

SASH & COMMUNITY GROUPS

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 noon at the Municipal Building all Welcome!

Men's Coffee Hour @ North Star Bowl every Thursday 8 am

Senior Coffee @ West Dover Congregational Church Wednesday's 10-11:30 Come enjoy coffee & conversation

Deerfield Valley Cancer Support Group Second 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

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- 6 Week Session- Begins September 24, October 1,8,15,22,29 @ St. Mary's in The Mountains Mondays 2pm

October 9 FoodBank @ Butterfield 9:30-10:30

October 12 Fall Mason Jar Craft w/Alyssa @ Butterfield 2-3pm \$3.00

October 15 Harvest Get Together w/ Robin & Marianne -Learn a new one pot dish -Food & Fun \$3

October 16 Bette's Lunch -sSoup & Grill Ham /Cheese @ BF \$3.50

4th Annual Deerfield Valley Health & Wellness Fair

Wednesday October 24, 2018 10am-2pm Jacksonville Municipal Center Many Vendors, Flu shots, Luncheon, Door prizes, Raffle

Foot Clinic October 25 @ Butterfield 2 appts available

October 26 SASH Lunch Fall Harvest Chicken Casserole-Veggie Harvest Casserole-Salad - Dessert & Drinks \$5.00

PLEASE CALL 464-0438 TO SIGN UP FOR ALL EVENTS

PLACE
STAMP
HERE

SASH Deerfield Valley

814 Gage Street
Bennington, VT 05201

OCTOBER 2018

SASH FLASH



October 15-11:30-1:00 @ Jacksonville
Community Center

Autumn Harvest Get Together w/ Robin from
House to House Come learn to make a one dish
Fall Slum Ghouley , Cider & Dessert -Have Fun
Have Lunch \$3

4TH ANNUAL DEERFIELD VALLEY HEALTH & WELLNESS FAIR

WEDNESDAY OCTOBER 24, 2018

10AM-2PM

Jacksonville , Municipal Center

Free Admission Many Vendors, Door Prizes,
Food for Purchase

SASH DEERFIELD VALLEY
15 BUTTERFIELD DRIVE
WEST DOVER, VT

OFFICE (802) 464-0438

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