



TYRINGHAM COUNCIL ON AGING
TUESDAY, November 12, 2019
UNION CHURCH BASEMENT

11:30 am: Short Business Meeting.

Noon: Luncheon. Please bring a dish to share.

12:30 Program: Medicare Open Enrolment Seminar: **Shawna Post, Elder Service Shine Director** will give a presentation on open enrolment for Medicare D and any other Medicare changes for next year.

Free Movie Matinee: Monday, November 18, at the Town Hall.

Coffee Hour: Every Tuesday and Thursday mornings from 10-11:30 am.

Blood Pressure Clinic: The first Tuesday of every month from 11:30 to 12:30 pm at the Town Hall Meeting Room.
Provided by Porchlight VNA.

Exercise Class: Osteoporosis Exercise Classes will be held each Wednesday morning from 9-10 am at the Town Hall Meeting Room except November 27.

.Elder Services is available for seniors with any type of problem. Their information and Referral Department can be reached at 413-499-0524 or 1-800-544-5242.

This newsletter is sponsored by a grant from the Executive Office of Elder Affairs.