



MANSFIELD COA

HAPPENINGS

JUNE 2023



©LPi

- WHAT'S INSIDE
- 02 NEWS & EVENTS
- 03 NEWS & EVENTS
- 04 NEWS & EVENTS
- 05 DOWNSIZING
- 06 RESOURCE GUIDE
- 07 TRIPS
- 08 JUNECALENDAR
- 09 SCAMS
- 10 FRIENDS PAGE

TOWN MANAGER

Kevin Dumas

DIRECTOR

Josephine Madrazo

EDITOR

Kristen Madeira

COUNCIL ON AGING BOARD

Lee Ann Cerretani-Chair

Paula Devine-Vice Chair

Patricia Comperchio-Treasurer

Mary Hourigan-Secretary

Neal Boldrighini

Richard Kelsay

Joan Hoey

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

Phyllis Butler-Kitchen Staff

Jina Ibrahim-Community Social Worker

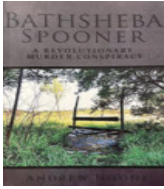
Rose Kimmell-Outreach /Shine Counselor

Maureen Kilgallon-Kitchen Staff

Kristen Madeira-COA/SS Coordinator

Elisha Ribeiro-Activities Coordinator

NEWS & EVENTS



A READING AND Q&A FROM LOCAL AUTHOR

ANDREW NOONE
Join Author Andrew Noone on Monday June 5th at 10:30am

Andrew will be reading from his book *Bathsheba Spooner Revolutionary Murder Conspiracy*. A brief question and answer period will follow. Pls call COA to sign up 261-7368

LIVE & LEARN WITH JAY ELIAS

Jay Elias will be at the COA on Wednesday June 7th at 10:30 for his popular talks. Call COA to sign up 261-7368



LET'S LAUGH! THEATER WORKSHOP WITH EVIE RAYBURG

No memorization, no stress! Just some good old fun. Participants will read aloud from comedic strips. The dates this will be held are Wednesday June 7th, 14th, 21st and 28th at 1:30pm. This is a free program. Pls call COA to sign up 261-7368



MEN'S ICE COFFEE HOUR!

Join our men's coffee hour Monday June 12th at 9:30am. This month we will mix it up with some refreshing ICED coffee (hot coffee will be available as well as the monthly donuts) Call COA to sign up 261-7368-



Join the COA Book Club on Monday June 26th at 10:15. We will be discussing *Bathsheba Spooner Revolutionary Murder Conspiracy*. By Andrew Noone. If you'd like to join pls call Elisha at 261-7368



SENIOR SAFETY DAY

This years Senior Safety Day will be held on Friday June 9th from 10:00am-12:00pm at the COA. A Day Dedi-

cated to Senior Safety & wellness visit the many Community Resources all dedicated to Senior Safety. You will receive a chance to win a \$25 Dunkin Gift Card, A \$25 CVS Gift Card or a Fire Extinguisher You will also receive a free boxed lunch (turkey and cheese sandwich, potato chips, cookie and water) **You must register before June 5th for this event if you would like to receive the boxed lunch.**



FLAG DAY- PATRIOTIC TRIVIA

How well do you know this great land of ours? Join us Wednesday June 14th at 10:30am for some Patriotic Trivia. Wear your red, white and blue attire. A prize will be given for most Patriotic outfit. Pls call COA to sign up 261-7368



ICE CREAM SUNDAES!!!!

Join us on Wednesday June 21st from 12:00-1:00pm in celebrating The First Day of Summer. We will be enjoying delicious ice cream sundaes! This is generously sponsored by Back to Home Healthcare Services. Pls call COA to sign up 261-7368



Happy
Pride Month!

CRAFTS WITH ELISHA CELEBRATING PRIDE MONTH!!!

Join Elisha on Wednesday June 28th at 10:00am -in celebration of Pride month we will be crafting our own Rainbow Tie dye tee shirts. Bring your own pre-washed white or light colored tee shirt with you. The COA will provide the rest. There is a \$3.00 pp fee. Pls stop by the COA with your payment to sign up Do not wear your best clothing for this craft.



