

# CALENDAR CHOICES

## Community Meals

Trinity Lutheran Church	Tuesday and Thursday, 5:15-6:15 p.m., 675 S. Seventh St.	American Legion	6:30 p.m., 334 Washington Ave. Second Tuesday of odd-numbered months, 5 p.m., 826 W. Main St.
CG Elks Lodge	First Friday (no July-Dec.) 5-7 p.m., 755 N. River Rd., Chicken Fried Steak	Church of the Nazarene	Wednesday, 6 p.m., 152 S. M St.
CG Elks Lodge	Third Friday, 5-8 p.m., 755 N. River Rd., Steak Feed	Creswell New Hope Baptist	Wednesday, 5:15 p.m., 597 S. Front St., Creswell
CG Elks Lodge	Fourth Friday, 5:30-7:30 p.m., 755 N. River Rd., Fish Fry	<b>Breakfasts:</b>	
VFW	Friday, 5 p.m. (no June/July/Aug.) 3160 Hillside Dr.	VFW Post #3473	First Sunday, 8-11 a.m., 3160 Hillside Dr.
Sustainable CG	First Friday, 6:30 p.m. Potluck - Healing Matrix	OLPH Catholic Church	Second Sunday (no Dec.) 8 a.m.-12 p.m., Harvey and 19th St.
Sunday Supper	5-6 p.m. Sunday, CG Community Center	Masonic Lodge	Third Sunday, 8-11 a.m., 33322 Row River Rd.
Methodist Church	Second and third Monday, 5-	Elks Lodge	Fourth Sunday, 8-11 a.m., 755 N. River Rd.

## Weight Loss Support Groups

### 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.

6:30 p.m.: Weight Watchers. At Church of the Nazarene, 152 S. M St. Info: (800) 540-5673 or 541-342-5386.

## 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: 541-228-2847

### Yoga & Meditation

CG Community Center, 700 E. Gibbs Ave. All levels with Gloria. Mondays 5-6:15 p.m. No class on holidays. \$5/class

Yoga & Meditation  
CG Community Center, 700 E. Gibbs Ave. All levels with Gloria.  
Saturdays 10-11:30 a.m. \$5/session  
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  
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

### 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 Knights of Columbus, 1025 N. 19th St. Info: 541-942-0647 or 541-510-4228.

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: 541-942-3942.

## Recurring North Douglas County Meetings

### DRAIN

City Council Second Monday, 7 p.m., Civic Center  
Fire Board Third Monday, 7 p.m., Fire Hall  
School Board Fourth Monday, 6:30 p.m., HS Library  
Cemetery Board Third Tuesday, 9:30 a.m., Civic Center (even numbered months)  
Planning Board First Monday, 7 p.m., Civic Center (as needed)  
Civic Center Board Third Tuesday, 5:30 p.m., Civic Center (odd numbered months)  
Parks & Rec. Board Third Monday, 7 p.m., Pool Meeting Room  
Library Board Second Tuesday, 4 p.m., Library (odd numbered months)  
Friends of Library Second Monday, 1 p.m., Library  
ND County Fair Board Fourth Monday, 7 p.m., Civic Center  
Elk Creek Watershed Council Third Tuesday, 7 p.m., Sunnydale Grange  
Masons Third Saturday Breakfast 8:30 a.m.; Meeting 10 a.m.  
(OES) Eastern Star Second Wednesday, 7:30 p.m.  
Sunnydale Grange Second Monday, 6:30 p.m.; Potluck First Monday, Bingo 6:30 p.m.  
Living Hope Outreach Lunch: Wednesday, 12:30-2 p.m.  
Food Pantry: Wednesday, 12:30-2 p.m. and Sunday 12:15 -2 p.m.

