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OFFBEAT The kitchen is on the second floor of the Mercer Arts Center, 240 Mer-Street, near Fourth Street, and it is the most free and every room in the building. Visitors often find pieces of cable trailing about the floor and it is a toss-up whether there will be chairs to sit on or only the floor or cushions. It houses videotaped programs or, often, programs of new music, such as the one scheduled for 8 tonight. The program is a solo trombone concert by Garrett List, composer and performer.

Among the items on the bill are a piece for tape and trombone by Alvin Curran, a work by Frederic Rzewski for trombone, vibraphone and piano (the composer will be the pianist) and a number called "How to Compose Music in Your Spare Time for Fun and Profit," by James Burton, which doesn't sound like something you'll come out whistling. Admission, \$1. Information, 475-9865.

RICHARD F. SHEPARD