Visit Our Website

It's a Wrap on Walktober!

WALKTOBER
Explore Lane County this October!

VIEW WALKS
bit.ly/lanewalktober

Did you participate in the first annual Walktober Lane County? The month-long event celebrated walking with over 40 walks and tours including art walks, nature walks, historical walks, Wheelchair Wednesday, Coffee Shop Hop, team challenges, and more. Community members had a chance to check out group walks that happen year round or participate in one-off tours happening only in October. Walktober 2023 debuted several guided tours including a Tree Walk in Downtown Springfield, a Strides for Justice Walk in Downtown Eugene, and a History and Horticulture Walk in the Masonic Cemetery.

Walktober also saw the popular debut of the Coffee Shop Hop, combining walking, local businesses, and local art. The Coffee Shop Hop was open to everyone, and participants were invited to use their "passport" to receive discounts at 11 participating local coffee shops. People loved the discounts and opportunities to discover new shops and the businesses reported seeing new faces and lots of enthusiasm for the event. With 66 completed passports turned in (and many more picked up), the first year was a fun success!

Do you like walking to win? Walktober also coincided with the annual Get There Challenge! From October 1-15, 325 Lane County residents formed teams and participated in the challenge - logging their walking (1,024), biking, busing, carpooling, and remote work trips to win prizes. With the support of local partners the City of Eugene, City of Springfield, Shift Community Cycles, PeaceHealth Rides, and Cascadia Mobility, Lane Council of Governments awarded nearly $1,000 worth of prizes to eight teams and 15 individuals. It's never too early to start planning your team for 2024.
To stay in the know about the 2024 Walktober walks and tours, Coffee Shop Hop, and Get There Challenge - follow Walktober on Instagram or Facebook.

LCOG MEMBER APPRECIATION DINNER

Save the date! The LCOG Member Appreciation Dinner is on Friday, March 8, 2024 at 6:00 p.m. at the Cottage Grove Armory. We will also hold a silent auction to raise money for our Senior Meals Program. If you or someone you know would like to donate any items to be auctioned off, please call Marisa Andrews at 541-682-4512 or email mandrews@lcog.org.

YOU'RE INVITED TO

LCOG
LANE COUNCIL OF GOVERNMENTS

MEMBER APPRECIATION DINNER & SILENT AUCTION

March 8, 2024 | 6:00 p.m.

Cottage Grove Armory
628 E Washington Ave.
Cottage Grove, OR

A benefit for Senior Meals Program

GIVING TUESDAY

LCOG Senior & Disability Services' Senior Meals Program participated in GivingTuesday in November, but we still need your help!

Here is how you can help:

1) Make a monetary donation in the amount of your choice by clicking here: https://interland3.donorperfect.net/weblink/weblink.aspx...

2) Purchase and donate an item from our Amazon Wishlist by clicking here (open until December 31): https://a.co/dvjIe5m.

Let's rally together to build stronger communities. Learn more at www.lcog.org/sdslane/page/senior-meals-program.

FLORENCE CAFE 60 SITE DINE-IN REOPENS

The Senior Meals Program is excited to announce the reopening of its Café 60 location in Florence, Oregon. The dine-in program, part of Lane Council of Governments (LCOG)'s Senior & Disability Services division, was on hiatus for the past three years but offered grab-and-go meals during that time. Café 60s

provide a dine-in experience to Lane County seniors who might otherwise go hungry.

The Florence location will reopen on Monday, December 4. It will operate on Monday, Wednesday, and Friday at 11:15 a.m. at the Florence Senior Center at 1570 Kingwood Street, Florence, OR 97439.

All participants have a choice between two main dishes each day. And fun fact, each meal provides at least one third of your daily nutritional requirements! Menu for December 4:

Entrée Options: Western Beef Steak with Gravy or Mexican Pasta Bake
Sides: Chuckwagon Corn, Spinach & Romaine Salad, Seven Grain Roll
Dessert: Lemon Pudding

We request our participants make reservations at least one week in advance by calling (541) 997-5673 or stopping by the Café 60 location and filling out a reservation menu to ensure we order enough food from our caterer (plus this ensures you get what you want to eat).

Anyone who is 60 years of age or over, and their spouse of any age, are eligible to dine with us at no cost. For people who are not yet 60 are always welcome to join us at the cost of the meal, which is $8.00. Voluntary donations are welcome, but not required. Contributions directly impact our ability to provide nutritious meals, friendly visits, and regular wellness checks to seniors in our community.

We are eager to welcome new volunteers to serve our local seniors. If you would like to be part of this wonderful program, please call 541-682-1366.

WHAT'S HAPPENING!

- December 1 and 2 - Holiday Marketplace (Willamalane) (link)
- December 2 - Springfield Christmas Parade (link)
- December 2 - McKenzie River Christmas Bazaar (link)
- December 7 - Veneta Light Parade (link)

FOLLOW US ON SOCIAL MEDIA!

In addition to this newsletter, LCOG hosts pages on Facebook, Twitter, Instagram, and LinkedIn where members can track and find information about what's happening in the region. Scroll down and click on hit the buttons below the log, and be sure to like and follow LCOG's pages.

Website   About   Programs