Mansfield Council on Aging NEWSLETTER

October 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.

What's Inside

2 About Us
3 News and Events
4 News and Events
5 Essential Resources
6 Medicare Open Enrollment Form
7 Calendar of Events
8 Free Fall Produce/Flu Clinics
9 Save the Date- November
10 Town Manager's Focus Group
11 Our Sponsors
12 Friends of the COA

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



Your COA Team

COA Board Members

Neal Boldrighini, Chair; Mike Healey, Vice Chair; Pat Comperchio, Treasurer; Kathy Fasoli, Secretary Dick Kelsay, Paula Devine, LeeAnn Cerretani

News and Events

Friends of the COA

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

Smart Trivia
Tues., Oct., 6th 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., Oct., 27th 1:30pm

Maria will hold her monthly group Reiki session. Call to sign up.

OKTOBERFEST
Fri., Oct., 23rd 12:30

Grab your Lederhosen and join us for Oktoberfest! We will enjoy traditional Oktoberfest music performed by the 10 piece, Double Eagle Oktoberfest band. Hot pretzels and cold root beer will be served. In addition to the Friends of the Mansfield COA we also thank Centinel Financial Group LLC for sponsoring this program. Please call to sign up.

Fuel Assistance Open for 2026-2027 Heating Season

Self Help applications will begin being processed mid October. This is an income based Federal program. If you would like help filling out application or have questions pls call.

Mansfield Electric Halloween Luncheon
Fri., Oct., 30th 11:30am

Join us for this fun and festive annual event. Dress in your best Halloween costume for the annual costume contest! We will enjoy a delicious lunch of baked stuffed chicken breast, scalloped potatoes, maple glazed carrots, coffee and assorted brownies. This luncheon is for Mansfield residents only. Pls call to sign up.

Health Plan Options Presented by Charles Williams of Blue Cross Blue Shield
Mon., Oct., 26th 1:00pm

Are you Ready for the Medicare Annual Election Oct 15th through Dec 7th? Blue Cross Blue Shield of Massachusetts will be presenting Medicare Health Plan Options – this is a 45 minute presentation geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. All are invited to attend regardless of insurance coverage. Pls call to sign up.

Rick's iPhone Class
Thurs.,Oct., 8th 1:00pm

In October we will discuss the new iPhone and iOS software that were recently announced and what it means for you. We will also discuss all the ways to purchase an iPhone. Call to sign up.

What's In A Name
Mon., Oct., 5th 10:30am

Join David Rabinowitz as he speaks on the history of how names came to be. Call to sign up.

Getting Crafty with Paula
Tues., Oct., 20th 12:30pm for hand-made jewelry making.
Thurs., Oct., 29th 12:30pm for Greeting card making

Crafts with Carol
Fri., Oct., 9th 12:30pm

Carol is back with her popular craft class. Call to sign up.

Important SHINE Info

Medicare Open enrollment begins Oct.15th. If you would like to make an appt with a SHINE counselor pls be aware we are only able to assist Mansfield residents. Also, we ask that you fill out the SHINE form we have placed in this newsletter on page 6. Simply tear it out, fill out and drop off at the COA. We are unable to make appts without this form filled out beforehand. Copies are also available at the front desk at the COA. Lastly, pls note this is a very busy time of year for our SHINE counselors and appts fill up quickly so do not delay.

COA Book Club
Mon., Oct., 26th 10:15am

The book club is discussing *The Frozen River* by Ariel Lawhon. Contact Elisha if you would like to join.

News and Events

Memory Cafe

Wed., Oct., 7th 1:30pm

The Mansfield Memory Café is a program for participants who have memory impairment and their caregivers. Join us in October for a fun Fall pumpkin decoupage project. If you are interested in joining pls contact Jina Ibrahim.

Caregiver Support Group

Mon., Oct., 5th 1:00pm

Are you caring for a loved one and are looking for support? Join Jina Ibraham, Mansfield Community Social Worker, Meghan Fitzpatrick of Old Colony Hospice & Pallative Care and Sydney Marchand as they co-host a monthly support group the 1st Monday each month at 1:00pm. Call to sign up.



