

CALENDAR CHOICES

22

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

10-11:30 a.m.: Parkinson's Disease Support Group. In Cottage Grove at Trinity Lutheran Church, 675 S. 7th St. Guest speaker presenting info on free senior living referral services and options for senior care. Info: 541-345-2988

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.

Noon: Lions Club. Stacy's Covered Bridge Restaurant, 401 E. Main. Info: 541-767-0320.

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.

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.

6 p.m.: CG Mayoral Candidates Forum. At CG City Hall Council Chambers.

23

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 p.m.: VFW Community Dinner. Public and families always welcome. VFW Post #3473, 3160 Hillside Dr. Includes Meat Loaf in Sherry Sauce, Vegetables, Baked Potato, Soup, Salad, Dessert. Adults \$9, Kids 6-12 \$4, 5 and under free. Handicap acces-

Adams

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

26
MONDAY

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. Info: 541-942-6403

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

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

27
TUESDAY

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

9-10 a.m.: KNND 1400 AM

kitchen towels).

1:30-3 p.m.: Parkinson's Disease Care Partner Support Group. At Eugene Mindworks, 207 E. 5th Ave., Eugene. Info: 345-2988.

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.: Science Pub. Coast

Council Chambers.

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.

28
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. Free. Church of the Nazarene, 152 S. M St. Info: 541-942-4422

6 p.m.: Coast Fork Willamette Watershed Council Board Meeting. At 28 S. 6th St., Ste. A

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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sible. 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.

5:30-7:30 p.m.: Fourth Friday Fish Fry. Cottage Grove Elks Lodge, 755 N. River Rd. Menu includes: Fish and Chips w/Cole Slaw. 1-piece basket \$5, 2 piece basket \$7, 3 piece basket \$9. Karaoke 8pm till ??? Info: 541-942-3554

24

SATURDAY

6 p.m.: Jamboree. Great musical entertainment at Creswell Community Center, 99 S. 1st St., Creswell. Doors open at 5 p.m. Admission: \$5 pp. Benefit for CG Humane Society.

25

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, 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.

4 p.m.: Bell Choir. Free concert (variety of genres) at First Presbyterian Church, Third and

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

1:30 p.m.: Classic Movie Film Festival. A different "classic" movie every month! In Shepherd Room of Cottage Grove Community Center, 700 E. Gibbs Ave. Free popcorn and drinks.

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 Family Resource Center. Library is located at 700 E. Gibbs, Ave.

7 p.m.: NAMI. Friends and family free support group at Healing Matrix, 632 Main St. Info: 541-214-1473.

7 p.m.: Overeaters Anonymous. First Presbyterian Church, 216 S. 3rd St. (corner 3rd and Ad-

ams). Enter on 3rd St. No dues, fees or weigh-ins. Info: 541-942-6403

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. 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,

Fork Willamette Watershed Council meets at The Axe & Fiddle Public House, 657 E. Main St. 5-6pm is socializing and updates; 6-7pm is "Western Pond Turtles" presented by Christopher Yee, Oregon Dept. of Fish & Wildlife, Asst. District Wildlife Biologist. 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 p.m.: CG Council Candidates Forum. At CG City Hall

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

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.