



**TYRINGHAM COUNCIL ON AGING
TUESDAY, MARCH 12, 2019
UNION CHURCH BASEMENT**

- 11:30 am:** Short Business Meeting.
- Noon:** Luncheon. Please bring a dish to share.
- 12:30 Program:** Linda & Tim will show slides and talk about their trip to Belize.
- Movie Matinee:** Free Movie Matinee Monday afternoon, March 18, 2019, at 2 pm in the Town Hall Meeting Room. "Erin Brockovich"
- 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.
Learn and practice chair yoga and lifting free weights to promote strength, balance, flexibility and stress reduction.
See attached information.

Attached is information on scams to watch out for.

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.

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