



**TYRINGHAM COUNCIL ON AGING
TUESDAY, JANUARY 8, 2019
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 21, 2019, 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 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.

January 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|-----|---|
|  | | 1 New Year's Day | 2 Exercise Class 9-10 am Town Hall | 3 Coffee Hour 10-11:30 am Helen | 4 | 5 |
| 6 | 7 COA Meeting & Luncheon 11:30 Union Church Basement | 8 | 9 Exercise Class 9-10 am Town Hall | 10 Coffee Hour 10-11:30 am Kate & Gordon | 11 | 12 |
| 13 | 14 Coffee Hour 10-11:30 am Ketrons | 15 | 16 Exercise Class 9-10 am Town Hall | 17 Coffee Hour 10-11:30 am Barbara | 18 | 19 |
| 20 Martin Luther King Day Free Movie Matinee Monday 2 pm Town Hall | 21 | 22 Coffee Hour 10-11:30 am Taylors | 23 Exercise Class 9-10 am Town Hall | 24 Coffee Hour 10-11:30 am Garners | 25 | 26 |
| 27 | 28 Coffee Hour 10-11:30 am Ruth | 29 | 30 Exercise Class 9-10 am Town Hall | 31 Coffee Hour 10-11:30 am Tom | |  |