



MANSFIELD COA HAPPENINGS

SEPTEMBER 2023

SEPTEMBER



©LPI

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Richard Kelsay

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Mansfield COA Social Services

255 Hope St.

Mansfield MA 02048

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

Rose Kimmell-Outreach /Shine Counselor

Maureen Kilgallon-Kitchen Staff

Kristen Madeira-COA/SS Coordinator

Elisha Ribeiro-Activities Coordinator

NEWS & EVENTS



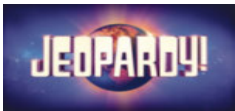
JEWELRY MAKING WITH PAULA DEVINE

Join Paula on Friday September

1st at 12:30 to make your own one of a kind jewelry. There is a \$5.00 fee for this program but all funds are donated directly to Friends. Pls stop into COA with payment to sign up.

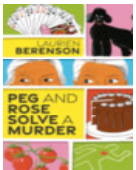
LIVE & LEARN WITH JAY ELIAS

Jay from Dyer Lake Funeral Home will be back at the COA on Wednesday September 6th at 10:30 for his fun talks. Pls call COA to sign up 261-7368



JEOPARDY WITH THE GAME SHOW GUY

Just like the game show on TV but right here at the COA. Join Kevin the Game Show Guy on Friday September 8th at 12:00pm for an afternoon of fun and prizes. This is sponsored by the Friends of the COA pls call COA to sign up 261-7368



COA BOOK CLUB

The COA book club will meet on Monday September 25th at 10:15am. We are discussing Peg and Rose Solve a Murder by Lauren Berenson. Call Elisha at 261-7368 if you would like to join.



PASTA LUNCHEON WITH SPECIAL AGENT PATRICK LATCHAW

Special Agent Patrick Latchaw from the US Dept of Treasury will be at the COA on Wednesday September 20th from 11:30-1:00. Agent Latchaw will be here to discuss the latest in scams directed at the senior population. There will be a lunch of baked ziti, meatballs, side salad and dessert and coffee. There is a \$5.00 pp fee to this lunch. Pls stop into the COA with payment to sign up.

THEATER WORKSHOP

Evie Rayburg will host a theater workshop on September 12th from 12:30-1:30. No memorization just fun! Light refreshments will be served pls call COA to sign up 261-7368



SOUND BATH MEDITATION

Nurture your mind and body with Rachel

Reynhart. She will be at the COA on Tuesday September 19th at 11:00am. Sound Bath is a deeply immersive, full-body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to relax and nurture your mind and body. There is no cost to this program but pls call COA to sign up



BACK TO HOME HEALTHCARE BREAKFAST BAR

Back to Home is back at the COA on Thursday September 21st from 9:00-10:00am with a lovely breakfast bar (bagels, muffins & fruit). Please call COA 261-7368 to sign up as space is limited.

SCIENCE OF PAIN WITH DR. DAVID MCINTYRE

Dr. David McIntyre will be at the COA on Thursday September 14th at 10:00am for a discussion on the science of pain. Dr. McIntyre is a Doctor of Physical Therapy and a Fellow in Pain Science. He has over 18 yrs of experience in treating adults with all types of pain and he has been educating medical doctors, health professional, and patients about the science of pain and how to treat it. This is a free program pls call COA to sign up 261-7368



MEN'S COFFEE HOUR

Join a wonderful group of men for coffee, donuts and good conversation. They will meet Monday September 18th at 9:30am. No need to sign up pls just stop by.

Walk Your Way to Health

The COA walking club will meet at the following locations in September. If you would like to join us pls call Elisha at 261-7368. We love having new people join us. September 5th-Capron Park meet in parking lot. September 12th-Balcom St. meet @137 Balcom St. September 19th-Wrentham Outlets meet @Nautica. September 26th-South Common meet on Union St.



