

CALENDAR CHOICES

Ongoing South Lane County events

Thursdays:	
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
Community Sing-Along	1st and 3rd Thursdays, 10:30-11:30 Community Center
Cottage Grove Rotary Club	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.
South Valley Farmers Market	Thursdays 4-7pm 7th & Main, Downtown Cottage Grove May2dn thru Oct. 31
Cottage Grove Armory Alzheimer's Caregiver Support	Third Thursday, 4 p.m., Magnolia Gardens
LGBTQIA Teen Group Meeting	Thursday, 4 p.m., S. Lane Mental Health
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
American Legion #32	Friday Night Bingo, 5-7pm, 826 W. Main
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.
CG Yarn Addicts	1-3pm Every Saturday, Crafty Mercantile
Cottage Grove Historical Museum	Downtown Cottage Grove
	Saturdays, 1-4 p.m., Corner H & Birch Streets

Sundays:	
Occupy Medical Free Clinic	Noon-4 p.m., 1717 Centenial Blvd, Springfield (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 St.
London Grange	First Sunday Potluck, 6:00 p.m.; Third

Mondays:	
Caregiver Network	
Senior Center Bingo	
Autism Peer Support	
Dorena Grange #835	
Overeaters Anonymous	
CG City Council	
Creswell Grange	
Tuesdays:	
Chamber Greeters	
Oregon Avaition Historical Museum	
South Lane Wheels Board	
Breast Cancer Support Group	
Grief and Loss Support Group	
Veteran Support Services	
Alzheimer's Caregiver Support	
CG Youth Choir	
Community Sharing Board	
Watershed Council Science Pub	
Tirchotillomani Support Group	
CG Garden Club	
EBID	
CG 912 Project	
Humane Society of CG Second	
ACES Family Group	
Friends of Mt. David	
Habitat for Humanity Open Mic Night	
CG Recreation Assn.	

Wednesdays:	
Kiwanis Club	
Veterans Assistance	
Genealogical Society Meeting	
Thursdays:	
First Monday, 11 a.m.-1 p.m. 11, Potluck - 1200 E. Quincy	
12:45 p.m. Monday, CG Community Center	
First Monday, 4 p.m., Healing Matrix	
Fourth Monday, 6 p.m. Potluck; 7 p.m. Meeting, 34360 Row River Rd.	
7 p.m. Monday, First Presbyterian Church	
Second and fourth Monday, 7 p.m., City Hall	
Second Monday, 7:30 p.m., 298 W. Oregon Ave., Creswell	
Fridays:	
Second and fourth Thursdays, 8 a.m.,	
Fourth Tuesday, 12 p.m., 1450 Birch Ave.	
Second Tuesday, 1 p.m., Call 541-942-2309 for location	
3rd Tuesday, 1:30-3pm, CG Community Center, questions call Signature Hospice 541-246-1568	
3 p.m. Tuesday, Healing Matrix	
Third Tuesday, 3-4 p.m., Willamalane Adult Center 215 W. C St., Springfield	
4-5 p.m. Thursday, First Presbyterian Church (ages 12-16)	
Thrid Tuesday, 4:30 p.m., 1440 Birch Ave.	
Fourth Tuesday, 5 p.m., Axe & Fiddle, 657 E. Main St.	
Second Tuesday, 5:30 p.m., Call 541-767-1730 for location	
First Tuesday, 6 p.m., First Presbyterian Church	
Second Tuesday, 6 p.m., CG Community Center	
First & Third Tuesday, 6:30 p.m., Stacy's Covered Bridge Restaurant Conf. Rm	
Tuesday, 6:30 p.m., Sinclair Rm., City Hall	
Third Tuesday, 6 p.m., 1551 E. Main St.	
Second and fourth Tuesday, 6:30 p.m., corner of H and Birch	
Second Tuesday, 7 p.m., Axe & Fiddle	
Tuesday, 7 p.m., 1440 S. 8th St.	

Sundays:	
Wednesday, 7 a.m., Koffee Kup Restaurant	
First Wednesday, 10 a.m.-1 p.m., VFW Post #3473, 3160 Hillside Dr.	
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.
Clothes Closet - Church of Christ	6th and Gibbs Monday, 11 a.m.-2 p.m.
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
CG Planning Commission	Third Wednesday, 7:30 p.m., City Hall
Friends of CG Carousel	Second and Fourth Wednesday, 9 a.m. - 11:30a.m. at the Community Center
Bohemia Mining Days Board	Third Wednesday at 6:30 p.m. at CG Hotel, 811 Main St., Suite E

All Weekdays:
Beeper Show 9-10 a.m. KNND 1040 AM. Call in discussion, various topics/guests 541-942-5548

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



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. 541-912-7789
Saturdays 10-11:30 a.m. \$5/session
Proceeds for children's scholarships.
MINDFUL MOVEMENT YOGA

Join a great group in its thirteenth year. Unwind as we practice mindful movement with flow, breath, & core awareness for all levels. Wednesdays 6-7:30 p.m. Call Jane Guerber at 541-654-5087 if you have questions.

YOGA SCHMOGA
Join us for sessions of simple movements tied to the breath. Ending with Savasana, Pranayama, and Meditation. Beginners are more than welcome, this is an all levels class. Monday at 6 pm. Cottage Grove Community Center. For more info look up Yoga Schmo-ga on Facebook

PICKLEBALL COTTAGE GROVE
Info: 541-914-5937 or 503-318-8915

WARREN H. DAUGHERTY AQUATIC CENTER
1440 S. 8th St., 541-942-5533
Therapy Pool - Independent Exercise
Mon, Wed, Fri: 5:30-6:45am & 7:30am-1pm, Tue, Thurs: 9am-1pm
Lap Swim
Mon, Wed, Fri: 5:30-6:45am & 7:30-8:30am, Mon-Fri: 9am-1pm (2 lanes), Sat: 11am-12pm, Mon, Wed (2 Lanes): 7:30-9am, Tue, Thurs, Fri, Sat (2 Lanes): 6-8:30pm
Both Pools
Family and Recreation Swim
Mon, Wed: 7:30-9pm, Tue, Thurs, Fri, Sat: 6-8:30pm

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

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.

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.

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	Third Wednesday, 7 p.m., Library
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 (OES) Eastern Star	Third Saturday Breakfast 8:30 a.m.; Meeting 10 a.m.
Sunnysdale Grange	Second Wednesday, 7:30 p.m.
	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	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	Third 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

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 pm. 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.3160 Hillside Dr.

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

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

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.

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

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 Ave.
6:30 p.m.: Al-Anon Meeting. At CG Community Center, 700 Gibbs Ave. Info: 541-554-7994 or 541-510-4228
7:30 p.m.: NA Meeting- Open Meeting at the American Legion Hall 826 W. Main Street

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.

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. 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

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