

# CALENDAR CHOICES

## Community Meals

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

## Weight Loss Support Groups

<b>Monday</b> 9 a.m.: TOPS OR181. Take Off Pounds Sensibly, a weight-loss support group. At the Church of Christ, Drain. Info: 541-378-7801.	<b>Thursday</b> 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 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.
<b>Tuesday</b> 5 p.m.: Weight Watchers. At Living Faith Assembly, 467 S. 10th St. 541-942-2612.	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.	

## Exercise and Fun

<b>KIDS CLUB</b> 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	No class on holiday weekends. Info: 541-912-7789	<b>WARREN H. DAUGHERTY AQUATIC CENTER</b> 1440 S. 8th St., 541-942-5533 Call for public hours, lap swim hours, family swim hours and costs.
<b>YOGA &amp; MEDITATION</b> 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.	<b>BEGINNERS &amp; INTERMEDIATE YOGA</b> CG Community Center, 700 E. Gibbs Ave. Info: Jane L. Guerber 541-654-5087 Wed.: 6 pm \$5/session	<b>SHALLOW WATER AEROBICS</b> 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.
	<b>COTTAGE GROVE THERAPY POOL</b> <b>AQUATIC EXERCISE CLASSES</b> 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.	

## Addiction Recovery Groups

<b>Thursday</b> <u>6:30 p.m.: AA Meeting- Rush Hour.</u> Open Meeting. At CG Community Center, 700 Gibbs Ave. <u>6:30 p.m.: Al-Anon Meeting.</u> At CG Community Center, 700 Gibbs Ave. Info: 541-554-7994 or 541-510-4228 <u>7 p.m.: Narcotics Anonymous Book Study.</u> Open Meeting. At Knights of Columbus, 1025 N. 19th St. Contact: 541-225-7061.	meeting. At Knights of Columbus, 1025 N. 19th St. Info: 541-942-3942.	<u>7 p.m.: Nar-A-Non Family Meeting.</u> CG Comm. Center, 700 Gibbs Ave. For family and friends of addicts. <u>7 p.m.: AA Meeting- No Name Group.</u> At Knights of Columbus, 1025 N. 19th St. Info: 541-942-3942.
<b>Friday</b> <u>6:30 p.m.: Celebrate Recovery.</u> At Calvary Chapel Cottage Grove, 1447 N. Pacific Highway. Info: 541-520-8071 <u>7 p.m.: Open AA meeting - Good Medicine Group.</u> At CG Community Center, 700 Gibbs Ave., in Activity Room. Info: Karen 541-513-5126. <u>8 p.m.: AA meeting-Gratitude Group.</u> Open	<b>Saturday</b> <u>Noon: AA Meeting-Women's Good Grief Group.</u> Closed meeting. Open to women alcoholics only. At Riverside Church, 1255 S. River Road. Info: 541-942-0647 or 541-510-4228. <u>8 p.m.: AA Meeting-Open Candlelight Group.</u> CG Comm. Center, 700 Gibbs Ave. On the last Sat. of the month - Open AA Speakers Meeting. <u>8 p.m.: Al-Anon Meeting-Step Study Group.</u> CG Comm. Center, 700 Gibbs Ave.	<b>Tuesday</b> <u>Noon: AA Meeting- Noon Group.</u> Big Book Study meeting. At Knights of Columbus, 1025 N. 19th. Info: 541-942-3942. <u>6:30 p.m.: Up the River Group.</u> At Dorena Mercantile. Info: 541-946-1631 <u>7 p.m.: Narcotics Anonymous.</u> "A Way Back to Reality", open participation. At CG Community Center, back room, 700 Gibbs Ave.
	<b>Sunday</b> <u>Noon: AA Meeting.</u> At Knights of Columbus, 1025 N. 19th St. <u>6 p.m.: AA Meeting - New Beginnings.</u> CG Comm. Center, 700 Gibbs Ave.	<b>Wednesday</b> <u>7 a.m.: AA Open Meeting.</u> At CG Community Center, 700 Gibbs Ave. <u>7 p.m.: AA Meeting- Wednesday Night Beginners.</u> Open meeting. At Knights of Columbus, 1025 N. 19th St. Info: 541-942-3942.

## Recurring North Douglas County Meetings

<b>DRAIN</b> 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: Wednesday, 12:30-2 p.m. Food Pantry: Wednesday, 12:30-2 p.m. and Sunday 12:15 -2 p.m.	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.	Elk Creek Watershed Council  <b>YONCALLA</b> 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  <b>ELKTON</b> City Council Rebekahs Eastern Star ECEC Board Meeting ECEC Book Club	Third Tuesday, 7 p.m. Sunnydale Grange, 5 miles west of Drain  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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## Ongoing South Lane County events

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

<b>Thursdays:</b>	
Chamber Greeters NAMI Creswell Over 40  Charm Bracelet Project Closet at 6th and Gibbs Rotary Lion's Club  Alzheimer's Caregiver Support LGBTQIA Teen Group Meeting South Valley Farmer's Market  Humane Society of CG Hearing Loss Assoc. Lorane Fire Protection Dist. Eastern Star #4  S. Lane Fire Board	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. Second Thursday, 10:15 a.m., Community Center Thursdays, 11 a.m.-2 p.m. Thursdays, 12 p.m., Stacy's Covered Bridge Restaurant Second and Fourth Thursday, 12 p.m., Stacy's Covered Bridge Restaurant 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) 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 Third Thursday, 7 p.m. Station 201, CG, except Nov/Feb/ May Station 203 Creswell

<b>Fridays:</b>	
Pinochle Group Rosie the Riveter  Stand for Peace/Occupy CG NAMI Art Walk  London Grange  Community Gospel Sing-a-long	Friday, 11:30-4 p.m., CG Community Center Second Friday, 12:15 p.m., Adult Activity Center, 315 W. C St., Springfield 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 First Friday Potluck, 6:30 p.m.; Third Friday Meeting, 72746 London Rd. Second Friday, 6:30-8 p.m., Old Time Gospel Fellowship, 103 S. Fifth St.

<b>Saturdays:</b>	
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.

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

<b>Mondays:</b>	
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. 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

<b>Tuesdays:</b>	
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.

<b>Wednesdays:</b>	
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

<b>All Weekdays:</b>	
Beeper Show	9-10 a.m. KNND 1040 AM. Call in discussion, various topics/guests 541-942-5548

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