

# CALENDAR CHOICES

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## THURSDAY

**8:30-9:30 a.m.: KNND 1400 AM Beeper Show.** Call in discussion show - various topics/guests. 541-942-5548

**10 a.m.: NAMI.** At Jack Sprats on Main St. Info: 541-343-7688

**10 a.m.-1 p.m.: Creswell's Over-40 Social Club.** At Creswell Community Center, 99 S. 1st St, one block south of City Hall. Learn more at <http://www.facebook.com/creswellover40>

**11 a.m.-2 p.m.: Closet at 6th and Gibbs.** Church of Christ 6th and Gibbs, together with Lane Pregnancy Support Center, offer diapers and maternity, infant and other clothing sizes as supplies allow.

**Noon: CG Rotary Club.** Stacy's Covered Bridge Restaurant, 401 E. Main. Info: 541-942-9489.

**Noon-3 p.m.: Adventist Community Services.** 820 S. 10th St. Free clothes, shoes, bedding and emergency food boxes. Does NOT pay for electricity, gas, pharmacy or other such bills. Good useable donations welcome (clothes, bedding, bathroom, kitchen towels).

**4 p.m.: Alzheimer's Caregiver Support.** Support group for families caring for family members with Alzheimer's meet at Magnolia Gardens. Info: 541-942-0054.

**5:15-6:15 p.m.: TLC Community Kitchen.** Free. Trinity Lutheran Church, 675 S. 7th. Doors Open 5 pm. Info: 541-942-2373.

**7:30 p.m.: Eastern Star #4.** Meets at the Masonic Center, 33322 Row River Rd. Members only.

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## FRIDAY

**8 a.m.: All Professionals Network.** A referral organization designed to increase business among its members. A fun proactive group that is interested in the future growth and development of business in Cottage Grove. Meets in Shepherd Room at the Community Center. Donuts & Coffee served. \$25 annual dues. Info: Laura Harmon 541-870-1681.

**8:30-9:30 a.m.: KNND 1400 AM Beeper Show.** See Thursday's listing for detail.

**9 a.m.: Preschool Music and Art Class.** For ages birth to 5 and their parents or caregivers. Held at First Presbyterian Church. No sign-up necessary. Info: Joanna Newton 541-942-4550

**10:30 a.m.: Story Time for Tots.** Cottage Grove Library. Ages 0-6 recommended (w/parental supervision) to listen to stories and participate in fun filled age appropriate fun.

**1-4 p.m.: Pinochle Playing.** All ages men and women at Senior Center in CG Community Center, 700 E. Gibbs. Any level of player. (Wed. and Fri.) Info: 541-942-3694

**1:30-3 p.m.: NAMI Connection.** At Healing Matrix, 632 Main St. Support group program for people living with mental health issues and is operated by peers for peers. Info: 541-343-7688

**3:40 p.m.: Spring Equinox Occurs.** "Astronomically speaking, the March equinox occurs when the Sun crosses the celestial equator on its way north along the ecliptic. In the Northern Hemisphere, the March equinox is known as the vernal, or spring, equinox, and marks the start of the spring season." From "The Old Farmer's Almanac".

or Facebook: North Douglas Performing Arts Council.

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## SATURDAY

**9 a.m.: ODF&W Hunter Education Class.** At CG-Eugene Sportsmen's Club, 81078 N. Pacific Hwy. Info at: <http://or.outdoorcentral.us/or/license/classes> and go down to Lane County

**9:30 a.m.-1 p.m.: Ladies Clothing Give Away.** All welcome at Riverside Community

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## MONDAY

**8:30-9 a.m., 11:30 a.m.-2 p.m.: SMART.** Start making a reader today at Harrison Elementary. Approved volunteers only reading with selected students. Info: Vicki Formosa 541-942-4960 or Ardis Belknap 541-942-9676.

**8:30-9:30 a.m.: KNND 1400 AM Beeper Show.** See Thursday's listing for detail.

**7 p.m.: CG City Council.** City Hall, 400 Main St. Info: 541-942-5501.

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## TUESDAY

**8:30-9:30 a.m.: KNND 1400 AM Beeper Show.** See Thursday's listing for detail.

**12 p.m.: South Lane Wheels Board Meeting.** 1450 Birch Ave. Open to public. Open comment period provided. Agenda and minutes posted at [www.southlanewheels.org](http://www.southlanewheels.org). For more info: Ruth Linoz, Executive

**6:30-8:30 p.m.: Friends of Mount David.** At CG Museum Admin. Offices, corner of H and Birch. Info: 541-942-4269.

**7 p.m.: Axe and Fiddle Open Mic Night.** Free admission. Sponsored by KSOW 106.7 FM LP Info: 541-942-1067

**7 p.m.: CG Recreation Assoc. Meeting.** Regular meeting of the board of directors at 1440 S. 8th St. Info: 541-942-3079.

