



Mansfield Council on Aging NEWSLETTER

August 2026

Welcome!

Our Mission

The Mansfield Council on Aging (COA) is a multi-faceted human services department which serves the needs of all residents aged 60 and over, their families and caregivers. The COA oversees Social Services for all Mansfield residents. The mission of the COA is to protect, preserve and improve the ability of older residents of Mansfield to remain healthy, safely independent in their homes, socially engaged, physically active and intellectually stimulated for as long as they wish and are able. This is to be accomplished through social services, nutrition, exercise, music and artistic programs. We strive to provide a safe, welcoming and accessible site for social, recreational and educational gatherings. In conjunction with local public safety departments, we promote wellness education and an awareness of the risks involved with aging in place.

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Hello August



Get in Touch!

255 Hope St. Mansfield, MA 02048
(508) 261-7368

<https://www.mansfieldma.com/174/Council-on-Aging-COA/>

Office Hours: Monday-Friday | 8:00am-3:30pm



About Us



A Message from the Director



Welcome to our Senior Center!

It is my great pleasure to welcome you to a place that is truly at the heart of our community. Our center is more than just a building—it is a vibrant, welcoming space where connections are made, friendships grow, and every individual is valued. We offer a wide range of programs, activities, and services designed to support well-being, encourage lifelong learning, and celebrate the richness of life at every stage. We are committed to making your experience here enjoyable, engaging, and meaningful. Our dedicated staff and volunteers are always here to help, so please don't hesitate to reach out, ask questions, or simply stop by to say hello.

Josephine Madrazo

Director Council on Aging/Social Services

Our Center Staff

Call us at (508) 261-7368



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Kate Allen
Meals on Wheels Driver



Paula Cowell
Kitchen Staff



**Your COA
Team**

News and Events

FRIENDS



Friends of the COA
Events highlighted in green are generously funded by the Friends of the Mansfield Council on Aging.

Smart Trivia

Tues., August 4th 1:00pm

Join in this monthly activity.

Teams of 2-3 compete against one another. Prizes given! Call to sign up.

Group Reiki Sessions w/Maria

Tues., August 25th 1:30pm

Maria will hold her monthly group Reiki session.

Call to sign-up.

Annual Summer Celebration Lunch

Fri., August 21st 11:30am

We will host our annual Summer Celebration Lunch on Friday August 21st at 11:30am. Come enjoy live entertainment by Piano Man Mike Dardis. Lunch will be catered by Roche Brothers, featuring build your own chicken burrito bowl-cilantro lime chicken, jasmine rice, Southwest black bean and corn blend and fresh toppings! Followed by coffee and dessert. The cost of this program is \$5.00/pp. Pls stop into COA with payment to sign up.

Healthy Living with Essential Oils

Wed., August 19th 10:30

Join Chris Ventura on Wednesday August 19th at 10:30 to learn all about toxic free living with essential oils and create your own roller ball oil blend. Space is limited pls call to sign up. Mansfield residents only until August 7th. After August 7th Non Mansfield residents may sign up.

In The Whale

Fri., August 7th 1:00pm

Join us on Friday August 7th at 1:00pm as the Mansfield COA and Mansfield Public Library cohost a for a wonderful afternoon viewing "In The Whale". We will view the feature length documentary chronicling the incredible true story of Michael Packard. Micheal is a commercial lobster diver from Cape Cod who made global headlines after surviving being briefly trapped inside the mouth of a humpback whale. After the film screening there will be a Q & A session featuring the film's director, Pulitzer Prize winning filmmaker David Abel. This event is sponsored by the Mansfield Non Profit Gift Fund. Please call to sign up.

Getting Crafty with Paula

Tues., August 18th 12:30pm for hand-made jewelry making.

Thurs., August 27th 12:30pm for Greeting card making

Rick's iPhone Class

Thurs., August 13th 1:00pm

In August Rick will cover Medical ID, Emergency SOS, sharing your location with family and blocking scam calls and texts. Call to sign up.

Memory Cafe

Wed., August 5th 1:30

Join us for the Mansfield Memory Café. This month we will be get creative. Participants will paint a terracotta garden pot and plant herbs in it to take home. Thank you to Christine Sinicola, Elder Care Consultant/Senior Living Advisor for kindly sponsoring this month's activity. This program is for participants who have memory impairment and their caregiver. For more info pls contact Jina Ibrahim.

Mansfield Med Flight

Tues., August 11th 1:00pm

Robert Holtz from Boston Med flight will host a presentation teaching us about Boston Med Flight. Boston Med Flight operate a critical care air and ground transport base at the Mansfield Municipal Airport. This base serves as a crucial lifeline for the South Coast, Cape Cod and the Island. Following the presentation Robert will host a Q&A. This program is sponsored by the Mansfield Safety Alliance. Pls call to sign up.

