



MANSFIELD COA HAPPENINGS

JANUARY 2023

HAPPY NEW YEAR!

WHAT'S INSIDE

- 02 NEWS & EVENTS
- 03 NEWS & EVENTS
- 04 PUZZLE
- 05 ARTICLE OF THE MONTH
- 06 RESOURCE GUIDE
- 07 FOXWOODS TRIP
- 08 JANUARY CALENDAR
- 09 WINTER WELLNESS
- 10 RECIPE

TOWN MANAGER

Kevin Dumas

DIRECTOR

Josephine Madrazo

EDITOR

Kristen Madeira

COUNCIL ON AGING BOARD

Neal Boldrighini- Chair

Richard Kelsay- Vice Chair

Lee Ann Cerretani-Secretary

Patricia Comperchio-Treasurer

Paula Devine

Joan Hoey

Mary Hourigan

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

Greetings!

On behalf of the Council on Aging staff and Board members, I would like to extend a Happy New Year! I would like to acknowledge the many loving seniors that have passed away. The COA had been their home away from home. We will miss them and hope that their time here was enjoyable. As we embark on a new year and reflect on 2022, we are so proud of all we have been able to accomplish. 2022 was our year to reconnect with each other. The center was filled with people engaging in activities, educational programming, lunches, and seeking out support from our social service staff. We loved every minute of it! In 2022 we took the first step in making the town of Mansfield a Dementia Friendly Community. We received an outpouring of support from our town departments and community members for this initiative. Dementia-friendly communities are vital in helping people live well with dementia and remain a part of their community. Our hope is that we are able to engage residents in understanding the importance of this initiative while providing support to individuals and their families affected by Dementia. I would like to thank our volunteers, COA Board, Triad, Friends of the DIC, Select Board, State Representatives, Senator, Congressman, Town Manager, and residents for your ongoing support. All the best,
Josephine Madrazo

Thank You!

The COA has received many generous donations and we would like to extend our heartfelt thank you.

In memory of Thelma Reid-Mark and Diane Lynch and Sharon Fish and Game.

Thank you to the Elks for donating to the COA for fuel assistance.

The following people have made donations to the Friends in memory of Doreen Mulcahy. Nancy Graf, Beverly Dand, Field of Honor, Evelyn Steele, Brenda Arduino, Paula & John Devine, Joan Hoey, Kathy & Paul Fasoli, Jane Alland, Ethel Carl, MaryJo & John O'Day, Judith & Gerard Plouffe, Louis Andrews, Mansfield/North Attleboro Emblem Club #531 Loretta & Earl Mason, Dawn McAulay, Normal Smith, Margaret Doherty, Roland & Barbara Cedarfield, Eleanor Jones, Karen Adams, Richard Murray, Julie Pollock and Barbara & Robert Mulcahy, Mansfield Elks The Friends of the Drop In Center thank you very much for your generous donations.



Join us on Friday January 20th from 11:30 -1:00pm for our Annual Birthday Bash. We will be serving pizza, salad and cake as we celebrate your 2023 Birthdays. Signs up begin on January 3rd, this is for Mansfield residents only. Please call the COA to sign up 261-7368.

ELDER DENTAL PROGRAM

Join Christine from Elder Dental on Wednesday January 18th at 1:00pm for information on this low-cost dental insurance for seniors. Please call the COA to sign up 261-7368.



WOMENS SOCIAL HOUR!

The first meeting in December was fun!!! We had a great crowd. However we need to move our meeting time. Going forward we will now meet the **3rd Wednesday of each month at 1:30**. See all January 18th for a fun gab session.

SHREDDING BIN

The COA has a shredding bin in our office where you can bring your old confidential documents for proper disposal. Come in anytime to shred your documents.



We are hosting a Memory Café at the COA starting on Wednesday January 4th at

1:00-2:30. We will meet the 1st Wednesday of every month. What is a Memory Café? It is a program for people living with Dementia and their care partners to meet with others facing similar experiences. It is a relaxed, safe environment to have fun and make connections. Often times individuals or the care partners become socially isolated and our goal is to prevent this from happening. Please call 508-261-7368 to sign up or just drop in on January 4th. Our Café is sponsored by Right at Home, The Residence at Great Woods, Old Colony Hospice and Care Patrol.