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## WEDNESDAY

**7 a.m.: Kiwanis Club Sunrisers.** Koffee Kup Restaurant, 1241 Hwy 99N.

**7 a.m.: South Valley Rotary Club.** Café Sheilagh, 1043 Hwy. 99.

**8:30-9 a.m., 11:30 a.m.-2 p.m.: SMART.** See Monday's listing for detail.

**8:30-9:30 a.m.: KNND 1400 AM Beeper Show.** See Thursday's listing for detail.

**10 a.m.-Noon: Genealogical Discussion Group.** CG Community Center, 700 E. Gibbs Ave.; Free discussion on genealogical topics such as: research strategy, internet research, genealogical computing, sources and much more. Contact: 541-942-9570.

**Noon: Kiwanis Club of CG.** El Tapatio, 725 E. Gibbs Ave. Info: Cleo Dahlen 541-767-0795.

**1-4 p.m.: Pinochle Playing** See Friday's listing for detail.

**2-3 p.m.: CG Children's Choir.** Ages 6-11. Rehearsals at First Presbyterian Church. No audition necessary. Info: Joanna Newton, 541-942-4550.

**6 p.m.: Community Dinner.** Free. Church of the Nazarene, 152 S. M St. Info: 541-942-4422

**6 p.m.: West African Drumming and Dancing Class.** Guinean Master Drummer, Fode Sylla. Odd Fellows Hall, 317 Main St. 6 p.m. - Drumming: \$10; 7 p.m. - Dancing: \$10 or prepay 5 classes: \$40 Call to register or reserve a drum. 541-505-6399 Will continue on Wednesdays.

**6:30-9:30 p.m.: Bingo.** Cottage Grove Elks Lodge, 755 N. River Rd. Public Welcome. Info: 541-942-0234

**7-8:30 p.m.: NAMI Connection.** See Friday's listing for detail.

**7 p.m.: Messiah in the Passover.** Free at Trinity Lutheran Church, 6th and Quincy. Understand the Jewish roots of Christianity. Speaker will explain the symbolic meanings of the various items of the Passover feast and highlight their relationship to the Last Supper that the Messiah celebrated with the disciples, giving special emphasis on the redemptive significance of the crucifixion. Info: 541-942-2373

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**5 p.m.: Friday Meal.** Free at Church of God 6th & Gibbs.

**5 p.m.: VFW "Community Invited" Dinner.** Public and families always welcome. VFW Post #3473, 3160 Hillside Dr. Includes entrée, salad, dessert, beverage. Adults \$8, Kids 6-17 \$3, 5 and under free. Handicap accessible. Drug, Smoke and Alcohol Free. Info: John Landon 541-946-3888

**5-6 p.m.: Stand for Peace/ Occupy CG.** Rally in the Community Square, 7th and Main Streets.

**5-8 p.m.: Third Friday Steak Feed.** Cottage Grove Elks Lodge, 755 N. River Rd. Menu includes: Grilled Steak, Baked Potato, Veggies, Salad, Roll and Dessert. Adults \$9 Info: 541-942-3554

**5:30-9 p.m.: Creswell Chamber of Commerce Celebration and Awards Banquet.** At Emerald Valley Golf & Resort. Must pre-register. More information 541-895-4398

**6:30 p.m.: London Grange #937 Meeting.** London Grange, 72746 London Road. Public invited. Info: Dennis Chapman 541-942-9681

**7 p.m.: South Lane County Fire and Rescue Board Meeting.** Open to the public. At Station 2-1, 233 E. Harrison Ave. Info: 541-942-4493 or 942-3395.

**7 p.m.: "Franks McCracken and the Firecrackers".** At Drain Civic Center, 205 W. A St., Drain. \$5 pp. Refreshments available for sale. Info: 541-836-2505 or [www.ndpac.org](http://www.ndpac.org)

Church, 1255 S. River Rd. Light brunch, special speakers from Stonecroft.org, and music. Be refreshed - body, mind, spirit and soul. Info: Sue 541-942-7126 ext. 18

**10 a.m.: CG Historical Society.** Free - "Kalapuya Settlement". CG Community Center, 700 E. Gibbs. Anyone interested in our area's history is welcome.

