

CALENDAR CHOICES

4

THURSDAY

7 a.m.: Rotary Community Projects Committee. At Café Sheilagh's. Info: 541-942-7309

9-10 a.m.: Ukulele Classes. Free, all ages welcome, at CG Library with Nolene. Ukuleles provided.

9-10 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. Meet friends through various activities. All adults welcome. Info: <http://www.facebook.com/creswelllover40>

11 a.m.-2 p.m.: Closet at 6th and Gibbs. Church of Christ 6th and Gibbs, 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.

4-6 p.m.: Ping Pong. Free at CG Community Center Reception Hall, 700 E. Gibbs Ave.

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

6:30 p.m.: Humane Society of CG Board Meeting. Sinclair Room at City Hall. Public welcome.

Steak, Mashed Potatoes and Gravy, Veggie, Roll, Salad and Dessert. Cost \$6.50 pp. Public is welcome. Info: 541-942-3554

6 p.m.: Child's Way Charter School Graduation. At Village Green Resort and Gardens.

6:30 p.m.: London Grange Potluck. Public welcome, bring a dish to share. At London Grange Hall at 10 mile post - 72746 London Rd. Info: Dennis Chapman at 541-942-9681

7-9 p.m.: Moveable Feet Community and Family Dance. At Creslane Elementary School, Creswell. Traditional dances from around the world. All ages.

or Rebecca 541-517-1490

2 p.m.: Aprovecho Guided Tour. Take a full guided tour of Aprovecho's sustainable forestry operations, organic garden, straw bale dormitory, aquaculture system, natural building demonstrations and more! Tour is 2-3 hours long. Please wear appropriate shoes and clothing. Visit www.aprovecho.net for directions (80574 Hazelton Rd.) Suggested donation \$5-\$10. Info: 541-942-8198

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

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.: NAMI. Friends and family free support group at Healing Matrix, 632 Main St. Info: 541-214-1473.

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.

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

vate residence. Info: Teresa, 541-767-1730 or email: willamettevalleytrich@yahoo.com

6 p.m.: Economic and Business Improvement District (EBID) Meeting. At Community Center, Shepherd Room, 700 E. Gibbs Ave. Info: George Devine 541-942-1301

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

6:30-11 p.m.: Open Mic Night for Musicians - Benefits Habitat for Humanity. FREE at Axe and Fiddle, hosted by Roger Kahane, 942-3878. Donations support

Hwy 99N.

9-10 a.m.: KNND 1400 AM Beeper Show. See Thursday's listing for detail.

10 a.m.: CG Genealogical Society. Meeting with special program or speaker. Public Welcome, No Charge. At CG Community Center, 700 E. Gibbs Ave. Info: 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. Students ages 6-11. Rehearsals held at First Presbyterian Church. No audition necessary. Call Joanna Newton for registration information 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. Call to register or reserve a drum. 541-505-6399.

6:30-9:30 p.m.: Bingo. CG 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.

DR. JONATHAN BACKER

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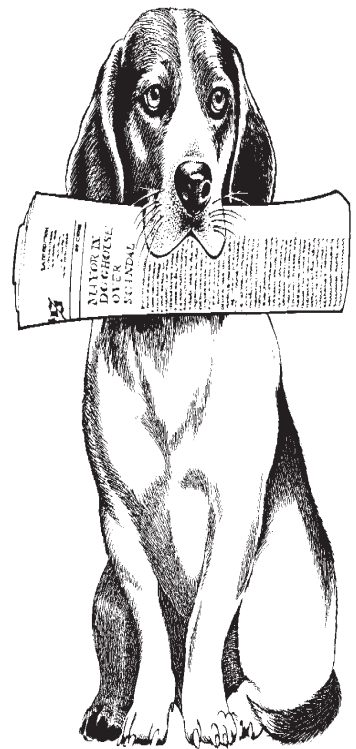
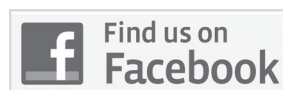


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FRIDAY

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 Cottage Grove Community Center. Donuts & Coffee served. \$25 annual dues. Info: Laura Harmon 541-870-1681.

