



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 15th
- 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 774-285-1173 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	9:00AM Blood Pressure Clinic (1st Tues. at PT & 3rd Tues. at EC)	9:30AM Canasta at FH	9:30AM TRIAD at FH (2nd Thursday of the month)	9:00AM SHINE at FH (by appointment)
10:00AM Gentle Yoga* at FH	9:30AM Knit & Crochet Group at PT	10:00AM Reiki* at FH (by appointment)	9:00AM Foot care Clinic* at PT (Last Thurs. by appt)	9:30AM Weight Loss Support Group
11:00AM Piano*	9:30AM Board Games at FH	10:00AM Gentle Yoga* at FH	9:30AM Cribbage at FH	10:00AM Tai Chi* at FH
11:30AM Lunch* at PT (reservations required)	10:45AM Zumba* at FH	11:30AM Lunch* at PT 3 rd Wednesday of every other month - Birthday Lunch (reservations required)	11:30AM Lunch* at PT (reservations required)	11:30AM Lunch* at PT (reservations required)
12:00PM Mah Jongg	11:30AM Lunch* at PT (reservations required)	1:00PM Sr. Fitness* at FH	12:30PM Swedish Weaving* at FH	1:00PM Recreational Poker* at FH
1:00PM Sit & Get Fit* at FH	1:00PM Book Club at FH (4th Tuesday)	12:00PM SHINE at FH by appt	1:15PM Sr. Fitness* at FH	
3:00PM Blood Pressure Clinic at Town Hall (4th Monday)		1:00PM Bingo* at FH	1:30PM Blood Pressure Clinic at FH (4th Thursday)	
			6:00PM Quilting at PT	