

# 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 Chamber Ambassadors Thursday, 4 p.m., S. Lane Mental Health Second and fourth Thursdays, 8 a.m., El Tapatio Mexican Restaurant  
 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 American Legion #32 Friday, 5 p.m., Seventh and Main  
 Art Walk 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.  
 London Grange First Friday Potluck, 600 p.m.; Third Friday Meeting, 72746 London Rd.

### 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  
 Cottage Grove Historical Museum Saturdays, 1-4 p.m., Corner H & Birch Streets

### Sundays:

Occupy Medical Free Clinic Noon-4 p.m., 1717 Centennial 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.

### Mondays:

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

### Tuesdays:

Grief and Loss Support Group 3rd Tuesday, 1:30-3pm, CG Community Center, questions call Signature Hospice 541-246-1568  
 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 Third 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  
 CG Recreation Assn. 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

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 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. Thursday at 6 pm. Cottage Grove Community Center. For more info look up Yoga Schmoga 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.

## 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.

## 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 Third Wednesday, 7 p.m., YHS Library  
 Parks and Rec First Tuesday, 7 p.m., Community Center  
 Library Board Third 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 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

## 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-Anon 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