

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.,
 CG Elks Lodge Chicken Fried Steak
 CG Elks Lodge Second Friday, 5-7 pm. 755 N. River Rd.,
 CG Elks Lodge Wings & More
 CG Elks Lodge Third Friday, 5-8 p.m., 755 N. River Rd.,
 CG Elks Lodge Steak Feed
 CG Elks Lodge Fourth Friday, 5:30-7:30 p.m.,
 VFW 755 N. River Rd., Fish Fry
 Sustainable CG Friday, 5:30 p.m. (no June-Aug.),
 Sunday Supper 3160 Hillside Dr.
 First Friday, 6:30 p.m. Potluck
 - Healing Matrix
 5-6 p.m. Sunday, CG Community Center

Methodist Church Second and Third Monday, 5-6:30p.m.,
 334 Washington Ave.
 American Legion Second Tuesday of odd-num
 bered 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.

Ongoing South Lane County events

Please call 541-942-3325 or email: 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 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.
 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

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.
 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 Third 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 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

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 Sinclair Room at
 Cottage Grove City Hall 400 E. Main St. 541-

342-5386.
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: 5:00 pm, Meeting: 5:30 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. Ore-
 gon 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 OLPH Knights of
 Columbus building, 1025 N. 19th St. Contact:
 541-225-7061.

Friday
 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.
 OLPH: Our Lady of Perpetual Help Catholic Church

Saturday
 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.

Sunday
 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.

Monday
 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.

"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.

Tuesday
 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.

Wednesday
 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

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 num
 bered 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 First Tuesday, 7 p.m., Library
 ND County Fair Board Fourth Monday, 7 p.m., Civic Center
 Elk Creek Watershed Council Third Tuesday, 7 p.m., Sunnysdale Grange
 Masons Third Saturday Breakfast 8:30 a.m.; Meeting 10 a.m.
 (OES) Eastern Star Second Wednesday, 7:30 p.m.
 Sunnysdale 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. Sunnysdale 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 Thrid Wednesday, 7 p.m., YHS Library
 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



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