

TYRINGAM COUNCIL ON AGING

TUESDAY, MARCH 14, 2023

UNION CHURCH BASEMENT

- 11:30 am:** Short Business Meeting.
- Noon:** Luncheon. Please bring a dish to share.
- Coffee Hour:** Every Tuesday and Thursday from 10-11:30 am in the Town Hall Meeting Room.
- Program:** **Holly and Roger Ketron will show pictures and a short film from the internationally adored Chelsea Flower Show in London last spring in May 2022. Crazy Wild!**
- Exercise Class:** Wednesday mornings at 10 am 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 seniors 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.