New Program! Reading Roundtable

Thur., August 6th 1:00pm

Mary Hourigan is hosting a new monthly program here at the COA. Reading Roundtable will be held the first Thursday of every month at 1:00pm. What is a reading roundtable? We will gather together and share and discuss books we have enjoyed (or didn't enjoy). No spoilers allowed. Just a nice lively discussion and a chance to hear what other readers have to say about the books they have read. All popular genres are welcome. No matter what you like to read, come and share it with others. Pls call to sign up.

COA Book Club

Mon., August 31st 10:15am

The book club is discussing *The Librarianist* by Patrick DeWitt. Pls call Elisha if you would like to join.

News and Events

Mahjong Lessons

Interested in learning Mahjong? Join Sheila Levine for beginner lessons every Friday at 12:00 p.m. Mahjong is a fun and engaging game that requires concentration, memory, pattern recognition, and strategic thinking. While it can be challenging to learn at first, most participants who attend the lessons and practice between sessions should be able to play independently after a few classes. Please note that these lessons are not ongoing or endless instructional sessions. Their purpose is to teach the fundamentals so participants can transition into regular Mahjong play. The expectation is that, after a few lessons, participants will have the skills and confidence to join the regular group and play without continued instruction. If you find after several lessons that the game is not clicking or isn't enjoyable for you, Mahjong may simply not be the right fit, and that's ok. We encourage everyone to participate in activities they find both enjoyable and rewarding. No sign ups required for lessons just drop in on Fridays. Pls note Sheila will NOT be offering lessons on Friday August 28th

Tech Help

Soham will continue to offer tech help this month. He will be here every Wednesday at 2:15. Call for a 20 min time slot.



Hand Carved Wood Art Demo

Wed., August 26th 1:00pm

Come learn about the artistry of woodworking with Ron Gaudette. Ron will demonstrate his unique woodworking techniques and showcase his beautiful handcrafted wood art. Discover the creativity, craftsmanship and skill that transform natural wood into one of a kind works of art. Don't miss this opportunity to meet the artist, watch a live demonstration and experience the beauty of fine woodworking. Call to sign up.

The COA Walking Club

All dates start at 9:00am
If it rains the walkers meet at the food court at Emerald Square Mall

August 4th Fulton's Pond meet @Fulton's Pond

August 11th Wrentham Outlets meet @parking lot by Nautica

August 18th Bike Path meet @Cobb St.

August 25th Balcom St. meet @137 Balcom St.

Caregiver Support Group

Mon., August 3rd 1:00pm

Are you caring for a loved one and are looking for support? Join Jina Ibrahim, Mansfield Community Social Worker and Meghan Fitzpatrick of Old Colony Hospice & Palliative Care & Sydney Marchand on as they co-host a monthly Caregiver support group. They meet the 1st Monday of each month. Call to sign up or for more information.

The Joyful Chorus

The Joyful Chorus Needs an Accompanist Our chorus is looking for a pianist to accompany us for the program year 2026-2027. Starting in September, we will be preparing a program of well-known holiday songs, to be performed in late November- early December. After a winter break, we will prepare for a spring program to be performed in May-early June. We practice every Thursday at the COA from 10:00 am-11:15 am. Music for the selections will be provided. We have an enthusiastic chorus of 20+ voices and an excellent piano, which we have tuned prior to each program year. We are looking forward to the 2026-2027 Joyful Chorus year. All we need is a piano accompanist. If you would like to try out for this volunteer position or know someone who might be interested in it, please contact the COA and ask to be referred to Mary Hourigan, chorus leader.



Farmers Market Coupons

Farmers Market Coupons are available. Pls call Rose for more information

Essential Resources



The Council on Aging (COA)

The COA provides a variety of programs and services to help seniors maintain independence, well-being, and community engagement. Services include:

- Education, art and social events
- Health and wellness programs
- Legislative updates & outreach services
- Meals on-site & home delivery
- Transportation assistance
- Senior safety programs

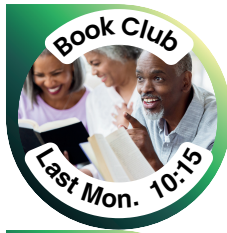


Health and Fitness
Suggested Donation
\$3/Class



Well-Being

Enrichment and Social Activities



Mansfield COA can help with...

GATRA GO UNITED– Rides available Mon.– Fri 7 AM – 8 PM. Sat–Sun 12 PM– 8PM. Use GATRA GO app or call 1-800-698-7676.

Durable Medical Equipment– Free loan of walkers, wheelchairs, shower benches etc

Local Food Support & SNAP– We assist with SNAP applications. Connect with Our Daily Bread Food Pantry at 15 West St. 508-339-1343

SHINE Counseling– Guidance on Medicare, Medigap, Advantage Plans, Drug Coverage and more.

