

SASH NEWS

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

YOGA with SASH Wellness Nurse Jill Robart. Classes Feb 5,12,19. 2 weeks off-Next 6 week session to begin March 12

FOOD BANK February 13

New winter hours 9:30am-10:30am

February 14

SASH LUNCH at Butterfield Common 12:00 - Serving a Chicken & Winter Vegetable Casserole and/or Winter Vegetable Casserole-Zucchini Bake-Mixed Greens salad - Dessert & Drinks \$5

Foot Clinic February 22

VNH Nurse Rena Provencher @ Butterfield Common
Appointments available

PLEASE CALL 464-0438 TO SIGN UP FOR ALL
EVENTS

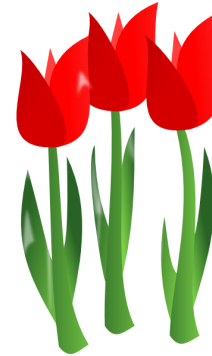
PLACE
STAMP
HERE

SASH Deerfield Valley

814 Gage Street
Bennington, VT 05201

FEBRUARY

SASH FLASH



SASH/Shires Housing cookbook fundraiser has been postponed. Look for new dates and time in future SASH Flash

Southern Vermont Health Care is offering a weekly Gentle Yoga Class for cancer survivors and members of their support teams. The hour-long classes are scheduled at 5pm each Monday in Conference room C of SVMC at 100 Hospital Drive in Bennington. No charge to participants. Participants will learn basic balancing postures, breathing, and visualization techniques for relaxation, stress reduction, flexibility, and strength. For more information and to attend, contact Rebecca Hewson-Stellar RN at 802-440-4244

SVMC Orthopedics is offering a new Total Joint Replacement Class for patients and members of their support team. The class covers all the information needed to prepare your body for a joint replacement surgery and your home for recovery. Instructors address what patients can expect at each phase. The class is conducted by many of the same professionals patients relate with during and just after surgery. For more information contact svhealthcare.org/jointreplacement or 802-442-6314

SASH DEERFIELD VALLEY
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WEST DOVER, VT
OFFICE (802) 464-0438