

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>

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.

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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 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.sustainablecottagrove.org or 541-942-2360

Gravy, Coffee/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 Streets in Eugene.

1-5 p.m.: Yoncalla Rodeo. Yoncalla rodeo grounds.

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

7 p.m.: Yoncalla Main Street Dance. Yoncalla

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.

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

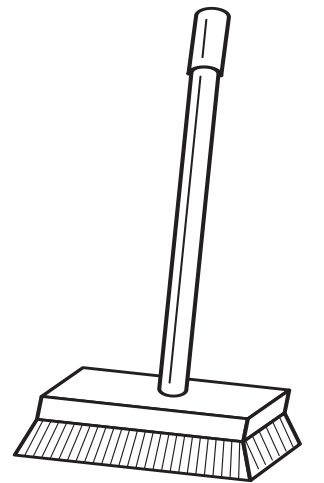
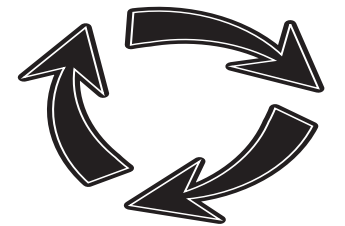
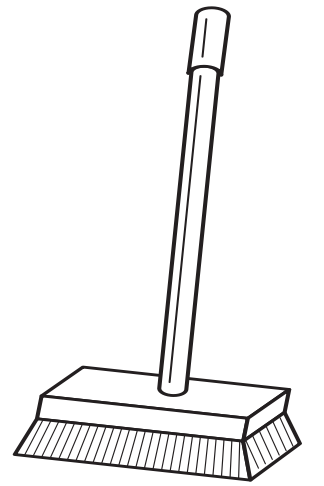
5:15 p.m.: Creswell Community Dinner. Free at New Hope Baptist Church, 597 S. Front St., Creswell.

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,

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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SATURDAY

Creswell Cars and Coffee. At Creswell Coffee Co., 116 Melton Rd. (Bi-Mart Parking Lot). Join other car enthusiasts for this casual get-together to chat, drink coffee, and check out some of the great cars from our local area. Info: Su at 541-895-3053

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

11 a.m.: Pet Parade. Yoncalla.

11:30 a.m.: Calvin Funk American Legion Post #32. Members meet 826 W. Main St. Info: 541-767-3735

Noon-4 p.m.: Playtime at Yoncalla Rodeo. Yoncalla rodeo grounds.

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.cottagetrovespeedway.com/fan-info/default.aspx

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SUNDAY

8-11 a.m.: Community Breakfast. VFW Post #3473, 3160 Hillside Dr. Eggs and Hashbrowns, Choice of Ham or Sausage, Choice of Pancakes or Biscuits &

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MONDAY

Fourth of July. Happy Independence Day!

7-10 a.m.: Creswell Pancake Breakfast. Holt Park, Creswell.

Stars and Stripes Benefit Car Show. Mill Street, Creswell presented by The Wright Shop and Cascade Home Center. Benefits Relief Nursey.

10:30 a.m.: Yoncalla 4th of July Parade. Yoncalla.

11 a.m.: Creswell 4th of July Parade. Creswell.

1-5 p.m.: Yoncalla Rodeo. Yoncalla rodeo grounds.

5-6 p.m.: Yoncalla Ice Cream Social. Free at Yoncalla Community Center.

6-9 p.m.: Music and Pioneer Kids Games. Games start at 6:30. At Yoncalla High School.

9:45 p.m.: Yoncalla Fireworks. Yoncalla High School.

Dusk: Creswell Fireworks. Fields between Creswell High School and Creslane Elementary, Creswell.

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TUESDAY

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.

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. Summer Potluck. Info: CottageGroveGardenClub.blogspot.com or call 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 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.: 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-

152 S. M St. Info: 541-942-4422

6 p.m.: Moveable Feet Picnic and Dance. At Holt Park, Creswell, 5th and A St. Bring food and a bit extra to share. Folk and

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WEDNESDAY

traditional dancing afterward in the shade. Guest teacher for part of evening. All ages, free. Info: 541-895-2254

6:30 - 8 p.m.: Concert in the Park. Soul Deception - rock, blues, soul music. Free at Bohemia Park Amphitheater.



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

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, 1447 N. Pacific Hwy. 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.

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.