

## 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. 6 week session begins March 12,19,26 - April 2,9,16 @ St.Mary's in the Mountains Mondays 2pm

### **FOOD BANK March 13**

**New winter hours 9:30am-10:30am**

#### **March 21**

**SASH LUNCH** at Butterfield Common 12:00 pm—Serving Corned Beef & Cabbage or Veggie Colcannon-Salad- Dessert & Drinks \$5 Choose 1 main dish-please call to sign up

#### **Foot Clinic March 22**

VNH Nurse Rena Provencher @ Butterfield Common  
Appointments available -Please call

**PLEASE CALL 464-0438 TO SIGN UP FOR ALL EVENTS**

PLACE  
STAMP  
HERE

SASH Deerfield Valley

814 Gage Street  
Bennington, VT 05201

# MARCH

## SASH FLASH



### **THE LEARNING KITCHEN**

**Hands-on Cooking and Nutrition Education For Vermonters**  
A free six-week series that combines nutrition education & balancing & planning healthy eating diet plans for Diabetes-Heart Disease Hypertension. Come learn from Deerfield Valley Chef Robin Stenner-Anderson, Diabetes Educator Jill Robart, RN , SASH Coordinator Marianne Almeda, Librarian Kristine Sweeter. **Wednesday's 11am-1pm @ Jacksonsville Municipal Ctr. March 7, 14, 28—April 4, 11, 25 for more information & to sign up call Marianne @ 464-0438 or Kristine @ 368-7506**

**Twin Valley High School Intergenerational Community Dialogue Presentation March 7-3:30-4:30 @ Butterfield Common**

Twin Valley High school students are part of a group that helps prevent Youth from using tobacco products. They are working on some projects and presentations and are interested in hearing stories from other generations about their experiences as teenagers in regards to smoking, and the tobacco industry from days gone by. If you'd be willing to share your experiences and listen to a presentation they are working on, we would love your help. Please contact Marianne or Becky if you would like to participate.

Refreshments will be served

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