



PLACE  
STAMP  
HERE

**Sip and Swirl Painting** class November 18 at 12:30 pm @ Butterfield Common. We had great fun last month. We need a minimum of 12 people to participate. You must call and sign up by 11/17

The cost is \$15 which includes all materials and instructor. Snack provided by SASH. We hope to see you.

**Remember call the SASH office @ 464-0438 to sign up for this and all events!!**

**Tai Chi** will continue to be led by Jill and held on Mondays at 2Pm at Butterfield Commons. Except no Tai Chi class on Mon Nov 02, it will be held Wed Nov 04 @ 2 pm.

**All of us at Deerfield ValleySASH want to wish you and your families a Happy and Healthy Thanksgiving.**

SASH Deerfield Valley

P O BOX 2561 West Dover VT 05356

# NOVEMBER SASH FLASH

November is a time to Give Thanks for Family, Friends and the beauty of nature.



SASH will be hosting a **Seasonal Crafts** time for creating a centerpiece for the holidays. Join us on Tuesday Nov 24 at 2:30 sign up by 11/20 so that we will have enough supplies

As holidays are approaching, let's focus on **Spend Smart Eat Smart**. On Wednesday November 11 we will be having a lite lunch using inexpensive ingredients. There will be an online presentation about "**Spend Smart Eat Smart**", we will all prepare Stuffed Peppers and Vegetable Cheese Baked Potatoes and then sit and enjoy for lunch. The charge is \$2 Please call to sign up so that we can purchase enough supplies for everyone. **464-0438**



**Bette's Thanksgiving Meal** will be held on Tuesday 11/17 at Butterfield Common @ noon. Turkey, stuffing and all the fixings as well as pies for dessert!!

Please sign up by Noon on Nov. 10 **464-0438**

## **SASH EVENT** **Participation is Dwindling**

As you all know, Deerfield Valley SASH has just celebrated it first anniversary. I want to thank all of you for being a part of our panel. Without you SASH would not be possible. In the first year, participation in events was very good. However, the past couple of month participation in many events have been poor. We have even had to cancel a few due to lack of interest. It takes a lot of time and money to put the calendar of events together each month. I realize not everything appeals to everyone. **I do not like to idea that we might have to scale back on the events calendar.** I am asking all of you to submit ideas for events that do appeal to you.

Last month alone we had to cancel several events. When Sip and Swirl arrived for a paint class only one person who had signed up actually came. I knocked on doors to get more participation because there was a minimum required. **I thank those at Butterfield who came out to help me!!** I am attempting this class again this month because everyone who did participate loved it and requested to do it again. No art, painting or drawing experience is required.

Give the gift of reassurance. SASH will host an informational meeting on **Advanced Directives**. This meeting will be facilitated by Brattleboro Area Hospice. It will be held Thursday November 19 from 1—2:30 pm @ Butterfield Common sign up @ **464-0438**



### **Thanksgiving Food Donations**

We will be preparing a Thanksgiving dinner on Wednesday Nov 25 for those folks at Butterfield Commons who can not get out to a dinner. It will be kept in the refrigerator to heat up on Thanksgiving Day. **I am asking for donations of food.** to be dropped off at my office no later than Mon Nov 23.

**SASH offices will be closed 11/26 & 11/27 to observe Thanksgiving. We wish you and your families a Happy and Healthy Holiday!**

## **Contact Us**

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