

# Community Unity

SHOPPE, BUY & PLAY, STAY

shoppe & play  
buy & stay



Cottage Grove, OR  
**Community Unity**

Cottage Grove Sentinel + **shoppe**  
Keep it local.



www.shoplocal.biz

**Curves**  
Get strong  
+ STAY STRONG

- Body Balance
- Arms-Core-Legs
- Dance and Tone
- Curves Circuit with Jillian Michaels

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All in 30 Minutes

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A gathering of Chamber of Commerce Members  
hosted this month by

**MAYORAL CANDIDATES FORUM SEPT. 22**  
**CITY COUNCIL CANDIDATE FORUM SEPT. 27**

Cottage Grove Area  
Chamber of Commerce  
www.cgchamber.com

**Skilled Nursing at Coast Fork Nursing**  
Walking into Coast Fork one can tell this is a place filled with camaraderie and closeness. This place radiates with the loyalty, love and laughter of old friends. Spending time at Coast Fork Nursing Center is like joining a group of life-long friends for coffee. The laughter spills over into the hallways, the appreciation for each other rings in the words they say, and the commitment to the future is evident in each and every heart.

Onsite Services provided by COAST FORK NURSING CENTER

- Activities • Housekeeping • Nursing
- Occupational therapy • Physical therapy
- Social work • Speech/language pathology

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Our beautiful community is designed for those who need assistance or have memory impairments. You can be assured that you or your loved one will receive the best in care along with compassionate personal attention from our well trained staff.

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We are available 7 days a week!

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**GARLIC HAS ARRIVED!**

In the maritime Northwest, garlic is best planted by the end of October so it has time to establish a good root system before cold weather settles in.

Varieties and quantities are limited, so stop by today and get your garlic before it's gone!

Mon-Sat: 9AM-5:30PM  
Sun: 9AM-4PM  
(starting in October we will be closed on Sundays)

**Territorial SEED COMPANY**  
20 Palmer Ave  
Cottage Grove, OR  
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