

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 November 24, December 3, 10, 17 @ St. Mary's in The Mountains Mondays 2pm

December 13 FoodBank @ Butterfield 9:30-10:30am

December 14 Holiday Craft w/ Gail @ BField 1-2:30pm \$4

December 17 Holiday Flower Arranging-light lunch w/ Becky & Marianne \$10 @ Jville Muni Ctr 11:30– 1pm bring a container for your flowers/ or we will have some too

December 19 SASH HOLIDAY BRUNCH @ Butterfield 12-1:30pm \$5 Baked French Toast, Quiche, Veggie Frittata, homefries, drinks & dessert

December 21 Holiday Cookie Decorating & Snack @ Butterfield w/Alyssa 1-2:30 \$3 w/cookies to take home

Foot Clinic December 27 @ Butterfield-Full-Call for Jan

PLEASE CALL 464-0438 TO SIGN UP FOR ALL EVENTS Your cooperation helps us to better serve the community

PLACE  
STAMP  
HERE

SASH Deerfield Valley

814 Gage Street  
Bennington, VT 05201

DECEMBER 2018

SASH FLASH



December 17 Holiday Flower Arranging and light lunch w/ Becky & Marianne \$10 @ Jacksonville Muni Ctr 11:30– 1pm bring a container for your flower arrangement we will have some to choose from

December 19 SASH HOLIDAY BRUNCH @ Butterfield 12-1:30pm \$5 Baked French Toast, Quiche, Veggie Frittata, homefries, coffee, drinks & dessert

December 21 Holiday Cookie Decorating & Snack @ Butterfield w/Alyssa 1-2:30 \$3 w/ cookies to take home

SASH BUTTERFIELD / DEERFIELD VALLEY  
15 BUTTERFIELD DRIVE  
WEST DOVER, VT  
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