? Martial Arts: Karate and Self-defense: Ages 10+. Learn classical karate united with modern self-defense concepts and techniques, specifically modified to meet the needs of women and children. Karate training includes the striking, grappling and throwing defensive applications embedded within the classic kata (forms), non-contact sparring, and the traditional colored belt system of recognizing achievement and advancement.

Where? Class Held at Prairie Hall (30043 Leghorn Road, Prairie Road & Leghorn)

Date? Tuesdays & Thursdays

Time? 7pm-8:30pm

Cost? \$35/month

What? Tae Kwon Do: Ages 7+. Tae Kwon Do is a traditional Korean martial art performed with empty hands, bare feet and a strong spirit. Students in the beginning of class will learn kicking and hand techniques for self defense, while developing their physical fitness and self confidence. The intermediate class offers advanced training in non-contact sparring forms of self defense skills for students wishing to advance in the belt ranking system. This is an excellent sport the whole family can enjoy together.

Where? Class Held at Prairie Hall (30043 Leghorn Road, Prairie Road & Leghorn)

Date? Mondays & Wednesdays

Time? Beginners 6:30pm-7:30pm Intermediate 7:30pm-8:30pm

Cost? \$35/month

What? Red Cross Babysitting Certification: Grades 6-12. Gain the knowledge, skills and confidence to care for infants through school-age children. Participants receive a reference handbook, text aid and a "how to" CD that will help your student write resumes and track professional information. Bring a sack lunch.

Where? Willamalane Center, 250 S. 32nd Springfield

Date? Saturday, 10/8

Time? 9am-4pm

Cost? \$40/person In District/ \$44-Out of District

What? Teens 'n' Taekwondo: Grades 6-12. Learn traditional taekwondo from professional instructor R.B. May, under the guidance of Duer's ATA Martial Arts. Teens will gain the confidence, respect and self-discipline that only martial arts can teach. Focus will be placed on technique, bullying prevention and stranger awareness.

Where? Willamalane Center, 250 S. 32nd Springfield

Date? Tuesdays & Thursdays, 10/4-10/27

Time? 7:15pm-8pm

Cost? \$70 In-district / \$80 Out-of district

What? Teen Chefs: Join us for a five-week course that challenges you to find your inner culinary artist. Participants will learn, prepare and then enjoy recipes for a healthy meal.

Where? Willamalane Center, 250 S 32nd Springfield

Date? Thursdays, 9/29-11/6

Time? 6:30pm-7:30pm

Cost? \$5 In-district, \$7 Out of district

What? Cooking Class: Ages 16+. Participants will plan meals as a group and prepare a different meal each week, learning about and making healthy foods. Everyone helps with the cooking, eating, and clean-up. The last class will give participants skills to assist with preparation for Thanksgiving dinner. Sign up for one session only.

Where? Hilyard Community Center, 2580 Hilyard

Dates? Wednesdays, 10/12-11/16 or, Mondays, 10/17-11/21

Time? 5:45pm-7:30pm

Cost? \$60

What? Wushu/Kung Fu: Ages 12+. Wushu is a Chinese martial art form that encompasses everything Kung Fu. Wushu is designed to teach body control, not necessarily how to fight. Emphasis is on keeping your mind clear, body strong, movements fast and flexibility high. Basic stances, punches and kicks from Monkey to Mantis styles, the 12 animal forms, as well as traditional forms will be covered.

Where? Willamalane Center, 250 S 32nd Springfield

Date? Tuesdays & Thursdays, 10/18-11/17

Time? 6:15pm-7:45pm

Cost? \$40 In-district/\$50 Out-district

What? Healthy Friendships: Ages 13-21. This relationship and personal boundaries class is designed for teens and young adults with cognitive disabilities. The class will examine and define healthy relationships, promote awareness and positive skills that will support existing and future relationships. Parents/caregivers are encouraged to attend for half price!

Where? Hilyard Community Center, 2580 Hilyard

Date? Wednesdays, 10/26-12/7

Time? 6:30pm-7:45pm

Cost? \$40 Parents/caregivers \$20

What? Partners In Driver Education: Age 15+ - Permit Required (4 wks) This 8-hour classroom course is a team approach to helping novice drivers and their coaches work together to develop habit patterns that can lead to a lifetime of safe driving practices. The course will be an excellent supplement to the 100 hours of supervised practice required of new drivers under age 18 who chose not to take an "ODOT-approved" Driver Education course because of cost or time constraints. A licensed parent or other driving coach must attend the first class with the student. Guided practice sessions will be assigned each week.

Where? River Road Recreation Center, 1400 Lake Drive

Dates? Saturdays, 10/1, 15, 29 & 11/12

Time? 10am-12Noon

Cost? \$65/pair (coach/student)

FAMILY SUPPORT

What? Oregon Family Support Network (OFSN) Support groups for parents and families: This is an open forum that provides a supportive environment for parent led support groups. It is for families of children of all ages with social, behavioral, and/or emotional challenges to share experiences, frustrations, and learn from others. Contact OFSN at 541.342.2876 or 800.323.8521. OFSN also provides free, family fun activities:

- **Parent Info, Ed, & Support** Child Center, 3995 Marcola Rd Friday, 10/14 7pm
- **Eugene Family Support Meeting** River Road Pool (kids swim) Friday, 10/21 7pm
- **Family Fun (Skate)** Skateworld, 3188 Gateway Friday, 10/28 7pm

What? National Alliance on Mental Illness (NAMI) NAMI's support and public education efforts are focused on educating America about mental illness, offering resources to those in need and insisting that mental illness become a high national priority. Contact the Lane County Office @ 541.343.7688

- **NAMI Connections (YOUNG ADULTS 18-24)** is a peer run drop in support group open to anyone facing a mental health challenge. It is a confidential, supportive environment where one can find information and advocacy as well as support. Meets on **Thursdays** at 5pm. 55 W. Broadway. Snacks provided.
- **NAMI Friends and Family Support group** for family members and friends of those who experience a mental illness meets at LCMH the second, third, fourth and fifth **Thursday** of each month at 7pm.

What? STEPS: Ages 16 & Up. STEPS is Systematic Training for Effective Parenting. Get emotional support and practical information in the seven week class. Develop communication and discipline skills, learn about child development, discover how to handle common parenting issues, and improve your relationship with your child.

Where? Petersen Barn

Date? Tuesdays, 9/27-11/8

Time? 6:30pm-8:30pm

Cost? \$85

What? Conscious Change & the Four Agreements: "The Four Agreements" of Don Miguel Ruiz' popular book are simple but profound: "Be impeccable with your word. Don't take anything personally. Don't make assumptions. Always do your best." Many have described the book as life-changing. At this workshop, psychologist Bruce Czuchna will share practical steps to make positive, intentional changes of your choice. With an action plan, commitment, and practice, you can do it!

Where? Eugene Library

Date? Thursday, 10/6

Time? 6pm-7:30pm

Cost? FREE

What? Trauma Topics for Friends & Family: Presented by Trauma Healing Project. Interpretation into Spanish will be provided upon request. This is a 6 week discussion series.

Where? Trauma Healing Project, 2222 Coburg Rd. Suite 300

Date? Wednesdays, 10/12-11/16

Time? 6pm-7:30pm

Cost? FREE

What? FREE Blood Pressure Clinic: Qualified volunteers check blood pressure for FREE!

2 locations:

Petersen Barn, 870 Berntzen Rd 2nd & 4th Tuesdays 10am-Noon

Campbell Community Center, 155 High St 2nd & 4th Wednesdays 12:30-2pm