

CALENDAR CHOICES

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THURSDAY

8 a.m.: Chamber of Commerce Greeters Breakfast. Chamber members that welcome new business to Cottage Grove and assist in networking among businesses. Fundraise for various charitable and educational purposes. Meet at Village Green Resort Restaurant. Info: Amanda 541-942-7300

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. All adults welcome. Info: <http://www.facebook.com/creswellover40>

10:15-11:45 a.m.: Charm Bracelet Project. For all local businesses interested in this Chamber of Commerce project. Meets at Community Center.

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.

Noon: Lions Club. Stacy's Covered Bridge Restaurant, 401 E. Main. Info: 541-942-0320.

4-5:30 p.m.: LGBTQIA Teen Group Meeting. At South Lane Mental Health, 1345 Birch Ave. Info: 541-767-4231

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.

6:30-8:30 p.m.: Creating Healthy Relationships from the Very Beginning. At First Presbyterian Church presented by S. Lane Mental Health "Let's Talk About It Speaker Series."

7-9 p.m.: Hearing Loss Assoc. of Lane County. Hilyard Center, 2589 Hilyard, Eugene. The Mission of the Hearing Loss Association is to open the world of communication to people with hearing loss by providing information, education, support and advocacy. Meet 2nd Thurs. of ea. mo. Info: Linda Diaz 541-790-1290.

7:30 p.m.: Lorane Rural Fire Protection District Board Meeting. Open to the Public. At the Fire Station, 80287 Old Lorane Rd. Info: 541-942-1233.

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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.

11:30 a.m.-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

12:15 p.m.: Rosie the Riveter Meeting. Adult Activity Center, 315 W. 'C' St., Springfield. Any woman who contributed to the war effort during WWII is welcome to come and share your stories. For more info, call 541-942-5877 or 541-942-2894.

6:45 p.m.: Racing at CG Speedway. Opening times: Pit Gates - 2 p.m.; Front Gates - 4 p.m.; Qualifying - 5:30 p.m.; Racing - 6:45 p.m. Info: www.cottagegrovespeedway.com/fan-info/default.aspx

7 p.m.: Interdenominational Greater Eugene Sacred Choir. At Creswell Church of Christ, 380 Kings Row, Creswell. Accompanied by a live professional orchestra. Free will offering will help defray expenses. Everyone welcome.

7:30 p.m.: "Singin' in the Rain". Play performed at Cottage Grove High School Cafetorium. Adults \$10; Students and Seniors

per card per game

1-3 p.m.: Produce and More Giveaway. At Seventh-day Adventist Church, 280 S. 10th St. Free fresh fruits, vegetables, clothing, household items. All welcome.

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

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TUESDAY

8-9 a.m.: Main Street Design Meeting. In Sinclair Room at City Hall, 400 East Main St. Works to enhance attractiveness of the business district. Historic building rehab, street and alley clean-up, banners, landscaping, lighting. What would you do? How would you do it? How can we make it a reality? Mission: To create a unique, historic Main Street experience in a friendly, safe and collaborative environment. All welcome with their ideas. Info:

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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.-Noon: Genealogical Discussion Group. CG Community Center, 700 E. Gibbs Ave.; Free discussion on genealogical topics such as: research strategy, internet research, genealogical computing, sources and much more. Contact: 541-942-9570.

10 a.m.-1 p.m.: Lane County Veterans Services. American Legion Post, 826 Main St., Reps can help Veterans & their Dependents with applications for service connected compensation; non-service connected pension benefits; aid & attendance; applications for health care benefits; Dependent Indemnity Compensation & Widow's pension; educational benefits; and all other Department of Veteran Affairs matters. Info: Shannon V. Johnson 541-682-4191

11:30 a.m.-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

Noon: Kiwanis Club of CG. El Tapatio, 725 E. Gibbs Ave. Info: Cleo Dahlen 541-767-0795.

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.

4-5 p.m.: Speech and Swallowing Quarterly Education Series. Speech language pathologist, Drew Douglass, on speech disorders and Parkinson's. At Waterford Grand, 600 Waterford Way, Eugene. Info: 541-345-2988

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

5:30 p.m.: Alzheimer's & Dementia Caregivers Support Group. Middlefield Oaks Senior Living Community, 1500 Village Drive. Refreshments served. Info: 541-767-3943.

6 p.m.: Community Dinner. Free. Church of the Nazarene, 152 S. M St. Info: 541-942-4422

6 p.m.: Preceptor Beta Lambda. Beta Sigma Phi group - Potluck meeting at Carla Williams's. Info: 541-942-9681.

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

7:30 p.m.: CG Planning Commission. City Hall, 400 E. Main St. Info: 541-942-5501.

DR. JONATHAN BACKER

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SUNDAY

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 chicken fried steak, mashed potatoes, gravy, vegetables, soup, salad, 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.

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

7:30 p.m.: "Singin' in the Rain". Play performed at Cottage Grove High School Cafetorium. Adults \$10; Students and Seniors \$5.

\$5.

8-11 a.m.: Community Breakfast. Masonic Lodge, 33322 Row River Rd. Adults \$6; Kids Free. OR bring a can or box of non-perishable food (given to Community Sharing) and get \$1 off of the price. Info: 541-942-2353.

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

2:30 p.m.: "Singin' in the Rain". Play performed at Cottage Grove High School Cafetorium. Adults \$10; Students and Seniors \$5.

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

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MONDAY

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

6-9 p.m.: South Lane Youth Football 1st Annual Game Show Night/Auction Fundraiser. Pre sale tickets at BookMine and Grocery Outlet. \$25 pp or \$40 per couple. Dinner and "gameshow" with prizes. At Elks Lodge, 755 N. River Rd. Info: 541-942-3554 or Haylie Hume at 775-293-0901 for sponsor/donation info.

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

or two!

5-6:30 p.m.: Community Dinner. First Methodist Church, 334 Washington Ave. Adults \$5. Children free. Info: 541-942-3033

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

6:30-7 p.m.: CG 912 Project. Guest speaker: Ellen Mooney, a Triangle Lake resident who sits on the Lane County Weed Board, and Ted Reiss, a forester with Seneca Sawmill will argue against a proposed Lane County charter amendment to ban aerial spraying of herbicides. Open to the public. At Stacy's Covered Bridge Restaurant, 401 E. Main St. Info: cg-912project@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, fees or weigh-ins. Info: Saunders 541-942-5883.

Shauna 541-767-4119

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.: 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).

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

3-4 p.m.: Alzheimer's Caregiver Support Group. Willamalane Adult Activity Center, 215 W. C St., Springfield. Info: Molly 541-746-9703

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.

6-7:30 p.m.: ACES Family Group. Support group for family and friends of chemically addicted or abusing individuals. Activities provided for children. At Aces Counseling Center, 1551 E. Main St. Info: 541-767-3057.

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

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.
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
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

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, 522 E. Whiteaker Ave. 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 Riverside Community Church of God, 1255 River Rd. Info: 541-942-2809 or 541-914-3003.

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
6 p.m.: AA Open Meeting for women only. "We're working on it!" Church of Christ, 6th & Gibbs. Info: Billie 541-228-4751 or Elaine 541-510-4228.

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.