

# 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
Rotary Club of Cottage Grove	Thursdays, 12 p.m., El Tapatio Mexican 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 May 2nd thru Oct. 31
Cottage Grove Alzheimer's Caregiver Support	Third Thursday, 6:30p.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 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.
London Grange	First Friday Potluck, 6:00 p.m.; Third Friday Meeting, 7:2746 London Rd.

### 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 Birch	Saturdays, 1-4 p.m., Corner H & Streets

### Sundays:

Occupy Medical Free Clinic	Noon-4 p.m., 1717 Centennial Blvd, Springfield (Suites 4 and 7)
South Lane Amateur Radio Assoc. Cottage Grove Historical Museum	Second Sunday, 2 p.m., Masonic Hall Tuesday, 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 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:

South Lane Wheels Board Breast Cancer Support Group	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
CG Recreation Assn.	Tuesday, 7 p.m., 1440 S. 8th St.

### Wednesdays:

Kiwanis Club	Wednesday, 7 a.m., Koffee Kup
--------------	-------------------------------

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/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 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

### All Weekdays:

Bohemia Mining Days Board	Third Wednesday at 6:30 p.m. at CG Hotel, 811 Main St., Suite E
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.

**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., Fireside Room. Info: Ellen 541-942-0866.

• 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.

## Recurring North Douglas County Meetings

<b>DRAIN</b>	
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, 6 p.m., Library
Friends of Library	First Wednesday, 6 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
-----------------------------	---

<b>YONCALLA</b>	
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 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

<b>ELKTON</b>	
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 5-7 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