Mansfield Council on Aging NEWSLETTER

December 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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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

December is always special at the COA, everyone gets into the holiday spirit. It's a month filled with familiar faces, special gatherings, and plenty of opportunities to enjoy time together. We have something a little different planned for our holiday celebration this year! For the first time, we're taking our holiday luncheon out into the community and partnering with Fresh Catch Restaurant. We're looking forward to an afternoon of good food and great company, with raffle prizes provided by the Friends of the Mansfield Council on Aging and special giveaways generously donated by community members. This event is made possible through a grant from the Massachusetts Councils on Aging, and we're grateful to everyone helping make it happen!
We also have our Chorus Concert and other holiday activities planned throughout the month. I hope you'll join us and take some time to enjoy the season. As we wrap up another year, thank you for being part of the Mansfield COA. The friendships, laughter, and connections make this such a special place. Remember, a simple hello or checking in on a neighbor can go a long way. Wishing you and your loved ones a happy and healthy holiday season. I look forward to seeing you throughout December and into the new year!

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., Dec., 1st 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., Dec., 22nd 1:30pm

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

Winter Candle Making With Laura Lynch

Fri., Dec., 4th 1:00pm

Join Laura Lynch for a beginner friendly beeswax candle making workshop. You will create a beautiful set of candles while learning the basics of this traditional craft. Space is limited pls call to sign up.

Meet Mansfield Town Assessor Ann MacCarthy

Mon., Dec., 14th 10:30am

Ann MacCarthy, Mansfield Assessor will be here to discuss property valuation process and how real estate market trends impact your homes assessed value. She will also inform us of the various tax relief and exemption programs available to Mansfield seniors. Ann will discuss eligibility requirements and qualifications for potential property tax savings. Take advantage of this opportunity to ask all your questions and learn what is available to you. Call to sign up.



The Joyful Chorus Holiday Concert

Thurs., Dec., 10th 10:00am

Join the Joyful Chorus for a festive program of winter and holiday music! Everyone is welcome to sing along, ring some jingle bells, and enjoy light refreshments as we celebrate the holiday season together! Call to sign up



Mansfield High School Winter Holiday Concert

Fri., Dec.,18th 12:30pm

Celebrate the magic of the holiday season with the Mansfield High School chorus. It will be a festive afternoon filled with holiday music, beautiful voices and seasonal cheer as the High School Chorus performs a special Winter concert for us. Enjoy cocoa and cookies while listening to heartwarming holiday tunes. Call to sign up.

Handmade Happenings with Paula

Mon., Dec., 7th 10:30am

Paula will be hosting her handmade card making class. Come join in making a beautiful holiday card.

And, on Fri., Dec., 18th 12:30

Join Paula and create a one of a kind jewelry piece.
Call to sign up for one or both!

COA Book Club

Mon., Dec., 28th 10:15am

Book club is reading *The Thirteenth Tale* by Dianne Setterfield in December. Call Elisha if you wish to join.

Cookie Swap & Social

Wed., Dec., 9th 1:30pm

Calling all bakers! Now is your time to shine! Join us for a sweet and festive afternoon of cookie swapping, sharing and socializing. Bring a batch of your favorite homemade cookies to exchange with friends and leave with a delicious assortment of holiday cookies to take home. Whether you're a seasoned baker or simply love cookies everyone is welcome. Come enjoy some holiday cheer, Christmas cookies and great company. Pls call to sign up.





Annual Yankee Swap

Wed., Dec., 16th 10:30am

Join us for our Annual Yankee Swap. This is one of our favorite traditions here at the COA. Guaranteed laughter and joy!! Everyone is invited to join us in this fun gift exchange. If you would like to join pls bring in a wrapped gift- the gift should not exceed $10.00. Call to sign up.

Crafting with Carol

Thurs., Dec., 17th 12:30pm

Join Carol for a fun filled afternoon of creativity and crafting. Whether you're an experienced crafter or trying something new all are welcome. Enjoy an afternoon of creativity and fun. Call to sign up.

Holiday Sing A Long With Piano Man Mike Dardis

Tues., Dec., 8th 1:00pm

Mike Dardis is back for holiday sing a long! Light refreshments will be served. Pls call to sign up. Thank you to Care One of Sharon for sponsoring this event.

News and Events

Memory Cafe
Wed., Dec., 2nd 1:30pm

The Mansfield Memory Cafe is a program for individuals who have memory impairment and their caregivers. Join us in December for a sing along of Holiday favorites lead by our very own Mansfield COA Joyful Chorus. Contact Jina Ibrahim with any questions or to join.

