

## Notes and Updates, Tuesday December 20th, 2022

This is the last day of fall 2022. Winter officially begins at 4:48 tomorrow afternoon. That means that tomorrow is the shortest day of the year and marks the slow return of the sun. The seasons will change while some of you are off on the van looking at holiday lights throughout the area. No snow mind you but definitely lights. No snow in December. Who wrote this script? Oh. I forgot. Global warming. Do you believe it now?

New Covid 19 hotline: If you have tested positive for COVID-19, Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at [mass.gov/CovidTelehealth](https://mass.gov/CovidTelehealth). Clinicians are available every day from 8:00 AM to 10:00 PM EST. This service is not for medical emergencies or those who have severe chest pain or shortness of breath. Learn more [here](#).

And speaking of this dismally ongoing topic, just a reminder that the CHP Mobile Unit will be here next Tuesday, December 27th from 1:30 to 3:00. They have the latest Covid boosters and both the regular and senior flu vaccines available. If you haven't gotten yours yet, now is as good a time as any right? Sooner or later we're going to stop having this conversation, and hopefully sooner rather than later right?

For those of you who are active in our Exercise and Tai Chi classes, there are no classes until January third next year. We're officially closed on the next two Mondays for holiday observance. There will also not be a painting class next Tuesday either. Yoga will meet here next on Friday December 30th. Our instructors are spending time with their families and enjoying well earned time away. Tis the season.

Brian