



**TYRINGHAM COUNCIL ON AGING  
TUESDAY, DECEMBER 10, 2019  
UNION CHURCH BASEMENT**

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

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

**12:30 Program:** There will be no program this month. Please bring a donation of non-perishable food for the Food Pantry in Lee.

**Movie Matinee** **No Free Movie Matinee this month.**

**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.  
See calendar for dates.

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.



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