Coffee Hour Hosted by Select Board Member Kostas Loukos

Mon., Oct., 26th 1:00pm

Join Select Board Member Kostas Loukos for Coffee Hour at the Mansfield COA! Kostas will host a coffee hour on the 4th Monday of each month, providing Mansfield residents with an opportunity to enjoy a cup of coffee, ask questions, share ideas, and have an informal conversation with a member of the Select Board. There's no formal agenda just coffee, conversation, and community! No sign ups required just stop in.

Notable Blend Singers

Fri., Oct., 16th 12:30pm

NoteAble Blend is an energetic women's acappella barbership chorus based in South Easton MA. Founded in 1999 the non-profit group performs classics, Broadway and contemporary songs. Generously sponsored by Massachusetts Cultural Council. Call to sign up.

Lunch & Learn Elliot PT

Fri., Oct., 2nd 12:00pm

Join Elliott PT for a lunch and learn discussing proper body mechanics and techniques. 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
10/6 Capron Park meet @parking lot
10/13 N. Attleboro Fish Hatchery meet @parking lot
10/20 Bike Path meet@ Fruit St.
10/27 South Common meet @West/Union St.
Here is a photo of our walkers in September. After their walk they all met at Honey Dew for coffee and donuts. They would love new members!!



Tech Help

Thurs., Oct., 8th & 22nd 2:15pm

Tech help is back! We have two seniors from Mansfield High School coming to the COA the 2nd and 4th Thursday of every month from 2:15-3:30 offering assistance with tech help. Nora and Katte will be taking 15-20 min appts assisting seniors with questions they may have related to cell phone, tablet, or laptop. Call for an appt.

Veterans Appreciation Lunch

Sunday., Nov., 8th

In recognition of Veterans Day and with appreciation for their past military service, the Congregational Church of Mansfield will host its annual "Veterans Appreciation Luncheon" on Sunday, November 8th at 11:30 am in the church vestry, located at 17 West Street. This popular and well received luncheon will feature a complimentary lunch, brief entertainment and an opportunity to honor and thank those among us that have served our country. If you would like to join other vets for this distinctive event, please RSVP to the church office at 508-339-4793 or by email at office@occmansfield.org . When you make a reservation, please include your branch of service and a return phone number or email. Please note that space for this event is limited. A prompt response will guarantee a veteran's reservation.



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











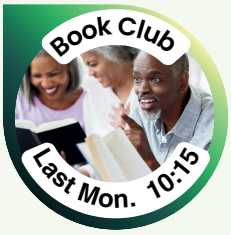




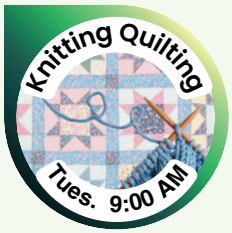


Enrichment and Social Activities

















Well-Being









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.

MEDICARE OPEN ENROLLMENT

October 15th thru December 7th 2026

Once Completed, Return This Form To: Mansfield COA • 255 Hope St.

1. PERSONAL INFORMATION

Name: _____ **Date of Birth:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **County:** _____

Phone: (_____) _____ **Year-Round Resident?** ☐ Yes ☐ No

Email Address: _____ **Primary Language:** _____

How did you hear about us: _____

2. COVERAGE NEEDS & CURRENT PLANS

Interested in reviewing: Part D Drug Plan? ☐ Yes ☐ No Advantage Plan? ☐ Yes ☐ No

Name of current Part D Prescription OR Medicare Advantage plan: _____

Have a Supplement? ☐ Yes ☐ No **Happy with your supplement?** ☐ Yes ☐ No

Currently have other insurance coverage? ☐ Yes ☐ No **If yes, type:** _____

I need help for: ☐ Open Enrollment ☐ Initial Enrollment ☐ Special Enrollment ☐ Other: _____

3. MEDICARE CREDENTIALS & INCOME/SUBSIDY INFO

Medicare Card Information

Name: _____

Medicare Card #: _____

Part A Effective Date: _____

Part B Effective Date: _____

Medicare.gov Account Info

Username: _____

Password: _____

Security Question: _____

Answer: _____

Does monthly income fall below $2,935 (Single) or $3,966 (Married)? ☐ Yes ☐ No

Are you currently receiving: ☐ Extra Help ☐ MassHealth ☐ Medicare Savings Program (QMB, SLMB or QI)

4. PHARMACY & MEDICATION INFORMATION

Preferred Pharmacy: _____ **Alternative:** _____ **Mail Order?** ☐ Yes ☐ No

Medications not covered by current plan? ☐ Yes ☐ No **List:** _____

NOTE: You may attach a computerized listing from your pharmacist, or complete the chart below. Specify if brand name is mandated; otherwise generic is assumed.

