



**TYRINGHAM COUNCIL ON AGING
TUESDAY, DECEMBER 11, 2018
UNION CHURCH BASEMENT**

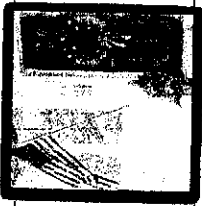

- 11:30 am:** Short Business Meeting.
- Noon:** Luncheon. Please bring a dish to share.
- 12:30 Program:** There will be no program this month. Please bring a donation of non-perishable food for the Food Pantry in Lee.
- Movie Matinee** **No Free Movie Matinee this month.**
- Coffee Hour:** Every Tuesday and Thursday morning 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.
See calendar for dates. NB: no class on December 5.

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.

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3	4 Coffee Hour 10-11:30 am BP Clinic 11:30 – 12:30	5	6 Coffee Hour 10-11:30 am Ketrons	7	8
9	10 COA Meeting & Luncheon 11:30 am Union Church Basement	11	12 Exercise Class 9-10 am Town Hall	13 Coffee Hour 10-11:30 am Gamers	14	15
16	17 Coffee Hour 10 – 11:30 am Ruth	18	19 Exercise Class 9-10 am Town Hall	20 Coffee Hour 10-11 am Taylors	21	22
23	24 Christmas	25	26 Exercise Class 9-10 am Town Hall	27 Coffee Hour 10-11:30 am Barbara	28	29
30	31 New Year's Eve					