



WEDNESDAY, MARCH 8

INTERNATIONAL WOMEN'S DAY

DanzUrbano Class • Redwood Raks Jade Studio; 9:30-10:30 am; \$5

Mimi Law is a fabulous local fitness and dance teacher who started out in Zumba before finding her home in a dance of her own creation - DANZURBANO. It's a fun Latin/dancefloor inspired class that gets people active, strong and happy! This is a recurring class every Mon/Wed/Fri at 9:30am at Redwood Raks.

The Lunch Box: Open Mic-helle • Arcata Playhouse; 1-2pm; free; Lunch available for \$7. Join us for one hour of pleasantries on your lunch break.

Moves for Everybody • Tower; 3-5pm; \$5-\$10

A playful exploration of the joys, wonders, and challenges of living in our bodies. All teens and adults are welcome. For over 30 years, Barbara Penny and Joan Becker, from Southern Humboldt, have been offering clowning and creative workshops. Come join us!

Redwood Coast Soo Bahk Do Karate Class Demonstration • Redwood Raks Bella Studio; 6:30-7:30pm; free

Teacher Kyo Sa Nim Teri Vodden, LCSW, invites any interested community members to observe this class and get inspired to take the Women's Self Defense Class Saturday!

Celebrate International Women's Day! • Arcata Playhouse; 6-9pm; free

COME CELEBRATE the 117TH INTERNATIONAL WOMEN'S DAY, with a sing-along led by Jan Bramlett and Leslie Quinn, tabling by groups supporting women and girls, the Raging Grannies, a silent auction, and delicious appetizers. A keynote speech will be given by Liz Smith, President of NAACP. We hope you can join us for this evening of friendship-building and fun. Admission is free, though donations are gladly accepted. Presented by the Humboldt Branch of the Women's International League for Peace and Freedom.

For information call (707) 633-6654.

Between Heaven & Earth: Music & Tales for the Soul with Rabbi Naomi Steinberg & Berel Alexander • Tower; 8-10 pm; \$5-\$15 donations accepted

Listeners are transported to another reality as this captivating mother-and-son team share original mystical stories, interwoven with exquisite traditional melodies and new songs. Colorful figures of Jewish folklore, Chasidic rebbes, and deep teachings spring to life in these enigmatic tales. With theatrical embellishments and audience participation, *Between Heaven & Earth* is a delight to the senses, heart, and mind.

