### COTTAGE GROVE SENTINEL DECEMBER 5, 2018 9B



### **Thursdays:**

72746 London Rd NAMI Thursdays, 10 a.m., Jack Sprats Creswell Over 40 Wednesdays, 10 a.m.-1 p.m., Creswell Community Center, Mondays: 99 S. First St. Charm Bracelet Project Second Thursday, 10:15 a.m., Community Center First Monday, 11 a.m.-1 p.m. 11, Potluck - 1200 E. Quincy Caregiver Network Community Sing-Alon 1st and 3rd Thursdays, 10:30-11:30 Comm. Center Senior Center Bingo 12:45 p.m. Monday, CG Community Center Thursdays, 12 p.m., Stacy's Covered Bridge Restaurant Rotary Autism Peer Support First Monday, 4 p.m., Healing Matrix Lion's Club Second and Fourth Thursday, 12 p.m., Stacy's Covered Dorena Grange #835 Second Monday, 6 p.m. Potluck; Fourth Monday, 7 p.m. Bridge Restaurant Meeting, 34360 Row River Rd. Senior Center Game Day Thursdays 12:30-4 p.m. C.G. Community Center. Second and last Monday, 7 p.m., Healing Matrix NAMI Third Thursday, 4 p.m., Magnolia Gardens Alzheimer's Caregiver Support Overeaters Anonymous 7 p.m. Monday, First Presbyterian Church LGBTQIA Teen Group Meeting Thursday, 4 p.m., S. Lane Mental Health Second and fourth Monday, 7 p.m., City Hall CG City Council Hearing Loss Assoc. Second Thursday, 7 p.m., 2589 Hilyard, Eugene Creswell Grange Second Monday, 7:30 p.m., 298 W. Oregon Ave., Creswell 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 Tuesdays: Third Thursday, 7 p.m. Station 201, CG, except Nov/Feb/ S. Lane Fire Board May Station 203 Creswell Chamber G

### 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.		
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#### 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		
South Valley Farmers Winter Market Saturdays 1-4pm				
		Cottage Grove Armory		
	Cottage Grove Historical Museum Saturdays, 1-4 p.m., Corner H & Birch Street			

### Sundays:

Occupy Medical Free Clinic

(Suites 4 and 7) 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

Noon-4 p.m., 1717 Centenial Blvd, Springfield

Info: 541-912-7789

### **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

London Grange First Sunday Potluck, 6:30 p.m.; Third Sunday Meeting,

Chamber Greeters	Second and fourth Thursdays, 8 a.m., Oregon			
Avaition Historical Museum				
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			
CG 912 Project	First & Third Tuesday, 6:30 p.m., Stacy's			
	Covered Bridge Restaurant Conf. Rm			
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				
CG Recreation Assn.	Tuesday, 7 p.m., 1440 S. 8th St.			

3:00-4:00 pm Tues. & Thurs.; 11:00 am-12 pm Sat.

WARREN H. DAUGHERTY AQUATIC

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.

BRIDGE CARD GAME Bridge players wanted! For info call 541-942-4633

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-

### Wednesdays:

Kiwanis Club	Wednesday	, 7 a.m., Koffee Kup Restaurant
Veterans Assistance	First Wedr	uesday, 10 a.m1 p.m., VFW Post #3473, 3160
	Hillside Dr	r.
Genealogical Society N	Meeting	Second Wednesday, 10 a.m., CG Community
		Center
Genealogical Discussion Group		Third and fourth Wednesday, 10 a.m12 p.m.,
	Ŷ	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.
Clothes Closet - Chur	ch of Chris	t 6th and Gibbs Monday, 11 a.m2 p.m.
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	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 II Crown		First Wednesday, 6 p.m. London Grange
London 4-H Group Elks Bingo		Wednesday, 6:30-9:30 p.m., Elks Lodge (no
Liks Dingo		July/Aug)
Beta Sigma Phi		First and third Wednesday, 7 p.m., call 541-942-
Deta olgina i ni		1310 for location
NAMI Connection		Wednesday, 7 p.m., Healing Matrix.
CG Planning Commis	sion	Third Wednesday, 7:30 p.m., City Hall
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All Weekdays		

### 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, 5:30-6:30 p.m.

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.

No class on holiday weekends.

**BEGINNERS & INTERMEDIATE YOGA** CENTER CG Community Center, 700 E. Gibbs Ave. Info: Jane L. Guerber 541-654-5087

Wed.: 6 pm \$5/session PICKLEBALL COTTAGE GROVE Riverside Church Info: Mike 541-942-0688

10 am Tues, Thurs & Sat

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.;

### 342-5386. Thursday 10 a.m.: TOPS OR85 Take Off Pounds

### 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

Diami					
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	Third Wednesday, 7 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., 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.					

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: Marie 541-942-9465.

gon Ave. Info: 541-895-3156.

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 Third Monday, 12 p.m., City Hall ND Betterment 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 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

### 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.

#### 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.

7 p.m.: AA Meeting-Open Candlelight Group. CG Comm. Center, 700 Gibbs Ave. On the last Sat. of the month - Open AA Speakers Meeting. 7 p.m.: Al-Anon Meeting-Open Literature Discussion Group. CG Comm. Center, 700 Gibbs Ave.

### Elks Lodge

Fourth Sunday, 8-11 a.m., 755 N. River Rd.

### 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: Al-Anon Meeting Recoving with Literature in Cottage Grove (AFG) Coottage Grove Community Center, 700 Gibbs Ave. 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. 541-603-8162

### 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 CG Comm. Center, 700 Gibbs Av

OLPH: Our Lady of Perpetual Help Catholic Church