

DanzUrbano Class • Redwood Raks Jade Studio; 9:30-10:30

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.

• **Vocal River Workshop with Rhiannon** • Tower; 10-1pm, 2:30-4:30pm; \$200 (for 2-day workshop; register in advance at zerotofierce.com)

For singers and teachers with good pitch and the desire to study vocal improvisation, circle singing and song form. We will sing together to find our unique and personal sound, working alone, in pairs, and in ensemble collaborations using the pleasure of physical movement while combining intuition and invention with skill and heart. Using Rhiannon's Vocal River exercises, we will deepen our improvisational vocabulary, study melody, harmony, rhythm and tone and then circle up and sing.

Creative Reuse, Upcycling, & Recycled Content Lecture • Redwood Raks Bella Studio; 12-1pm; free

Creative expression for business or pleasure. Considerations on creating art or an art business line using discarded materials: why reuse? We'll look at the economic and environmental reasons for reuse, talk about Scrap Humboldt, and show examples of products.

The Lunch Box: Game Over presents Jane Doe In Wonderland: A Survivor and Cast Q&A Hour • Arcata Playhouse; 1-2pm; free; light lunch available for \$7

Written in collaboration between Dell'Arte International Alumni and local anti-sex trafficking non-profit Game Over, *Jane Doe in Wonderland* is a new play and survivor talk back to raise awareness around domestic sex-trafficking in Humboldt County. Game Over and the cast of *Jane Doe in Wonderland* invite you to join us for a Q&A coffee hour regarding their upcoming tour of Humboldt County theaters and schools. The writers and cast will chat about theater and community, why this education on sex-trafficking is so important in Humboldt County, why the Alice in Wonderland inspiration, show dates and times, and take any questions you might have about the show.

Fertility Awareness: Cycle Wisdom for a Lifetime • Redwood Raks Jade Studio; 3:30-5pm; free

Come learn about the practice of fertility observation and charting that is every woman's birthright! Fertility Awareness offers many benefits, such as basic cycle understanding, improved hormonal health, gynecological health assessment, and knowing exactly when you're fertile without guessing. Highly effective, environmentally friendly, and affordable natural birth control or conception planning is at your fingertips with this simple daily practice. Best of all, it's not the Rhythm Method! This introduction will show you how Fertility Awareness works, what's involved, and how you can learn the method. Fun handouts and plenty of Q&A time included. Presented by Caitlin McMurtry.

Express Yourself Through Your Arms: Arm Styling for Any Body • Redwood Raks Bella Studio; 5-6pm; free

It doesn't matter if you're a dancer, you can use your arms to feel the music and express your emotions. Learn to let your inner energy flow out through your fingertips. Dancers can use these techniques for arm styling, non-dancers will discover the joys of arm dancing. Presented by Debbie Weist.

Chasing Landscape - A 2,000 mile journey around the Emerald Isle • Coast Central Credit Union Arcata; 6-8:30pm; free

Watercolors by Maureen McGarry: "My road trip through Ireland in August of 2016 was a lifelong dream. Venturing into the rural countryside, I found my way through the narrow roads of lush farmland and rugged coastlines. As I drove by rocky shores, gentle, sloping hills and friendly, small towns, I soaked in every minute and every mile. Each painting is an experience in my journey. Ireland gets under your skin. It is surely a part of me now."

• **Rhiannon** • Arcata Playhouse; 8-9:pm; \$15/\$12

A 60-minute concert performance by internationally renown singer Rhiannon, featuring workshop participants from the 02F Vocal River workshop.

One-Minute Dances • Redwood Raks Jade Studio; 8-9pm; \$5

The 6th Annual One Minute Dances are back! Local, National and International Dancers, Actors, Musicians, Performers, Movers and Shakers, will be performing in this eclectic, fast-paced, bare-bones production, where the audience sits on chairs around the stage and experiences theatrical pieces that last 1 minute!

• **Live Girls Show** • Arcata Playhouse; 9:30-10:30pm; \$15/\$12

Live Girls Show is 1 hour of mayhem brought to you by Portland-based art collective MASHlab (Lou Watson, Aiyana Cunningham, Kari Lawrence, Laura Jacobsen and Sarah Canterbury). A glittery game show with questions, quotes, wigs and video clips that challenge both the contestants and the audience to win the ultimate prize. But maybe playing by the rules won't win you any points and what is a fact anyway? *LIVE GIRLS SHOW* is actually a show, with girls, who are live.