**7-9 p.m.: Open Jam.** At Sonrise Christian Church, 1300 Irvington Dr., Eugene. No charge, bring your instruments, voices, or just listen. Refreshments available. Info: Vivian 541-689-3335

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## SUNDAY

**8-11 a.m.: Elks Lodge Breakfast.** All you can eat! Ham and/or sausage, eggs the way you like 'em, biscuits & gravy, pancakes, French toast, hash browns, coffee and juice. Adults \$6; Kids \$3. 755 N. River Rd. Info: 541-942-3554

**10 a.m.-2:30 p.m. Intro to Natural Building:** Key Concepts and Applications. At Aprovecho, 80574 Hazelton Rd. Info: 541-942-8198 Register at: <http://www.aprovecho.net/event/introduction-to-natural-building-key-concepts-and-applications/>

**5-6 p.m.: "Sunday Supper".** Free supper and brown bag meal to take. Cottage Grove Community Center. Volunteers encouraged to help.

**11 a.m.-2 p.m.: Closet at 6th and Gibbs.** See Thursday's listing for detail.

**12:45 p.m.: Bingo.** Reception Room at Community Center, 700 Gibbs. Public welcome. 5 cents per card per game

**1-4 p.m.: Pine Needle Basketry.** Instruction for making pine needle baskets for those 12 years and older. Materials cost depends on project. At Crafty Mercantile on Main Street. Info: Pat Easton 541-530-9221

**5 p.m.: Teen Games.** Cottage Grove Library. Tween and Teens invited to play board games. Play available ones at library or bring some from home. Bring a friend or two!

**5-6:30 p.m.: Community Dinner.** First Methodist Church, 334 Washington Ave. Adults \$5. Children free. Info: 541-942-3033

**6:30-7 p.m.: Parents Connect.** Fun-filled hour of story-time and literacy activities, songs and crafts. In English and Spanish. For you and your children aged up to 6 years old to enjoy books at the library with support from S. Lane School District Family Resource. 700 E. Gibbs, Ave.

**6:30-8 p.m.: Women's Support Group.** Call Womenspace for location, 541-767-3879. Womenspace Crisis Line 24/7 is 541-485-6513.

**7 p.m.: Overeaters Anonymous.** First Presbyterian Church, 216 S. 3rd St. (corner 3rd and Adams). Enter on 3rd St. No dues, fees or weigh-ins. Info: Saunders 541-942-5883.

Director, 541-942-0456  
**Noon-3 p.m.: Adventist Community Services.** See Thursday's listing for detail.

**1 p.m.: Creswell's Over-40 Social Club.** See Thursday's listing for detail.

**2 p.m.: Partners of People with Parkinson's Disease.** Free support group at Crescent Park Senior Living, 2951 Coburg Rd., Eugene. Info: 541-345-2988

**3 p.m.: Veterans Support Services.** Repts and caseworkers from the VA available to help veterans connect to resources and benefits. At Healing Matrix, 632 E. Main St. Info: 541-767-3707

**4-5 p.m.: CG Youth Choir.** Students age 12-16. Rehearsals at First Presbyterian Church. Call Joanna Newton 541-942-4550 to audition and register.

**5 p.m.: Science Pub - "Pollinators and Plants in a Native Dance"** with Bruce Newhouse, Naturalist. Coast Fork Willamette Watershed Council meets at The Axe & Fiddle Public House, 657 E. Main St. 5-6pm is socializing and updates; 6-7pm is featured speaker or topic. 10% of food and beverage sales ALL NIGHT will be donated to Watershed Council - just tell your server you'd like to support them. Info: [www.coastfork.org](http://www.coastfork.org)

**5:15-6:15 pm: TLC Community Kitchen.** Free. Trinity Lutheran Church, 675 S. 7th. Doors Open 5 pm. Info: 541-942-2373.

## EXERCISE and FUN

**KIDS CLUB**  
South Lane School District grades 1-5. After school to 6 p.m. Mon-Fri on regular school days.  
Supervised play, homework help and snack. Cost \$50/month. Info: 541-359-6794  
Partial scholarships available.

