



Easton Council on Aging Programs

Easton Council on Aging
Frothingham Hall
Community Center

15 Barrows Street
North Easton, MA 02356

Voice/TTD: 508.238.3160

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E-mail: dkent@easton.ma.us

www.easton.ma.us

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 February 1st - April 15th
- Library Materials, Home Delivery Program
- Senior Tax Relief Program
- Transportation, Shuttle Schedule information



The Easton COA Office
is open:

Monday
thru
Friday

8:00AM - 4:00PM



Easton Council on Aging Programs

All Easton residents age 60 and over are invited to attend Easton Council on Aging programs. Most of the on-going programs are held in the Frothingham Hall Community Center as well as the Jerry J. Fitzgerald Community Center at Elise Circle & the Robert J. Keefe Community Center at Parker Terrace, North Easton.

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.

COA Program Schedule

MONDAYS:	9:00AM	Art* at Frothingham Hall
	11:30AM	Lunch* (<i>reservations required</i>) at Parker Terrace
	1:00PM	Flexible Fitness Class* at Frothingham Hall
TUESDAYS:	9:00AM	Blood Pressure Clinic (1st Tues. at Parker Terrace & 3rd Tues. at Elise Circle.)
	9:30AM	Knit & Crochet Group at Parker Terrace
	10:00AM	Reiki* at Parker Terrace
	10:45AM	Zumba* at Frothingham Hall
	11:30AM	Lunch* (<i>reservations required</i>) at Parker Terrace
	1:00PM	Book Club at Elise Circle
	1:00PM	Line Dancing* at Parker Terrace
WEDNESDAYS:	9:00AM	Walking Club (Rain or Shine)
	9:30AM	Bridge Group* at Elise Circle
	10:00AM	Reiki* at Frothingham Hall
	10:00AM	Yoga* at Frothingham Hall
	11:30PM	COA Birthday Luncheon* (<i>reservations required</i>) (3 rd Wednesday) at Parker Terrace
	12:30PM	Swedish Weaving* at Frothingham Hall
THURSDAYS:	9:30AM	Cribbage Group at Elise Circle
	9:30AM	TRIAD (2 nd Thursday) Holy Cross Church Hall Purchase St, S. Easton.
	9:00AM	Foot care Clinic* (Last Thurs. by appointment) at Parker Terrace.
	10:00AM	Hearing Screening Clinic (3 rd Thurs. by <i>appointment</i>) at Parker Terrace.
	11:30AM	Lunch* (<i>reservations required</i>) at Parker Terrace
	1:00PM	Flexible Fitness Exercise Class* at Parker Terrace
FRIDAYS:	6:00PM	Quilting Class at Parker Terrace
	10:00AM	Tai Chi Class* at Frothingham Hall
	11:30AM	Lunch* (<i>reservations required</i>) at Parker Terrace