

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Coffee Hour 10-11:30 am Sandy	2 Exercise Class 10 am Town Hall	3 Coffee Hour 10-11:30 am Laura Lee	4	5	6
7	8	9 COA Meeting Elections Luncheon 11:30 Union Church	10 Exercise Class 10 am Town Hall	11 Coffee Hour 10-11:30 am Bob Freeman	12	13	
14	15	16 Coffee Hour 10-11:30 am Holly & Roger	17 Exercise Class 10 am Town Hall	18 Coffee Hour 10-11:30 am Laura Lee	19	20	
21	22	23 Coffee Hour 10-11:30 am Barbara	24 Exercise Class 10 am Town Hall	25 Coffee Hour 10-11:30 am Tom	26	27	
28	29	30 Coffee Hour 10-11:30 am Mary G	31 Exercise Class 10 am Town Hall				

TYRINGHAM COUNCIL ON AGING LUNCH

TUESDAY, May 9, 2023

UNION CHURCH BASEMENT

11:30 am: Short business meeting

Noon Luncheon. Please bring a dish to share

Award-winning singer and storyteller Davis Bates,
with his *Celebrating the Season* performance,
will entertain us. Bates is always really fun and charming.

Please join us!

Coffee Hour: Every Tuesday and Thursday from 10-11:30 am in
Town Hall Meeting Room

Exercise Class: Wednesday mornings at 10 am **through May** in the
Town Hall Meeting Room

For those people with e-mail addresses, the newsletter will be sent to you on the TEBB. Others will continue to receive theirs in the mail.

Elder Services is available for senior with any type of problem. Their Information and referral Department can be reached at 413-399-0524 or 1-800-544-5242. This newsletter is sponsored by a grant from the Office of Elder Affairs