Elk Creek Watershed Council Third Tuesday, 7 p.m. Sunnydale Grange, 5 miles west of Drain

### YONCALLA

City Council Second Tuesday, 7 p.m., City Hall  
ND Betterment Third Monday, 12 p.m., City Hall  
Planning Commission Third Tuesday, 7 p.m., City Hall (as needed)  
School Board Second Monday, 7 p.m., Community Center  
Parks and Rec First Tuesday, 7 p.m., Community Center  
Library Board Second Wednesday, 2 p.m. (Jan, Apr, June, Sept, Nov)  
Friends of the Library Second Thursday, 10 a.m., Library; Feb, May, Aug., Nov.  
Library Book Club Second Thursday, 6:30 p.m., Library  
Beautification Fourth Thursday, 5:30 p.m., City Hall  
Chamber of Commerce First Thursday, 7:30 p.m., Community Center  
Rodeo Club Third Thursday, 6:30 p.m., City Hall  
Historical Society Third Thursday, 3 p.m., City Hall  
Site Council Last Wednesday of month, 3:30 p.m., HS staff room  
Applegate Pioneer Cemetery Board Third Saturday, 10 a.m. Library

### ELKTON

City Council Second Thursday, 8:30 a.m., City Hall  
Rebekahs First and third Tuesday, Masonic Lodge  
Eastern Star Second and fourth Tuesday, Masonic Lodge  
ECEC Board Meeting First Tuesday, ECEC, 541-584-2692  
ECEC Book Club Second Wednesday, 12 p.m., ECEC

## Ongoing South Lane County events

Please call 541-942-3325 or email: [billing@cg sentinel.com](mailto:billing@cg sentinel.com) with updates or changes.

### Thursdays:

Chamber Greeters Second and fourth Thursdays, 8 a.m., Village Green  
NAMI Thursdays, 10 a.m., Jack Sprats  
Creswell Over 40 Thursdays, 10 a.m.-1 p.m., Creswell Community Center, 99 S. First St.  
Charm Bracelet Project Second Thursday, 10:15 a.m., Community Center  
Closet at 6th and Gibbs Thursdays, 11 a.m.-2 p.m.  
Rotary Thursdays, 12 p.m., Stacy's Covered Bridge Restaurant  
Lion's Club Second and Fourth Thursday, 12 p.m., Stacy's Covered Bridge Restaurant  
Alzheimer's Caregiver Support Third Thursday, 4 p.m., Magnolia Gardens  
LGBTQIA Teen Group Meeting Thursday, 4 p.m., S. Lane Mental Health  
South Valley Farmer's Market Thursday, 4-7 p.m., Seventh and Main (ends in Nov)  
Humane Society of CG First Thursday, 6:30 p.m., Sinclair Rm., City Hall  
Hearing Loss Assoc. Second Thursday, 7 p.m., 2589 Hilyard, Eugene  
Lorane Fire Protection Dist. Second Thursday, 7:30 p.m., 80287 Old Lorane Rd.  
Eastern Star #4 First and third Thursday (no summer), 7:30 p.m., Masonic Center  
S. Lane Fire Board Third Thursday, 7 p.m. Station 201, CG, except Nov/Feb/ May Station 203 Creswell

### Fridays:

Pinochle Group Friday, 11:30-4 p.m., CG Community Center  
Rosie the Riveter Second Friday, 12:15 p.m., Adult Activity Center, 315 W. C St., Springfield  
Stand for Peace/Occupy CG Friday, 5 p.m., Seventh and Main  
NAMI Friday, 1:30-3 p.m., Healing Matrix  
Art Walk Friday, 6-8 p.m. (no Dec. through March) Downtown CG  
London Grange First Friday Potluck, 6:30 p.m.; Third Friday Meeting, 7:246 London Rd.  
Community Gospel Sing-a-long Second Friday, 6:30-8 p.m., Old Time Gospel Fellowship, 103 S. Fifth St.

### Saturdays:

VFW Post #3473 First Saturday, 10 a.m., 3160 Hillside Dr.  
CG Historical Society Program Third Saturday, 10 a.m., CG Community Center  
American Legion #32 First Saturday, 11:30 a.m., 826 W. Main St.

