

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
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/Ocuppy 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, 72746 London Rd.
VFW Post #3473	First Saturday, 10 a.m., 3160 Hillside Dr.

Saturdays:

CG Historical Society Program	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	Second Sunday, 2 p.m., Masonic Hall 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 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 Thrid 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.
Tirchoitillomani 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	Thrid 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 Veterans Assistance	Wednesday, 7 a.m., Koffee Kup 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/Dimentia 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
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
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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. 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.

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 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.

• 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. Ore-
gon Ave. Info: 541-895-3156.

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	Thrid Tuesday, 9:30 a.m., Civic Center (even num bered months)
Planning Board	First Monday, 7 p.m., Civic Center (as needed)
Civic Center Board	Thrid Tuesday, 5:30 p.m., Civic Center (odd num- bered months)
Parks & Rec. Board	Third Monday, 7 p.m., Pool Meeting Room
Library Board	Thrid 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	Thrid Tuesday, 7 p.m., Sunnydale Grange
Masons	Thrid 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	Thrid Tuesday, 7 p.m. Sunnydale Grange, 5 miles west of Drain
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YONCALLA

City Council	Second Tuesday, 7 p.m., City Hall
ND Betterment	Thrid Monday, 12 p.m., City Hall
Planning Commission	Thrid 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	Thrid Thursday, 6:30 p.m., City Hall
Historical Society	Thrid Thursday, 3 p.m., City Hall
Site Council	Last Wednesday of month, 3:30 p.m., HS staff room
Applegate Pioneer Cemetery Board	Thrid 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
5-7 pm 755 N River Rd.

• CG Elks Lodge
Steak Feed Thrid 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
Thrid 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 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:

• 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