



MANSFIELD COA HAPPENINGS

MAY 2023



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Mansfield COA
Social Services
Hours: Monday-Friday
8:00am-3:30pm
Social Services-508-261-7464
Mansfield COA-508-261-7368

Josephine Madrazo-Director
Wendy Adams-Assistant Director

Kate Allen-Meals on Wheels Driver
Louise Baroncelli- Receptionist
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Jina Ibrahim-Community Social Worker
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Maureen Kilgallon-Kitchen Staff
Kristen Madeira-COA/SS Coordinator
Elisha Ribeiro-Activities Coordinator

NEWS & EVENTS

LIVE & LEARN WITH JAY ELIAS

Jay Elias from Dyer Lake Funeral Home will be back at the COA on Wednesday May 3rd at 10:30 for his popular upbeat talks. Pls call COA to sign up 261-7368



JEWELRY MAKING WITH PAULA

Join the talented Paula Devine in creating your own jewelry on Friday May 5th at 1:00pm. There is a \$5.00 fee which Paula donates to the Friends of the Drop in Center. Please stop into the COA with your payment to sign up.



CINCO DE MAYO LUNCH

Bristol Elders will be at the COA on Friday May 5th from 11:30-12:30pm hosting a Cinco De Mayo lunch. Lunch will be Mexican themed with a special cinnamon churro dessert and Elisha's not yet famous Mexican coffee (coffee with oranges and cinnamon) Lunch is \$2.25 per person and space is limited to the first 25 people who sign up. Sign-ups begin on April 28th by coming into COA with payment.



CRAFT WITH ELISHA

Join Elisha on Tuesday May 9th from 10:00-11:00am in making your own lace lanterns. These are upcycled jar lanterns with a pastel dyed lace and twinkle lights. The cost is \$3.00 pp. Pls stop into COA with payment to sign up.

HAND CHIMES CHORUS

If you are interested in joining the newly formed hand chimes chorus that will be beginning in June day and time TBD please call COA and leave a message for Mary Hourigan-she will get back to you.

VETERANS COFFEE WITH MICHEAL RAYMOND

Join Mansfield's Veteran Agent Michael Raymond for coffee hour Thursday May 25th from 9:30-10:30. Pls call COA to sign up 261-7368



LET'S LAUGH! THEATER WORKSHOP WITH

EVIE RAEBURG
No memorization
no stress! Just

some good fun. Participants will read aloud from comedic scripts. This will be held every Wednesday afternoon in May beginning from May 3rd from 1:30-2:30. Free program pls call COA to sign up 261-7368

MIGHTIER THAN THE SWORD

Mightier than the sword-with guest speaker Paulo DiGregorio speaks on political cartoons. Mr. Gregorio will be at the COA on Tuesday May 16th from 12:30-1:30. Mr. DiGregorio is a visiting lecturer in the history dept at Bridgewater State University and an occasional visitor instructor in the Anthropology and History Depts at Wheaton College. This is a free program but pls call COA to sign up 261-7368



The COA book club will meet on Monday May 22nd at 10:15am. They will be discussing *A Revolutionary Murder Conspiracy* by Andrew Noone. Pls call Elisha at 261-7368 if you would like to join.

Also, please save the date. Monday June 5th at 10:30 a reading by the Author Andrew Noone. Bathsehba Spooner; *A Revolutionary Murder Conspiracy*.



GREETING CARD MAKING

Join the crafty Paula Devine on Friday May 19th at 12:30 in creating your own one of a kind card. This is a free program but pls call COA to sign up 261-7368



PROTECT YOUR- SELF FROM MEDICARE FRAUD!

