

Around Town

Today, June 29

Low-impact exercise, 10 a.m., Juneau Senior Center and Valley Senior Center. Details: Lee Ann, 463-6175.

Beginning and intermediate English as a Second Language class, 10-11:30 a.m., The Learning Connection Gruening Park location, across from Wal-Mart. Free. Details: 586-6718.

Toddler time, 10 a.m., downtown library. At 11 a.m. at the Mendenhall Valley library. Details: 586-5267.

Intermediate English as a Second Language class, 11:30 a.m.-1 p.m., The Learning Connection Gruening Park location, across from Wal-Mart. Free. Details: 586-6718.

Juneau Lions Club meeting, noon every Monday, Prospector Hotel.

Native Women's 12 Step Talking Circle, noon-1 p.m., Northern Light United Church, 400 W. 11th St.

Toku Toastmasters, noon-1 p.m., Federal Building, fifth floor conference room, Room 541. Public invited. A safe, fun environment to learn public speaking skills. Details: Jean, 463-5885.

Contract bridge, 1-4 p.m., Valley Senior Center. Details: Lee Ann, 463-6175.

"Introduction to Microsoft Excel 2007" class, 5-7 p.m., The Learning Connection, 210 Ferry Way. Free. Details: 586-5718.

Arts Roundtable, 5:15 p.m., Juneau Arts & Culture Center. To talk about current local events in the arts world. Bring questions, updates on happenings in your organization, gallery or studio, and other topics of interest in the arts. Details: www.jahc.org or 586-2787.

Overeaters Anonymous meeting, 5:30 p.m., Juneau Public Health Center, downstairs conference room. Details: 463-1224.

Old show: Music and poetry by Alaska's fiddling poet Ken Waldman, 6 p.m., The Canvas, 223 Seward St. Details: 586-1750 or www.canvasarts.org.

Early pregnancy and prenatal parenting class, 6-8 p.m., Juneau Family Birth Center. Free. Taught by Sharyl Berning. Details: Cheri, 586-1203.

Water walking, 6:30-7:30 p.m., Augustus Brown Swimming Pool. Low-impact water exercise class. Details: 586-5325.

Tlingit and Haida Indians of the City and Borough of Juneau bingo, 7 p.m. every Monday, 3235 Hospital Drive. Details: Danielle, 463-5680 or 463-5690.

"Live & Let Live" Al-Anon Family Group, 7-8:30 p.m. every Monday, Rainforest Recovery Center, behind Bartlett Regional Hospital. Details: Terry, 463-3372.

General show: Music and poetry by Alaska's fiddling poet Ken Waldman, 7:15 p.m., The Canvas, 223 Seward St. Old-time Appalachian-style fiddling with original poetry and Alaska-set storytelling. Suggested donation \$8, \$5

World travelers



DAVID J. SHEAKLEY / JUNEAU EMPIRE

Holger Gockel (left) and Anja Metzger of Mundersbach, Germany, drive away from Fred Meyer in Juneau Friday after stocking up on supplies for their long journey. The two started a round-the-world trip for fun on their BMW GS650 Dakar motorcycles on July 8, 2007, and have been to ten cities in Alaska so far, and dozens of others overseas and in Canada. According to Gockel they will keep going until the money runs out — which they expect will be sometime between 2010-2011. They say one of the most noticeable differences in the United States is the huge food portion sizes at restaurants.