

# **Ongoing South Lane County events**

### Thursdays:

Chamber Greeters Second and fourth Thursdays, 8 a.m., Village Green NAMI Thursdays, 10 a.m., Jack Sprats Wednesdays, 10 a.m.-1 p.m., Creswell Community Center, Creswell Over 40 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 Thursdays, 12 p.m., Stacy's Covered Bridge Restaurant Rotary 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 Relay for Life of South Lane County First Thursday, 6pm, El Tapatio 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. Third Thursday, 7:30pm, Axe & Fiddle Poetry Night Eastern Star #4 Third Thursday (no summer), 7:30 p.m., Masonic Center Third Thursday, 7 p.m. Station 201, CG, except Nov/Feb/ S. Lane Fire Board 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	
American Legion #32 Friday Night Bingo, 5-7pm, 826 W. Main St.		
Art Walk	Last Friday of the Month, 6-8 p.m.	
	(April thru October) Downtown CG	
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. 1-3pm Every Saturday, Crafty Mercantile Downtown CG Yarn Addicts Cottage Grove 4pm-7pm Thursdays, May-October South Valley Farmer's Market 7th & Main Streets

Cottage Grove Historical Museum Saturdays, 1-4 p.m., Corner H & Birch Streets

# **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.

# Weight Loss Support Groups

Sundays:

Occupy Medical Free Clinic 12-4 p.m., 5th Street & Washington, Eugene South Lane Amateur Radio Assoc. Second Sunday, 2 p.m., Masonic Hall Cottage Grove Historical Museum Sundays, 1-4 p.m., Corner H & Birch Streets London Grange First Sunday Potluck, 6:30 p.m.; Third Sunday Meeting, 72746 London Rd.

### Mondays:

Caregiver Network	First Monday, 11 a.m1 p.m. 11, Potluck - 1200 E. Quincy			
Closet at 6th and Gibl	bs Monday, 11 a.m2 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	First & Third Mondays, 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
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
Humane Society of CG	Second Tuesday, 6:30 p.m., Sinclair Rm., City
	Hall
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
ends. 3:00-	4:00 pm Tues. & Thurs.;
	) am-12 pm Sat.
11.00	and the print out.

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.

CG Recreation Assn.

Tuesday, 7 p.m., 1440 S. 8th St.

### Wednesdays:

Kiwanis Club	Wednesday	, 7 a.m., Koffee Kup Restaurant
		uesday, 10 a.m1 p.m., VFW Post #3473, 3160
Genealogical Society Meeting		Second Wednesday, 10 a.m., CG Community
		Center
Genealogical Discussion Group		Third and fourth Wednesday, 10 a.m12 p.m.,
		CG Community Center
Lane County Veterans Services		Third Wednesday, 10 a.m1 p.m., American
		Legion, 826 Main St.
Quilts of Valor		Second Wednesday, 10 a.m4 p.m., VFW, 3160
-		Hillside Dr.
Pinochle Group		Wednesday, 11:30 a.m4 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/Dimentia Caregivers		
		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
Pote Signa Dhi		July/Aug) First and third Wednesday, 7 p.m., call 541-942-
Beta Sigma Phi		1310 for location
NAMI Connection		Wednesday, 7 p.m., Healing Matrix.
CG Planning Commission		Third Wednesday, 7:30 p.m., City Hall
CO Fianning Commiss	51011	rind weenesday, 7.50 p.m., City riall
A 11 XX77 1 1		

### All Weekdays:

Beeper Show

various topics/guests 541-942-5548

9-10 a.m. KNND 1040 AM. Call in discussion.

Please call 541-942-3325 or email: mjacobs@cgsentinel.com with updates or changes.

## Community Meals

Trinity Lutheran Church Tuesday and Thursday, 5:15-6:15p.m., 675 S. Seventh St.

CG Elks Lodge Chicken Fried Steak First Friday 5-7 p.m., 755 N. River Rd.

