

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 a.m., Second Thursday, 10:15 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 Community Center Thursdays 12:30-4 p.m. C.G.

South Valley Farmers Market Thursdays 4-7pm 7th & Main, Downtown Cottage Grove May 2nd Oct. 31

thru 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 p.m., Third Thursday, 7:30pm, Axe & Fiddle Third Thursday (no summer), 7:30 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 Community Center Friday, 11:30-4 p.m., CG Center

Rosie the Riveter Activity Springfield Second Friday, 12:15 p.m., Adult Center, 315 W. C. St.,

Stand for Peace/Occupy CG American Legion #32 Main Friday, 5 p.m., Seventh and Main Friday Night Bingo, 5-7pm, 826 W. Main

Art Walk 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.

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 Dorena Grange #835 First Monday, 4 p.m., Healing Matrix

Overeaters Anonymous Church Fourth Monday, 6 p.m. Potluck; 7 p.m. Meeting, 34360 Row River Rd.

CG City Council 7 p.m. Monday, First Presbyterian

Creswell Grange Second and fourth Monday, 7 p.m., City Hall

Second Monday, 7:30 p.m., 298 W. Oregon Ave., Creswell

Tuesdays:

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

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

CG Youth Choir Third Tuesday, 3-4 p.m., Willamalane Adult Center 215 W. C St., Springfield

Community Sharing Board Ave. 4-5 p.m. Thursday, First Presbyterian Church (ages 12-16)

Watershed Council Science Pub Thrid Tuesday, 4:30 p.m., 1440 Birch

Tirchotillomani Support Group Fourth Tuesday, 5 p.m., Axe & Fiddle, 657 E. Main St.

CG Garden Club Second Tuesday, 5:30 p.m., Call 541-767-1730 for location

EBID First Tuesday, 6 p.m., First Presbyterian Church

CG 912 Project Second Tuesday, 6 p.m., CG Community Center

Humane Society of CG Second First & Third Tuesday, 6:30 p.m., Stacy's Covered Bridge Restaurant Conf. Rm

ACES Family Group Tuesday, 6:30 p.m., Sinclair Rm., City Hall

Friends of Mt. David Third Tuesday, 6 p.m., 1551 E. Main St.

CG Recreation Assn. Second and fourth Tuesday, 6:30 p.m., corner of H and Birch

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 VFW, Second Wednesday, 10 a.m.-4 p.m., 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

All Weekdays:

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: nsnydcr@egsentinel.com with updates or changes.

NOTE:
Some organizations may have begun meeting again as some COVID-19 restrictions have changed and we may not have the most current information. It is best to reach out to the organization your looking for to find how they are conducting thier meetings due to COVID-19. Stay safe and healthy.

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

Community Meals

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.

• 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

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 Wash- ington 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: 4:30 pm, Meeting: 5 pm. Meets at Delight Valley Church, 33087 Saginaw Rd. Info: Elaine 541-942-8547.

• 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

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, 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., Sunnysdale Grange

Masons Third Saturday Breakfast 8:30 a.m.; Meeting 10 a.m.
(OES) Eastern Star Second Wednesday, 7:30 p.m.
Sunnysdale 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. Sunnysdale 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 Thursdays, 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

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.

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.

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