Name of Drugs	Strength / Form	Daily Dose
Example: Lipitor	*Example: 10 mg. tablet*	*Example: Twice Daily*

5. APPOINTMENT PREFERENCES & NOTES

Problems, comments, or concerns to discuss: _____

Appointment Preferences: ☐ Mornings ☐ Afternoons

Best Time:

_____

Appointment Format:

☐ Phone Appointment ☐ In-person

FOR OFFICE USE ONLY | Format: ☐ **Phone** ☐ **In-person**

Scheduled Date: _____ **Time:** _____ **With:** _____

Sent Comps, Materials, Link: ☐ Mail ☐ Emailed ☐ Fax **Date:** _____



October 2026 Calendar

Thursday	Friday
1 Rep Chaisson 9:00 Chorus 10:00 Bingo 12:20 Bridge 1:00 Reading Roundtable 1:00 Atty Clougherty 2:00	**2** Seat 9:00 Cards 9:00 WII bowling 9:00 Chair Yoga 10:30 Scrabble 11:00 Lunch & Learn Elliot PT 12:00 Intermediate Mahjong 12:00

Monday	Tuesday	Wednesday	Thursday	Friday
5 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Chair Yoga 10:30 What's in A Name 10:30 Mahjong Lessons 12:00 Painting 1:00 Caregiver Support 1:00	**6** Walking Club 9:00 Quilt Knit Craft 9:00 Town Manager Focus Group 10:00 Intermediate Mahjong 12:00 Moving & Grooving 12:30 Smart Trivia 1:00	**7** Endurance 9:00 Guitar Lessons w/Harry 9:00 Arthritis Exercise 10:15 Hearing Clinic 10:30 Scrabble 11:00 Memory Cafe 1:30	**8** Chorus 10:00 Bingo 12:20 Flu Shot Clinic 12:30 Bridge 1:00 Apple Class 1:00 Tech help 2:15	**9** Seat 9:00 Cards 9:00 WII bowling 9:00 Chair Yoga 10:30 Scrabble 11:00 Intermediate Mahjong 12:00 Crafts w/Carol 12:30
12 COLUMBUS DAY	**13** Walking Club 9:00 Health Screening 9:00 Quilt Knit Craft 9:00 Intermediate Mahjong 12:00 Moving & Grooving 12:30	**14** Endurance 9:00 Guitar Lessons W/Harry 9:00 Reflexology 9:00 Arthritis Exercise 10:15 Scrabble 11:00 Friends Meeting 12:30	**15** Chorus 10:00 Bingo 12:20 Bridge 1:00	**16** Seat 9:00 Cards 9:00 WII Bowling 9:00 Chair Yoga 10:30 Scrabble 11:00 Intermediate Mahjong 12:00 Notable Blend Singers 12:30
19 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 Mahjong Lessons 12:00 Painting 1:00	**20** Farmers Market 9:00 Walking Club 9:00 Quilt Knit Craft 9:00 Moving & Grooving 12:30 Jewelry Making 12:30 Intermediate Mahjong 12:00	**21** NO Endurance 9:00 Guitar Lessons W/ Harry 9:00 Arthritis Exercise 10:15 Scrabble 11:00	**22** Chorus 10:00 Bingo 12:20 Bridge 1:00 Tech Help 2:15	**23** NO Seat 9:00 Cards 9:00 WII Bowling 9:00 NO Chair Yoga 10:30 Scrabble 11:00 Intermediate Mahjong 12:00 Oktoberfest 12:30
26 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Book Club 10:15 Chair Yoga 10:30 Mahjong Lessons 12:00 Painting 1:00 Health Plan Options 1:00 Coffee hour w/Kostas 1:00	**27** Walking Club 9:00 Quilt Knit Craft 9:00 Moving & Grooving 12:30 Intermediate Mahjong 12:00 Reiki w/Maria 1:30	**28** Endurance 9:00 Guitar Lessons W/ Harry 9:00 Arthritis Exercise 10:15 Scrabble 11:00 Senior Safety Alliance 1:00	**29** Chorus 10:00 Bingo 12:20 Card Making 12:30 Bridge 1:00	**30** No Seat 9:00 Cards 9:00 No WII Bowling 9:00 No Chair Yoga 10:30 No Scrabble 11:00 Mansfield Electric Halloween Lunch 11:30 No Intermediate Mahjong 12:30



