

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 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>

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.

4-5:30 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.

5:30 p.m.: The Beat Goes On. Dorena School fundraiser. Music by "The Fret Boys", food, plant sales, face painting, student performances, silent auction for lots of good stuff. At Dorena School, 37141 Row River Rd.

6:30 p.m.: Humane Society of CG Board Meeting. Sinclair Room at City Hall. Public welcome to attend.

7-9 p.m.: Moveable Feet. Free dance for ages 8 to adult at Creslane Elementary School Cafeteria, (door at west end of school) 996 W. A St., Creswell. Traditional and folk dances from many world traditions taught.

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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

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

5-6 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.: London Grange Potluck. Public welcome, bring a dish to share. At London Grange Hall at 10 mile post - 72746 Lon-

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

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

D-Day. Observed in memory of the Normandy landings in France on June 6, 1944, in which American soldiers and other Allied forces fought to end WWII in Europe.

700 E. Gibbs Ave.

6:30 p.m.: CG 912 Project. All welcome to hear Gordon Okumu, a Kenyan seeking political asylum in the U.S., will share his story and plans. At Stacy's Covered Bridge Restaurant, 401 E. Main St. 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.

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. Repts 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-

ican Legion Post #32. Members meet 826 W. Main St. Info: 541-767-3735

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WEDNESDAY

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.

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.

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: 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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don 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

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SATURDAY

7:30 -9 a.m.: Creswell Cars & Coffee. At Creswell Coffee Co. (Bi-Mart parking lot) No registration required. Free to join other car enthusiasts for chat, coffee and checking out some of the great cars from local area

8 a.m.-2 p.m.: Household Hazardous Waste Round-Up. At Harrison Ave. Fire Station.

11 a.m.-2 p.m.: Parent Partnership Community Baby Shower. Bohemia Park.

11:30 a.m.: Carl M. Keibel-VFW Post #3473. Members meet at 3160 Hillside Dr. Info: 541-942-7099

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

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SUNDAY

8 a.m.-Noon: Gran Fondo Cycling Event. Bohemia Park.

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 speaker Linda Diaz on services and products for the hearing impaired and ways to help someone with hearing issues. 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

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

6:30 p.m.: Spanish Storytime. At Cottage Grove Library,

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.

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TUESDAY

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

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 p.m.: CG Garden Club. Business meeting at 6 p.m.; Presentation at 7 p.m. Topic: Paleo Vegan Smoothies: Nutrition on the Go from the Garden. 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 Amer-

We Want Your News!

The Cottage Grove Sentinel wants to be your source for all things Cottage Grove. But we need your help! If you've got a news tip, we'd be glad to hear about it:

Cottage Grove Sentinel

In person: 116 N. Sixth Street, Cottage Grove
Email: cgnews@cgsentinel.com
Office phone: 942-3325

Cottage Grove Sentinel

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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.