

# CALENDAR CHOICES

24

THURSDAY

**8 a.m.: Chamber of Commerce Greeters Breakfast.** Chamber members that welcome new business to Cottage Grove and assist in networking among businesses. Fundraise for various charitable and educational purposes. Meet at Village Green Resort Restaurant. Info: Amanda 541-942-7300

**9-10 a.m.: Adult Ukulele Class.** Free 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

**9-11:30 a.m.: MOPS (Mothers of Preschoolers).** Open to all moms of children ages birth to kindergarten and free childcare provided. At First Baptist Church, 6th and Jefferson. Info: Amber 541-942-6089

**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. Meet friends old and new. All adults welcome. Info: 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.

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

**Noon: Lions Club.** Stacy's Covered Bridge Restaurant, 401 E. Main. Info: 541-767-0320.

**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.

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FRIDAY

**7 a.m.: Stand Down.** "A hand up not a hand out" for all Veterans, Guardsman, Active Duty Personnel, and their families. At Lane County Fairgrounds in Eugene. Breakfast at 7 a.m.; Lunch and Entertainment starts at 11:30 a.m.; 1:30 p.m. D.O.D. Gear. Services to be offered: medical, dental and vision care, haircuts, toiletries, clothing, bike repair, animal care, pet food, legal advice/aid, family assistance, employment/housing programs, more. Info: www.lane-countystanddown.org

**9 a.m.: Pickleball.** At Coiner Park Tennis Courts. Come try it out. Info: Ken 541-729-2077

**9-10 a.m.: KNND 1400 AM Beeper Show.** Call in discussion show - various topics/guests. 541-942-5548

**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 p.m.: Dorena Grange #835 Meeting.** Dorena Grange, 34360 Row River Road. Public invited. Info: Joe Snook 541-942-4733

**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

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

**5 p.m.: VFW Chicken Dinner.**

**12:30pm - Photo Contest** w/Awards at 2:30pm; 1:00pm - Wiener Dog Races. Pre-register at www.habitatcg.org or call 541-767-0358. Proceeds to Habitat for Humanity.

**Noon: Pickleball.** At Coiner Park Tennis Courts. Come try it out. Info: Ken 541-729-2077

**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

**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.

**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

**1:30 p.m.: Classic Movie Film Festival.** A different "classic"

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.

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TUESDAY

**9-10 a.m.: KNND 1400 AM Beeper Show.** Call in discussion show - various topics/guests. 541-942-5548

**9-10 a.m.: Children 8+ Ukulele Class.** Free at CG Library with Nolene. Ukuleles provided.

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WEDNESDAY

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

**9-10 a.m.: KNND 1400 AM Beeper Show.** Call in discussion show - various topics/guests. 541-942-5548

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

**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

**2-3 p.m.: CG Children's Choir.** Accepting 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

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

**7 p.m.: Pickleball.** At Coiner Park Tennis Courts. Come try it out. Info: Ken 541-729-2077

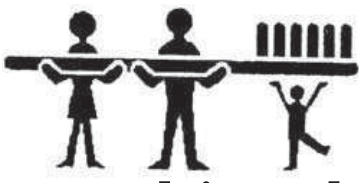
**7-8:30 p.m.: NAMI Connection.** At Healing Matrix, 632 Main St. Support group program for people living with mental health issues and is operated by peers for peers. Info: 541-343-7688

## DR. JONATHAN BACKER

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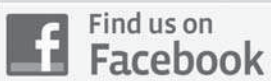


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**5-6 p.m.: Stand for Peace/ Occupy CG.** Rally in the Community Square, 7th and Main Streets.

**5:30-7:30 p.m.: Fourth Friday Fish Fry.** Cottage Grove Elks Lodge, 755 N. River Rd. Menu includes: Fish and Chips w/Cole Slaw. 1 piece basket \$5, 2 piece basket \$7, 3 piece basket \$9. Karaoke 8pm till ??? Info: 541-942-3554

**6-8 p.m.: Art Walk. In Historic Downtown CG.** Look for merchants with flags. View artwork, visit with local artists. Participating merchants provide appetizers, wine tasting and in-store specials. Info: Randy Deering 541-942-0057 or email randydeering61@gmail.com

**6:30 p.m.: Celebrate Recovery.** Christ centered recovery program for hurts, habits and hang-ups. At Calvary Chapel Cottage Grove, 1447 Hwy 99 N. Harvey Epperson, Ministry leader 541-520-8071.

**9 a.m.: Pickleball.** At Coiner Park Tennis Courts. Come try it out. Info: Ken 541-729-2077

**9-10 a.m.: KNND 1400 AM Beeper Show.** Call in discussion show - various topics/guests. 541-942-5548

**11 a.m.-2 p.m.: Closet at 6th and Gibbs.** Church of Christ 6th and Gibbs, together with Lane Pregnancy Support Center.

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

**Noon: Lions Club.** Stacy's Covered Bridge Restaurant, 401 E. Main. Info: 541-767-0320.

**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.

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SUNDAY

**8-11 a.m.: Community Breakfast.** Elks Lodge, 755 N. River Rd. 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. Info: 541-942-3554

**1 p.m.: Golf Fundraiser.** Proceeds to St. Vincent de Paul put on by local Knights of Columbus. \$25 pp includes bbq lunch. Register prior to 1 p.m. day of event at Middlefield Golf Course.

**4 p.m.: 4-H Chicken BBQ and Enrollment.** Anyone interested in joining 4H or wanting to learn more about it, is welcome to the BBQ being held at the WOE Heritage Fair Fairgrounds in Cottage Grove.

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

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MONDAY

**9 a.m.: Pickleball.** At Coiner Park Tennis Courts. Come try it out. Info: Ken 541-729-2077

**9-10 a.m.: KNND 1400 AM Beeper Show.** Call in discussion show - various topics/guests. 541-942-5548

**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.

movie every month! In Shepherd Room of Cottage Grove Community Center, 700 E. Gibbs Ave. Free popcorn and drinks.

**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!

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

**6:30-7 p.m.: Parents Connect.** Fun-filled hour of story-time and literacy activities, songs and crafts. Presented 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 Center. Library is located at 700 E. Gibbs, Ave.

**6:30-7:45 p.m.: NEW Book Discussion Group.** At CG Community Center, Shepherd Room. Read suggested title "The Boys in the Boat" by Daniel James Brown or talk about something else you have read recently. Just starting this book club, so come join in.

**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).

**11 a.m.-2 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).

**1-3 p.m.: Creswell's Over-40 Social Club.** At Creswell Community Center, 99 S. 1st St, one block south of City Hall. Meet friends old and new. Socialize, learn Tai Chi, learn drawing or painting, play games, work puzzles, do chair yoga, hear speakers, bring handwork, share refreshments. All adults welcome. Info: http://www.facebook.com/creswellover40

**3 p.m.: Veterans Support Services.** Reps 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 may join. 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.

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

Zero In on a New Career



**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.

## 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 \$60/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.  
**YOGA & MEDITATION**  
CG Community Center, 7th & Gibbs  
All levels with Gloria.  
Saturdays 10-11:30 a.m. \$5/session

## 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, 1447 N. Pacific Hwy. 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 Beginnings. CG Comm. Center, 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.

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