

Bette's Tuesday **October 27** @ non, Grilled Ham & Cheese, Tomato Soup and Salad with Dessert. Please sign up by October 20th!



In the near future, SASH will be holding a monthly Foot Clinic on Thursday afternoons. Please watch for further details!!

Mount Snow is once again offering the locals, seniors pass.

Midweek Season Pass

\$499 if purchased by Oct 12!

Many of you should have received the Medicare booklets and the Open Enrollment cards. Open enrollment is from October 15-December 7. If you have questions or need to make changes remember to call the Senior

October is the changing of the seasons. Let's embrace it. The valley becomes a beautiful showcase of color.

October SASH FLASH

SASH will host a Halloween/Fall Door Decorating Contest.



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There will be a prize for one winner in each of the following towns: Dover, Wilmington, Whitingham/Jacksonville, and Readsboro.

On **October 28** we will host a Halloween Party from 2-3 pm and prizes will be given out then. Send us a photo of your door by October 21!





Back by popular demand **Tai Chi Classes** Jill will be holding Tai Chi classes starting **October 5** at Butterfield Common from 2-3 pm. They will be held on Monday afternoons. Space is limited. Please call the SASH office to reserve your spot 464-0438.

Elizabeth  will be hosting a Group Walking starting Wednesday **October 7** from 10 – 10:45 am meeting at Dot's of Dover parking area. Those wanting to join, please call 464-0438. Proper walking shoes required please.

Wow, hard to believe that it has been one year since Shire's Housing brought SASH to the Deerfield Valley. Our panel has grown by leaps and bounds. As many of you know, we have added a half panel to our group. In September, Elizabeth McEwen and Stacia Sirois joined us. On **October 9**, I invite you to join in welcoming them to Deerfield Valley SASH. There will be a Meet & Greet Coffee Hour at Butterfield Common from 9:30– 10:30 am. I hope to see you there!

October 12 the SASH office will be closed for Columbus Day.

Turkey Dinner **October 15** join us for a trip to Whitingham/Jacksonville Municipal Building for lunch. Call and sign up by October 9 464-0438



Diabetes Q & A

Deerfield Valley SASH and Jill will host the 2nd Diabetes Q&A. You do not have to be a diabetic to participate in this fun, fact filled hour. Monday **October 19** from 1-2 pm. Tai Chi will follow.

SASH Potluck Lunch & A Movie

October 20 - noon

Chicago with Richard Gere at Butterfield Common

Call to sign up 464-0438

Our first of hopefully many bus trips!! **October 21** meet at 9am.



We are going to Magic Wings Butterfly Pavilion in Deerfield MA. After a lunch we will then head to Yankee Candle before returning to Butterfield Common. Please contact me if interested. You must sign up for this trip in advance. Call 464-0438



Sip & Swirl

Thursday **October 22** @ 12:30 pm we will be hosting a painting class and serving apple cider and donuts. Please sign up for this fun event. \$15/ person.



Deerfield Valley SASH & VNAVNH will be holding a flu clinic October 22 at Butterfield Common 2-3 pm