

CALENDAR CHOICES

Community Meals

Trinity Lutheran Church	Tuesday and Thursday, 5:15-6:15 p.m., 675 S. Seventh St.
CG Elks Lodge	First Friday (no July-Aug. or Nov./Dec.) 5-7 p.m., 755 N. River Rd., Fried Steak
Chicken CG Elks Lodge	Third Friday, 5-8 p.m., 755 N. River Rd., Steak Feed
CG Elks Lodge	Fourth Friday, 5:30-7:30 p.m., 755 N. River Rd., Fish Fry
VFW	Friday, 5 p.m. (no June/July/Aug.) 3160 Hillside Dr.
Sustainable CG	First Friday, 6:30 p.m. Potluck - Healing Matrix
Sunday Supper	5-6 p.m. Sunday, CG Community Center
Methodist Church	Second and third Monday, 5-

American Legion	6:30 p.m., 334 Washington Ave. Second Tuesday of odd-numbered months, 5 p.m., 826 W. Main St.
Church of the Nazarene Creswell New Hope Baptist	Wednesday, 6 p.m., 152 S. M St. Wednesday, 5:15 p.m., 597 S. Front St., Creswell

Breakfasts:

VFW Post #3473	First Sunday, 8-11 a.m., 3160 Hillside Dr.
OLPH Catholic Church	Second Sunday (no Dec.) 8 a.m.-12 p.m., Harvey and 19th St.
Masonic Lodge	Third Sunday, 8-11 a.m., 33322 Row River Rd.
Elks Lodge	Fourth Sunday, 8-11 a.m., 755 N. River Rd.

Ongoing South Lane County events

Please call 541-942-3325 or email: billing@cg sentinel.com with updates or changes.

Thursdays:

Chamber Greeters NAMI Creswell Over 40	Second and fourth Thursdays, 8 a.m., Village Green Thursdays, 10 a.m., Jack Sprats Thursdays, 10 a.m.-1 p.m., Creswell Community Center, 99 S. First St.
Charm Bracelet Project Closet at 6th and Gibbs	Second Thursday, 10:15 a.m., Community Center Thursdays, 11 a.m.-2 p.m.
Rotary Lion's Club	Thursdays, 12 p.m., Stacy's Covered Bridge Restaurant Second and Fourth Thursday, 12 p.m., Stacy's Covered Bridge Restaurant
Alzheimer's Caregiver Support LGBTQIA Teen Group Meeting South Valley Farmer's Market	Third Thursday, 4 p.m., Magnolia Gardens Thursday, 4 p.m., S. Lane Mental Health Thursday, 4-7 p.m., Seventh and Main (ends in Nov)
Humane Society of CG Hearing Loss Assoc. Lorane Fire Protection Dist. Eastern Star #4	First Thursday, 6:30 p.m., Sinclair Rm., City Hall Second Thursday, 7 p.m., 2589 Hilyard, Eugene Second Thursday, 7:30 p.m., 80287 Old Lorane Rd. 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 Rosie the Riveter	Friday, 11:30-4 p.m., CG Community Center Second Friday, 12:15 p.m., Adult Activity Center, 315 W. C St., Springfield
Stand for Peace/Occupy CG NAMI Art Walk London Grange	Friday, 5 p.m., Seventh and Main Friday, 1:30-3 p.m., Healing Matrix Friday, 6-8 p.m. (no Dec. through March) Downtown CG 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 CG Historical Society Program American Legion #32	First Saturday, 10 a.m., 3160 Hillside Dr. Third Saturday, 10 a.m., CG Community Center First Saturday, noon, 826 W. Main St.
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Sundays:

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

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

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

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

Beeper Show	9-10 a.m. KNND 1040 AM. Call in discussion, various topics/guests 541-942-5548
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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. For strength, flexibility, relaxation with Gloria. Saturdays 10-11:30 a.m. \$5/session Proceeds for children's scholarships.

No class on holiday weekends. Info: 541-912-7789

BEGINNERS & INTERMEDIATE YOGA
CG Community Center, 700 E. Gibbs Ave. Info: Jane L. Guerber 541-654-5087 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 Riverside Church, 1255 S. River Road. 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 Fire Board School Board Cemetery Board Planning Board Civic Center Board Parks & Rec. Board Library Board Friends of Library ND County Fair Board Elk Creek Watershed Council Masons (OES) Eastern Star Sunnydale Grange Living Hope Outreach Lunch: Food Pantry:	Second Monday, 7 p.m., Civic Center Third Monday, 7 p.m., Fire Hall Fourth Monday, 6:30 p.m., HS Library Third Tuesday, 9:30 a.m., Civic Center (even numbered months) First Monday, 7 p.m., Civic Center (as needed) Third Tuesday, 5:30 p.m., Civic Center (odd numbered months) Third Monday, 7 p.m., Pool Meeting Room Second Tuesday, 4 p.m., Library (odd numbered months) Second Monday, 1 p.m., Library Fourth Monday, 7 p.m., Civic Center Third Tuesday, 7 p.m., Sunnydale Grange Third Saturday Breakfast 8:30 a.m.; Meeting 10 a.m. Second Wednesday, 7:30 p.m. Second Monday, 6:30 p.m.; Potluck First Monday, Bingo 6:30 p.m. Wednesday, 12:30-2 p.m. and Sunday 12:15 -2 p.m.
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Elk Creek Watershed Council Third Tuesday, 7 p.m. Sunnydale Grange, 5 miles west of Drain

YONCALLA
City Council
ND Betterment
Planning Commission
School Board
Parks and Rec
Library Board
Friends of the Library
Library Book Club
Beautification
Chamber of Commerce
Rodeo Club
Historical Society
Site Council
Applegate Pioneer Cemetery Board

ELKTON
City Council
Rebekahs
Eastern Star
ECEC Board Meeting
ECEC Book Club

Second Tuesday, 7 p.m., City Hall
Third Monday, 12 p.m., City Hall
Third Tuesday, 7 p.m., City Hall (as needed)
Second Monday, 7 p.m., Community Center
First Tuesday, 7 p.m., Community Center
Second Wednesday, 2 p.m. (Jan, Apr, June, Sept, Nov)
Second Thursday, 10 a.m., Library; Feb, May, Aug., Nov.
Second Thursday, 6:30 p.m., Library
Fourth Thursday, 5:30 p.m., City Hall
First Thursday, 7:30 p.m., Community Center
Third Thursday, 6:30 p.m., City Hall
Third Thursday, 3 p.m., City Hall
Last Wednesday of month, 3:30 p.m., HS staff room
Third Saturday, 10 a.m. Library

Second Thursday, 8:30 a.m., City Hall
First and third Tuesday, Masonic Lodge
Second and fourth Tuesday, Masonic Lodge
First Tuesday, ECEC, 541-584-2692
Second Wednesday, 12 p.m., ECEC

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