

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.) 5-7 p.m., 755 N. River Rd., 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., 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., 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.	Breakfasts:	
Sustainable CG	First Friday, 6:30 p.m. Potluck - 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	YONCALLA	
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 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
Senior Center Game Day	Thursdays 12:30-4 p.m.
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:

Senior Center Pinochle	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, 7:246 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, 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	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

Creating Smiles that Last a Lifetime!



Currently Welcoming New Patients - Call for an Appointment!
1551 East Main Street • Cottage Grove • (541) 942-8437