

# CALENDAR CHOICES

## Community Meals

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

## 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.

## 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, 1447 N. Pacific Highway. 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                             | Elk Creek Watershed Council      | Third Tuesday, 7 p.m. Sunnydale Grange, 5 miles west of Drain |
| Fire Board                  | Third Monday, 7 p.m., Fire Hall                                 | <b>YONCALLA</b>                  |   |
| School Board                | Fourth Monday, 6:30 p.m., HS Library                            | City Council                     | Second Tuesday, 7 p.m., City Hall                             |
| Cemetery Board              | Third Tuesday, 9:30 a.m., Civic Center (even numbered months)   | ND Betterment                    | Third Monday, 12 p.m., City Hall                              |
| Planning Board              | First Monday, 7 p.m., Civic Center (as needed)                  | Planning Commission              | Third Tuesday, 7 p.m., City Hall (as needed)                  |
| Civic Center Board          | Third Tuesday, 5:30 p.m., Civic Center (odd numbered months)    | School Board                     | Second Monday, 7 p.m., Community Center                       |
| Parks & Rec. Board          | Third Monday, 7 p.m., Pool Meeting Room                         | Parks and Rec                    | First Tuesday, 7 p.m., Community Center                       |
| Library Board               | Second Tuesday, 4 p.m., Library (odd numbered months)           | Library Board                    | Second Wednesday, 2 p.m. (Jan, Apr, June, Sept, Nov)          |
| Friends of Library          | Second Monday, 1 p.m., Library                                  | Friends of the Library           | Second Thursday, 10 a.m., Library; Feb, May, Aug., Nov.       |
| ND County Fair Board        | Fourth Monday, 7 p.m., Civic Center                             | Library Book Club                | Second Thursday, 6:30 p.m., Library                           |
| Elk Creek Watershed Council | Third Tuesday, 7 p.m., Sunnydale Grange                         | Beautification                   | Fourth Thursday, 5:30 p.m., City Hall                         |
| Masons                      | Third Saturday Breakfast 8:30 a.m.; Meeting 10 a.m.             | Chamber of Commerce              | First Thursday, 7:30 p.m., Community Center                   |
| (OES) Eastern Star          | Second Wednesday, 7:30 p.m.                                     | Rodeo Club                       | Third Thursday, 6:30 p.m., City Hall                          |
| Sunnydale Grange            | Second Monday, 6:30 p.m.; Potluck First Monday, Bingo 6:30 p.m. | Historical Society               | Third Thursday, 3 p.m., City Hall                             |
| Living Hope Outreach Lunch  | Wednesday, 12:30-2 p.m.   | Site Council                     | Last Wednesday of month, 3:30 p.m., HS staff room             |
| Food Pantry                 | Wednesday, 12:30-2 p.m. and Sunday 12:15 -2 p.m.                | 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@csentinel.com](mailto:billing@csentinel.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                     | Final Friday, 6-8 p.m. (no Dec. through March) Downtown CG                  |
| London Grange                | First Friday Potluck, 6:30 p.m.; Third Friday Meeting, 7:2746 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, noon, 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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