



TYRINGHAM COUNCIL ON AGING
THURSDAY, NOVEMBER 15, 2018
UNION CHURCH BASEMENT
PLEASE NOTE THURSDAY INSTEAD OF TUESDAY

- 11:30 am:** Short Business Meeting.
- Noon:** Luncheon. Please bring a dish to share.
- 12:30 Program:** Medicare Open Enrolment Seminar: **Shawna Post, Elder Services Shine Director** will give a presentation on open enrolment for Medicare D and any other Medicare changes for next year.
- Coffee Hour:** Every Tuesday and Thursday morning from 10-11:30 am, except Election Day.
- Blood Pressure Clinic: Unavailable this month because of Election Day.**
- Exercise Class:** Osteoporosis Exercise Classes will be held each Wednesday morning from 9-10 am at the Town Hall Meeting Room.
- Free Movie Matinee Monday:** No movie this month because of Thanksgiving week.

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.