

CALENDAR CHOICES

Ongoing South Lane County events

Thursdays:	Sundays:	Wednesdays:
NAMI Creswell Over 40	Thursdays, 10 a.m., Jack Sprats Wednesdays, 10 a.m.-1 p.m., Creswell Community Center, 99 S. First St. Thursdays, 12 p.m., El Tapatio Mexican Restaurant	Veterans Assistance First Wednesday, 10 a.m.-1 p.m., VFW Post #3473, 3160 Hillside Dr. Second Wednesday, 10 a.m., CG Community Center
Rotary Club of Cottage Grove	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.	Genealogical Society Meeting Third and fourth Wednesday, 10 a.m.-12 p.m., CG Community Center
Lion's Club	Second and Fourth Thursday, 12 p.m., Stacy's Covered Bridge Restaurant	Lane County Veterans Services Third Wednesday, 10 a.m.-1 p.m., American Legion, 826 Main St.
Senior Center Game Day	Thursdays 12:30-4 p.m. C.G. Community Center.	Quilts of Valor Second Wednesday, 10 a.m.-4 p.m., VFW, 3160 Hillside Dr.
Cottage Grove Alzheimer's Caregiver Support	Third Thursday, 6:30p.m., Magnolia Gardens	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
LGBTQIA Teen Group Meeting Chamber Ambassadors	Thursday, 4 p.m., S. Lane Mental Health First Thursday, 5:30pm., meetings held virtually	Veteran's Assistance Third Wednesday, 12-3 p.m., VFW Post #3473, 3160 Hillside Dr.
Hearing Loss Assoc.	Second Thursday, 7 p.m., 2589 Hilyard, Eugene	CG Children's Choir Wednesday, 2 p.m., First Presbyterian Church (ages 6-11)
Lorane Fire Protection Dist.	Second Thursday, 7:30 p.m., 80287 Old Lorane Rd.	Alzheimer's/Dementia Caregivers Third Wednesday, 5:30 p.m., Middlefield Oaks Senior Living Community
Eastern Star #4	Third Thursday (no summer), 7:30 p.m., Masonic Center	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)
S. Lane Fire Board	Third Thursday, 7 p.m. Station 201, CG, except Nov/Feb/May Station 203 Creswell	Beta Sigma Phi First and third Wednesday, 7 p.m., call 541-942-1310 for location
Senior Center Pinochle	Friday, 11:30-4 p.m., CG Community Center	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
Rosie the Riveter	Second Friday, 12:15 p.m., Adult Activity Center, 315 W. C St., Springfield	Bohemia Mining Days Board Third Wednesday at 6:30 p.m. at CG Hotel, 811 Main St., Suite E
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. (year round) Downtown CG	Beeper Show 9-10 a.m. KNND 1040 AM. Call in discussion, various topics/guests 541-942-5548
Community Gospel Sing-a-long	Second Friday, 6:30-8 p.m., Old Time Gospel Fellowship, 103 S. Fifth St. First Friday Potluck, 6:00 p.m.; Third Friday Meeting, 72746 London Rd.	All Weekdays:
London Grange	First Saturday, 10 a.m., 3160 Hillside Dr. Third Saturday, 10 a.m., CG Community Center	Please call 541-942-3325 or email: mfrringer@cgsentinel.com with updates or changes.
VFW Post #3473 CG Historical Society Program	First Saturday, noon, 826 W. Main St. Fridays, 1-4 pm, 308 S. 10th	
American Legion #32 Bohemia Gold Mining Museum		
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	

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

- 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
Pulled Pork Sandwiches & 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-Anon 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.

NOTE: While the Community Center is closed and you at looking to attend or need to talk please reach out to any of the contacts listed here.

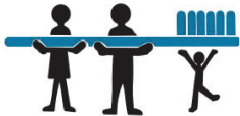
Jonathan E. Backer, DDS

Creating Smiles That Last a Lifetime!



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Eugene
401 E. 10th Ave. #210
(541) 344-3333



Cottage Grove
1551 E. Main Street
(541) 942-8437