CG Elks Lodge Baked Chicken & more Second Friday 5-7 p.m. 755 N. River Rd.

CG Elks Lodge Steak Feed Third Friday 5-7 p.m., 755 N. River Rd.

CG Elks Lodge Fish Fry Fourth Friday 5-7 p.m., 755 N. River Rd.

VFW Friday, 5:30 p.m. (no June-Aug.),

Sunday Supper 5-6 p.m. Sunday, CG Community Center

Methodist Church First and Third Mondays, 5-6:30p.m., 334 Washington Ave. American Legion 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 or March.) 8 a.m.-12 p.m., Harvey and 19th St.

Masonic Lodge Third Sunday, 8-11 a.m., 33322 Row River Rd.

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

# **Recurring North Douglas County Meetings**

### DRAIN

Diamit			
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 Boar	rd 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 Outread	h Lunch: Wednesday, 12:30-2 p.m.		
Food Pantry: Wednesday, 12:30-2 p.m. and Sunday 12:15 -2 p.m.			

Sensibly, a weight-loss support group. At the United Methodist Church, 334 Washington Ave., Fireside Room. Info: Ellen 541-942-0866.

10 a.m.: TOPS OR85 Take Off Pounds

No class on holiday weekends.

BEGINNERS & INTERMEDIATE YOGA

CG Community Center, 700 E. Gibbs Ave.

Info: Jane L. Guerber 541-654-5087

PICKLEBALL COTTAGE GROVE

COTTAGE GROVE THERAPY POOL

AQUATIC EXERCISE CLASSES

Community Center, 700 E. Gibbs Ave.

Info: 541-912-7789

Wed.: 6 pm \$5/session

Coiner Park Tennis Courts

9 am Tues, Thurs & Sat

Info: Teresa 541-942-1185

342-5386.

Thursday

8:30-9:30 am Mon.-Fri.;

Info: Mike 541-942-0688

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: Marie 541-942-9465.

group. Weigh-In: 5:30 pm, Meeting: 6 pm. Meets at Creswell Grange Hall, 298 W. Oregon Ave. Info: 541-895-3156.

5:30 p.m.: TOPS OR1020 (Creswell) Take

Off Pounds Sensibly, a weight-loss support

Third Tuesday, 7 p.m. Sunnydale Grange, 5 Elk Creek Watershed Council 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 First Tuesday, 7 p.m., Community Center Parks and Rec Library Board Thrid Wednesday, 7 p.m. (beginning July 2018) 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 Third Thursday, 6:30 p.m., City Hall Rodeo Club Third Thursday, 3 p.m., City Hall Historical Society Site Council Last Wednesday of month, 3:30 p.m., HS staff room Applegate Pioneer Cemetery Board Third Saturday, 10 a.m. Library

#### **ELKTON**

Second Thursday, 8:30 a.m., City Hall City Council Rebekahs First and third Tuesday, Masonic Lodge Second and fourth Tuesday, Masonic Lodge Eastern Star ECEC Board Meeting First Tuesday, ECEC, 541-584-2692 Second Wednesday, 12 p.m., ECEC ECEC Book Club

# 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

3160 Hillside Dr.

Sustainable CG First Friday, 6:30 p.m. Potluck Healing Matrix

# Addiction Recovery Groups

Thursday 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 6:30 p.m.: AA Meeting- Rush Hour. Open Meeting. At CG Community Center, 700 Gibbs 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. Ät 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.

#### Saturdav

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.

7 p.m.: AA Meeting-Open Candlelight Group. CG Comm. Center, 700 Gibbs Ave. On the last Sat. of the month - Open AA Elks Lodge Fourth Sunday, 8-11 a.m., 755 N. River Rd.

### Speakers Meeting.

7 p.m.: Al-Anon Meeting-Open Literature Discussion 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 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.

OLPH: Our Lady of Perpetual Help Catholic Church