Come meet Dennis Hogengasser, a rep from Mass

Senior Medicare Patrol on Wednesday May 24th at 10:00am. Every year over \$60 billion of our tax dollars are lost to Medicare fraud. Join Dennis and learn how to prevent, detect, report healthcare errors, fraud and abuse. We can all have an active role in protecting Medicare for ourselves and future generations. This is a free program but pls call COA to sign up 261-7368

A MUSICAL JOURNEY WITH TOMMY RULL

Join Tommy Rull Friday May 19th from 10:30-11:30 at the COA for a musical journey. Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Elvis, Perry Como, Louis Armstrong, Engelbert, Barry Manilow and many others. This will be a great afternoon of music! Program is free but pls call COA to sign up 261-7368. Kindly sponsored by Mansfield Local Cultural Council and The Friends of the Drop In Center.



The COA Walking Club will meet at the following locations in May
May 2nd-Bike Path meet @Cobb St.
May 9th-Wrentham Outlets meet @ Nautica
May 16th-Chocolate Factory meet @COA
May 23rd-Mansfield Crossing meet @Bertucci's
May 30th-South Common meet @Union St.

NEWS & EVENTS



June at a glance:

Monday June 5th Meet the Author Andrew Noone
 Wednesday June 14th- Flag Day. Wear your red white and blue. Prize given for most Patriotic outfit.
 Thursday June 15th 10:00-11:30- The Joyful Chorus Spring Concert "Traveling Abroad"
 Wednesday June 21st 10:30 Phyllis DeLaricheliere, "Embracing the Journey: Knowing your Inner Hip- pie." A different perspective of Alzheimer's and De- mentia care
 Friday June 23rd 12:30-1:30 Knock On Wood Folk Rock Concert with Howie Newman
 Friday June 30th 12:00-1:00 Exercise with Elliot Physical Therapy



Memory Café Wednesdays
 At Mansfield Senior Center
 255 Hope Street Mansfield, MA 02048

May 3rd
1:00-2:30pm

Join Us for Live Music with
George Figuerdo

"Old Man Fig" will keep the 60's music alive with us!

Please RVSP to Wendy Adams
wadams@mansfieldma.com or 508.261.7368

A memory café is a safe and comfortable space where caregivers and their loved ones can socialize and enjoy appropriate, fun activities in the company of others with similar circumstances and provides a break from the normal routine.

Join us for free entertainment, activities, fun conversation and light refreshments **every First Wednesday of the month!**

We ask caregivers to please remain with their loved one for the program

Sponsors:



MASSHEALTH: Changes Ahead for 2023

Do you have MassHealth? Are you currently eligible for assistance with your Part B premiums and other coverage? **Or**, have you applied for MassHealth programs in the past and did not qualify? You may be entitled to more benefits now.

MassHealth has expanded the income and asset limits for the Medicare Savings Program (MSP) beginning January 1st. Below is the current chart of eligibility guidelines for several programs. Contact the COA and ask to speak to a SHINE Counselor for more info 261-7368.

	Gross Monthly Income Limit	Asset Limit	Benefits
MassHealth (65+ years old)	\$1,215 (individual) ¹	\$2,000 (individual) ²	Supplemental health and drug coverage Automatic enrollment in Senior Buy-in
	\$1,644 (couple) ¹	\$3,000 (couple) ²	Automatic enrollment in Extra Help
MassHealth Senior Buy-in (QMB)	\$2,309 (individual)	\$18,180 (individual) ³	Pays Medicare Part A & B premiums
	\$3,123 (couple)	\$27,260 (couple) ²	Pays Medicare Part A & B deductibles & copays Automatic enrollment in Extra Help
MassHealth Buy-in (QI-1)	\$2,734 (individual)	\$18,180 (individual) ²	Pays Medicare Part B premium
	\$3,698 (couple)	\$27,260 (couple) ²	Automatic enrollment in Extra Help
Extra Help Full	\$1,640 (individual)	\$10,590 (individual) ³	Reduces Part D premium Eliminates Part D deductible
	\$2,219 (couple)	\$16,630 (couple) ³	Lowers Part D copays to \$4.15/\$10.35
Extra Help Partial	\$1,823 (individual)	\$16,660 (individual) ³	Reduces Part D premium
	\$2,465 (couple)	\$33,240 (couple) ³	Reduces Part D deductible Lowers Part D copays to 15%



