

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.: KNNC 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 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.
 4-7 p.m.: South Valley Farmers Market. Downtown 7th and Main. Eat fresh, buy local in the Grove!
 5:15-6:15 p.m.: TLC Community Kitchen. Free. Trinity Lutheran Church, 675 S. 7th. Doors Open 5 pm. Info: 541-942-2373.
 7 p.m.: South Lane County Fire and Rescue Board Meeting. Open to the public. At Station 201, 233 E. Harrison Ave. Info: 541-942-4493 or 942-3395.
 7:30 p.m.: Eastern Star #4. Meets at the Masonic Center, 33322 Row River Rd. Members only.

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FRIDAY

9-10 a.m.: KNNC 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
 1:30-5 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 Liver & Onions or Chicken Mashed Potatoes, vegs., soup, salad and dessert. Adults \$9, Kids 6-12 \$4, 5 and under free. Handicap accessible. Drug, Smoke and Alcohol Free. Info: John Landon 541-946-3888

Meet & Greet. All welcome at the Historic CG Armory, 628 E. Washington Ave. Music, food vendors, drawings.
 11 a.m.-3 p.m.: Shady Oaks Car Show. Vehicles 1979 and older. 77380 Hwy. 99 S. Live music, BBQ served 11am-2pm
 6:30 p.m.: Movie Night at the Cottage Grove Firehouse and Safety Fair. Cottage Grove Station 201, 233 Harrison Ave. Info: 541-942-4493
 7:30 p.m.: Malicious Monster Truck Tour. At CG Speedway. Gates open 4 p.m.; Pit Party at 6 p.m. Kids 5 and under free; Ages 6-17, military and seniors \$10; Ages 18 to 62 \$20. Tickets

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 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 Story-time. At Cottage Grove Library, 700 E. Gibbs Ave.
 6:30 p.m.: CG 912 Project. Rebecca Tweed, Statewide Campaign Coordinator for NO on 97,

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.
 4:40-6:30 p.m.: Open House at Lane Community College - Cottage Grove. Free Previews, Demos, Info. 1275 S. River Rd.
 5:15-6:15 pm: TLC Community Kitchen. Free. Trinity Lutheran

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.
 12-3 p.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.
 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.
 5:30 p.m.: Alzheimer's & Dementia Caregivers Support Group. Middlefield Oaks Senior Living Community, 1500 Village Drive. Refreshments served. Info: 541-767-3943.
 5:30-7:30 p.m.: Free Food Handler's Class. Lane Community College, CG, 1275 S. River Rd. Info: 541-912-7789
 6 p.m.: Community Dinner. Free. Church of the Nazarene, 152 S. M St. Info: 541-942-4422
 6:30-8 p.m.: Young Onset Parkinson's Disease Support Group. Meets at 207 E. 5th Ave., Eugene Mindworks. Info: 541-345-2988
 6:30-9:30 p.m.: Bingo. Cottage Grove Elks Lodge, 755 N. River Rd. Public Welcome. Info: 541-942-0234
 7 p.m.: Preceptor Beta Lambda. Beta Sigma Phi group - meeting at Barbara Wiscarson's. Info: 541-942-4397.
 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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Currently Welcoming New Patients - Call for an Appointment!
1551 East Main Street • Cottage Grove • (541) 942-8437

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.: Movie Night at the Creswell Firehouse and Safety Fair. Creswell Station 203, 55 N. 1st St. Info: 541-942-4493
 6:30 p.m.: London Grange #937 Meeting. London Grange, 72746 London Road. Public invited. Info: Dennis Chapman 541-942-9681
 7:30 p.m.: Malicious Monster Truck Tour. At CG Speedway. Gates open 4 p.m.; Pit Party at 6 p.m. Kids 5 and under free; Ages 6-17, military and seniors \$10; Ages 18 to 62 \$20. Tickets at gate.

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

and Joy Marshall, Lane County Director of Stand for Children, will speak on Measure 98. At Stacy's Covered Bridge Restaurant, 401 E. Main St. Open to the public. 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.
 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: 541-942-6403

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.

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SATURDAY
 Cycle the Lakes. Bohemia Park, 32, 42, 67, 77 and 102 mile routes. Info and Reg. at www.cyclethelakes.org
 10 a.m.: CG Historical Society Program. "Cottage Grove Cannery" (topic subject may change). CG Community Center, 700 E. Gibbs. Anyone interested in our area's history is welcome.
 10 a.m.: Applegate Pioneer Cemetery Board. Meets at Yoncalla Library, 196 Birch St., Yoncalla. Agenda: Mgmt. and operations of cemetery.
 10 a.m.-8 p.m.: CG Business

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MONDAY
 9-10 a.m.: KNNC 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

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TUESDAY
 9-10 a.m.: Kids' Ukulele Class. Free at CG Library with Nolene. Ukuleles provided.
 9-10 a.m.: KNNC 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.

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WEDNESDAY
 7 a.m.: Kiwanis Club Sunrises. Koffee Kup Restaurant, 1241 Hwy 99N.
 9-10 a.m.: KNNC 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.



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.

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

Monday
 9 a.m.: TOPS OR181. Take Off Pounds Sensibly, a weight-loss support group. At the Church of Christ, Drain. Info: 541-378-7801.

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.