



**TYRINGHAM COUNCIL ON AGING  
TUESDAY, JANUARY 14, 2020  
UNION CHURCH BASEMENT**

- 11:30 am:** Short Business Meeting.
- Noon:** Luncheon. Please bring a dish to share.
- 12:30 Program:** Bingo
- Movie Matinee:** Free Movie Matinee Monday afternoon, January 20, 2020, at 2 pm in the Town Hall Meeting Room.
- Coffee Hour:** Every Tuesday and Thursday morning from 10-11:30 am.
- Blood Pressure Clinic:** The first Tuesday of every month from 11:30 am 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.  
See calendar for dates.

Elder Services is available for seniors with any type of problem. Their information and the 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.

**HAPPY NEW YEAR**