

**TYRINGHAM COUNCIL ON AGING
TUESDAY, NOVEMBER 9, 2021
UNION CHURCH BASEMENT**

- 11:30 am:** Short Business Meeting.
- Noon:** Luncheon. Please bring a dish to share.
- 12:30 Program:** **Shawna Post will discuss "Changes in Medicare".**
- Coffee Hour:** Every Tuesday and Thursday mornings from 10-11:30. Town Hall Meeting Room.

No Exercise Classes or Blood Pressure Clinics are currently scheduled. If any classes or clinics are scheduled after this letter is sent, they will be posted on the Town website and the TEBB.

Elder services is available for seniors with any type of problem. Their Information and Referral Department can be reached at 413-399-0524 or 1-800-544-5242.

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

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		Coffee Hour 10-11:30 am Ruth		Coffee Hour 10-11:30 am Roger		
7	8	9	10	11	12	13
		COA Meeting & Luncheon 11:30 Church Basement		Veterans Day Coffee Hour 10-11:30 am Barbara		
14	15	16	17	18	19	20
		Coffee Hour 10-11:30 am Tom		Coffee Hour 10-11:30 am Bob Freeman		
21	22	23	24	25	26	27
		Coffee Hour 10-11:30 am <i>Healy</i>		Thanksgiving Day		
28	29	30				
		Coffee Hour 10-11:30 am Barbara				