GATHER FOR FREE FALL PRODUCE

NOURISHING WITH FOOD AND FRIENDS

Tues. Oct. 20th
9:00 - 10:15 AM
Space is Limited
Registration is Required
Begins Oct. 1st
Stop in, or Call 508-261-7368



Generously Funded by a Grant from the Massachusetts Councils On Aging

Gather at the Mansfield Council on Aging 255 Hope St.

Our first ***Fresh Produce Market**** will give Mansfield residents 60+ the opportunity to choose from a variety of fresh seasonal fruits & vegetables from ***Nasiff Marketplace*** to take home and enjoy. Gather, connect, and discover healthy options at the COA.

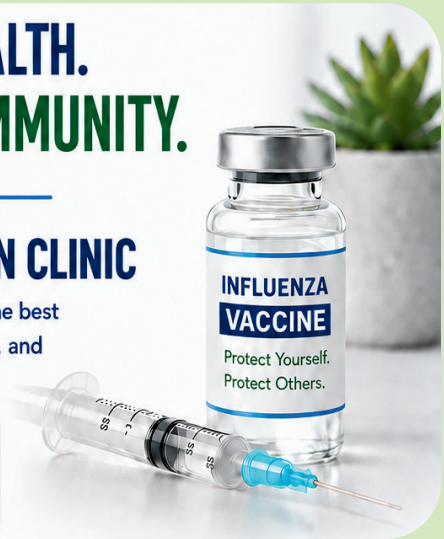
*Additional Fresh Produce Markets will be offered throughout the year as part of

THE GATHERING CONNECTION
Nourishing with Food and Friends Program.

PROTECT YOUR HEALTH. PROTECT OUR COMMUNITY.

FREE FLU VACCINATION CLINIC

The flu can be serious. A flu vaccine is the best way to protect yourself, your loved ones, and our community this season.



PLEASE BRING YOUR INSURANCE CARD.
Most insurance plans are accepted.

Available for ages 5 and above

CLINIC DATES, TIMES & LOCATIONS

DATE	TIME	LOCATION
Wednesday, October 7	11:00 – 1:00pm	Mansfield Town Hall 6 Park Row
Thursday, October 8	12:00 – 3:00pm	COA/Library 255 Hope Street
Wednesday, October 14	5:00 – 8:00pm	Mansfield High School Cafeteria 250 East Street

ANY QUESTIONS?
Contact the Mansfield Health Department
508-261-7366 | health@mansfieldma.com

Town of Mansfield Public Health
Prevent. Promote. Protect.

BENEFITS OF GETTING A FLU VACCINE

PROTECT YOURSELF
Reduces your chance of getting the flu and its complications.

PROTECT OTHERS
Helps keep your family, friends, and community healthy.

REDUCE SEVERE ILLNESS
Flu vaccination can lower your risk of hospitalization and serious outcomes.

KEEP LIFE ON TRACK
Helps reduce missed work, school, and important activities.

RECOMMENDED
Flu vaccination is recommended for everyone 6 months and older.

