

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.
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.
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 First Thursday, 5:30pm., meetings held virtually
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.
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
Senior Center Pinochle	Creswell 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
Bohemia Gold Mining Museum	Thursdays, 1-4 pm, 308 S. 10th

Fridays:	
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, 72746 London Rd.
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 Bohemia Gold Mining Museum	First Saturday, noon, 826 W. Main St. Fridays, 1-4 pm, 308 S. 10th

Saturdays:	
CG Yarn Addicts	1-3pm Every Saturday, Crafty Mercantile Downtown Cottage Grove
South Valley Farmers Market	Saturdays 11am-3pm 7th & Main, Downtown Cottage Grove May 2nd thru Oct. 31 Cottage Grove
Historical Museum	Saturdays, 1-4 p.m., Corner H & Birch Streets
Bohemia Gold Mining Museum	Saturdays, 1-4 pm, 308 S. 10th

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.
Humane Society of CG Second	Second Monday, 6:30 p.m., Sinclair Rm., City Hall
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.
Tirchoitollomani 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
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. Poetry Night	Tuesday, 7 p.m., 1440 S. 8th St. Thrid Tuesday, 7:30pm, Cottage Events Venue

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	Thrid 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	Thrid 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	Thrid Wednesday, 5:30 p.m., Middlefield Oaks Senior Living Community
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 thrid Wednesday, 7 p.m., call 541-942-1310 for location
CG Planning Commission Friends of CG Carousal	Thrid 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	Thrid 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:
mfringer@cgsentinel.com with updates or changes.

NOTE:

Some organizations may have started 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 of interest 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:

Thursday:

- 9-9:50 a.m.: TOPS OR85 Take Off Pounds Sensibly, a weight-loss support group. At the Meets at Delight Valley Church, 33087 Saginaw Rd. Info: Vicky 541-942-8641.

• 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.

- 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

9 HOLE LADIES GOLF LEAGUE

- Middlefield Golf Course, Wednesdays 9am
- For info call Donna 541-840-6149

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
- 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 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