

**July 3 & 10 Yoga with Jill @ St. Mary's 2pm  
Call 464-0438 to Sign up**

PLACE  
STAMP  
HERE

**July 11 Food Bank @ Butterfield Common  
9:30-10:30**

**Floral Arranging @ Butterfield Common  
2pm \$10 Please call to sign up 464-0438**

**Bette's Lunch @ Butterfield 12:00pm  
Please call to sign up 464-0438**

**July 20 Foot Clinic @ Butterfield Common  
with VNH Nurse Rena Provencher Appts  
available please call 464-0438 to sign up**

**July 21 BBQ @ Butterfield Common \$5 or  
bring a dish to share Please call 464-0438  
to sign up**

**SASH Deerfield Valley**

P O Box 2561 West Dover VT 05356

*July*

**SASH FLASH**



*Happy 4th of July*

**SASH DEERFIELD VALLEY  
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Office (802) 464-0438**

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