

**TYRINGHAM COUNCIL ON AGING  
TUESDAY, SEPTEMBER 13, 2022  
UNION CHURCH BASEMENT**

- 11:30 am:** Short Business Meeting.
- Noon:** Luncheon. Please bring a dish to share.
- 12:30 Program:** **Holly Ketron** will show pictures and a video of the building of the **Hoosac Tunnel** in North Adams.
- Coffee Hour:** Tuesdays and Thursdays from 10-11:30 am in the Town Hall Meeting Room.
- Exercise Class:** Classes with "Niti" Martin will begin on September 14 and continue until November 16. We meet upstairs in the Town Hall on Wednesdays at 10:00 am. Contribution is \$2, and everyone is welcome.

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.

Our program is sponsored by a grant from the Tyringham Cultural Council.

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