Nutrition –Hot community lunch available daily– Call by 9:30 the day before. Meals-on-Wheels for seniors 60+ (Eligibility assessed by Bristol Aging and Wellness).

Fuel and Financial Assistance– Help with utilities, rent and federal aid programs (income guidelines apply.)

Shredding– Free Shredding bin sponsored by Senior Safety Alliance for documents.

Did You Know?

Social Services for Residents Under 60

Assistance for Mansfield residents under 60 :

- **Basic needs:** Food , utilities, clothing , housing
- **Financial Support:** Budgeting, fuel assistance, SNAP applications
- **Referrals:** Legal aid, mental health, government programs
- **Seasonal Support:** Thanksgiving and Christmas for Kids, used furniture

Call 508-261-7464

Visit us at 255 Hope Street



Friends of the Mansfield COA: As a 501 (c)(3) non-profit volunteer organization, we enhance financial and operational support and community outreach for the Mansfield Council on Aging. Through fundraising and manpower, we assist the Council with Senior Enrichment Programs and Social Services. Through publicity, we increase the awareness of the COA offerings to our community. Scan this QR code to join The Friends FB page. **What We Do We Do For Seniors.**

Did You Know the COA supports Senior Safety?

Mansfield Senior Safety Alliance (Formerly known as TRIAD) is a community safety program and partnership between the Mansfield Police Dept. Fire Dept and Bristol County DA's office and the Council on Aging. All agencies work together to support and protect older adults in our community.

August 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body & Mind 9:00 Chair Yoga 10:30 Paintings 1:00 Caregivers Support 1:00	4 Walking Club 9:00 Quilt Knit Craft 9:00 Mahjong 12:00 Moving &Grooving 12:30 Smart Trivia 1:00 	5 Endurance 9:00 Guitar Lessons w/Harry 9:00 Arthritis Exercise 10:15 Hearing Clinic 10:30 Scrabble 11:00 Memory Cafe 1:30 Tech Help 2:15	6 Senior Bootcamp 10:30 Bingo 12:20 Bridge 1:00 Atty Clougherty 2:00 Reading Roundtable 1:00	7 Seat 9:00 Cards 9:00 WII bowling 9:00 Chair Yoga 10:30 Scrabble 11:00 Mahjong/Lessons 12:00 In The Whale 1:00
10 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Chair Yoga 10:30 Painting 1:00	11 Walking Club 9:00 Health Screening 9:00 Quilt Knit Craft 9:00 Mahjong 12:00 Moving & Grooving 12:30 Mansfield Med Flight 1:00	12 Endurance 9:00 Guitar Lessons W/Harry 9:00 Arthritis Exercise 10:15 Scrabble 11:00 Tech Help 2:15	13 Senior Bootcamp 10:30 Bingo 12:20 Bridge 1:00 Apple Class 1:00 	14 Seat 9:00 Cards 9:00 WII Bowling 9:00 Chair Yoga 10:30 Scrabble 11:00 Mahjong/Lessons 12:00 
17 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Men's Coffee Hour 10:15 Chair Yoga 10:30 Painting 1:00	18 Walking Club 9:00 Drums Alive 9:00 Quilt Knit Craft 9:00 Moving & Grooving 12:30 Jewelry Making 12:30 Mahjong 12:00	19 Endurance 9:00 Guitar Lessons W/Harry 9:00 Arthritis Exercise 10:15 Essential Oils 10:30 Scrabble 11:00 Tech Help 2:15	20 Senior Bootcamp 10:30 Bingo 12:20 Bridge 1:00 	21 No Seat 9:00 Cards 9:00 No WII Bowling 9:00 No Chair Yoga 10:30 Scrabble 11:00 Summer Celebration Lunch 11:30 Mahjong/Lessons 12:00
24 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Chair Yoga 10:30 Painting 1:00	25 Walking Club 9:00 Quilt Knit Craft 9:00 Mahjong 12:00 Moving & Grooving 12:30 Reiki w/Maria 1:30	26 Endurance 9:00 Guitar Lessons W/Harry 9:00 Arthritis Exercise 10:15 Scrabble 11:00 Hand Carved Wood Art Demo 1:00 Tech Help 2:15	27 Bingo 12:20 Card Making 12:30 Bridge 1:00 	28 Seat 9:00 Cards 9:00 WII Bowling 9:00 Chair Yoga 10:30 Scrabble 11:00 Mahjong 12:00
31 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Book Club 10:15 Chair Yoga 10:30 Painting 1:00				

Senior Spotlight

featuring

Lynda Christiansen



Community Champion

We are proud to recognize Lynda Christiansen, whose creativity, generosity, and dedication have made a lasting impact on the Mansfield Council on Aging and our community.

