

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 Holtenbeck 464-5156

YOGA with SASH Wellness Nurse Jill Robart. New 6 week session to begin January 8.

FOOD BANK January 9

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

January 11th

Come meet Kelly McElheny from COVE, Community of Vermont Elders and learn about Medicare Facts and Fraud and Open Enrollment

8:00am @ Men's Coffee Hour-North Star Bowl
12:00pm @ Jacksonville Municipal Bldg.

January 17

SASH LUNCH at Butterfield Common 12:00 Prompt - Serving a Chicken Stir Fry and /or Veggie Stir Fry over Rice, Mixed Greens Salad and Dessert

Please show up promptly. Recently we have had late comers, though we try to accommodate we cannot always guarantee there will be adequate amounts of food. Please call to let us know if you are attending or unable to attend after signing up.

PLEASE CALL 464-0438 TO SIGN UP FOR ALL EVENTS

PLACE
STAMP
HERE

SASH Deerfield Valley

814 Gage Street
Bennington, VT 05201

JANUARY

SASH FLASH



WEDNESDAY JANUARY 24 3:30-4:30 @ BUTTERFIELD COMMON

Twin Valley High School Intergenerational Community Dialogue Presentation

Twin Valley High school students are part of a group that helps prevent Youth from using tobacco products. They are working on some projects and presentations and are interested in hearing stories from other generations about their experiences as teenagers in regards to smoking, and the tobacco industry from days gone by. If you'd be willing to share your experiences and listen to a presentation they are working on, we would love your help.

Please contact Marianne or Becky if you would like to participate. Refreshments will be served

SASH DEERFIELD VALLEY NEEDS YOUR HELP

Calling on all our outstanding cooks in the Deerfield Valley and beyond. Shires Housing/SASH is creating a cookbook. All proceeds to benefit SASH.

Please submit a favorite recipe with your name & town for inclusion in our cookbook. All categories appreciated. **FEBRUARY 15 DEADLINE** Send your recipes by e-mail to

becky.arbella@shireshousing.org
marianne.almeda@shireshousing.org

Or snail mail to

SASH Deerfield Valley Recipe
814 Gage Street Bennington, VT 05201

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