THE WALKING CLUB

The walking club will meet at the following locations at 8:30am in December. If you would like to join pls call COA to sign up.
1/3-Wrentham Outlets meet at Nautica
1/10-Bike Path meet at Cobb St.
1/17-Capron Park-meet in parking lot
1/24-Fulton Pond-meet at pond.
1/31-Chocolate Factory-meet at the COA

NEWS & EVENTS



NUTRITIONAL BINGO AND LUNCH

Join Dawn from Bristol Elder Services on Tuesday January 10th from 10:30-12:30 playing Nutritional Bingo. This will be a lunch and learn event. We will be serving beef tenderloin, mashed potatoes, asparagus and red velvet cake. This is a free program pls call the COA to sign up 261-7368.



REFLEXOLOGY WITH LOUISE

Sign up for your half hour reflexology session with Louise on Wednesday January 11th. Half hour time slots are available from 9:00am-12:00pm. The cost is \$35. Pls come into the COA with payment to sign up.

LIVE & LEARN WITH JAY

Join Jay Elias from Dyer Lake Funeral Home on Wednesday January 4th from 10:30-11:30 for another live and learn chat. Call COA to sign up 261-7368



MEN'S CLUB PIZZA LUNCH

The men's coffee club will be meeting for a pizza lunch on Monday January 23rd from 11:30-1:00pm. There is no cost but pls call COA by January 16th to sign up so we have an idea of how much pizza to order 261-7368.



JEWELRY MAKING WITH PAULA DEVINE

Join our own talented Paula Devine in making your own creative jewelry piece on Friday January 27th at 12:30. This is free but space is limited pls call COA to sign up 261-7368



COA BOOK CLUB

The book club will meet on Monday January 30th at 10:15am. We will be discussing The Personal Librarian. New members welcome! Call COA to sign up 261-7368



FUEL ASSISTANCE

We are currently assisting residents with applying for fuel assistance. This program runs from November-April. Please call us to see if you may qualify. 508-261-7368



YARN DONATIONS

The knitting group is looking for donations of "fun fur" yarn. Any colors!! Please drop off any time at the COA. We thank you in advance.



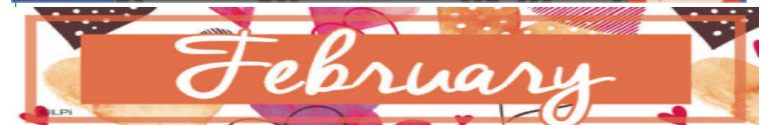
REAL ID Credential Won't Be Needed Until 2025 to fly Domestically or Enter Some Federal Facilities U.S. Department of Homeland Security has extended REAL ID full enforcement date to May 7, 2025 For more information https://atlas-ymv.massdot.state.ma.us/myrmv/_/n

The Friends of the Drop In Center would like to thank the following chairpersons in helping make our Holiday Fair a success. Lynda Christianson and Loretta Mason heading up on Crafts. Joan Hoey, Jane Alland and Evelyn Steele on behalf of our bake sale. Nancy Graf and Paula Devine co-chairs of our jewelry sales. We thank all those who worked at the fair as well as all those who baked in making this a rewarding fundraiser.

WINTER TEA SAMPLING



Join Elisha in sampling some popular winter tea blends on Tuesday January 24th from 12:30-1:30. No cost for program, please call COA to sign up 261-7368.



February 3rd- Valentine Card Craft 12:30
February 8th-Superbowl Wednesday \$5.00pp pizza. Chicken, raffles
February 10th-Presentation of the Golden Age of Music
February 14th- CPR Training/ Valentine Party

4

ARTICLE OF THE MONTH



FURRY FRIENDS BRING GREAT HEALTH BENEFITS

Having a four-legged, furry companion is good for our mental and physical well-being. A pet provides unconditional love and a sympathetic ear on difficult days. For older adults, the health benefits of having a pet are numerous.