9-10 a.m.: KNND 1400 AM Beeper Show. See Thursday's listing for detail.

10:30 a.m.: Story Time for Tots. CG 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. 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

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

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

5-7 p.m.: Chicken Fried Steak Dinner. CG Emblem Club #269. Cottage Grove Elk's Lodge, 755 N. River Rd. Chicken Fried

Free. Info: 541-895-2254 or <http://moveablefeet.weebly.com>

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SATURDAY

10 a.m.: Al Kennedy Alternative High School Graduation. At OLPH Catholic Church, 1025 N. 19th St.

10 a.m.: Carl M. Keibelbeck VFW Post #3473. Members meet at 3160 Hillside Dr. Info: 541-942-7099

10 a.m.-3 p.m.: Vintage Bicycle Show. Sutherlin Community Center, 150 S. Willamette, Sutherlin. Bicycles from 1930's to 80's will be on display. Bike safety program from 11 to noon. Hot dogs, nachos, pie and ice cream will be sold. Raffles held during the event and prizes given. Fundraiser for Calapooia Reflections Museum.

2 p.m.: Cottage Grove High School Graduation. At High School, 1375 S. River Rd.

6:45 p.m.: Racing at CG Speedway. Opening times: Pit Gates - 2 p.m.; Front Gates - 4 p.m.; Qualifying - 5:30 p.m.; Racing - 6:45 p.m. Info: www.cottagegrovespeedway.com/fan-info/default.aspx

Senior Fun Night. Info: call CGHS 541-942-3391, or Fun Night Committee: Jerry 541-942-7654

8 MONDAY

9-10 a.m.: KNND 1400 AM Beeper Show. See Thursday's listing for detail.

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. CG 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

5:30 p.m.: Community Sharing Board Meeting. 20 Thornton Lane. Info: 541-942-2176.

6:30 p.m.: Spanish Story-time. At CG Library, 700 E. Gibbs Ave.

6:30-7 p.m.: Parents Connect. Hour of story-time and literacy activities, songs and crafts. In English and Spanish. For parents and children up to 6 years old to enjoy books with support from S. Lane School District Family Resource Center. At CG Library: 700 E. Gibbs, Ave.

9 TUESDAY

9-10 a.m.: KNND 1400 AM Beeper Show. See Thursday's listing for detail.

10:30 a.m.-noon: Parkinson's Disease Support Group of Lane County. Free at Westminster Presbyterian Church, 777 Coburg Rd., Eugene. Info: 541-345-2988

11 a.m.-2 p.m.: Adventist Community Services. See Thursday's listing for detail.

1-3 p.m.: Creswell's Over-40 Social Club. See Thursday's listing for detail.

1 p.m.: Breast Cancer Support Group. Support group for women who have had a diagnosis of breast cancer. For more information and location, call Shelia at 541-942-2309.

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.

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

5:30-7 p.m.: Willamette Valley Trichotillomania Support Group. Free Peer Support Group. For all who are affected by Trichotillomania, an impulse control disorder. Meets at a pri-

Habitat for Humanity. Help build affordable housing for lower-income families. 6:30-Sign up; 7:00-11:00 Music.

7 p.m.: CG Recreation Assoc. Meeting. Regular meeting of the CGR 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

We Want Your News!

The Cottage Grove Sentinel wants to be your source for all things Cottage Grove. But we need your help! If you've got a news tip, we'd be glad to hear about it:

Cottage Grove Sentinel
In person: 116 N. Sixth Street, Cottage Grove
Email: cgnews@cgsentinel.com
Office phone: 942-3325

EXERCISE and FUN

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

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

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: 541-225-7061.

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

Noon: AA Meeting. At Knights of Columbus, 1025 N. 19th St.

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 St. 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.