# CALENDAR CHOICES



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.

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

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.

6:30-8 p.m.: Blackberry Pie Society. Meet Interim Police Chief Scott Shepherd and Sheriff Byron Trapp. At CG Community Center, 700 E. Gibbs Ave. Discussing public safety and law enforcement issues that affect CG residents both inside and outside the city limits.



April Fool's Day. Watch out for those pranksters.

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.

cupy CG. Rally in the Communi-

ty 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

6-8 p.m.: 3rd Annual Salmon Feed. Salmon, scalloped potatoes, salad, bread, dessert and beverage. At OLPH Catholic Church, 1025 N. 19th St. Seating limited, tickets at Bookmine or call 541-942-0046 for \$15 each. Presented by Bohemia Sunrisers Kiwanis

5-6 p.m.: Stand for Peace/Oc- or at The Bookmine in Cottage Grove.



8-11 a.m.: Community Breakfast. VFW Post #3473, 3160 Hillside Dr. Eggs, sausage, ham, hash browns, biscuits & gravy, pancakes or french toast, juice. Public and families always welcome. Handicap accessible. Adults \$7, Kids (under 12) \$4 Info: Bob 541-895-4051.

12-4 p.m.: Occupy Medical Free Clinic. At 8th and Oak

DR. JONATHAN BACKER

**Creating Smiles that Last a Lifetime!** 

on Main Street. Info: Pat Easton 541-530-9221

4-5 p.m.: Autism Peer Support. Kindtree meeting for autism peer support at Healing Matrix, 632 Main St. Info: 542-222-0909

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 p.m.: CG 912 Project. Two Planned Parenthood protestors will discuss their time protesting and share stories of their munity 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

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.

2:30 p.m.: Lego Club. Cottage Grove Library. For ages 5-12. A different theme each month.

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

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

6 p.m.: London Springs Community 4-H Club Meeting. At London Grange. Info: noahs-arc@ earthlink.net or 541-946-5868.

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:

7 p.m.: Preceptor Beta Lambda. Beta Sigma Phi group - meeting at Sharon New'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



# Currently Welcoming New Patients - Call for an Appointment! 541-942-0234 1551 East Main Street • Cottage Grove • (541) 942-8437

Club.

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

7-9 p.m.: Moveable Feet Family and Community Dance. Third year anniversary party -"April Showers" theme. At Creswell Comm. Center, 99 S. 1st St. Live music, bring an umbrella to help decorate. Free, but tipping of the band encouraged. Ages 8 to adult. Info: 541-895-2254.

Streets in Eugene.

1 p.m.: Healthy Food 4 You. Learn to make healthy meals that taste good. Changing your diet can reverse heart disease, diabetes, obesity, hypertension and more, and save you money. Free, but RSVP so can plan for samples. Call 541-942-6943. At CG Seventh-day Adventist Chruch,

> 820 S. 10th St. 5-6 p.m.: "Sunday Supper". Free supper and brown bag meal to take. Cottage Grove Community Center. Volunteers encouraged to help.



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

interactions with potential clients of the organization. Stacy's Covered Bridge Restaurant, 401 E. Main. St. Open to all interested. Info: cg912project@gmail.com

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 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,

Church. Call Joanna Newton 541-942-4550 to audition and regis-

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. Business meeting at 6 p.m.; Presentation at 7 p.m. Topic: "Wine Grape Growing" with Scott Byler of Saginaw Vineyard. Refreshments served. All welcome. 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 American Legion Post #32. Members meet 826 W. Main St. Info: 541-767-3735

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 pork loin, au gratin potato's, 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



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

1-5 p.m.: Meet My Farmer. At Pioneer Square, 10th and Washington (across from Bohemia Park). Sponsored by cgFEAST/ Sustainable CG and First Presbyterian Church. Info: cgFEAST@ gmail.com

6-9 p.m.: Father Daughter Spring Dance. "You Are My Sunshine" presented by N. Douglas Music Dept. at N. Douglas High School in Drain. All ages welcome. Tickets \$5 ea at Exclusively Yours Bridal Shop in Drain

942-5548

11 a.m.-1 p.m.: Caregiver Networking Meeting. Guest speakers. 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

fees or weigh-ins. Info: Saunders 541-942-5883.



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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 Com-



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.

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

## **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. Call for public hours, lap Gibbs Ave. All levels with Gloria. Saturday's 10:00-11:30 a.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 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.

#### Saturdav

- 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 weightloss 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 weightloss support group. Weigh-In: 5:30 pm, Meeting: 6 pm. Meets at **Creswell Grange Hall, 298** W. Oregon Ave. Info: 541-895-3156.