PLANNING FOR MEDICARE

William Rowbottom from Blue Cross Blue Shield

will be at the COA on Wednesday September 27th at 10:30 discussing Planning for Medicare. This discussion is geared towards individuals approaching Medicare Eligibility. Topics covered include health insurance information outside of employer-sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retiree and COBRA. This is a free program but pls call COA to sign up 261-7368



HANDMADE CARD MAKING WITH PAULA IS BACK

Join Paula on Friday September 15th

at 12:30 in making your own seasonal greeting card. There is a \$5.00 fee for this craft but all proceeds are donated to Friends.



UNDERSTANDING BALANCE & FALL PREVENTION WITH ELLIOT PHYSICAL THERAPY

Elliot PT will be at the COA on Friday September 15th from 12:00-1:00pm. They will be showing us how to improve our balance and prevent falls. Pls call COA to sign up 261-7368

NEWS & EVENTS

GRIEF SUPPORT GROUP

The COA will offer a weekly Grief support group that will meet Fridays from 10:30-11:30am, starting 9/8, running through 10/6. The group is open to anyone who has experienced the death of loved one and is looking for guidance and support with healing. Topics related to the grieving process will be introduced each week with an opportunity for all to share their experiences.

Please register with Gail Conley, LICSW at 781-341-4145 or gconley@oldcolonyhospice.com

TIME AND TALENTS HOLIDAY CRAFTING

Calling all Crafters!!!! Bring your time and talents to the COA on Monday September 11th from 12:30-2:00. We need assistance in crafting some fun Holiday ornaments to be sold at this year's Holiday Fair which is being held on December 2nd. Pls keep in mind what you help us make you won't be taking home but we will be selling them at the fair. We really appreciate all the help you can provide.



MONTHLY HOT DOG LUNCH

Please join us on Thursday September 28th at 11:30 for a delicious lunch of 2 hot dogs, chips and dessert. This fun new MONTHLY lunch is subsidized by

the Friends of the Mansfield COA. The cost is \$2.00 pp. Pls stop into the COA with payment to sign up



IT'S FALL YALL!!!!

FALL DÉCOR CRAFT WITH ELISHA

Join Elisha on Wednesday September 13th at 10:30 for a fun Fall craft. \$5.00 pp fee includes all the supplies. Pls stop into the COA with payment to sign up.

We would like to thank Diane LeBlanc for her donation in memory of Ronald Kilgallon



OCTOBER AT A GLANCE.... SAVE THE DATE

Friday 10/6th- Musical Entertainment with Jumpin Jumba and Harvest Pie Social
Tuesday 10/10- Lift Every Voice-Folk Stories and song with Mary Jo Maichack
Friday 10/13-Musical Bingo with Kevin the Game Show Guy
Monday 10/16-Mass Audubon Program
Friday 10/27 Annual Electric Light sponsored
HALLOWEEN BASH! Theme is Witches and Warlocks- Mansfield residents only.- Signs begin 10/9-10/20



NEW FREE CLASS NIA MOVING TO HEAL

Join Nia Moving to Heal teacher, Jean Mallon in a movement journey. Nia Moving to Heal supports people looking for a gentle approach to Nia and for those dealing with a wide range of therapeutic issues; such as issues from injury, trauma, grief, short-term to long-term illness. The moving to heal practice will help participants learn to slow down and personalize movement to fit their body's way while focusing on the sensation of feeling better move by move, breath by breath and improve feelings of wellness regardless of physical condition. Jean will be at the COA teaching this every Monday (except the 2nd Monday each month) at 10:00am beginning September 25th. Pls call COA to sign up 261-7368. This is a collaboration with the library all adult residents of Mansfield are welcome to attend



JOYFUL CHORUS RETURNS IN SEPTEMBER

Encouraged by the wonderful turnout for our Spring Program, The Joyful Chorus looks forward to the coming months of the 2023-2024 season, when we will prepare for a Christmas/Holiday Program and, beginning in February, another Spring event. If you would like to join us, our chorus is open to all seniors, men and women, who like to sing. Being able to "read music" is not a requirement, but a real asset, if you can do it. We sing mostly familiar songs that everyone knows and we try to tackle one challenging piece for each event, that is sung in parts. If you are interested in joining us, please leave a message at the front desk of the COA for Mary Hourigan. We will begin weekly practices on Thursday, September 7 at 10:00 am at the COA. To quote one chorus member, "I love this group! It is so much fun to sing together. Our voices blend very well!"

