

CALENDAR CHOICES

5

THURSDAY

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

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/creswell-over40>

10:30-11:30 a.m.: Sing-Along. At CG Community Center, 700 E. Gibbs Ave. All welcome.

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.

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 to attend.

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

6

FRIDAY

8 a.m.: All Professionals Network. A referral organization designed to increase business among its members. . Meets in Shepherd Room at the Cottage Grove Community Center. Donuts & Coffee served. \$25 annual dues. Info: Laura Harmon 541-870-1681.

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.

1-4 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.: VFW Community Dinner. Public and families always welcome. VFW Post #3473, 3160 Hillside Dr. Includes entr e, 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.

5-7 p.m.: Chicken Fried Steak Dinner. CG Emblem Club #269. Cottage Grove Elk's Lodge, 755 N. River Rd. Cost \$6.50 pp. Public is welcome. Info: 541-942-3554

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

p.m. At CG Elks Lodge. Free to all Veterans. Donation of \$5 for non-vets along with 2 nonperishable food items per person for Elks Christmas Food Baskets. Wearing of uniforms and service hats encouraged.

8

SUNDAY

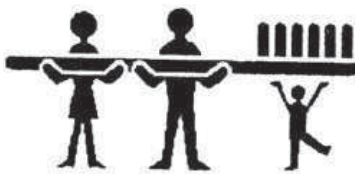
8 a.m.-noon: Community Breakfast. OLPH Catholic Church, Harvey and 19th St. Eggs, hashbrowns, choice of ham or sausage, and pancakes or biscuits and gravy, coffee and

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leader 541-520-8071.

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

6:30 p.m.: First Friday Potluck. Bring a healthy dish and come socialize and learn from your neighbors. At Healing Matrix, 632 E. Main St. Info: www.sustainablecottagegrove.org or 541-942-2360

7

SATURDAY

7 a.m.: Coast Fork Birders Outing. At Row River Nature Park .

9 a.m.-1 p.m.: CPR Class. At First Presbyterian Church, Adams and Third Streets. Cost \$25 pp or \$45 per couple. When completing you'll receive your Red Cross CPR certification. Sign up or info , call Joyce 541-767-0812.

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

11 a.m.-dusk: All About Apples. Demonstration class with samples to take home and fresh cider you pressed. Sauce, butter, dehydrating, canning, steam juicing, pie fillings and cider pressing. Fee on sliding scale \$10-14. Register and more info at 541-942-2360.

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

5 p.m.: 16th Annual Veterans Appreciation Dinner and USO Extravaganza. Dinner 5-6 p.m. Andrew Sisters show at 6

juice. Adults \$6; \$3 12 and under. Info: 541-649-1166

2 p.m.: South Lane Amateur Radio Assoc. Masonic Hall, 33322 Row River Rd.. Meeting and information. Free to attend. Info: Mona 541-953-0274

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

9

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.

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

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

6:30 p.m.: Spanish Storytime. At Cottage Grove Library, 700 E. Gibbs Ave.

6:30-7 p.m.: Parents Connect. Fun-filled hour of storytime and literacy activities, songs and crafts. Presented in English and Spanish. For you and your children aged up to 6 years old. Library is located at 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.: 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.

10

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.

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

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).

11:15 a.m.: Free Veteran's Lunch at CG High School. CGHS student council invites all vets to lunch. Students will greet you at door of cafeteria and escort to seats. Please register prior to hold space with Lisa Thoms at 541-942-3391.

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. Info: <http://www.facebook.com/creswelllover40>

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. 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 p.m.: Spaghetti Feed. All you can eat spaghetti, salad, garlic bread. \$6 pp; \$3 kids 12 and under. At American Legion Hall, 826 W. Main St. Proceeds to scholarships.

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. Meets at a private residence. For further info contact: 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. Donation jars available for donating to 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.

11

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

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. 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 p.m.: Support Group for People with Parkinson's. Free at Parkinson's Resources office, 207 E. 5th Ave., Ste. 241, Eugene. Those with multiple system atrophy, progressive supranuclear palsy or other atypical Parkinson's diseases welcome. Info at 541-345-2988

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



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 .

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.