JOYFUL CHORUS SPRING CONCERT

Come Travel Abroad with the Joyful Chorus for their Spring Concert on Thursday June 15th at

10:00am. They will be performing well known songs from around the globe, no passport required! Light refreshments will be served. Pls call COA to sign up 261-7368



JUNETEENTH CELEBRATION

Join us in celebrating JUNETEENTH on Friday June 16th at 12:30 as we review the beginning of this Holiday, we will watch a short documentary called What is Juneteenth and Why is it so important? Than will follow with a discussion and refreshments. Pls call COA to sign up 261-7368

KNOCK ON WOOD ACOUSTIC FOLK ROCK CONCERT

Join Howie Newman on Friday June 23rd at 12:30 as he entertains us and transports us back to the Folk Rock Era. This concert has been generously funded by the Mansfield Local Cultural Council and The Friends of the Mansfield COA Pls call COA to sign up 261-7368



NEWS & EVENTS



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

June 7th
1:00-2:30pm

Join Us for Live Music
With Tom and Sheila Monaghan!

This is a fun combination of Music, Movement, and Mindfulness that exercises both body and mind. It is entertaining and interactive from the safety of your chair!

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:





ABOUT THE LONGEST DAY

The Longest Day is the day with the most light — the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.


Purple is the color of the Alzheimer's Association. The Mansfield COA is asking everyone to wear the color **PURPLE** on June 21st to show our support of the Alzheimer's Association.

A NEW WAY of looking at Alzheimer's/Dementia

"Embracing the Journey: Knowing your Inner Hippie"



Learn positive approaches to working with those on the journey of Alzheimer's/Dementia and discover your "Inner Hippie".
LEARN TO LIVE, LAUGH AND LOVE AGAIN.



June 21st 2023 10:30 AM
Mansfield Council on Aging
255 Hope Street, Mansfield, MA
RSVP by calling 508-261-7368



Phyllis DeLarcheriere,
Alzheimer's/Dementia
Consultant, Counselor,
Educator, Lecturer,
Awarding Winning Columnist

A separate Dementia Friendly Activity will be available during the lecture.

THE CREATIVE WRITER'S WORKSHOP

CREATIVE WRITING WORKSHOP

The COA will be hosting a creative writing workshop taught by Shelley Sandler Leahy in June. This workshop will be held every Tuesday in June from 1:00-2:00pm. It is designed for individuals who want to learn how to write both fiction/nonfiction brief stories. You will learn how to write creatively based on prompts given in class. You must be able to participate and engage in discussions. Readings and visuals will be given. Call COA to sign up 261-7368



The COA walking club is meeting at the following locations in June. We love new members! Any questions pls call COA and ask for Elisha.

June 6th-Bike Path meet at Cobb St.
June 13th-Wrentham Outlets meet at Nautica
June 20th-Fulton's Pond meet at the COA
June 27th-School campus meet at South Common

Mansfield Triad would like to thank the following companies, individuals and organizations for their support. Bristol County Sheriff Dept, Catman Café, The COA Board, COA quilting group, Crue Brew Brewery, Raynham, Dick & Andrea Kelsay, Dubb's, Friends of the DIC, Nancy Graf, Hanger 12, Home Depot, Mansfield Deli, Mansfield Firefighters Association, Mansfield Hometown Hardware, Mansfield Police Association, Mass Arts Center, Trattoria Romana Pizzeria Bar & Grill, White's Bakery & Wick-ed Good Chiropractor.



The Mansfield COA would like to thank Patricia Whalen, Stephanie & Robert Kunigenas, Gloria & Lawrence Wambolt and Sally Collins for their donations in memory of June French.

SCRABBLE CLUB

Scrabble club now meets at 11:30am every Wednesday. Players at any level are welcome. We have beginners, intermediate and tournament quality players. Scrabble is often suggested as a way to keep seniors mentally sharp, and its fun! No need to sign up just pop in.



Friday July 7th and Friday July 28th 12:30pm Mid Day Movies
Friday July 14th-Illusionist Entertainer The magic of Lyn!
Sponsored by The Friends of the Mansfield COA
Friday July 21st "The Me Decade" 1970's music and pop culture
Wednesday July 26th-District Attorney Thomas Quinn Ice Cream Sundaes and a Talk on the latest area scams.

Mansfield Parks & Recreation SUMMER Beginner Pickleball Lessons

Jeff Tucker- Instructor

Beginner lessons will focus on the fundamental shots, scoring, rules of pickleball. For the basic shots - service, return, dink, volley, drive - the emphasis will be on good technique, and footwork. We will touch on tactics and strategy so you know the whys and wherefores for each shot. After 4 weeks you should have good consistency and accuracy and will have begun working both soft and hard games.