HAND CHIMES

Have you ever heard the sweet sound of hand chimes coming from the activity room at the COA on Tuesdays at 1:00-2:30. If so, perhaps you would like to join us to make beautiful music together, through the ringing of hand chimes. We have a couple of positions open for our fall season, when we will be preparing holiday music to share with an audience. We will teach you everything you need to know. Some knowledge of music is very helpful. Most important is the ability to make a commitment to the group for Tuesdays 1-2:30 p.m. (Vacations are taken into consideration!) Please leave a message for Mary Hourigan at the COA front desk if you are interested.

SELF DEFENSE

ONE STEP TO SAFETY

Master Elijah Swain will be at the COA on Wednesday September 27th at 1:00 teaching a class called One Step to Safety. This is a combination of basic strikes, tactics, and techniques. They have been developed and proven with a present day approach to the prevention of assaults and the application of self-defense concepts. In the event that you must defend your self, either physically or verbally. These techniques are made simple. This leads to high retention. That leads to CONFIDENCE.

The basis on 4 areas of learning are.

1. 4 Blocks/ 4 Striking
2. 4 Techniques from Punches
3. 4 Techniques from Grabs
4. 4 Defenses against a weapon

This is a free program but please call COA to sign up 261-7368

This is the second of a three-part series about Understanding and Coping with Personality and Behavior Changes in a person with Alzheimer's disease.

In addition to changes in the brain, other things may affect how people with Alzheimer's behave:

- Feelings such as sadness, fear, stress, confusion, or anxiety
- Health-related problems, including illness, pain, new medications, or lack of sleep
Other physical issues like infections, constipation, hunger or thirst, or problems seeing or hearing

Other problems in their surroundings may affect behavior for a person with Alzheimer's disease. Too much noise, such as TV, radio, or many people talking at once can cause frustration and confusion. Stepping from one type of flooring to another or the way the floor looks may make the person think he or she needs to take a step down. Mirrors may make them think that a mirror image is another person in the room.

For tips on creating an Alzheimer's-safe home, visit <https://www.nia.nih.gov/health/home-safety-and-alzheimers-disease>



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

September 6th
1:00-2:30pm

Join Us for Drums Alive Beats Ability Class!

This unique sensory/motor program gives a
FUN workout for the entire mind, body
and spirit using beats, rhythm and drums!

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:



Memory Care Support Group



Meets Every Last Wednesday of the Month

6:00 - 7:00 pm

If you are caring for a loved one with Alzheimer's or other dementia, join us at our monthly support group. Connect and share stories with people who understand the challenges you face, in a safe, supportive and engaging environment. Educational presentations may also be provided and participants can help choose the discussion topics.

Refreshments and the opportunity to connect with others will follow our brief presentation.

RSVP to Carol Hickey
chickey@residencegreatwoods.com

Assisted Living and Memory Care



190 Mansfield Ave, Norton, MA
508-285-3355
www.residencegreatwoods.com

SHINE OPEN ENROLLMENT

Medicare Open Enrollment October 15th - December 7th

Insurance and Drug Plan Pre-Enrollment Intake Form:

- You DO NOT need to fill out and submit this form if your drug coverage is included in your HMO or PPO plan and you have not changed medications, or are not experiencing high co-pays.
- If you want an in-person or phone appointment, please fill out this form and return it to the Mansfield COA 255 Hope St., Mansfield MA 02048
We will call you after we have completed your drug search

Name _____	Phone _____
D.O.B. _____	
Address _____	
Name of current drug plan: _____ Pharmacy: _____	
Do you have a Supplement / Medigap Plan? _____	
Medicare # _____	Part A effective date _____ Part B effective date _____
Medicare.gov Account Info: Username: _____	
Password: _____	

LIST YOUR PRESCRIPTION MEDICATIONS:

NAME OF DRUG (as it appears on bottle)

Example: Lipitor

STRENGTH

Example: 10 mg

DOSAGE

Example: Twice Daily

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 2:00 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.

