

**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

**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-3 Week Session-July 9,16, 23 @ St. Mary's in The Mountains Mondays 2pm- Special Request if some folks will show up 10 minutes early to help set up for our disabled Nurse :)

**JULY 10 FoodBank**

9:30am-10:30am Butterfield Common

**JULY 13**

**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**

**JULY 24**

**BETTE'S LUNCH** at Butterfield Common 12:30pm - Serving Chicken w/Rice -Sides -Dessert & Drinks \$3.50 call to sign up

**Foot Clinic June 28**

VNH Nurse Rena Provencher @ Butterfield Common July Clinic is Full Call for August 23 Appts.

PLACE  
STAMP  
HERE

SASH Deerfield Valley

814 Gage Street  
Bennington, VT 05201

JULY 2018

SASH FLASH



**Let's Rock the Crockpot Cooking Class or Shake that Oven if you don't have a crockpot.**

Classes have been moved to Monday's in July at 12:30pm due to scheduling conflict with Farm Share, on July 9, 16, 23, 30, Becky will be preparing a recipe each week for all to taste and share together. Everyone receives a recipe booklet with all the recipes and lots of cooking and nutritional tips. No Crockpot

required. Please sign up!

Call the SASH Office at 464-0438

SASH DEERFIELD VALLEY  
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