(Please bring your own Pickleball Paddle)



WHERE: Plymouth Street Tennis Courts, 50 Plymouth Street
WHEN: Tuesday / Friday mornings; 7:30-8:30am
 6-week session, June 27 – August 8; No lessons on July 4
 Make-up lessons as needed- August 11, 22, 25
FEES: Residents: \$60.00, Non-Residents: \$70.00

Mansfield Residents 60+ years, please check here to request a 50% subsidy from the Council on Aging ☐

REGISTRATION:

- Any returned checks will be subject to a \$25.00 non-refundable service charge
- The program is limited to 16 participants
- Registration is on a "first come, first served" basis
- We accept cash or checks, checks payable to: Town of Mansfield
- You may register in person at the Town Hall at Six Park Row, the office is open Monday, Tuesday and Thursday from 8am to 4pm; Wednesday from 8am to 8pm and 8-noon Friday
- Registrations/payments can be left in the Town Payment Drop Box located at the corner of Park Row and South Main Street. Please label envelopes: Recreation Department.
- **REFUND POLICY:** There are no refunds once registered, no exceptions

GATRA GO United is an on-demand, same day, affordable, and accessible public transit service serving the towns of Foxborough, Franklin, Mansfield, Norfolk, Norton, Wrentham

Download the app on iOS or Android
Search for GATRA GO

Schedule a ride with the tap of a button

Get picked up where you want

BOOK USING THE APP OR CALL 800-698-7676

HOURS
 Monday-Friday 6:30AM-8:00PM
 Saturday 9:00AM-8:00PM
 Sunday 12:00PM-6:00PM

FARES
 \$2.00 a ride
 Children under 6 free

GO TO OR FROM ANYWHERE IN THE SHADED AREA
 Stops shown are examples. Travel can be to/from any address in the service area

800-483-2500
www.GATRA.org

A Bristol County Celebration of Seniors!

Hosted by



THOMAS M. QUINN III



**Join Us For Our Annual
FREE Breakfast and Resource Fair**

Friday, June 16th 9am-12pm

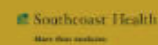
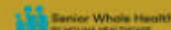
White's of Westport: 66 State Rd. Westport

A special thanks to our sponsors

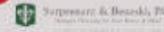
Platinum Sponsor



Gold Sponsors



Silver Sponsors



Vendor Tables are going fast! Contact Zach Boyer (ZBoyer@CoastlineNB.org) to save your spot today!
For Breakfast RSVP, contact the District Attorney's Office:
 508-961-1972/ Brian.Rose@Mass.gov

Downsizing & Decluttering

Cycling is a low impact but highly aerobic Most of us know we own too much stuff. We feel the weight and burden of our clutter. We tire of cleaning, managing, and organizing. Our drawers don't close, our closets are filled from top to bottom, and we can't fit cars in our garages. The evidence of clutter is everywhere.

Decluttering and downsizing can be a daunting as well as an emotional experience for families. The longer someone lives in their home, the more belongings they collect. However, with a little planning and preparation, downsizing and decluttering can be a liberating and satisfying experience for all involved. Here are some tips to get you started.

Enlist the Kids

Before the process gets underway, ask older or adult children to reclaim and remove any of their own items. Also consider if this is a good time to pass along family heirlooms, which will hopefully deter unforeseen family feuds in the future. It can be deeply rewarding to watch loved ones appreciate the history and sentiment of a meaningful gift.

Look at Large Items

Begin with large items such as furniture. Determine which pieces are no longer needed. Then devise a plan to either pass them along to family, sell the items, or donate them to charity. Once the large items are removed, the overall task will appear much easier.

Sort It Out

Creating a system before organizing and downsizing the rest of the home can help the process go smoother. This can be as simple as getting large boxes for each room and labeling them as keep, donate, gift, or throw away.

Ask for Help

Ask your spouse or kids to help you go through your items and decide what to keep and what to get rid of. Some items you find difficult to part with may not be the things that your children will eventually want: books, figurines, antiques, silver, and china. Keep a few meaningful mementos but consider parting with the items your kids aren't interested in inheriting.

New Home

If you're downsizing, evaluate your square footage in determining what to keep. That massive king-size sleigh bed might not be suitable for a modest bedroom. Smaller storage space might mean getting rid of clothing you haven't worn in years and consolidating family photos and paperwork by transferring them into digital files for easy access.

Does It Spark Joy?

