

**TYRINGHAM COUNCIL ON AGING
TUESDAY, DECEMBER 14, 2021
UNION CHURCH BASEMENT**

11:30 am: Short Business Meeting.

Noon: Luncheon. Please bring a dish to share.

12:30 Program: There will be no program. Please bring a donation of non-perishable food for the Food Pantry in Lee. "File of Life" set-ups will be available.

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.

Everyone meeting with us must be fully vaccinated.

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.