SAVE THE DATE

November

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

Nov., 5th Veteran Appreciation Breakfast
Nov., 6th Lunch & Learn with Amy Azza (topic will be Emergency Medical Folders)
Nov., 9th Grandparenting with a Purpose with Henry Quinlin
Nov., 10th Maximizing your Social Security w/CENTINEL Financial Group
Nov., 13th Open Mic
Nov., 16th Nature Photographer Robert Michealson
Nov., 17th- APR Physical Therapy Discussion about lower back pain
Nov., 18th Senior Scam w/Bristol County Sheriffs Office
Nov., 19th Friendsgiving Lunch
Nov., 20th Jamie Kerns presents "The Living Solar System"



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1 in 10 Massachusetts residents has unclaimed property.
Unclaimed property can refer to an old bank account, a forgotten insurance policy, uncashed checks, a refund you didn't know about, or even a forgotten safe deposit box.
Search and claim at Findmassmoney.gov or call our office at 617-367-0400.
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WWW.ACTIVEDAY.COM/LOCATIONS/

AT THE COUNCIL ON AGING

Town Manager's

Focus Group Series
Join the Conversation: Town Services & Funding

The Town Manager is hosting a series of community conversations to hear directly from residents about the services, programs, and priorities that matter most to them.

Our October 6 conversation is a special session ***for older adults in our community, hosted at the Council on Aging.*** *This session will focus on Town Services Priorities and Funding. It will provide an opportunity for seniors to share their experiences, ideas, and priorities.*

As part of the Town Manager's strategic planning process, we want to hear from you about the Town services that are most important to you and your quality of life. What is working well? Where could services be improved? What programs or services should the Town prioritize as we plan for the future?

Your voice matters.
Join us and help shape the future of our community.

TO JOIN US ON OCT. 6, CALL THE COUNCIL ON AGING AT 508-261-7368



NEXT UP!: Future focus groups will include:
- Proposition 2 1/2
- Talkin' Trash: Examining the Trash Program for potential savings
- Community Preservation Act : Would this benefit the Town of Mansfield?

508-261-7370 townmanager@mansfieldma.com

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Azza Law

Amy N Azza, Esq.

Amy N. Azza, experienced attorney of 26 years, is accepting clients for wills, trusts, durable powers of attorney, health care proxies and probate administration.

WHY YOU NEED A WILL

Wills can distribute your property, name an executor, name guardians for children, forgive debts and more. Having a will also means that you, rather than your state's laws, decide who gets your property when you die.

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

A Durable Power of Attorney provides extensive power to the individual who is assigned that role. Absent an appointed Agent in a Durable Power of Attorney, it would necessary for a family member or loved one to petition the court to become the guardian over the incapacitated person.



Discover the Azza Difference and call Amy Azza at 508 517 4310 or email azzalaw@outlook.com

51 Whitehall Way, Bellingham, MA 02019
Ph: 508.517.4310 Email: AzzaLaw@Outlook.com

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508-261- 1080 • Mansfield@connectionspt.com

Our community wouldn't be the same **without you!**

News from the Friends!

Join Us Oct 14th at 12:30 pm (COA)

Next Meeting mark your calendars

FRIENDS Of The MANSFIELD Council on Aging

Friends of the Mansfield COA: We are a 501 (c)(3) non-profit volunteer organization dedicated to strengthening the Mansfield Council on Aging through financial support, operational assistance and meaningful community outreach.



Lend a HAND as a volunteer to help make our upcoming events a success; promote events, help at activities, create festive raffle baskets, share your talents and spirit! ✨

Inquire at the COA or Email FriendsMansfieldCOA @gmail.com



Support the Friends at the Mansfield Arts & Craft Show

Oct 3rd, 9am-3pm, South Common

Handmade items by COA's:

Knitting/Fiber Arts Group
Painting Group
Senior Crafters
Weaving/Yarn Making Demos

Please help us ***SPREAD THE WORD!!!***



FRESH CATCH MANSFIELD

Mark Your Calendars!!

Oct 22nd

ALL-DAY DINING

20% of food bill donated to FRIENDS.

Treat family and friends to a night out.

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



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Fall Is a Great Time for a Financial Check-In

As the leaves change, take a moment to review your financial goals and make sure your plan is keeping pace with your life.



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kfontaine@4LPi.com

(800) 950-9952 x6350

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Please Call for Clinic Dates and Times

AT HOME HEARING HEALTHCARE



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Lauren Warburton – 508-250-9324

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