Through her books and Netflix show, popular Japanese organizing guru Marie Kondo helps Americans declutter with the KonMari method of throwing out items that don't spark joy. Ask yourself if the items make you happy. If they do, keep or move them to your new space. If not, it's time to toss. Once the decluttering and downsizing process is complete, the outcome may surprise you. Fewer items to clean, maintain, or store, means more time for hobbies, travel, or new adventures. Less can be more!



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

GATRO GO UNITED- This service will run Monday-Friday 7am-8pm and Saturday and Sunday 12pm-8pm. To request a pick up, riders can download the Gatro Go mobile app on their smartphone 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 COA present..

~ The Lobster Roll Cruise ~

Wednesday, July 19, 2023
\$125.00 Per Person

Your Motorcoach Will Depart:

11:00am - Mansfield Senior Center
Return Approximately: 6:00pm

TAKE A CRUISE WITH US!!

We start the day off by traveling to Cape Cod for a truly exceptional day! We begin our day in Dennis as we enjoy a 90 minute cruise offering the most spectacular views from the decks of the "**Lobster Roll**", a custom built dinner cruise boat. Glide through the calm waters of Sesuit Harbor and into the serene beauty of Cape Cod Bay with its incredible picturesque coastline. While on board, you will enjoy a choice of Lobster Roll, Roast Beef Roll Up or a Vegetarian Roll Up. Before heading home you enjoy some free time in downtown Hyannis. What better way to spend a summer day!! Reserve Today!!

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:

MARTHA'S VINEYARD

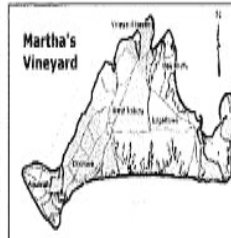
Thursday, September 7, 2023

\$119.00 per person

Your Motorcoach Will Depart:

7:00am - Mansfield Senior Center

Return Approx: 7:00pm



Come explore Martha's Vineyard with us this summer!

We will board the *Island Queen* in Falmouth for a relaxing ride to Martha's Vineyard. Once the ferry arrives in Oak Bluffs, Martha's Vineyard we will take a Narrated Tour through Oak Bluffs & Vineyard Haven. Included in this tour is a two hour stop in Edgartown for lunch (on own) and shopping. This is simply the BEST way to see Martha's Vineyard!

Included: Roundtrip Transportation, Ferry & Narrated Tour of Martha's Vineyard!

For Reservations Please Contact:

Visit the Mansfield COA & Speak with Kristen

FULL PAYMENT DUE UPON RESERVATION. NO REFUNDS

Trip Operated By Bloom Tours

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30 ATTORNEY CLOUGHERTY 2:00	2 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 HEARING CLINIC 10:30 CHAIR YOGA 1:00
5 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 MEET THE AUTHOR 10:30 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	6 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 CREATIVE WRITING 1:00 CHIMES 1:00	7 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 LIVE & LEARN 10:30 TAI CHI 12:00 SCRABBLE 11:30 MEMORY CAFÉ 1:00 THEATER WORKSHOP 1:30	8 FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30 APPLE CLASS 1:00	9 NO SEAT 9:00 SENIOR SAFETY DAY 10:00 CARDS 9:00 WII BOWLING 9:00 NO CHAIR YOGA 1:00
12 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 MEN'S COFFEE HOUR 9:30 FLEX & STRETCH 10:00 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	13 WALKING CLUB 8:30 DRUMS ALIVE 9:00 HEALTH SCREENING 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 LINE DANCING 11:00 MAHJONG 1:00 CREATIVE WRITING 1:00 CHIMES 1:00	14 ENDURANCE 9:00 REFLEXOLOGY 9:00 GUITAR LESSONS W/HARRY 10:15 NO ARTHRITIS EXERCISE 10:15 PATRIOTIC TRIVIA 10:30 TAI CHI 12:00 SCRABBLE 11:30 FRIENDS 12:30 THEATER WORKSHOP 1:30	15 FLEXIBILITY & STRETCH 9:00 CHORUS CONCERT 10:00 BINGO 12:30	16 NO SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 BEREAVMENT 10:30 JUNETEENTH CELEBRATION 12:30 CHAIR YOGA 1:00
19 COA CLOSED 	20 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 CREATIVE WRITING 1:00 CHIMES 1:00	21 WEAR YOUR PURPLE ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 NO ARTHRITIS EXERCISE 10:15 EMBRACING THE JOURNEY 10:30 TAI CHI 12:00 SCRABBLE 11:30 ICE CREAM SUNDAES 12:00 THEATER WORKSHOP 1:30 WOMENS SOCIAL HOUR 1:30	22 FLEXIBILITY & STRETCH 9:00 CHAIR YOGA 10:00 BINGO 12:30	23 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 FOLK ROCK CONCERT 12:30
26 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	27 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 CREATIVE WRITING 1:00 CHIMES 1:00	28 ENDURANCE 9:00 CRAFT 10:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 11:30 THEATER WORKSHOP 1:30 TRIAD 1:15	29 FLEXIBILITY & STRETCH 9:00 CHAIR YOGA 10:00 BINGO 12:30	30 SEAT 9:00 CARDS 9:00 WII BOWLING 9:00

