

CALENDAR CHOICES

Ongoing South Lane County events

Thursdays: NAMI Creswell Over 40	Thursdays, 10 a.m., Jack Sprats 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 Hearing Loss Assoc.	Thursday, 4 p.m., S. Lane Mental Health Second Thursday, 7 p.m., 2589 Hilyard, Eugene
Lorane Fire Protection Dist.	Second Thursday, 7:30 p.m., 80287 Old Lorane Rd.
Poetry Night Eastern Star #4	Third Thursday, 7:30pm, Axe & Fiddle 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 American Legion #32 Art Walk	Friday, 5 p.m., Seventh and Main Friday Night Bingo, 5-7pm, 826 W. Main 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 CG Historical Society Program	First Saturday, 10 a.m., 3160 Hillside Dr. Third Saturday, 10 a.m., CG Community Center
American Legion #32 CG Yarn Addicts	First Saturday, noon, 826 W. Main St. 1-3pm Every Saturday, Crafty Mercantile Downtown Cottage Grove
Cottage Grove Historical Museum	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. Cottage Grove Historical Museum London Grange	Second Sunday, 2 p.m., Masonic Hall Sundays, 1-4 p.m., Corner H & Birch St. First Sunday Potluck, 6:00 p.m.; Third

Mondays: Caregiver Network	Sunday Meeting, 72746 London Rd.
Senior Center Bingo	First Monday, 11 a.m.-1 p.m. 11, Potluck - 1200 E. Quincy 12:45 p.m. Monday, CG Community Center
Autism Peer Support Dorena Grange #835	First Monday, 4 p.m., Healing Matrix Fourth Monday, 6 p.m. Potluck; 7 p.m. Meeting, 34360 Row River Rd.
Overeaters Anonymous CG City Council	7 p.m. Monday, First Presbyterian Church Second and fourth Monday, 7 p.m., City Hall
Creswell Grange	Second Monday, 7:30 p.m., 298 W. Oregon Ave., Creswell

Tuesdays: Chamber Greeters Oregon Avaition Historical Museum South Lane Wheels Board Breast Cancer Support Group	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
Grief and Loss Support Group	3rd Tuesday, 1:30-3pm, CG Community Center, questions call Signature Hospice 541-246-1568
Veteran Support Services Alzheimer's Caregiver Support	3 p.m. Tuesday, Healing Matrix 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 Watershed Council Science Pub	Thrid Tuesday, 4:30 p.m., 1440 Birch Ave. 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 Friends of Mt. David	Third Tuesday, 6 p.m., 1551 E. Main St. Second and fourth Tuesday, 6:30 p.m., corner of H and Birch
Habitat for Humanity Open Mic Night CG Recreation Assn.	Second Tuesday, 7 p.m., Axe & Fiddle 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.
Clothes Closet - Church of Christ Pinochle Group	6th and Gibbs Monday, 11 a.m.-2 p.m. 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/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-H Group Elks Bingo	First Wednesday, 6 p.m. London Grange 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 Friends of CG Carousel	Third Wednesday, 7:30 p.m., City Hall 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.

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 Sinclar Room at Cottage Grove City Hall 400 E. Main St. 541-342-5386.

Wednesday
3:45p.m. Weight Watchers is beginning a new session in Drain in the North Douglas Elementary School Library. Call Marian at 541-914-1520 with questions. All are welcome!

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.

Recurring North Douglas County Meetings

DRAIN City Council Fire Board School Board Cemetery Board	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)
Planning Board Civic Center Board bered	First Monday, 7 p.m., Civic Center (as needed) Third Tuesday, 5:30 p.m., Civic Center (odd numbered months)
Parks & Rec. Board Library Board Friends of Library	Third Monday, 7 p.m., Pool Meeting Room Third Wednesday, 7 p.m., Library First Tuesday, 7 p.m., Library
ND County Fair Board Elk Creek Watershed Council	Fourth Monday, 7 p.m., Civic Center Third Tuesday, 7 p.m., Sunnysdale Grange
Masons (OES) Eastern Star Sunnysdale 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.
Living Hope Outreach Food Pantry: Wednesday, 12:30-2 p.m. and Sunday 12:15 -2 p.m.	Lunch: Wednesday, 12:30-2 p.m.

Elk Creek Watershed Council	Third Tuesday, 7 p.m. Sunnysdale Grange, 5 miles west of Drain
YONCALLA City Council ND Betterment Planning Commission School Board Parks and Rec Library Board Friends of the Library	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 Thrid Wednesday, 7 p.m. (beginning July 2018) Second Thursday, 10 a.m., Library; Feb, May, Aug., Nov.
Library Book Club Beautification Chamber of Commerce Rodeo Club Historical Society Site Council Last Wednesday of month, 3:30 p.m., HS staff room Applegate Pioneer Cemetery Board	Second Thursday, 6:30 p.m., Library Fourth Thursday, 5:30 p.m., City Hall Third Thursday, 7:30 p.m., Community Center Third Thursday, 6:30 p.m., City Hall Third Thursday, 3 p.m., City Hall Third Thursday, 3 p.m., City Hall
ELKTON City Council Rebekahs Eastern Star ECEC Board Meeting ECEC Book Club	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

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