Mansfield Senior Safety Day

Friday

June 9th 2023

10:00am-12:00pm

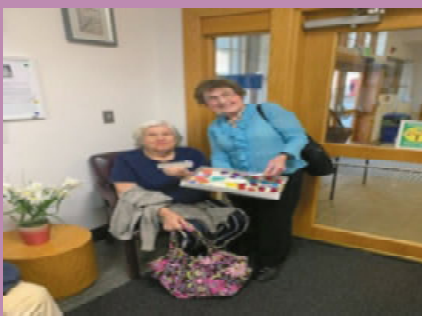


Free Raffle Ticket & Box lunch





©LPi



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MANSFIELD COA/SOCIAL SERVICES RESOURCE GUIDE.

LOCAL FOOD RESOURCES/SNAP

SNAP-Federal program that provides monthly cash benefits to purchase groceries on an EBT card. We can assist you right here at the COA with your application. Our Daily Bread Food Pantry- 15 West St. Mansfield MA 508-339-1343

SHINE COUNSELORS work one-on-one with individuals providing information, counseling and assistance on health care programs including Medicare, Medigap, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Public Benefits, One Care Plans, and more

GATRA TRANSPORTATION- This service will run Monday-Friday 7am-8pm and Saturday and Sunday 12pm-8pm. To request a pick up, rides can download the Transloc mobile app on their smartphone or dial 508-697-1911 where they will be assisted by a dispatcher. Any questions call GATRA customer service 1-800-698-7676

TRIAD: Mansfield Triad is a dynamic organization of older citizens and staff members from the Mansfield Council On Aging, Fire and Police Departments, the District Attorney's Office and the Bristol County Sheriff's Office. Mansfield Triad initiates and sponsors programs which enhance community safety for all citizens. They meet every 4th Wednesday each month at 1:15pm.

EXERCISE CLASSES- \$3.00 donation per class

Strong Body & Mind Monday 9am A fun and energetic workout for all fitness levels. This workout will offer seated as well as standing options to build strength, stamina, balance, flexibility and brain power!

Chair Yoga Monday 11am & Friday 1:00pm A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

Walking Club Tuesday 8:30am great group that walks in various locations around town and surrounding area. See newsletter for locations.

Drums Alive Tuesday 9:00-Using rhythm as the source of inspiration for a group fitness experience that combines the benefits of a traditional physical fitness program with the brain-affected benefits of music and rhythm

Balance in Motion Tuesday 10:00- Develop balance, coordination, core strength, flexibility, and range of motion with this very gentle, upbeat, and supportive class for all fitness levels.

Line Dancing Tuesday 11:00 Basic line dances focus on movements of the legs and feet, with more advanced dances including the arms and hands.

Endurance Wednesday 9:00: For all fitness levels and will work for all major muscle groups in the body, while also incorporating active movements to fulfill your body's need for cardiovascular activity. And we cannot forget to stretch! We will be sure to lengthen those muscles, tendons, and ligaments.

Tai Chi Wednesday 12:00A slow and gentle exercise that is suitable for older adults, even if they are managing chronic conditions. It offers the benefits of flexibility, muscle strengthening, and endurance training

Flexibility & Strength Thursday 9:00 Stretching keeps the muscles flexible, strong, and healthy and we need that flexibility to maintain a range of motion in joints. Regular stretching keeps muscles long, lean, and flexible.

Arthritis Exercise Wednesday 10:15 The class consists of a warm up stretching, toning, hand weight training, balance, low impact endurance and ends with relaxation. Done seated.

SEAT-is a new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility through functional fitness.

DURABLE MEDICAL EQUIPMENT-If you are in need of durable medical equipment give us a call. We offer free loans of walkers, crutches, shower benches, wheel-chairs, canes.