3 Tips to Avoid Travel Scams

The internet brings vacations and getaways to travelers' fingertips, but instant access also means vulnerability to fraudsters looking to steal data. Scams such as fake phone numbers on popular search engine results can lead to stolen money or sensitive personal information like credit card details.

Next time you search the web to book that long-awaited vacation, consider these tips from the experts at Expedia to spot, avoid, and report scams.

Identify Common Scams

- Search engine and gift card scams: Fraudsters will buy fake ads with illegitimate contact information for well-known companies to pose as agents and ensnare people searching for online support numbers. These imposters often request gift cards in exchange for services such

as a trip refund or flight change, wire transfers or sensitive personal information. They may even use personal data obtained from unaware customers to use an itinerary look-up tool and view real trip details in order to gain additional trust.

- Phone call scams: Scammers will sometimes use "spoofing" technology to make telephone numbers appear legitimate then claim a customer won a prize such as cash, a trip or credit for future travel from a trusted travel company. In exchange, these convincing scammers may ask for personal information including a name, address, payment information, and social security number.
- Email scams: Phishing is a scam criminals use to ask for personal information via email by tricking recipients into clicking a link, opening an attachment, or directly providing the information. When they appear to come from established businesses or organizations, the emails can be quite convincing, as they sometimes even link to legitimate-looking websites.

JUNE 2023

©LPI



MORSE & BEGGS
MONUMENT COMPANY
~ Family Owned and Operated ~

Expertly Crafted Custom Memorials
Cemetery Engraving and Bronze Products

2 Kelley Boulevard, No. Attleboro, MA
508-699-8981
www.morseandbeggsmonument.com

We provide peace of mind to our members
and those who love them.



At Active Day, every day is dedicated to the independence and dignity of seniors and disabled members of all abilities. And while members enjoy themselves in our adult day care centers, their families experience a renewed sense of security and fulfillment.

300 Branch Street, Mansfield
Call us today 508-339-2119
Hours: 8am-4pm M-F



Revitalize your body and mind
with springtime activity!



elliott
PHYSICAL THERAPY

North Attleboro **508.316.0559**
Hingham **781.875.1913**
Hanover **781.347.3107**
Milton **617.696.8141**
Dorchester **617.506.7210**
Mansfield **508.639.5550**
Easton **508.559.5108**

www.elliottphysicaltherapy.com
FAMILY OWNED AND OPERATED





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/**\$10 annual dues.**

Save the Dates

Our next FRIENDS Meeting is **Wednesday, June 14, at 12:30** at 255 Hope Street. Join us for a fun, creative Brainstorming Session on fundraising opportunities.

Family Fun Night is **Tuesday, July 11.** To volunteer to participate, please sign up at the front desk. This is a golden opportunity to create awareness for our COA and FRIENDS as we reach out to Mansfield.

The Summer Celebration is **Friday, August 11th.** The committee is working hard to plan a fun event.

Donations in memory of Mildred Graf by Charles Mulcahy, **Edith Hallgren** by Kathy and Paul Fasoli.

Donations to FRIENDS by Kathy Betts & Anonymous.

FRIENDS Update-Board of Directors, President and Publicity: Marie Grygienc, Vice President: Open Position, Treasurer: Anna O'Brien, Secretary: Nancy Graf. If you are interested in the VP position, please let us know.

Did you know?

Our Facebook Group is growing FAST! It is an easy way to discover what is happening at the COA, on a daily basis. You can find weekly calendars and posts on each program/special event. We also feature pictures of our Seniors in action. **To join**, search for, **Friends of the Mansfield Council on Aging, MA** on Facebook.

