

CALENDAR CHOICES

Ongoing South Lane County events

Thursdays:		Sundays:		Genealogical Society Meeting		Post #3473, 3160 Hillside Dr.	
NAMI	Thursdays, 10 a.m., Jack Sprats	Occupy Medical Free Clinic	Noon-4 p.m., 1717 Centenial Blvd, Springfield (Suites 4 and 7)			Second Wednesday, 10 a.m.,	
Creswell Over 40	Wednesdays, 10 a.m.-1 p.m., Creswell Community Center, 99 S. First St.	South Lane Amateur Radio Assoc.	Second Sunday, 2 p.m., Masonic Hall	Genealogical Discussion Group		CG Community Center	
Charm Bracelet Project	Second Thursday, 10:15 a.m., Community Center	Cottage Grove Historical Museum	Sundays, 1-4 p.m., Corner H & Birch St.			Third and fourth Wednesday,	
Community Sing-Along	1st and 3rd Thursdays, 10:30-11:30 Community Center			Lane County Veterans Services		10 a.m.-12 p.m., CG Community Center	
Cottage Grove Rotary Club	Thursdays, 12 p.m., Stacy's Covered Bridge Restaurant					Third Wednesday, 10 a.m.-1 p.m.,	
Lion's Club	Second and Fourth Thursday, 12 p.m., Stacy's Covered Bridge Restaurant			Quilts of Valor		American Legion, 826 Main St.	
Senior Center Game Day	Thursdays 12:30-4 p.m. C.G. Community Center.			Clothes Closet - Church of Christ		Second Wednesday, 10 a.m.-4 p.m., VFW,	
South Valley Farmers Market	Thursdays 4-7pm 7th & Main, Downtown Cottage Grove May2dn thru Oct. 31			Pinochle Group		3160 Hillside Dr.	
Cottage Grove Armory Alzheimer's Caregiver Support	Third Thursday, 4 p.m., Magnolia Gardens			Kiwanis Club		6th and Gibbs Monday, 11 a.m.-2 p.m.	
LGBTQIA Teen Group Meeting	Thursday, 4 p.m., S. Lane Mental Health					Wednesday, 11:30 a.m.-4 p.m., Senior Center	
Chamber Ambassadors	Second and fourth Thursdays, 8 a.m., El Tapatio Mexican Restaurant			Veteran's Assistance		Wednesday, 12 p.m., El Tapatio Mexican Restaurant	
Hearing Loss Assoc.	Second Thursday, 7 p.m., 2589 Hilyard, Eugene			CG Children's Choir		Third Wednesday, 12-3 p.m., VFW Post #3473, 3160 Hillside Dr.	
Lorane Fire Protection Dist.	Second Thursday, 7:30 p.m., 80287 Old Lorane Rd.			Alzheimer's/Dimentia Caregivers		Wednesday, 2 p.m., First Presbyterian Church (ages 6-11)	
Poetry Night	Third Thursday, 7:30pm, Axe & Fiddle					Third Wednesday, 5:30 p.m., Middlefield Oaks Senior Living Community	
Eastern Star #4	Third Thursday (no summer), 7:30 p.m., Masonic Center			CG Art Guild		First Wednesday, 6 p.m., Call 541-942-8913 for location	
S. Lane Fire Board	Third Thursday, 7 p.m. Station 201, CG, except Nov/Feb/May Station 203 Creswell			London 4-H Group		First Wednesday, 6 p.m. London Grange	
Fridays:		Tuesdays:		Elks Bingo		Wednesday, 6:30-9:30 p.m., Elks Lodge (no July/Aug)	
Senior Center Pinochle	Friday, 11:30-4 p.m., CG Community Center	Grief and Loss Support Group	3rd Tuesday, 1:30-3pm, CG Community Center, questions call Signature Hospice 541-246-1568	Beta Sigma Phi		First and third Wednesday, 7 p.m., call 541-942-1310 for location	
Rosie the Riveter	Second Friday, 12:15 p.m., Adult Activity Center, 315 W. C St., Springfield	Veteran Support Services	3 p.m. Tuesday, Healing Matrix	CG Planning Commission		Third Wednesday, 7:30 p.m., City Hall	
Stand for Peace/Occupy CG	Friday, 5 p.m., Seventh and Main	Alzheimer's Caregiver Support	Third Tuesday, 3-4 p.m., Willamalane Adult Center 215 W. C St., Springfield	Friends of CG Carousel		Second and Fourth Wednesday, 9 a.m. - 11:30a.m. at the Community Center	
American Legion #32	Friday Night Bingo, 5-7pm, 826 W. Main	CG Youth Choir	Adult Center 215 W. C St., Springfield			Third Wednesday at 6:30 p.m. at CG Hotel, 811 Main St., Suite E	
Art Walk	Last Friday of the Month, 6-8 p.m. (April thru October) Downtown CG	Community Sharing Board	Church (ages 12-16)	Bohemia Mining Days Board			
Community Gospel Sing-a-long	Second Friday, 6:30-8 p.m., Old Time Gospel Fellowship, 103 S. Fifth St.	Watershed Council Science Pub	Thrid Tuesday, 4:30 p.m., 1440 Birch Ave.				
London Grange	First Friday Potluck, 600 p.m.; Third Friday Meeting, 72746 London Rd.	Tirchotillomani Support Group	Fourth Tuesday, 5 p.m., Axe & Fiddle, 657 E. Main St.				
Saturdays:		CG Garden Club	Second Tuesday, 5:30 p.m., Call 541-767-1730 for location				
VFW Post #3473	First Saturday, 10 a.m., 3160 Hillside Dr.	EBID	First Tuesday, 6 p.m., First Presbyterian Church				
CG Historical Society Program	Third Saturday, 10 a.m., CG Community Center	CG 912 Project	Second Tuesday, 6 p.m., CG Community Center				
American Legion #32	First Saturday, noon, 826 W. Main St.	Humane Society of CG Second	First & Third Tuesday, 6:30 p.m., Stacy's Covered Bridge Restaurant Conf. Rm				
CG Yarn Addicts	1-3pm Every Saturday, Crafty Mercantile	ACES Family Group	Tuesday, 6:30 p.m., Sinclair Rm., City Hall				
Cottage Grove Historical Museum	Downtown Cottage Grove	Friends of Mt. David	Third Tuesday, 6 p.m., 1551 E. Main St.				
	Saturdays, 1-4 p.m., Corner H & Birch Streets	CG Recreation Assn.	Second and fourth Tuesday, 6:30 p.m., corner of H and Birch				
		Wednesdays:		Tuesday, 7 p.m., 1440 S. 8th St.			
		Kiwanis Club	Wednesday, 7 a.m., Koffee Kup Restaurant				
		Veterans Assistance	First Wednesday, 10 a.m.-1 p.m., VFW				

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 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., 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.

Elk Creek Watershed Council Third Tuesday, 7 p.m. Sunnydale 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 First Thursday, 7:30 p.m., Community Center
Rodeo ClubThird Thursday, 6:30 p.m., City Hall
Historical Society Third Thursday, 3 p.m., City Hall
Site CouncilLast 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
5-7pm 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 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

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