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 12:00 A 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 2:00PM The class consists of a warm up stretching, toning, hand weight training, balance, low impact endurance and ends with relaxation. Done seated.

SEAT Fridays 9:00-is a new, chair-based fitness program that strengthens the body and mind, while improving balance and flexibility through functional fitness.

Flex & Stretch- 2nd MONDAY 10:00am- Learn how to fit some easy stretches into your day

Nia Moving to Heal - MONDAYS (except 2nd Monday) 10:00am The moving to heal practice will help participants learn to slow down and personalize movement to fit their body's way while focusing on the sensation of feeling better move by move, breath by breath and improve feelings of wellness regardless of physical condition

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 Every 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 Monday and Wednesday 11:30

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.**
:



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 HEARING CLINIC 10:30 JEWELRY MAKING 12:30 CHAIR YOGA 2:00
4	5	6	7	8
	WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00 CHIMES 1:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 LIVE & LEARN 10:30 TAI CHI 12:00 SCRABBLE 11:30 MEMORY CAFÉ 1:00 ARTHRITIS EXERCISE 2:00	FLEXIBILITY & STRETCH 9:00 CHORUS 10:00 BINGO 12:30	SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 GRIEF SUPPORT GROUP 10:30 JEOPARDY 12:00 CHAIR YOGA 2:00
11	12	13	14	15
CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 FLEX & STRETCH 10:00 CHAIR YOGA 11:00 SCRABBLE 11:30 HOLIDAY CRAFTING 12:30 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 HEALTH SCREENING 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 THEATER WORKSHOP 12:30 MAHJONG 1:00 CHIMES 1:00	ENDURANCE 9:00 REFLEXOLOGY 9:00 GUITAR LESSONS W/ HARRY 10:15 FALL CRAFT 10:30 TAI CHI 12:00 SCRABBLE 11:30 FRIENDS 12:30 ARTHRITIS EXERCISE 2:00	FLEXIBILITY & STRETCH 9:00 NO CHORUS 10:00 SCIENCE OF PAIN 10:00 BINGO 12:30 APPLE CLASS 1:00	SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 GRIEF SUPPORT GROUP 10:30 CARD MAKING 12:30 FALL PREVENTION 12:00 CHAIR YOGA 2:00
18	19	20	21	22
CARDS 9:00 GUITAR LESSONS W/ HARRY 9:00 STRONG BODY & MIND 9:00 MEN'S COFFEE HOUR 9:30 CHAIR YOGA 11:00 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 SOUND BATH 11:00 MAHJONG 1:00 CHIMES 1:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 NO TAI CHI 12:00 SCRABBLE 11:30 PASTA LUNCH W/AGENT LATCHAW 11:30 WOMENS SOCIAL HOUR 1:30 ARTHRITIS EXERCISE 2:00	FLEXIBILITY & STRETCH 9:00 BACK TO HOME BFAST 9:00 CHORUS 10:00 BINGO 12:30	SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 GRIEF SUPPORT GROUP 10:30 MOVIE 12:00 CHAIR YOGA 2:00
25	26	27	28	29
CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 NIAI MOVING TO HEAL 10:00 BOOK CLUB 10:15 CHAIR YOGA 11:00 SCRABBLE 11:30 PAINTING 1:00 CANASTA 1:00	WALKING CLUB 8:30 DRUMS ALIVE 9:00 QUILT KNIT CRAFT 9:15 BALANCE IN MOTION 10:00 MAHJONG 1:00 CHIMES 1:00	ENDURANCE 9:00 GUITAR LESSONS W/ HARRY 10:15 MEDICARE 10:30 TAI CHI 12:00 SCRABBLE 11:30 ONE STEP TO SAFETY 1:00 TRIAD 1:15 ARTHRITIS EXERCISE 2:00	FLEXIBILITY & STRETCH 9:00 CHORUS 1000 HOT DOG LUNCH 11:30 BINGO 12:30	SEAT 9:00 CARDS 9:00 WII BOWLING 9:00 GRIEF SUPPORT GROUP 10:30 CHAIR YOGA 2:00

MANSFIELD COA PRESENTS...

