

CALENDAR CHOICES

Ongoing South Lane County events

Thursdays:		Sundays:		Veterans Assistance	
NAMI	Thursdays, 10 a.m., Jack Sprats	Occupy Medical Free Clinic	Noon-4 p.m., 1717 Centenial Blvd, Springfield (Suites 4 and 7)	Genealogical Society Meeting	First Wednesday, 10 a.m.-1 p.m., VFW Post #3473, 3160 Hillside Dr.
Creswell Over 40	Wednesdays, 10 a.m.-1 p.m., Creswell Community Center, 99 S. First St.	South Lane Amateur Radio Assoc. Cottage Grove Historical Museum	Second Sunday, 2 p.m., Masonic Hall	Genealogical Discussion Group	Second Wednesday, 10 a.m., CG Community Center
Charm Bracelet Project	Second Thursday, 10:15 a.m., Community Center		Sundays, 1-4 p.m., Corner H & Birch St.		Third and fourth Wednesday, 10 a.m.-12 p.m., CG Community Center
Community Sing-Along	1st and 3rd Thursdays, 10:30-11:30 Community Center	Mondays:		Lane County Veterans Services	Third Wednesday, 10 a.m.-1 p.m., American Legion, 826 Main St.
Rotary Club of Cottage Grove	Thursdays, 12 p.m., El Tapatio Mexican Restaurant	Caregiver Network	First Monday, 11 a.m.-1 p.m. 11, Potluck - 1200 E. Quincy	Quilts of Valor	Second Wednesday, 10 a.m.-4 p.m., VFW, 3160 Hillside Dr.
Lion's Club	Second and Fourth Thursday, 12 p.m., Stacy's Covered Bridge Restaurant	Senior Center Bingo	12:30 p.m. Monday, CG Community Center	Clothes Closet - Church of Christ	6th and Gibbs Monday, 11 a.m.-2 p.m.
Senior Center Game Day	Thursdays 12:30-4 p.m. C.G. Community Center.	Autism Peer Support	First Monday, 4 p.m., Healing Matrix	Pinochle Group	Wednesday, 11:30 a.m.-4 p.m., Senior Center
South Valley Farmers Market	Thursdays 4-7pm 7th & Main, Downtown Cottage Grove May 2nd thru Oct. 31	Dorena Grange #835	Fourth Monday, 6 p.m. Potluck; 7 p.m. Meeting, 34360 Row River Rd.	Kiwanis Club	Wednesday, 12 p.m., El Tapatio Mexican Restaurant
Cottage Grove Alzheimer's Caregiver Support	Third Thursday, 6:30p.m., Magnolia Gardens	Overeaters Anonymous	7 p.m. Monday, First Presbyterian Church	Veteran's Assistance	Third Wednesday, 12-3 p.m., VFW Post #3473, 3160 Hillside Dr.
LGBTQIA Teen Group Meeting	Thursday, 4 p.m., S. Lane Mental Health	CG City Council	Second and fourth Monday, 7 p.m., City Hall	CG Children's Choir	Wednesday, 2 p.m., First Presbyterian Church (ages 6-11)
Chamber Ambassadors	Second and fourth Thursdays, 8 a.m., El Tapatio Mexican Restaurant	Creswell Grange	Second Monday, 7:30 p.m., 298 W. Oregon Ave., Creswell	Alzheimer's/Dimentia Caregivers	Third Wednesday, 5:30 p.m., Middlefield Oaks Senior Living Community
Hearing Loss Assoc.	Second Thursday, 7 p.m., 2589 Hilyard, Eugene	Tuesdays:		CG Art Guild	First Wednesday, 6 p.m., Call 541-942-8913 for location
Lorane Fire Protection Dist.	Second Thursday, 7:30 p.m., 80287 Old Lorane Rd.	South Lane Wheels Board	Fourth Tuesday, 12 p.m., 1450 Birch Ave.	London 4-H Group	First Wednesday, 6 p.m. London Grange
Poetry Night	Third Thursday, 7:30pm, Axe & Fiddle	Breast Cancer Support Group	Second Tuesday, 1 p.m., Call 541-942-2309 for location	Elks Bingo	Wednesday, 6:30-9:30 p.m., Elks Lodge (no July/Aug)
Eastern Star #4	Third Thursday (no summer), 7:30 p.m., Masonic 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
S. Lane Fire Board	Third Thursday, 7 p.m. Station 201, CG, except Nov/Feb/May Station 203	Veteran Support Services	3 p.m. Tuesday, Healing Matrix	CG Planning Commission	Third Wednesday, 7:30 p.m., City Hall
	Creswell	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
		CG Youth Choir	4-5 p.m. Thursday, First Presbyterian Church (ages 12-16)	All Weekdays:	
Senior Center Pinochle	Friday, 11:30-4 p.m., CG Community Center	Community Sharing Board	Thrid Tuesday, 4:30 p.m., 1440 Birch Ave.	Bohemia Mining Days Board	Third Wednesday at 6:30 p.m. at CG Hotel, 811 Main St., Suite E
Rosie the Riveter	Second Friday, 12:15 p.m., Adult Activity Center, 315 W. C St., Springfield	Watershed Council Science Pub	Fourth Tuesday, 5 p.m., Axe & Fiddle, 657 E. Main St.	Beeper Show	9-10 a.m. KNND 1040 AM. Call in discussion, various topics/guests
Stand for Peace/Occupy CG	Friday, 5 p.m., Seventh and Main	Tirchotillomani Support Group	Second Tuesday, 5:30 p.m., Call 541-767-1730 for location		541-942-5548
American Legion #32	Friday Night Bingo, 5-7pm, 826 W. Main	CG Garden Club	First Tuesday, 6 p.m., First Presbyterian Church		
Art Walk	Last Friday of the Month, 6-8 p.m. (April thru October) Downtown CG	EBID	Second Tuesday, 6 p.m., CG Community Center		
Community Gospel Sing-a-long	Second Friday, 6:30-8 p.m., Old Time Gospel Fellowship, 103 S. Fifth St.	CG 912 Project	First & Third Tuesday, 6:30 p.m., Stacy's Covered Bridge Restaurant Conf. Rm		
London Grange	First Friday Potluck, 6:00 p.m.; Third Friday Meeting, 72746 London Rd.	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		

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.

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-Noon, 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

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 Sinclair 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., Dining Room. Info: Vicky 541-942-8641.

• 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.

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 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.

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:

• 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.

Tuesday:

• 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 Ave.

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