NUTRITION PROGRAM-Popularly known as "Meals on Wheels", Bristol's Nutrition Program offers a well balanced meal each weekday to people 60 years or older. Meals are delivered to your home based on your mobility and ability to prepare meals. An in-home assessment by one of Bristol County Elder Services caseworkers determines whether you qualify for meals on wheels. We also offer daily hot congregate lunches. Please call the COA 2 days before to sign up.

FUEL ASSISTANCE/FINANCIAL ASSISTANCE-There are several programs in Mansfield that assist residents with their utility bills, rent etc in addition to federal programs we can assist you in applying for. You must meet certain guidelines. Call us for more info.

FRIENDS: The Friends of the Drop in Center (DIC) is a non-profit incorporated organization. The Friends have been incorporated since 1979. The purpose of the Friends Organization is to raise funds to help supplement special programs, luncheons, and items for the Council on Aging department. The Friends also help supplement the Council on Aging (COA's) newsletter mailing once a month. The Friends meet every month on the 2nd Wednesday at 12:30

ENRICHMENT PROGRAMS OFFERED

Attorney Clougherty- 1st Thursday 2:00

Apple Class-2nd Thursday 1:00pm

Bereavement 3rd Friday 10:30

Bingo Thursday 12:30

Book Club 4th Monday 10:15

Cards Mondays 9:00

Canasta Mondays 1:00

Chorus Thursday 10:00

Guitar lessons Monday 9:00 Wednesday 10:15

Health Screening 2nd Tuesday 9:00

Hearing Clinic 1st Friday 10:30

Knitting/Quilting Tuesday 9:15

Mahjong Tuesday 1:00

Men's Coffee Hour 3rd Monday 9:30

Memory Café-1st Wednesday 1:00

Painting Monday 1:00

Reflexology- 2nd Wednesday 9:00

Scrabble Wednesday 12:00

Wii Bowling Friday 9:00

Women's Social Hour 3rd Wednesday 1:30

.....
: **Don't forget.....we also have the**
: **following.**

: ***A free shredding bin for you to come in and**
: **dispose of confidential documents**

: ***Daily hot communal lunch. Pls call the day**
: **before to sign up.**
:

A note about our trips: We are trying very hard to offer a variety of trips to suit everyone's interest. We are also marketing the trips well in advance to give people time to plan/save. All of our trips have a minimum of 25 people, headcounts need to be given to Bloom Tours 30 days before a trip. If we do not have the minimum of 25 the trip is unfortunately cancelled. Therefore sign ups in advance are critical. Any questions pls see Kristen



Mansfield Seniors Foliage Turkey Train Tour

Friday, September 22, 2023
\$115.00 per person

Your Motorcoach Will Depart:

9:30am— Mansfield Senior Center
Returns Approximately 6:45pm

It's Turkey Time!! All Aboard...

Join *Mansfield Seniors* for the perfect *Foliage Day Trip*! Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. This two hour scenic train ride, through the countryside of New Hampshire is complete with a delicious full turkey dinner complete with all the fixin's! This exceptional turkey meal is provided by *Hart's Turkey Farm*. Following the lunch train excursion we board the motorcoach and head to *Moulton Farm*, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand, garden center or maybe pick up a treat at their bakery!

A Perfect ending to our September day!

Includes: Roundtrip Transportation, Train Ride & Lunch



For Reservations Please Contact:

Visit the Mansfield COA & Speak with Kristen

Full payment due at time of booking.
Tour is nonrefundable

Trip Operated By Bloom Tours



MANSFIELD SENIOR CENTER PRESENTS ESSEX STEAM TRAIN & RIVERBOAT

~Friday, October 20, 2023 ~
\$140.00 Per Person

Your Motor Coach Departs:

9:00am - Mansfield Senior Center
Returns approximately 5:00pm

ALL ABOARD! Join us a special Rail & Sail in Essex, Connecticut. Upon arrival, we will stop for an board at the Essex Station where we will enjoy lunch on board a dining car while you take scenic train excursion traveling by beautiful countryside as you pass by meadows and farms. Choice of Beef tips w/ gravy, Baked Chicken or Eggplant Parmesan. The train travels along the Connecticut River to Deep River. Upon arrival at the Deep River Station, you will board the Riverboat for a relaxing ride along the Connecticut River. Admire the picturesque views that surround the river! Book Today!

