

CALENDAR CHOICES

19

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 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>

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 p.m.: Alzheimer's Caregiver Support. Support group for families caring for family members with Alzheimer's meet at Magnolia Gardens. Info: 541-942-0054.

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 p.m.: South Lane County Fire and Rescue Board Meeting. Open to the public. At Station 2-3, Creswell. Info: 541-942-4493 or 942-3395.

6:30-8:30 p.m.: Using Mobile Technology to Support Parents of Young Children. Free at First Presbyterian Church presented by S. Lane Mental Health "Let's Talk About It Speaker Series."

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

20

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

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

2-5 p.m.: Bloodmobile. The Lane Blood Center Bloodmobile will be at the CG Community Center, 700 E. Gibbs Ave. Call 541-484-9111 for an appt. or more information.

5 p.m.: VFW Community Dinner. Public and families always welcome. VFW Post #3473, 3160 Hillside Dr. Includes "Secret Casserole", vegetables, soup, salad and dessert. Adults \$9, Kids 6-17 \$4, 5 and under free. Handi-

French toast, hash browns, coffee and juice. Adults \$6; Kids \$3. Info: 541-942-3554

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

1-4 p.m.: Remembering Grads & Honoring Vets. Open house and display at CG Museum, 147 N. H St.

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

23

MONDAY

DR. JONATHAN BACKER

Creating Smiles that Last a Lifetime!



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

cap 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.

5-8 p.m.: Third Friday Steak Feed. Cottage Grove Elks Lodge, 755 N. River Rd. Menu includes: Grilled Steak, Baked Potato, Veggies, Salad, Roll and Dessert. Adults \$9 Info: 541-942-3554

6:30 p.m.: London Grange #937 Meeting. London Grange, 72746 London Road. Public invited. Info: Dennis Chapman 541-942-9681

21

SATURDAY

10 a.m.: CG Historical Society Program. Program on "Rosie the Riveter". CG Community Center, 700 E. Gibbs. Anyone interested in our area's history is welcome.

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/faninfo/default.aspx

22

SUNDAY

8-11 a.m.: Community Breakfast. Elks Lodge, 755 N. River Rd. All you can eat! Ham and/or sausage, eggs the way you like 'em, biscuits & gravy, pancakes,

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!

6:30 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

24

TUESDAY

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

12 p.m.: South Lane Wheels Board Meeting. 1450 Birch Ave. Open to public. Open comment period provided. Agenda and minutes posted at www.southlanewheels.org. For more info: Ruth Linoz, Executive Director, 541-942-0456

11 a.m.-2 p.m.: Adventist Community Services. 820 S.

Monitoring at "Science Pub". Coast Fork Willamette Watershed Council meets at The Axe & Fiddle Public House, 657 E. Main St. 5-6pm is socializing and updates; 6-7pm is featured speaker or topic. 10% of food and beverage sales ALL NIGHT will be donated to Watershed Council - just tell your server you'd like to support them. Info: www.coastfork.org

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

6-8 p.m.: Design Charrette for All America City Square. Meet at CG Armory. David Dougherty, Certified Landscape Architect, from DLA Inc., will have an interactive planning session to collaborate on a vision. Info: Amanda Ferguson, City Planner 541-942-3340

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.

7 p.m.: Axe and Fiddle Open Mic Night. Free admission. Sponsored by KSOW 106.7 FM LP Info: 541-942-1067

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

25

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.

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.

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

6 p.m.: Community Dinner. 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

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

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.: Dorena Grange #835 Meeting. Dorena Grange, 34360 Row River Road. Public invited. Info: Joe Snook 541-942-4733

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.

7 p.m.: CG City Council. City Hall, 400 Main St. Info: 541-942-5501.

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

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.: Oregon Earthquake

Customer Engagement 24/7 Web Design & Development



Ask us how we can help grow your business.

NMD
NEWS MEDIA DIGITAL

Cottage Grove Sentinel

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.