



**TYRINGHAM COUNCIL ON AGING  
TUESDAY, FEBRUARY 11, 2020  
UNION CHURCH BASEMENT**

**11:30 am:** Short Business Meeting.

**Noon:** Luncheon. Please bring a dish to share.

**12:30 Program:** Triad will give a presentation to bring us up to date on events in Berkshire County that as seniors we should know about.

**Free Movie Matinee:** Monday, February 17 at the Town Hall Meeting Room.

**Coffee Hour:** Every Tuesday and Thursday mornings 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.

**Early Voting for the Presidential Primary:** Tuesday, February 25, 2020 from 10 am to 2 PM. Wednesday, February 26, 2020 from 10 AM to 2 PM.  
Thursday, February 27, 2020 from 5 PM to 8 PM.  
Location: Town Hall.

.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.