**Yoga - Community Center**  
Mon. 6-7:30 p.m.; Fri 10-11:30 a.m. \$5 drop in, first class free. Info 541-554-6796

**Beginners & Intermediate Yoga**  
CG Community Center, 7th & Gibbs  
Info: Jane L. Guerber 541-942-5876 Wed.: 6 pm \$5/session

**Cottage Grove Therapy Pool**  
Aquatic Exercise Classes  
Community Center, 7th & Gibbs.; Info: Teresa 541-942-1185

**8:30-9:30 am Mon.-Fri.;**  
**3:00-4:00 pm Tues. & Thurs.;**  
**11:00 am-12 pm Sat.**

**Daugherty Aquatic Center**  
1440 S. 8th St., 541-942-5533  
Call for public hours, lap swim hours, family swim hours and costs.

**Shallow Water Aerobics**  
Daugherty Aquatic Center  
Mon, Wed, Fri 7:30-8:30 a.m.  
Call 541-942-5585 for more info and cost - first session free.

## DRUG and ALCOHOL groups

### Thursday

**6:30 p.m.: AA Meeting- Rush Hour.** Open Meeting. At CG Community Center, 700 Gibbs Ave.

**6:30 p.m.: Al-Anon Meeting.** At CG Community Center, 700 Gibbs Ave. Info: 541-554-7994 or 541-510-4228

**7 p.m.: Narcotics Anonymous Book Study.** Open Meeting. At Knights of Columbus, 1025 N. 19th St. Contact: 541-767-0906.

### Friday

**6:30 p.m.: Celebrate Recovery - At Cavalry Chapel Cottage Grove.** 522 E Whiteaker Ave. Info: 541-520-8071

**7 p.m.: Open AA meeting - Good Medicine Group.** At CG Community Center, 700 Gibbs Ave., in Activity Room. Info: Karen 541-513-5126.

**8 p.m.: AA meeting-Gratitude Group.** Open meeting. At Knights of Columbus, 1025 N. 19th St. Info: 541-942-3942.

### Saturday

**Noon: AA Meeting-Women's Good Grief Group.** Closed meeting. Open to women alcoholics only. At Knights of Columbus, 1025 N. 19th St. Info: 541-942-0647 or 541-510-4228.

**8 p.m.: AA Meeting-Open Candlelight Group.** CG Comm. Center, 700 Gibbs Ave. On the last Sat. of the month - Open AA Speakers Meeting.

**8 p.m.: Al-Anon Meeting-Step Study Group.** CG Comm. Center, 700 Gibbs Ave.

### Sunday

**6 p.m.: AA Meeting - New Beginners.** CG Comm. Center, 700 Gibbs Ave.

**7:15 p.m.: Narcotics Anonymous.** Book study. At CG Community Center, back room, 700 Gibbs Ave.

### Monday

**7 p.m.: Nar-A-Non Family Meeting.** CG Comm. Center, 700 Gibbs Ave. For family and friends of addicts.

**7 p.m.: AA Meeting- No Name Group.** At Knights of Columbus, 1025 N. 19th St. Info: 541-942-3942.

### Tuesday

**Noon: AA Meeting- Noon Group.** Big Book Study meeting. At Knights of Columbus, 1025 N. 19th. Info: 541-942-3942.

**6:30 p.m.: Up the River Group.** At Dorena Mercantile. Info: 541-946-1631

**7 p.m.: Narcotics Anonymous.** "A Way Back to Reality", open participation. At CG Community Center, 700 Gibbs Ave.

### Wednesday

**7 a.m.: AA Open Meeting.** At CG Community Center, 700 Gibbs Ave.

**7 p.m.: AA Meeting- Wednesday Night Beginners.** Open meeting. At Knights of Columbus, 1025 N. 19th St. Info: 541-942-3942.

## WEIGHT LOSS

### Tuesday

**5 p.m.: Weight Watchers.** At Living Faith Assembly, 467 S. 10th St. 541-942-2612.

### Thursday

**10 a.m.: TOPS OR85.** Take Off Pounds Sensibly, a weight-loss support group. At the United Methodist Church, 334 Washington Ave., Fireside Room. Info: Ellen 541-942-0866.

**5:30 p.m.: TOPS OR969.** Take Off Pounds Sensibly, a weight-loss support group. Weigh-In: 5:30 pm, Meeting: 6 pm. Meets at Jefferson Park Community Room, 325 5th Street. Info: Elaine 541-942-8547.

**5:30 p.m.: TOPS OR1020 (Creswell).** Take Off Pounds Sensibly, a weight-loss support group. Weigh-In: 5:30 pm, Meeting: 6 pm. Meets at Creswell Grange Hall, 298 W. Oregon Ave. Info: 541-895-3156.