

# 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@csentinel.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
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 Eastern Star #4	First Thursday, 6:30 p.m., Sinclair Rm., City Hall Second Thursday, 7 p.m., 2589 Hilyard, Eugene Dist. 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	Friday, 5 p.m., Seventh and Main Friday, 1:30-3 p.m., Healing Matrix Final 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 CG Historical Society Program	First Saturday, 10 a.m., 3160 Hillside Dr. Third Saturday, 10 a.m., CG Community Center
American Legion #32	First Saturday, noon, 826 W. Main St.

### 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	First Monday, 11 a.m.-1 p.m. 11, Potluck - 1200 E. Quincy Monday, 11 a.m.-2 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.
CG 912 Project	First and third Monday, 6:30 p.m., Stacy's Covered Bridge Restaurant Conf. Rm
NAMI Overeaters Anonymous CG City Council Creswell Grange	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

### Tuesdays:

Team CG Non-Profits Adventist Community Services South Lane Wheels Board Breast Cancer Support Group	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
Veteran Support Services Alzheimer's Caregiver Support	3 p.m. Tuesday, Healing Matrix 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 Tirchotillomani Support Group	Fourth Tuesday, 5 p.m., Axe & Fiddle, 657 E. Main St. Second Tuesday, 5:30 p.m., Call 541-767-1730 for location
CG Garden Club EBID	First Tuesday, 6 p.m., First Presbyterian Church Second Tuesday, 6 p.m., CG Community Center
ACES Family Group Friends of Mt. David	Third Tuesday, 6 p.m., 1551 E. Main St. 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 CG Recreation Assn.	Fourth Tuesday, 7 p.m., Axe & Fiddle Tuesday, 7 p.m., 1440 S. 8th St.

### Wednesdays:

Kiwanis Club Veterans Assistance	Wednesday, 7 a.m., Koffee Kup Restaurant 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 Pinochle Group	Second Wednesday, 10 a.m.-4 p.m., VFW, 3160 Hillside Dr. 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 Elks Bingo	First Wednesday, 6 p.m. London Grange 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 CG Planning Commission	Wednesday, 7 p.m., Healing Matrix. 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
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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	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

# DR. JONATHAN BACKER

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