



## Easton Council on Aging Programs

Easton Council on Aging  
Frothingham Hall  
Community Center  
15 Barrows Street  
North Easton, MA 02356

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The Easton Council  
on Aging Office  
is open  
Monday  
thru Friday  
8:00AM - 4:00PM



## Services Available at the COA Office

- File of Life, medical emergency information & contact forms
- Fuel Assistance, information and applications
- Health Care Proxy, information and forms
- Health Insurance Information, S.H.I.N.E. counselor assistance with applications and forms
- Homecare referrals
- Homestead Act, information and forms
- Income Tax Preparation, assistance available from mid February - April 15<sup>th</sup>
- Library Materials, Home Delivery Program
- Senior Tax Relief Program
- Transportation, Shuttle Schedule information

# Easton Council on Aging Programs

All Easton residents age 60 and over are invited to attend Easton Council on Aging programs. Most of our on-going programs are held in the Frothingham Hall Community Center (FH), 15 Barrows Street as well as the Fitzgerald Community Center at Elise Circle (EC) and the Keefe Community Center at Parker Terrace (PT).

The programs marked with a "\*" have modest fees or a requested donation to help cover the program costs. Lunch reservations must be made by 10AM Thursday, by calling 508-238-9663, for lunches served the following week. Please call 508-238-3160 for other program information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM Art* at FH 11:30AMLunch* at PT (reservations required) 1:00PM Flex Fitness* at FH 3:00PM Blood Pressure Clinic at Town Hall (4th Monday)	9:00AM Blood Pressure Clinic (1st Tues. at PT & 3rd Tues. at EC) 9:30AM Knit & Crochet Group at PT 9:30AM Board Games at FH (2nd & 4th Tues) 10:00AM Reiki* at PT (by appointment) 10:45AM Zumba* at FH 11:30AM Lunch* at PT (reservations required) 1:00PM Book Club at EC (1st Tuesday) 1:00PM Line Dancing* at PT	9:00AM Walking Club at FH (Rain or Shine) 9:30AM Bridge Group* at FH 10:00AM Reiki* at FH (by appointment) 10:00AM Gentle Yoga* at FH 10:00AM TOPS* at FH 11:30AM COA Birthday Lunch * 3 <sup>rd</sup> Wednesday at PT (reservations required) 12:00PM SHINE at FH by appt 1:00PM Grab Bag Bingo* at FH	9:30AM TRIAD at Holy Cross Church Hall(2nd Thurs) 9:00AM Foot care Clinic* at PT(Last Thurs. by appt) 9:30AM Cribbage at FH 10:00AM Chair Massage* at FH (4th Thurs. by appt) 11:30AM Lunch* at PT (reservations required) 12:30PM Swedish Weaving* at FH 1:00PM Flex Fitness* at FH 1:00PM Hearing Screening at FH(3rd Thurs. by appt) 1:30PM Blood Pressure Clinic at FH (4th Thursday) 6:00PM Quilting at PT	9:00AM SHINE at FH (by appointment) 10:00AM Tai Chi* at FH 11:30AM Lunch* at PT (reservations required) 1:00PM Recreational Poker at FH