Let's look at a few reasons why pets are good for us and why an older adult might want to adopt a senior pet.

4 Reasons to Adopt a Pet

1. Unconditional support: Animals are typically loyal creatures that stick by us through thick and thin. They are there for us in ways most people can't be. Sometimes it's listening when we are sad, other times hearing our joys and secrets. For an adult who has recently experienced the loss of a loved one, a pet makes an ideal companion during the process of grieving and healing. The individual has someone counting on them and giving them purpose.

2. Stress and anxiety relief: Research shows that pets lower stress levels and blood pressure. The very act of petting a furry friend is soothing. Finding natural remedies for

reducing stress is important for maintaining optimum health.

3. Activity: An older adult might be reluctant to go for a walk around the neighborhood on their own but will happily share the journey with a pet. Walking is one of the best forms of exercise for people of all ages, but especially for seniors. It helps maintain stamina and balance while reducing the risk for depression.

4. Socialization: Pets attract attention and make new friends easily. If you routinely take your pet for a walk, it won't be long before you make new friends, both human and animal. It's a great way to get to know the neighbors.

Tips for Adopting a Pet

First, consider your budget. Some breeds of cats and dogs are more expensive to maintain. It might be higher grooming expenses, a specialty food, or more frequent veterinary care. Before you adopt a pet, make sure you are confident you can afford the monthly expenses.

Next, learn more about the animal's disposition and needs. For example, a dog like a Jack Russell Terrier may require more exercise than, for example, a family with two working adults can safely manage. A calmer breed might be better.

Also take the home environment into consideration. If you don't have outdoor living space or easy access to a park, a cat could be a better choice. Some families also find birds make good companions.

One last tip is to consider adopting an older pet. They generally make great companions for seniors. Most are house-trained and past the exhaustingly active puppy stage. Local shelters often have photos of the animals up for adoption on their websites. You can log on and read more about them before leaving home.

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

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.

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

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.

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 774-226-1270

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.

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.

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

DESCRIPTION OF THE EXERCISE PROGRAMS WE OFFER: *NEW MEMBERS ALWAYS WELCOMED!!!*

Strong Body & Mind 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 A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

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

Drums Alive-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

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

Endurance: 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 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 & Stretch 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.

Zumba-Aerobic fitness exercise based on Latin American dance rhythms. Participants are taught some basic easy-to-learn movements

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



MANSFIELD COA PRESENTS: FOXWOODS CASINO

Wednesday, January 25, 2023
\$35 Per Person

Your Motorcoach Will Depart:
8:30AM ~ Mansfield COA

Returns Approximately: 5:30PM

No one offers more gaming choices than Foxwoods Resort Casino, the internationally recognized gaming destination. With its six casinos, Foxwoods offers more than 7,400 slot machines, 388 table games, and the world's largest bingo hall. Keno lovers can play the ever-popular Keno throughout the property, as well as in a comfortable Keno lounge. Foxwoods offers many dining options. You can also enjoy the 300,000 square foot indoor Tanger Outlet Mall at Foxwoods!! 80 discount stores and casino fun make for a great day!!

Trip Includes:

- *Casino Time: 10:00am-4:00pm
- *Deluxe Motorcoach Transportation

For Reservations Please Contact:

