

CALENDAR CHOICES

7

THURSDAY

9-10 a.m.: Adult Ukulele Class. Free at CG Library with Nolene. Ukuleles provided.

9-10 a.m.: KNNC 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. 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/creswelllover40>

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 p.m.: "Cowspiracy: The Sustainability Secret". Movie at Healing Matrix, 632 Main St. Part of Sustainable CG Transition Talk Series.

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

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FRIDAY

9-10 a.m.: KNNC 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 Potato Bar, Chili, Salad, Dessert. 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.

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.

6:30-8 p.m.: Gospel Sing-Along. Old Time Gospel Fellowship, 103 S. 5th St. Anyone who enjoys singing the old time Gospel songs is welcome. Info: Berneda 541-942-3773

11

MONDAY

9-10 a.m.: KNNC 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

ams). 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.: KNNC 1400 AM Beeper Show. Call in discussion show - various topics/guests. 541-942-5548

10:30-noon: Parkinson's Disease Support Group. At Westminster Presbyterian Church,

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. At American Legion Hall, 826 W. Main St. Proceeds to scholarships.

5:15-6:15 pm: TLC Commu-

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

1:30-3 p.m.: Parkinson's Disease PD+ Support Group. At Parkinson's Resources of Oregon, 207 E. 5th Ave. at Eugene Mindworks. For people with atypical or Parkinson's plus disorders and their care partners for open sharing info and mutual support. Info: 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

7-8:30 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

Creating Smiles that Last a Lifetime!



Currently Welcoming New Patients - Call for an Appointment!
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SATURDAY

9:30 a.m.: STAR (Star Touring & Riding) Meeting. Chapter #339. At Cottage Grove Yamaha. A Family-oriented, safe riding group that enjoys riding, meeting people, and sponsoring a local children's charity. Info: 541-228-6695 or 541-942-3335. www.startouring.org

10 a.m. and Noon: Bald Eagle Count. Meet at USFS CG Ranger Station, 78405 Row River Rd. Will count at Dorena and CG Reservoirs.

10

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 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.

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 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.

6:30-8 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 Ad-

777 Coburg Rd., Eugene. Share information and provide mutual support. Family, friends, care partners also welcome. 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).

11:30-12:30 p.m.: Main Street Promotion Meeting. In Sinclair Room at City Hall, 400 East Main St. Committee creates excitement downtown. Street festivals, parades, retail events, and image development campaigns are some of the ways to encourage customer traffic. What would you do? How would you do it? To create a unique, historic Main Street experience in a friendly, safe and collaborative environment. All welcome with their ideas. Info: Shauna 541-767-4119

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/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

nity 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 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.

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WEDNESDAY

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

9-10 a.m.: KNNC 1400 AM



Zero In on a New Career

Professional Management 216
Assistant Manager

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: 1st child \$60/mo.; siblings \$40/mo.
Info: 541-228-2847

Yoga & Meditation
CG Community Center, 700 E. Gibbs Ave.
All levels with Gloria.
Mondays 5-6:15 p.m.
No class on holidays.
\$5/class

Yoga & Meditation
CG Community Center, 700 E. Gibbs Ave.
All levels with Gloria.
Saturdays 10-11:30 a.m. \$5/session
No class on holiday weekends.
Info: 541-912-7789

Beginners & Intermediate Yoga

CG Community Center, 700 E. Gibbs Ave.
Info: Jane L. Guerber 541-942-5876
Wed.: 6 pm \$5/session

Cottage Grove Therapy Pool Aquatic Exercise Classes
Community Center, 700 E. Gibbs Ave.
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.

Warren H. 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
Warren H. Daugherty Aquatic Center
Mon, Wed, Fri 7:30-8:30 a.m.
Call 541-942-5585 for more info & 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, 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.