~BOSTON HOLIDAY POPS ORCHESTRA~



Wednesday, December 20, 2023

\$180.00 per person

Your Motor coach Will Depart:
10:45am Mansfield Senior Center
Returns Approx: 6:15pm

Join Bloom Tours for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus!

Before the show, we will go to the Maggiano's for a delicious lunch. A perfect holiday celebration.

For Reservations Please Contact:
Visit the Mansfield COA & Speak with Kristen

Full Payment Due Upon Reservation



TRIP OPERATED BY BLOOMTOURS



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 BLOOMTOURS



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MONUMENT COMPANY
~ Family Owned and Operated ~

Expertly Crafted Custom Memorials
Cemetery Engraving and Bronze Products

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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



Keeping you and
your loved ones active
all year long!



elliott
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Hingham	781.875.1913
Hanover	781.347.3107
North Attleboro	508.316.0559
Milton	617.696.8141
Dorchester	617.506.7210
Mansfield	508.639.5550
Easton	508.559.5108
Needham	781.675.2526

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.

Sign Up For Membership. Stop in at the front desk to apply with your \$10 dues.

Save the Date Our next **FRIENDS** meeting is **Wednesday, Sept. 13 at 12:30PM.** We have light refreshments as we discuss support for COA Senior Enrichment Programs through fundraising, volunteering and publicity.

Donations in Memory of Joseph Walgreen brother of John Walgreen by Joan Hoey. **Donation to FRIENDS** Janice Whelan and several Anonymous donations. Thank you for supporting our Seniors.

FRIENDS Summer Celebration, Over 95 of us had a "Beachy" time at THE event of the summer season. We ate, we laughed, we danced, we swayed to the music, and we played fun games to win beach themed prizes. Huge thanks to (left to right) Eileen Berenson, Kathy Kinahan, Anna O'Brien, Margaret Donnelly and Paula Devine. The committee that put it all together with months of detailed planning. Thanks to everyone else that volunteered to help the committee.



Putting your donations to work. The **FRIENDS** are sponsoring several **Senior Enrichment Programs** this year

1. For the next 5 months Seniors will enjoy **Games Shows hosted by the Game Show Guy.** In Aug. we played Family Feud, this month we will take our best shot at Jeopardy. There are buzzers and prizes with lots of laughs.
2. For the next 6 months you can enjoy a **Grilled Hot Dog Lunch** with FRIENDS, each month for a nominal fee.
3. FRIENDS are also planning a **Homebound Remembrance Program** where small gifts will be delivered to Senior homes several times per year.

Donations to The **FRIENDS** are **TAX deductible** as we are a 501(c)(3) organization. Please consider The FRIENDS of the Mansfield Council on Aging for a Memorium Donation, or in your Estate Planning.

Did you know...

Although we specialize in cremation,
we also offer affordable "Modern Day"
Funerals from \$3995.

Call us today and learn more.



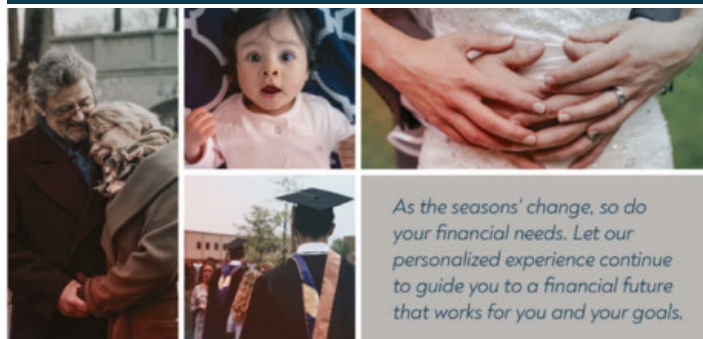
287 Main Street
Malden, MA 02148
781-322-0909

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**

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CONTACT ME

Karen Fontaine

kfontaine@lpicommunities.com

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