Visit the Mansfield COA & Speak with Kristen

FULL PAYMENT DUE UPON RESERVATION. NO REFUNDS

Tour Operated By Bloom Tours

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 MAHJONG 1:00	4 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 LIVE AND LEARN 10:30 TAI CHI 12:00 SCRABBLE 12:00 MEMORY CAFÉ 1:00	5 FLEXIBILITY & STRETCH 9:00 BINGO 12:30	6 CARDS 9:00 WII BOWLING 9:00 ZUMBA 9:00 HEARING CLINIC 10:30 CHAIR YOGA 1:00
9 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 PAINTING 1:00 CANASTA 1:00	10 WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 NUTRITIONAL BINGO 10:30 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 MAHJONG 1:00	11 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	12 FLEXIBILITY & STRETCH 9:00 BINGO 12:30 APPLE CLASS 1:00	13 CARDS 9:00 WII BOWLING 9:00 ZUMBA 9:00 CHAIR YOGA 1:00
16 	17 WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 MAHJONG 1:00	18 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 ELDER DENTAL 1:00 WOMENS SOCIAL HOUR 1:30	19 FLEXIBILITY & STRETCH 9:00 BINGO 12:30 CAREGIVERS GROUP 1:00	20 CARDS 9:00 NO WII BOWLING 9:00 NO ZUMBA 9:00 BEREAVEMENT 10:30 BIRTHDAY BASH 11:30 NO CHAIR YOGA 1:00
23 CARDS 9:00 GUITAR LESSONS W/HARRY 9:00 STRONG BODY & MIND 9:00 CHAIR YOGA 11:00 MEN'S CLUB PIZZA PARTY 11:30 PAINTING 1:00 CANASTA 1:00	24 WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 WINTER TEA SAMPLE 12:30 MAHJONG 1:00	25 FOXWOODS 8:30 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00 TRIAD 1:15 MOVIE 2:00	26 FLEXIBILITY & STRETCH 9:00 BINGO 12:30	27 CARDS 9:00 WII BOWLING 9:00 ZUMBA 9:00 JEWELRY MAKING W/PAULA 12:30 CHAIR YOGA 1:00
30 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	31 WALKING CLUB 8:30 DRUMS ALIVE 9:00 BALANCE IN MOTION 10:00 QUILT KNIT CRAFT 9:15 LINE DANCING 11:00 MAHJONG 1:00	FEB 1 ENDURANCE 9:00 GUITAR LESSONS W/HARRY 10:15 ARTHRITIS EXERCISE 10:15 TAI CHI 12:00 SCRABBLE 12:00	FEB 2 FLEXIBILITY & STRETCH 9:00 BINGO 12:30	FEB 3 CARDS 9:00 WII BOWLING 9:00 ZUMBA 9:00 CHAIR YOGA 1:00

TIPS FOR WINTER WELLNESS

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is widely regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features)

©LPI

JANUARY 2023



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.

 **ActiveDay**

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



DID YOU KNOW?

Doctor Referral is Not Always Required
to Receive Treatment



elliott
PHYSICAL THERAPY

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

www.elliottphysicaltherapy.com
FAMILY OWNED AND OPERATED



Recipes

If you've ever seen rice thrown at a wedding ceremony, you already know that it can be a symbol of prosperity. Enjoy it with beans (another symbol of luck) for a filling New Year's Eve meal.



Sausage and Rice Stuffed Peppers
Recipe by: Pioneer Woman

Ingredients:

6 large red, orange or yellow bell peppers
3 tbsp. olive oil
1 lb loose sweet Italian sausage
4 plum tomatoes, diced
2 red onions, diced
3 garlic cloves, minced
1 tsp. dried Italian seasoning
Kosher salt and black pepper to taste
2 cups cooked brown rice
2 cups shredded mozzarella cheese.

Directions: Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops, set aside. Scoop out the seeds and as much of the membranes as you can. Place the peppers in a microwave safe bowl, add 1/2 cup water and cover with plastic wrap. Microwave until just beginning to soften, about 12 min. Then uncover and set aside. Preheat oven to 450. Heat 2 tablespoons olive oil in large skillet over med. Heat. Add the sausage and cook. When done remove and set aside on plate. Add the remaining 1 tablespoon olive oil to the pan, add tomatoes, red onions, garlic, Italian seasoning and the chopped peppers tops and cook, stirring until tender and browned-about 10-12 min. Season the mixture with salt and pepper and stir in the sausage and rice. Place the peppers upright in a baking dish just large enough to hold them. Fill with the rice mixture and bake for 10 min. Sprinkle with cheese and continue baking until the cheese is browned. Enjoy!

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



*As the seasons' change, so do
your financial needs. Let our
personalized experience continue
to guide you to a financial future
that works for you and your goals.*

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!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Town of Mansfield - Mansfield, MA

06-5335



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

THRIVE
LOCALLY

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

