

# 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, 5-6:30p.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	Second Friday, 5-7 pm. 755 N. River Rd., Wings & More	Creswell New Hope Baptist	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, 5:30 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.

## Ongoing South Lane County events

Please call 541-942-3325 or email: [cwilliams@cgsentinel.com](mailto:cwilliams@cgsentinel.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	Wednesdays, 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 Thursdays, 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.
Poetry Night	Third Thursday, 7:30pm, Axe & Fiddle
Eastern Star #4	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

## 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.	342-5386. <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 Sinclair Room at Cottage Grove City Hall 400 E. Main St. 541-	5:30 p.m.: TOPS OR969 Take Off Pounds Sensibly, a weight-loss support group. Weigh-In: 5:00 pm, Meeting: 5:30 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> 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 OLPH Knights of Columbus building, 1025 N. 19th St. Contact: 541-225-7061.	<b>Saturday</b> 7 a.m.: AA Open Meeting. "On Awakening" at CG Community Center, 700 Gibbs Ave. Info: 541-510-4228 or 541-517-2036. Enter bldg. thru front patio gate Noon: AA Meeting-Women's Good Grief Group. Closed meeting. Open to women alcoholics only. At Riverside Church of God. Info: 541-510-4228 or 541-942-2809. 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.	"We're working on it!" Church of Christ, 6th & Gibbs. Info: 541-228-4751 or 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 OLPH Knights of Columbus building, 1025 N. 19th St.
<b>Friday</b> 6:30 p.m.: Celebrate Recovery. At Calvary Chapel Cottage Grove, 1447 Pacific Hwy 99 (behind Koffee Kup) 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 OLPH Knights of Columbus building, 1025 N. 19th St. <i>OLPH: Our Lady of Perpetual Help Catholic Church</i>	<b>Sunday</b> Noon: AA Meeting. At OLPH Knights of Columbus building 1025 N. 19th St. 6 p.m.: AA Meeting - New Beginnings. CG Comm. Center, 700 Gibbs Ave.	<b>Tuesday</b> Noon: AA Meeting- Noon Group. Big Book Study meeting. At OLPH Knights of Columbus building 6:30 p.m.: Up the River Group. At Kirk and Family/Dorena Mercantile. 7 p.m.: Narcotics Anonymous. "A Way Back to Reality", open participation. At CG Community Center, back room, 700 Gibbs Ave.
	<b>Monday</b> 7 a.m.: AA Open Meeting. "On Awakening" at CG Community Center, 700 Gibbs Ave. Info: 541-510-4228 or 541-517-2036. Enter bldg. thru front patio gate 6 p.m.: AA Open Meeting for women only.	<b>Wednesday</b> 7 a.m.: AA Open Meeting. "On Awakening" at CG Community Center, 700 Gibbs Ave. Info: 541-510-4228 or 541-517-2036. Enter bldg. thru front patio gate 7 p.m.: AA Meeting- Wednesday Night Beginners. Open meeting. At OLPH Knights of Columbus building, 1025 N. 19th St.

## 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) Thrid Wednesday, 7 p.m., YHS Library 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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### 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.
CG Yarn Addicts	1-3pm Every Saturday, Crafty Mercantile Downtown Cottage Grove

### Sundays:

Occupy Medical Free Clinic	12-4 p.m., 509 E. 13th Ave, 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
Dorena Grange #835	Second Monday, 6 p.m. Potluck; Fourth Monday, 7 p.m. Meeting, 34360 Row River Rd.
CG 912 Project	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)
Community Sharing Board	Thrid Tuesday, 4:30 p.m., 1440 Birch Ave.
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
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	Thrid 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
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Dr. Backer's office is pleased to announce our newest team member:

Michelle Ward



**Dr. Jonathan Backer, D.D.S.**  
1551 E. Main St. Cottage Grove  
541-942-8437