

SATURDAY, 3/2

Donut Dash

WILLIAM LAND PARK, 8:30AM,
\$18-\$45

Do you feel like running two miles, then scarfing down four donuts at Marie's Donuts, then running

SPORTS & OUTDOORS

two miles again? It sounds like a recipe for disaster, but the proceeds benefit hospitalized children through Beads of Courage and other programs that make life a little less stressful for kids diagnosed with diseases. It's time to take your charitable, competitive consumption of donuts and running to the next level. 3901 Land Park Drive, fairtytaletown.org.



PHOTO BY DIOGO PALHAIS

FRIDAY, 3/1

FIRST FRIDAY DIALOGUE ON RACE: Join Center Pointe Initiative to discuss the topic of the month: reparations for slavery in the United States. 7pm, no cover. 1047 46th St, 1047 46th St.

SUNDAY, 3/3

URBAN ROOTS GARDEN BUILD DAY: Join Urban Roots to build a garden in the Oak Park community. Once you register, you'll get the address to meet at. Bring the things you need to build, dig and garden—and to learn. 9am, no cover. Oak Park.

WEDNESDAY, 3/6

2019 CALFRESH FORUM: Join California Food Policy Advocates and the California Department of Social Services to talk about CalFresh and how it can be improved. There will be workshops, lessons, discussions and talks. 9:30am, \$50. Crest Theatre, 1013 K St.

CLASSES

THURSDAY, 2/28

CREATIVITY+ REINVENTION: Meghan Phillips and David Sobon lead this class on "marketing" and "mural activation." As the event description belies, this day will explore "various interpretations of reinvention" in Sacramento. Come learn about how reinvention lets you change things about your life, and how to use reinvention as a tool to jumpstart your business marketing and other buzzwords. 5:30pm, no cover-\$10. Warehouse Artist Lofts, 1108 R St.

EDGEUCATIONAL FORUM ENVISION YOUR SUCCESS

2019: Metro EDGE shares this first of four forums in 2019. How have things changed in the last 10 years? This forum aims to answer that question. There will be food, also. 5:30pm, \$5. Hacker Lab, 2533 R St.

CANNABIS FOR WOMEN'S SEXUAL WELLNESS:

Ellementa Women's Wellness Gathering shares this conversation about cannabis and CBD for sexual health. Come talk with this group about developing a healthier sex life with cannabis. 6:30pm, \$10-\$20. Highwater, 1910 Q St.

PLANT ADVENTURES IN SOUTH AFRICA:

Anita Clevenger brings the knowledge about South African plants. See what the scoop is with Clevenger—known for managing the Old City Cemetery Rose Garden. 7pm, no

cover. Shepard Garden and Art Center, 3330 McKinley Blvd.

ROASTING VEGGIES COOKING CLASS: Have you heard about vegetables and tried them only to discover that they're very hard? Crunchy, even? Try roasting them. You'll be instantly shocked by what a different food experience you get from cooking your vegetables. Additionally, if you come to this class, you'll learn about the health benefits of roasting various vegetables. 5:30pm, \$35-\$45. Lifestyle Center, 4921 Golden Foothill Parkway in El Dorado Hills.

YHD DANCE FEVER AFRO RHYTHMZ EDITION: Come learn how to dance to Afro Beat & Rhythm Movement, and let fuji music take over your feet. 7:30pm, \$8. Sierra 2 Center, 2791 24th St.

SATURDAY, 3/2

ADORNMEN T PAINT AND COFFEE WORKSHOP: Take a nice, long sip of coffee and get painting. You will paint your torso, then add your favorite necklace to the painting to finish it off, all under supervision and advisement from an instructor. 9am, \$35. Ebony London Art Studio.

FREE BONSAI WORKSHOP: Want to make some bonsai trees? You should get started with this free workshop with Timm Johnson. You'll learn all about the tiny trees and what it takes to maintain them. Here's a hint: It doesn't involve hiring specially trained mice that have exhibited gardening traits and for generations have been artificially selected by humans. Noon, no cover. Exotic Plants Ltd, 1833 Howe Ave.

MOODMENT DANCE WORKSHOPS: Your inner goddess is coming. Be ready to embrace that goddess as you start to dance. Music flows and you feel the glow of inner power and self-discovery. Dance. Dance! 2:30pm, \$10-\$0. Sierra 2 Center, 2791 24th St.

THE WONDERS OF FUNGI AND MUSHROOMS: Fungi are great, and mushrooms are also great. Come out and get the information you need to start using fungi and mushrooms to get your garden absolutely jacked, swole and shredded. Step aside, Mary Mary—the eukaryote we often disdain is the secret key to making your garden grow. Matthew Trumm leads the workshop. 1pm, \$10-\$30. Soil Born Farms American River Ranch Schoolhouse, 2140 Chase Drive in Rancho Cordova.



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