

TYRINGAM COUNCIL ON AGING

TUESDAY, NOVEMBER 8, 2022

UNION CHURCH BASEMENT

- 11:30 am:** Short Business Meeting.
- Noon:** Luncheon. Please bring a dish to share.
- Program** Join the Tyringham COA for a special intergenerational screening of **Cycle of Memory**, the new award winning documentary about two siblings' bicycling adventure to find the memories their grandfather lost to Alzheimer's.
- Coffee Hour:** Every Tuesday and Thursday from 10-11:30 am in the Town Hall Meeting Room.
- Exercise Class:** Every Wednesday morning at 10 am at the Town Hall with the exception of Nov. 23.

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 program is supported in part by a grant from the Tyringham Cultural Council a local agency which is supported by the Mass Cultural Council.

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