Our **NEW Publicity Team** for the COA & FRIENDS was formed to create awareness of our Mission and Purpose, and to create more dialogue between Seniors, Townspeople and Town Leadership in Mansfield. Stay tuned.

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"
Funerals from \$3995.

Call us today and learn more.



287 Main Street
Malden, MA 02148
781-322-0909

115 North Main Street
Mansfield, MA 02048
508-339-7595

116 Franklin Street
Quincy, MA 02169
617-472-5319

www.BostonCremation.org

SANTORO Financial Planning Group



For trusted financial guidance contact David Santoro
508.286.7900 | David@santorofpg.com

Securities and advisory services offered through Commonwealth Financial Network*, Member FINRA/SIPC, a Registered Investment Adviser. Fixed insurance products and services offered by Santoro Financial Planning Group.

VETERAN-OWNED BUSINESS



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



**Expert Hearing Aid Service In the Comfort
and Security of Your Home**

Lauren Warburton

Board Certified Hearing Instrument Specialist, Lic. #275

Call Today For A Free Hearing Test • **508-250-9324**

www.athomehearinghealthcare.com
MassHealth Provider / Most Insurances Accepted



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Karen Fontaine

kfontaine@lpicommunities.com

(800) 477-4574 x6350



WE SOLVE PROBLEMS
ALWAYS NEAT ALWAYS PROFESSIONAL, AND READY TO SERVE YOU

SERVICES

Clean Outs:

Residential Clean Outs: Basement, Attic, Garage, Yard
Commercial Clean Outs: Home Organizers, Real Estate Agents, Contractors, Property Managers

Bulk Removal: We can remove that old coach, fridge, or any other piece of furniture from your home right away!

3 Yard Waste Bags: Want a hands on approach? Order one of our waste bags and fill it up, then we will take it out of your hands.

Hired Labor: Need a hand? We have skilled laborers to help you out.

To book your clean out now or get more information,
call us at 1-508-922-0320 or book us online at www.foxborocleanouts.com
We don't just work in your community, we live in your community.

24/7 Senior Discount:

\$35 OFF

any service we offer Plumbing, Cooling & Heating!

1-800-PLUMBER[®]
+AIR

**PLUMBING • COOLING
HEATING • EMERGENCY SERVICES**

**Ask about our HomeGuard Membership*

11 Robert Toner Blvd.
Ste. 5 #303
North Attleboro, MA 02760

Call Today
508-761-8700 or
1-800-758-6237

Charlie Murch, Owner

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



Pumping, Inspection, Service & Repairs

All new clients get \$25.00 off their first pump!

Pumping removes the buildup of sludge and scum, which slows down bacterial action in the tank. Your tank may need pumping each year depending on the size of your tank and the amount of waste you run through the system.

See our website to learn when inspections are required and more about Title V

Available 24/7 in case of septic emergencies

(508) 216-6278 | www.hometownpumping.com



We don't just work in your community, we live in your community.

SUPPORT OUR ADVERTISERS!





Friends of the Drop In Center
P.O. Box 232
255 Hope Street
Mansfield, MA, 02048

SENIOR EVENTS AND MAILING
COMPLIMENTS OF
THE FRIENDS OF THE DROP IN CENTER

NON PROFIT ORGANIZATION
U.S. POSTAGE PAID
PERMIT #51
MANSFIELD, MA, 02048

**Joyful Living Center
at Sterling Lofts Adult Day
Health** helps adults and
seniors live well.

Learn more

Visit SevitaHealth.com
or call 508-492-6344

Sevita

Mansfield

PHYSICAL THERAPY

serving Mansfield since 1992



The Experts in Spine Rehabilitation and Recovery

Back Pain and Sciatica • Balance Disorders • Total Hip + Knee Replacement
Orthopedic and Sport Therapy • Post-Operative Rehab • Chronic Pain

125 High Street, Mansfield

t. 508 - 261 - 1080

Contact @MansfieldPhysicalTherapy.com

A proud affiliate of  **connections**
PHYSICAL THERAPY



MEDICAL CANNABIS CERTIFICATIONS

CALL MEDWELL TODAY - 774-517-5195
OFFERING IN OFFICE AND TELEMED APPOINTMENTS

1200 WEST CHESTNUT STREET, BROCKTON, MA
SPEAK TO A MEDWELL REP TODAY TO GET YOUR
QUESTIONS ANSWERED AND TO BOOK AN APPT
WEB: MEDWELLHEALTH.NET

