

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

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. Un-
wind 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

Wednesday
3:45p.m. Weight Watchers is beginning a new
session in Drain in the North Douglas Ele-
mentary 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.

Mondays:
Caregiver Network

Senior Center Bingo

Autism Peer Support
Dorena Grange #835

Overeaters Anonymous
CG City Council

Creswell Grange

Tuesdays:
Chamber Greeters
Oregon Aviation 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

Sunday Meeting, 72746 London Rd.

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
City Hall
Second and fourth Monday, 7 p.m.,
City Hall
Second Monday, 7:30 p.m., 298 W.
Oregon Ave., Creswell

Second and fourth Thursdays, 8 a.m.,
City Hall

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.

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

Lane County Veterans Services

Quilts of Valor

Clothes Closet - Church of Christ
Pinochle Group

Kiwanis Club

Veteran's Assistance

CG Children's Choir

Alzheimer's/Dementia Caregivers

CG Art Guild

London 4-H Group
Elks Bingo

Beta Sigma Phi

CG Planning Commission
Friends of CG Carousel

Bohemia Mining Days Board

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.



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
5-7pm 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
6:00 p.m.: Celebrate Recovery.
At Calvary Chapel Cottage
Grove, 1447 Pacific Hwy 99
(behind Koffee Kup) Info: 541-
554-8135
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
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 alco-
holics 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

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