### Sundays:

Occupy Medical Free Clinic 12-4 p.m., Eighth and Oak, Eugene  
South Lane Amateur Radio Assoc. Second Sunday, 2 p.m., Masonic Hall

### Mondays:

Caregiver Network First Monday, 11 a.m.-1 p.m. 11, Potluck - 1200 E. Quincy  
Closet at 6th and Gibbs Monday, 11 a.m.-2 p.m.  
Senior Center Bingo 12:45 p.m. Monday, CG Community Center  
Autism Peer Support First Monday, 4 p.m., Healing Matrix  
Community Sharing Board Second Monday, 5:30 p.m., 20 Thornton Lane  
Dorena Grange #835 Second Monday, 6 p.m. Potluck; Fourth Monday, 7 p.m. Meeting, 34360 Row River Rd.  
CG 912 Project First and third Monday, 6:30 p.m., Stacy's Covered Bridge Restaurant Conf. Rm  
NAMI Second and last Monday, 7 p.m., Healing Matrix  
Overeaters Anonymous 7 p.m. Monday, First Presbyterian Church  
CG City Council Second and fourth Monday, 7 p.m., City Hall  
Creswell Grange Second Monday, 7:30 p.m., 298 W. Oregon Ave., Creswell

### Tuesdays:

Team CG Non-Profits Second Tuesday, 8 a.m. Healing Matrix  
Adventist Community Services Tuesday, 11 a.m.-2 p.m., 820 S. 10th St.  
South Lane Wheels Board Fourth Tuesday, 12 p.m., 1450 Birch Ave.  
Breast Cancer Support Group Second Tuesday, 1 p.m., Call 541-942-2309 for location  
Veteran Support Services 3 p.m. Tuesday, Healing Matrix  
Alzheimer's Caregiver Support Third Tuesday, 3-4 p.m., Willamalane Adult Center 215 W. C St., Springfield  
CG Youth Choir 4-5 p.m. Thursday, First Presbyterian Church (ages 12-16)  
Watershed Council Science Pub Fourth Tuesday, 5 p.m., Axe & Fiddle, 657 E. Main St.  
Tirchotillomani Support Group Second Tuesday, 5:30 p.m., Call 541-767-1730 for location  
CG Garden Club First Tuesday, 6 p.m., First Presbyterian Church  
EBID Second Tuesday, 6 p.m., CG Community Center  
ACES Family Group Third Tuesday, 6 p.m., 1551 E. Main St.  
Friends of Mt. David Second and fourth Tuesday, 6:30 p.m., corner of H and Birch  
Habitat for Humanity Open Mic Night Second Tuesday, 7 p.m., Axe & Fiddle  
KSOW Open Mic Night Fourth Tuesday, 7 p.m., Axe & Fiddle  
CG Recreation Assn. Tuesday, 7 p.m., 1440 S. 8th St.

### Wednesdays:

Kiwanis Club Wednesday, 7 a.m., Koffee Kup Restaurant  
Veterans Assistance First Wednesday, 10 a.m.-1 p.m., VFW Post #3473, 3160 Hillside Dr.  
Genealogical Society Meeting Second Wednesday, 10 a.m., CG Community Center  
Genealogical Discussion Group Third and fourth Wednesday, 10 a.m.-12 p.m., CG Community Center  
Lane County Veterans Services Third Wednesday, 10 a.m.-1 p.m., American Legion, 826 Main St.  
Quilts of Valor Second Wednesday, 10 a.m.-4 p.m., VFW, 3160 Hillside Dr.  
Pinochle Group Wednesday, 11:30 a.m.-4 p.m., CG Community Center  
Kiwanis Club Wednesday, 12 p.m., El Tapatio Mexican Restaurant  
Veteran's Assistance Third Wednesday, 12-3 p.m., VFW Post #3473, 3160 Hillside Dr.  
CG Children's Choir Wednesday, 2 p.m., First Presbyterian Church (ages 6-11)  
Alzheimer's/Dementia Caregivers Third Wednesday, 5:30 p.m., Middlefield Oaks Senior Living Community  
CG Art Guild First Wednesday, 6 p.m., Call 541-942-8913 for location  
London 4-H Group First Wednesday, 6 p.m. London Grange  
Elks Bingo Wednesday, 6:30-9:30 p.m., Elks Lodge (no July/Aug)  
Beta Sigma Phi First and third Wednesday, 7 p.m., call 541-942-1310 for location  
NAMI Connection Wednesday, 7 p.m., Healing Matrix.  
CG Planning Commission Third Wednesday, 7:30 p.m., City Hall

### All Weekdays:

Beeper Show 9-10 a.m. KNND 1040 AM. Call in discussion, various topics/guests 541-942-5548

## DR. JONATHAN BACKER

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