

# 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., Chicken Fried Steak
CG Elks Lodge	Second Friday, 5-7 pm. 755 N. River Rd.
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-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.

Creswell New Hope Baptist

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.

## 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

7 a.m.: AA Open Meeting. At CG Community Center, 700 Gibbs Ave. 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.

7 p.m.: AA Meeting-Open meeting. At Knights of Columbus, 1025 N. 19th St. Info: 541-942-3942.

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

## 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.  
Community Sing-Alon 1st and 3rd Thursdays, 10:30-11:30 Comm. Center  
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. C.G. Community Center.  
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, 72746 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., Senior 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**