

# CALENDAR CHOICES

**26**

**THURSDAY**

**THURSDAY**  
Thanksgiving. The Cottage Grove Sentinel wishes you and yours a very happy Thanksgiving Day. We are thankful for each and every one of you.

**11 a.m.-2 p.m.: Free Community Thanksgiving Dinner.** At First Baptist Church, 301 S. 6th St. Info: 541-942-8242 or Mercy at 541-942-5229. Call prior to Thanksgiving Day for delivery orders.

**27**

**FRIDAY**

**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.

**1:30-3 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

**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.

**28**

**SATURDAY**

**SHOP SMALL Saturday.** See what's offered right here in Cottage Grove with our very own small businesses.

**29**

**SUNDAY**

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

**30**

**MONDAY**

**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.

**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.** "Mister Roberts" starring Henry Fonda, James Cagney and Jack Lemmon. Free 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 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 to enjoy books at the library with support from S. Lane School District Family

**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>

**American Legion Post #32.** Members meet 826 W. Main St. Info: 541-767-3735

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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

**10 a.m.: Veterans Assistance.** A Veterans Service Officer is available at the VFW Post

#3473, 3160 Hillside Dr. for any questions or needs a veteran might have.

**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. 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.

**2:30 p.m.: Lego Club.** Cot-

tage Grove Library. For ages 5-12. A different theme each month.

**6 p.m.: CG Art Guild.** For more information on location, please call Sujo at 541-942-8913.

**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.: Preceptor Beta Lambda.** Beta Sigma Phi group - meeting at Darlene Swearingen's. Info: 541-942-9681.

**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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**Cottage Grove Sentinel**  
Our Community Newspaper  
—since 1889—



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Resource Center. 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.

**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

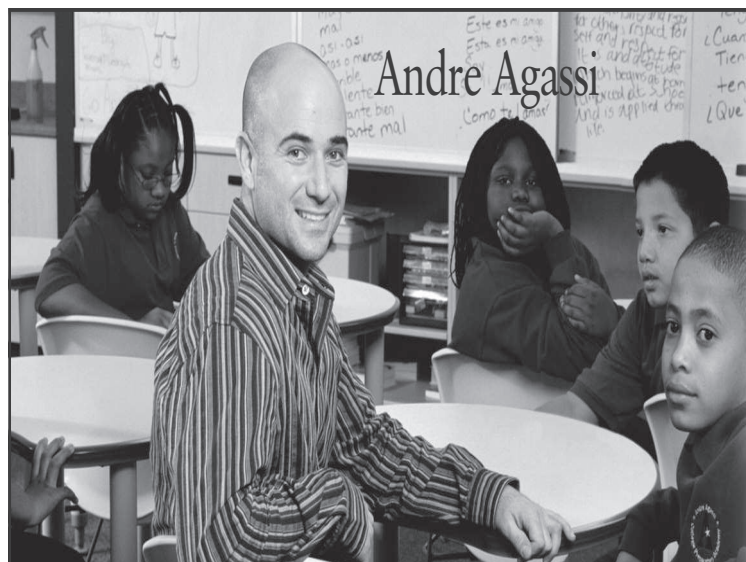
**4-5 p.m.: CG Youth Choir.** Students age 12-16 may join. Rehearsals at First Presbyterian Church. Call Joanna Newton 541-942-4550 to audition and register.

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

**6 p.m.: CG Garden Club.** Potluck party - bring a dish to share. First Presbyterian Church, corner of Adams and 3rd. Info: 541-942-2360

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

**7:30 p.m.: Calvin Funk**



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**GIVING BACK**

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### 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.

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.

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.