

SASH NEWS

SASH Deerfield Valley has a new mailing address. Please direct any future correspondence to the address below.



SASH Deerfield Valley 814 Gage St. Bennington,
VT 05201

YOGA with SASH Wellness Nurse Jill Robart. Oct/Nov 6 week session ends Nov 13. Nov 20 off for Thanksgiving week. New 4 week session to begin Nov 27, Dec 4, 11, 18. 2 weeks off for Christmas/New Year Holidays. New 6 week session to begin January 8.

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 your favorite recipe (or 2), with your name & town, for inclusion in our cookbook. All categories appreciated.

FEB 15, 2018 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

PLEASE CALL 464-0438 TO SIGN UP FOR
ALL EVENTS

SASH Deerfield Valley

814 Gage Street
Bennington, VT 05201

NOVEMBER

SASH FLASH

NATIONAL CAREGIVERS &
NATIONAL COPD MONTH



SASH DEERFIELD VALLEY
15 BUTTERFIELD DRIVE
WEST DOVER, VT

OFFICE (802) 464-0438

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marianne.almeda@shireshousing.org