

Hanukkah is the Jewish Festival of Lights and it remembers the rededication of the second Jewish Temple in Jerusalem. This

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the month in the Jewish calendar that occurs at about the same time as December.



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Hanukkah is from in the evening of Sunday, 6th December until the evening of Monday, 14th December. Christmas is the annual

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Church. The legend of **Santa Claus** can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. Much admired for his piety and kindness, St. Nicholas became the subject of many legends. **REJOICE ALL!!**

Deerfield Valley
P O BOX # 2651
West Dover VT 05356

December SASH



All of us at Deerfield Valley SASH want to wish you all a very Happy and Healthy Holiday Season. It has been an amazing year here in the valley for all SASH participants. We have grown by leaps and bounds, and we are still growing! Hopefully by now you have all had your flu and pneumonia vaccines. Remember we are here to help keep you healthy. Please let us know what we can do!!

Call the office at **(802)464-0438**

On December 3 @ 2 pm we will be hosting a **Tree Trimming Party** at Butterfield Commons. You are all invited to join in. Please bring a snack, appetizer or dessert to share with all.

Yoga with Jill starts up again! Monday December 7 at 2pm Butterfield Common Oops forgot to put it on the calendar. It will run every Monday in December!!

VT FoodBank shopping for free Tuesday December 8 9:30 am—10:30 am all welcome

Deerfield Valley SASH Holiday Celebration December 9 starts at 12:30 pm at Butterfield Common - No Charge Bring a friend

Bette's Butterfield Lunch December 15

Sip & Swirl December 17 @ 12:30 pm at Butterfield Common \$15

Holiday Centerpieces December 22 @ 2pm \$10 unless you choose a specialty container which will be available.

Please remember to call and sign up

(802)464-0438

FUTURE EVENTS TO WATCH FOR IN THE NEW YEAR

Starting in January on the first Wednesday of every month at 2pm Betty Witt RN will be holding a blood pressure clinic at Butterfield Common

Also starting in January on the 4th Thursday of every month is a Foot Clinic watch for more information in the January flyer

Advanced Directive Informational Session in January. Please watch for the date. We want to try to reach 100% participants with an up to date Advanced Directive

More Gentle Yoga and Mindfulness and Tai Chi with Jill

Diabetes Education Questions and Answers with Jill

Memory Care in May videos and games

Spend Smart Eat Smart back by popular demand

I would like to thank everyone that donated food and those that helped peel vegetables. I am told that the Thanksgiving Day Meal was a success. A huge thank you to Anastacia and Gretchen for taking over in the kitchen on Thanksgiving Day! Thank you to all!!

The SASH office will be closed December 24 and 25 in observance of the Christmas holiday.

Remember as SASH participants, you must keep your coordinator and your nurse up to date on events. As Jill says, ***“We are very good at many things at SASH, but the one thing we are not is physic!”*** Call us with needs or to let us know when you have been to the ER or hospital.

SASH office **(802)464-0438**