Lynda helps lead the COA Knit and Crochet Group in creating beautiful, handcrafted items to sell, with the proceeds (approx.\$3,000), benefiting the Friends of the COA. In addition to creating items for sale, special handmade works have been donated to assisted living communities as well as baby items to local woman's shelter and hats and blankets for cancer patients.

Lynda inspired others to join her in creating twiddle muffs and fidget blankets for individuals living with dementia. These calming sensory items are now shared with assisted-living communities, people living with Alzheimer's and dementia, and participants in the Mansfield COA Memory Café.

Lynda also helps lead intergenerational programs, teaching local scouts to crochet and sew—earning the scouts a special patch and giving them meaningful intergenerational connections.

Beyond crafting, she has served on both the Friends of the Mansfield COA Board and the COA Board, helping expand programs and services for older residents.

We are grateful for all Lynda has given and are proud to feature her as this month's Senior Spotlight. Thank you, Lynda, for sharing your talents, your time, and your heart with our community.

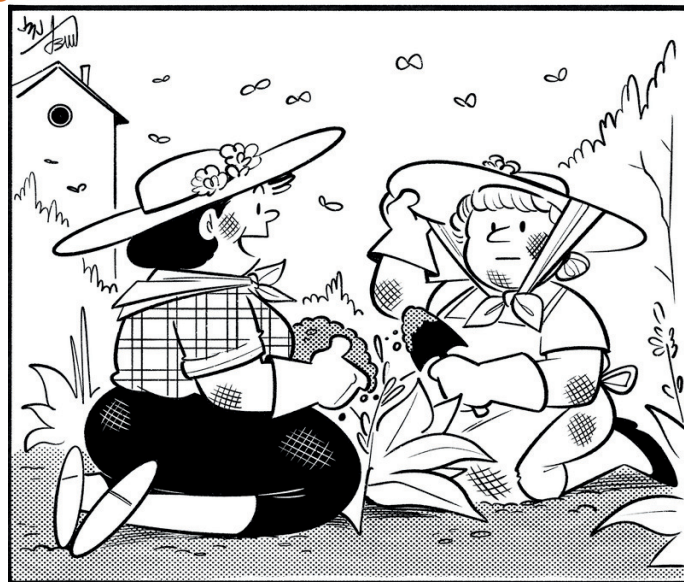


SAVE THE DATE

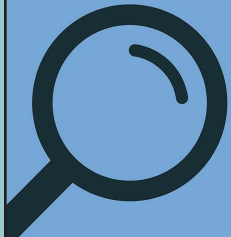
September

More info and sign up details will be in September Newsletter.

9/9 1:00pm GATHC (Greater Attleboro/Taunton Home Consortium) Presentation
 9/11 10:30am Bristol County Register of Probate Tom Hoyer
 9/14 1:00pm "The Duke" weekly conversations with Micheal Dukakis presented by Scott Kerman
 9/15 10:00am Breakfast waffle Bar
 9/16 1:00pm Mario Hearing Clinic
 9/17 12:30 Crafts w/Carol
 9/18 12:30 What's in the Sky? Presentation by Bridgewater State University
 9/24 12:00pm Heart to Home Meal Meal sampling
 9/25 1:00pm Broadway; Presented by musical entertainer Richard Amir



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 - **For online orders:** Add the item **"Fundraiser"** to your cart and enter the words **"FRIENDS Fundraiser"** as a special instruction. Again, double check that the item **"Fundraiser"** has been added to your order.

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WHY YOU NEED A HEALTH CARE PROXY

A health care proxy is a document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself.

WHY YOU NEED A DURABLE POWER OF ATTORNEY

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Town of Mansfield, Mansfield, MA

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Community/Friends Donations being put to good use this month.

Our upcoming **COA Summer Celebration** is more than just a fun afternoon—it's offering an important part of healthy, Positive Aging.

Spending time with friends, meeting new people, sharing laughter, enjoying music, and making memories is something to CELEBRATE.

The Friends BOD sends a warm thank you to all our members and donors, for all you do to bring these social event to the COA..

Join us at our next **Fundraiser at The Chateau Restaurant on Aug. 13th**. See the ad in this newsletter.

Thanks to our **VP: Charlie Mulcahy, Pres: Kelly Kemp** and **Ellen Spilewski** (not pictured), for their time and energy at the **Mansfield Common Market**. The **FRIENDS** presence at the Common Market is an important vehicle to reach out and deliver our message that financial support is needed to provide the Mansfield senior community with Positive Aging opportunities. It is a great way to see community members, shop the booths and enjoy a warm Saturday morning in the fresh summer air. Please volunteer to represent us on Saturday, July 25th and Aug./Sept. markets from 9-1. Contact Kelly Kemp friendsmansfieldcoa@gmail.com.

Next meeting, Weds. Sept 9th. Mark your calendars, help the **FRIENDS** to keep our fundraising top notch. We have more celebrations to fund!!!

Thank you to Judy Razee for her generous donation this month.



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