



TYRINGHAM COUNCIL ON AGING
TUESDAY, October 9, 2018
UNION CHURCH BASEMENT

- 11:30 am:** Short Business Meeting.
- Noon:** Luncheon. Please bring a dish to share.
- 12:30 Program:** **Ed Neumuth** of Washington, MA, will speak to us on “**Birding in Tyringham**”
- Flu Clinic:** Tuesday Oct. 9 from 10 am – 12 noon at the Town Hall.
Provided by Porchlight VNA.
- Free Movie Matinee:** **Monday, October 15**, at the Town Hall. *2 pm*.
This month: “Rain Man”
- 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.

.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.