

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 is temporarily on hold. We will update by phone/email with class start up dates.

FOOD BANK June 12

9:30am-10:30am Butterfield Common

JUNE 26

Bette's Lunch at Butterfield Common 12:30pm - Serving Roast Pork -Sides -Dessert & Drinks \$4.00 call to sign up

Foot Clinic May 24

VNH Nurse Rena Provencher @ Butterfield Common Clinic is Full

PLEASE CALL 464-0438 TO SIGN UP FOR ALL EVENTS

PLACE
STAMP
HERE

SASH Deerfield Valley

814 Gage Street
Bennington, VT 05201

JUNE



SASH FLASH

Let's Rock the Crockpot Cooking Class!

Do you want a great meal or dessert...4 fun weeks of crockpot cooking. 12:30 @ Butterfield Common \$5 June 27, July 11, 18, 25 Please call or email the SASH Office