Trip Includes: Roundtrip Transportation, Plated Lunch, Train & Riverboat

For Reservations Please Contact:

Visit the Mansfield COA & Speak with Kristen

Full payment due at time of booking.
Tour is nonrefundable

TRIP OPERATED BY BLOOM TOURS



MANSFIELD COA PRESENTS... KENNEBUNKPORT

Wednesday ~August 23, 2023
\$135.00 Per Person

Your Motorcoach Will Depart:

8AM from Mansfield Senior Center
Return Approximately: 7:00PM

Bloom Tours and Mansfield COA are going to Kennebunkport, ME! Our first stop will be Nubble Lighthouse for a photo op and then we are off to lunch at Mike's Clam Shack in Wells. After lunch, we will take a 1 ½ hour guided tour of the southern Maine coastal villages of Kennebunk and Kennebunkport. See Dock Square in Kennebunkport and follow Ocean Avenue along the Kennebunk River. Drive by the Bush Family estate at Walker's Point. You'll hear about the seaside Franciscan Monastery and the legend of the elegant Wedding Cake House and the shipbuilding history of these villages. We will have free time to shop and stroll in Kennebunkport's quaint shopping village before departing for home.

Meal Choice: Lobster Dinner, Baked Haddock, Baked Stuffed Chicken, NY Strip Steak

Included: Roundtrip Transportation, Guided Tour of Kennebunkport, Lunch & Free Time

For Reservations Please Contact:

Visit the Mansfield COA & Speak with Kristen

FULL PAYMENT DUE UPON RESERVATIONS. NO REFUNDS

Trip Operated by Bloom Tours



MANSFIELD COA PRESENTS... NEWPORT FLOWER SHOW

Friday ~ June 23th, 2023
\$129.00 Per Person

Your Motorcoach Will Depart:

Mansfield Senior Center 9:00am
Approximate Return Time 5:45pm

Come join us at the annual Newport Flower Show, entitled "The Grand Tour" an event held at Marble House. Visitors will enjoy the beauty of nature through creative displays were you will find judged floral displays. We will enjoy a buffet lunch today at the Atlantic Resort, overlooking Atlantic Ocean and Newport's Easton Pond. Enjoy some free time downtown before we depart home.

To Make a Reservation Please Contact:

Visit the Mansfield COA & Speak with Kristen

Full Payment Due Upon Reservation

Trip Operated by Bloom Tours



MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	2 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 LINE DANCING 11:00 MAHJONG 1:00	3 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 LIVE & LEARN 10:30 TAI CHI 12:00 SCRABBLE 12:00 MEMORY CAFÉ 1:00 THEATER WORKSHOP 1:30	4 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30 ATTORNEY CLOUGHERTY 2:00	5 NO SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 NO HEARING CLINIC 10:30 CINCO DE MAYO LUNCH 11:30 CHAIR YOGA 1:00 JEWELRY MAKING 1:00
8 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 NO STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	9 WALKING CLUB 8:30 DRUMS ALIVE 9:00 HEALTH SCREENING 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 CRAFT W/ELISHA 10:00 LINE DANCING 11:00 MAHJONG 1:00	10 ENDURANCE 9:00 REFLEXOLOGY 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 FRIENDS 12:30 THEATER WORKSHOP 1:30	11 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30 APPLE CLASS 1:00	12 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 CHAIR YOGA 1:00
15 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 MEN'S COFFEE HOUR 9:30 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	16 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 LINE DANCING 11:00 MIGHTIER THAN THE SWORD 12:30 MAHJONG 1:00	17 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 WOMENS SOCIAL HOUR 1:30 THEATER WORKSHOP 1:30	18 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	19 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 BEREAVMENT 10:30 MUSICAL JOURNEY 10:30 CARD MAKING 12:30 CHAIR YOGA 1:00
22 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 BOOK CLUB 10:15 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	23 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 LINE DANCING 11:00 MAHJONG 1:00	24 ENDURANCE 9:00 MEDICARE PATROL 10:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 TRIAD 1:15 THEATER WORKSHOP 1:30	25 FLEXIBILITY & STRETCH 9:00 VETERANS COFFEE 9:30 CHORUS 10:00 BINGO 12:30	26 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 CHAIR YOGA 1:00
29 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	30 WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 LINE DANCING 11:00 MAHJONG 1:00	31 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 THEATER WORKSHOP 1:30	June 1 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	June 2 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 CHAIR YOGA 1:00

