

CALENDAR CHOICES

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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

10:30-11:30 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.

6-8 p.m.: Human Origins Oregon: Paisley, Columbia and Fork Rock Caves: 15,000 Years of History. Presentation and talk with Dennis Jenkins, Univ. of Oregon Museum of Natural History Archaeologist. At CG Public Library, 700 E. Gibbs Ave.

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.

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FRIDAY

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 Meatloaf, scalloped potatoes, veg's, soup, salad and dessert. Adults \$9, Kids 6-17 \$4, 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. Chicken Fried Steak, Mashed Potatoes and Gravy, Veggie, Roll, Salad and Dessert. 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 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

many samples to prepare.

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 from 2-3 hours long. Please wear appropriate shoes and clothing. Visit www.aprovecho.net for directions (80574 Hazelton Rd.) Suggested donation \$5-\$10, all welcome. Info: 541-942-8198

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

opportunities within the world of contemporary Anthropology investigation, study and research. At CG Library, 700 E. Gibbs Ave.

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

6:30 p.m.: CG 912 Project. CG's Beth Poole will discuss FEAST (Food Education Agriculture Solutions Together). At Stacy's Covered Bridge Restaurant, 401 E. Main St. FEAST is an Oregon Food Bank program in rural communities. Meeting is open to the public. Info: cg912project@gmail.com

6:30-7 p.m.: Parents Connect. For you and your children aged

St. Committee creates excitement downtown. Mission: 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 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.

2:30 p.m.: CG League of Women Voters. Discussion is on "What's Happening in Cottage Grove" which includes local food movement, economic development, healthy kids in a healthy

Heritage Fair. Bring ideas and your enthusiasm. New volunteers welcome!

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.: 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

10:30 a.m.-3:30 p.m.: AARP Tax Assistance. In Reception Hall at Community Center, 700 E. Gibbs Ave. Drop-in basis, no appts. taken. Go to: <http://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html> to see what you will need to bring with you.

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.

5:15 p.m.: Creswell Community Dinner. Free at New Hope Baptist Church, 597 S. Front St., Creswell.

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

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7

MONDAY

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

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

11 a.m.-1 p.m.: Caregiver Networking Meeting. Guest speakers: Cornerstone Services, Inc. on conservatorships, guardianships, etc. At 1200 E. Quincy, Fellowship Hall. Potluck lunch. Info: Shirley 541-232-0966

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

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!

6-8 p.m.: Univ. of Oregon Anthropology Dept. Presentation and Panel Discussion. Andrea Eller and her team from the U of O Dept. of Anthropology, Comparative Osteology Collection, will present current work and op-

portunities within the world of contemporary Anthropology investigation, study and research. At CG Library, 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 Crisis Line is 1-800-281-2800

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.

8 TUESDAY

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

10:30 a.m.-Noon: Eugene/Springfield Parkinson's Disease Support Group. At Westminster Presbyterian Church, 777 Coburg Rd., Eugene. Share info, provide mutual support. Family, friends and care partners 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

community, homelessness and collaborative efforts to increase the livability of our community. Open to guests. Meets at LCC in CG.

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 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 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 p.m.: WOE Heritage Fair Meeting. Meets at VFW, 3160 Hillside Dr. You are invited to help plan the up upcoming WOE

5

SATURDAY

7 a.m.: CG Half Marathon. Row River Trail from Dorena School to Bohemia Park.

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

1-3 p.m.: Safe Families for Children Launch Party. At CG Armory, 628 E. Washing Ave. Info on program or how to get involved: www.sffclanecounty.wordpress.com

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SUNDAY

8-11 a.m.: Community Breakfast. VFW Post #3473, 3160 Hillside Dr. Eggs, Ham, Sausage, Hash Browns, Biscuits and Gravy, Pancakes or French Toast, Juice. Public and families always welcome. Handicap accessible. Adults \$7, Kids (under 12) \$4 Info: Bob 541-895-4051.

1 p.m.: Healthy Food 4 You. Class is free. At CG Seventh-day Adventist Church, 820 S. 10th St. Please call 541-942-6943 to RSVP so we can plan for how

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: cgkidsclub@gmail.com 541-946-3035

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

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
Mon & 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.

Addiction Recovery 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 Calvary Chapel Cottage Grove, 1447 Hwy 99 N 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, back room, 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-

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.

Cottage Grove Sentinel

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