

Community News

TOPS Weight-Loss Support Group open house Jan. 2

TOPS Club, Inc. (Take Off Pounds Sensibly5M), the nonprofit weight-loss support organization, will hold an Open House Thursday, Jan. 2, from 10 to 11 a.m., at the United Methodist Church, 334 Washington St.

The Open House is free and open to the public.

Activities at the open house will include two inspirational guest speakers: the reigning Oregon State Queen and a former State Queen. There will also be door prizes.

Founded more than 70 years ago, TOPS is the only nonprofit, noncommercial weightloss organization of its kind.

TOPS offers an in-

dividual approach to weight loss and overall wellness, with thousands of chapters in the U.S. and Canada.

Members learn about nutrition, portion control, meal planning, exercise and more at weekly meetings.

Consistent group support, health education and recognition are all key components to successful weight management. TOPS members collectively lose nearly 300 tons of weight each year.

For more details about the open house, contact Joanne Farris at 541-649-1530.

Museum's Stained Glass Holiday Candlelight display continues

The Cottage Grove museum invites the community to its annual holiday tradition, when the museum's stained-glass windows are illuminated from the outside.

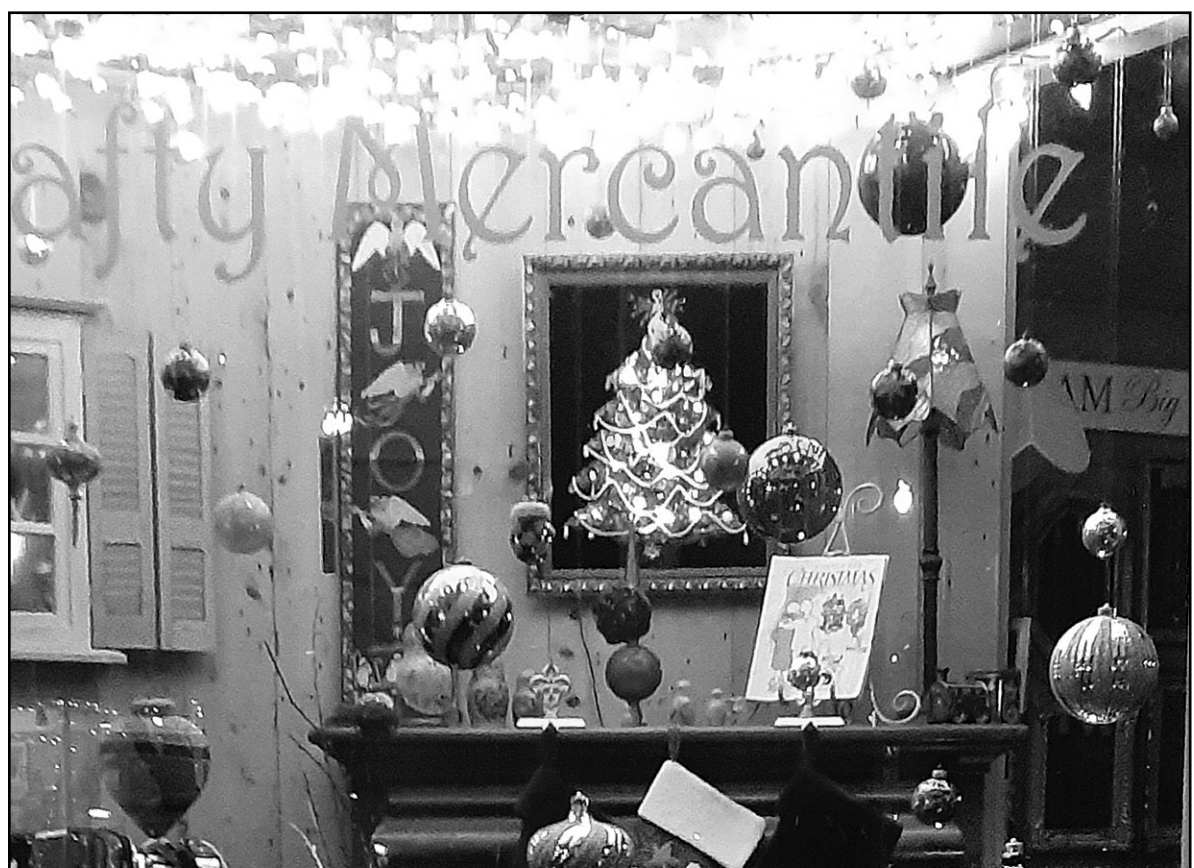
Throughout the holiday season, the museum's stained-glass windows will remain illuminated Friday, Saturday and Sunday evenings from dusk until 10 p.m. through New Year's Eve.

Community members

are encouraged to drive by the museum to see the beautiful, unique and historic windows as part of their tour of holiday lights this season.

For more information, contact Becky Venice, Cottage Grove Museum Board President Coordinator, at 541-942-4269, email her at b_venice@msn.com, or visit the museum website at www.cottagegrovemuseum.com.

Take a 'Winter Artwalk' this Friday



COURTESY PHOTOS

The Cottage Grove Art Walk Committee and participating businesses invite the community to a special "Winter" Art Walk this

Friday, Dec. 27, from 6 to 8 p.m. Many businesses will feature artists' music and often provide complimentary refreshments.

It's also a perfect chance to stroll Historic Downtown Cottage Grove, take in some art and culture and enjoy the community event.

HAPPY HOLIDAYS FROM ALL OF US AT THE SENTINEL!

Thank You

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