3 NATURAL REMEDIES FOR SPRING ALLERGIES

1. Limit time outdoors:

When peak allergy season arrives, it might help to limit the amount of time you spend outdoors. When you do head outside, take a few precautionary steps. Make sure you wear a mask that covers your mouth and nose. Another way to limit exposure is to take off your shoes and change your clothes in the garage or mud room. This not only reduces the amount of pollen you might be breathing in, but also prevents pollen from making its way into the house.

2. Control your environment:

When the pollen count is high or when it's windy outdoors, keep your windows closed to limit the amount of pollen and dust from getting inside. Instead, use your air conditioner to cool the house. The same is true if you are inside a

car. While the fresh air might feel good, you are exposing yourself to allergens as you travel.

3. Work around the pollen count:

Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone. Your local television station likely has one. If not, The Weather Channel does. You can use your zip code to track allergens that are high in your area.

If none of the remedies listed about help, your primary care physician might need to order allergy testing. This will help pinpoint the source(s) of your allergies making them easier to treat.

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MAY 2023



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FRIENDS



OF THE
MANSFIELD
Council on Aging

Our Mission As a non-profit volunteer organization, we enhance financial and operational support, plus community outreach for the Mansfield Council on Aging.

Don't Forget to Sign Up or Renew your Membership.

Stop in at the Front Desk at the Mansfield COA for the application and to pay the **\$10 annual dues**

Save the Dates

Our next Friends Meeting is **Wednesday, May 10 at 12:30** at 255 Hope St. in Mansfield
Summer Celebration is **Friday, August 11th.**

Donations in memory of Mildred Graf by Anna & William O'Brien, Evelyn Steele, Paula & John Devine

Anonymous donations in memory of Jean Miller, Donna O'Leary

Donations to Friends from Paul & Antonietta Volpe, Sheila Buck, Arlene & Warren Heckman, 2 Anonymous Donors, plus the winner of the 50/50 Raffle, Lin Sibulkin.

The Mansfield Women of Today, (MWOT) presented **The Friends** with a generous donation.

Accepting the check are Friends Secretary: Nancy Graf, & Treasurer: Anna O'Brien,

Presenting the check are representatives from MWOT Charlene Lavin and Marie Grygienc.

Did you know?

We have a new **Facebook Page**. To join, search for, **Friends of the Mansfield Council on Aging, MA**

Your donations to **The Friends** are **TAX deductible** as we are a 501(c)(3) organization.



Did you know...

Although we specialize in cremation,
we also offer affordable "Modern Day"
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VETERAN-OWNED BUSINESS



FREE HEARING CLINIC
the First Friday of every
month 10:30am - 12pm
at the Mansfield COA



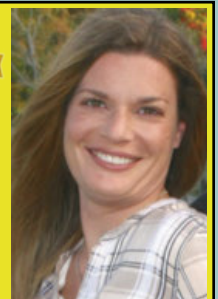
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