

Allies, LLC

Activities/Events April 2024

Willakenzie Space - 3057 Willakenzie Road, Eugene, OR 97401

Day / Group / Time / Instructor Email	Week 1	Week 2	Week 3	Week 4	Week 5
Thursday Kitchen Warriors 10:00a-12:00p Emily.sikora@allies-llc.org	4 Black Forest Bundt Cake with Log Cabins & Cupcakes for First Friday	11 Cookbooks, June Menu Planning, Popsicles	18 Eugene Asian Market Trip - Bring \$ for snacks if desired	25 Fried Rice and Stir Fry	
Thursday Fit Fusion 11:00a-1:00p This class is held at Emerald Rec Center - 1400 Lake Dr, Eugene Tracy.jones@allies-llc.org	4 Walk the park/Fitness Room	11 Yoga in the park/ Hot tubs	18 Fitness room/ Outdoor games	25 Workout and Meditation	
Thursday Self Wellness 12:30p-3:00p Christina.Rogue@allies-llc.org	4 Healthy snacks and light exercise of choice	11 Create cards for our friends	18 Walk in the park and spring photos	25 Collage positive affirmations	

April is diversity month. Let's celebrate diversity, equity and inclusion.

World Autism Awareness Day is April 12th

Spring is here. You may need an umbrella and sunscreen on the same day - no fooling.

Monthly Events

Fun Committee Event: "I'm an April Fool for You" Spring Fling @ BaM

Let's celebrate the arrival of spring by breaking out the sandals and wearing your most floral attire - think garden party!

When: Tuesday April 9th from 4:30pm-6:00pm

Where: Whirled Pies (199 W 8th Ave)

Cost: Free - Bring money if you would like to purchase food or drinks

Bust-A-Move (BAM)

Where: Whirled Pies (199 W 8th Ave)

When: Tuesday, April 9 th from 4:30pm-6:00pm

All welcome, please bring support if needed. Bring money if you would like to purchase food or drinks.

First Friday Art Walk

Where: Allies Annex (200 E 11th Ave, Suite 130) - Free parking behind building after 4pm

When: Friday April 5th from 4:30-7:30pm

All are welcome. Please bring support if needed.

Please RSVP to Trey if setting up a table for your artwork

Tracy.Sydor@allies-llc.org

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Speed Friending

Where: Willakenzie Crossing (3057 Willakenzie Rd)

When: Friday, April 19th, from 4:30-6pm

RSVP by Friday, April 12th. No DSA hours are used.

To RSVP and pay the \$20 cover charge visit: <https://www.allies-llc.org/allies-speed-friending-referral>