

SASH & COMMUNITY GROUPS

Bone Builders Wilmington is held at St Mary's in the Mountains Mondays & Wednesdays 9:30—10:30 am

Bone Builders Whitingham/ Jacksonville is held at the Jacksonville Municipal Building Mondays & Fridays 10:30-11:30 am

Bone Builders Dover is held at Butterfield Commons Tuesday & Thursday 10 -11:00 am except second Tuesday of the month 10:30 -11:30 am

Jacksonville Senior Meal Tuesday & Thursday at noon at the Municipal Building all Welcome!

Men's Coffee Hour @ North Star Bowl every Thursday 8 am

Senior Coffee @ West Dover Congregational Church every Wednesday 10-11:30 Come enjoy coffee & conversation

Deerfield Valley Cancer Support Group First Wednesday of the month 5 pm @ DVHC

Deerfield Valley Caregivers Support Group Meets every other Sunday @ West Dover Congregational Church for more Info call Jennifer Fitzgerald 802-681-8740 or Claudette Hollenbeck 464-5156

Taking Steps Advance Directive Help on the 1st Monday of the month @ St. Mary's in The Mountains 10:30am-12:00pm with Edie Mas & Rhondi Gleason

YOGA with SASH Wellness Nurse Jill Robart- 6 Week Session- August 13, 20, 27 Sept 10, 17, 24 @ St. Mary's in The Mountains Mondays 2pm- Special Request if some folks will show up 10 minutes early to help set up, many thanks!

August 14 FoodBank

9:30am-10:30am Butterfield Common

August 14

SASH Pot Luck **BBQ** at Butterfield Common 11:30am-1:30pm Burgers/Hot Dogs & Drinks provided. Bring a dish to share **FREE** No dish **\$5.00**

August 21

BETTE'S LUNCH at Butterfield Common 12:30pm Hot Dog Picnic-Salads-Dessert & Drinks \$3.50 call to sign up

Foot Clinic August 23

VNH Nurse Rena Provencher @ Butterfield Common August Clinic is Full Call for September 27 Appts.

PLACE
STAMP
HERE

SASH Deerfield Valley

814 Gage Street
Bennington, VT 05201

August

2018



SASH FLASH

SASH DEERFIELD VALLEY

15 BUTTERFIELD DRIVE

WEST DOVER, VT

OFFICE (802) 464-0438

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PLEASE CALL 464-0438 TO SIGN UP FOR ALL EVENTS