Caregiver Support Group
Mon., Dec., 7th 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.

The COA Walking Club

The walking club will be meeting at these locations at 9:00am in December. Consider joining us- we have alot of fun together and everyone walks at their own pace- you will always have a buddy.

Dec 1st- St. Mary's Cemetary, meet @ Franklin St/Rt 106
Dec 8th-Wrentham Outlets meet @Nautica
Dec 15th-Chocolate Factory meet @COA
Dec 22nd-Bike Path meet @Fruit St.
Dec 29th-Fulton's Pond meet @Fulton's Pond.

Senior Leaf Pickup
Fri., Dec., 4th & 11th

The Mansfield Highway Department will offer leaf pick up for seniors on December 4th and 11th. Leaves must be bagged and ready for collection. To schedule a pick up please call the COA and add your name to the list by 11:30am on the Thursday before your desired pick up date.

Inclement Weather Policy

Winter beings December 21st and with New England's unpredictable weather we need to be prepared. We would like to remind Mansfield seniors of the following inclement weather policies that are in place:

- The COA follows the Mansfield Public Schools cancellations. When the schools cancel due to weather the COA programs are all cancelled. Meals on Wheels may be also cancelled.
- If the schools have a delayed opening COA programming may be delayed as well or cancelled.
- During adverse weather conditions staff will be in the office as soon as possible; it is advised to call the COA to determine status of programs and meals.

Mass Unclaimed Property Division
Mon., Dec., 7th 12:30pm

Did you know that one in ten MA residents have unclaimed property waiting for them? It could be an old bank account, forgotten insurance policy, uncashed checks or a safe deposit box that you didn't know existed. The MA Unclaimed Property Division will be at the Mansfield COA offering on the spot searches and offer help navigating the claim process at no cost. They will be at the COA from 12:30-2:30pm offering 10 min appts. Call COA to get a time slot. Photo ID is required.

Mahjong Lessons With Sheila

Sheila is back in January with her very popular 6 week Mahjong lesson series. Pls note there are no drop-in's allowed, you must commit to the 6 week series. She will be running this session Mondays at 12:00. The dates are January 4th, 11th, 25th and February 1st, 8th and 15th. Call the COA to sign up. Space is limited.



Sand Buckets

The Boy Scout Troop 51 is supplying seniors and disabled households with buckets of sand for winter outside slip and fall prevention. To order a bucket call the COA 508-261-7368 with name, address and where you would like them to leave the bucket of sand. If you have an empty bucket they can use pls leave that out for them to reuse.

Paint Your Own Masterpiece
Fri., Dec., 11th 1:00pm

Join us for a fun filled intergenerational afternoon of creativity and connection. Spend some time painting your own masterpiece alongside the Mansfield Girl Scouts. No experience necessary-just for fun! We will serve coffee, hot cocoa and of course Girl Scout cookies! Call to sign up.

Rick's iPhone Class
Thurs., Dec. 10th 1:00pm

In December Rick will cover taking and sharing better holiday photos. He will also show new iOS 27 Photo features, such as saving a still from a video and making slideshows with music. Call to sign up.

Tech Help
Thurs., Dec., 10th 2:15pm

Tech help will be offered only one Thursday this month due to Christmas. If you need assistance with laptop, phone, tablet call to make a 15-20 min appt.



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

























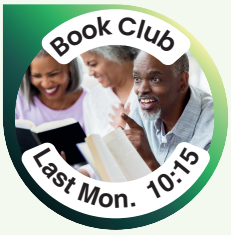
Enrichment and Social Activities

Health and Fitness

Suggested Donation $3/Class

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 1-800-483-2500

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.

We have a lot of fun here at the COA!
Kristen has been posting pictures to the Town of Mansfield Facebook page but for those folks not on social media please enjoy!!!































December 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	**1** Walking Club 9:00 Knit/Craft 9:00 Moving &Grooving 12:30 Intermediate Mahjong 1:00 Smart Trivia 1:00	**2** Endurance 9:00 Guitar Lessons w/Harry 9:00 Arthritis Exercise 10:15 Hearing Clinic 10:30 Scrabble 11:00 Memory Cafe 1:30	**3** Rep Chaisson 9:00 Chorus 10:00 Bingo 12:30 Bridge 1:00 Reading Roundtable 1:00 Atty Clougherty 2:00	**4** Seat 9:00 Cards 9:00 WII bowling 9:00 Chair Yoga 10:30 Scrabble 11:00 Intermediate Mahjong 12:00 Candle Making 1:00 
7 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Chair Yoga 10:30 Card making w/Paula 10:30 Mahjong Lessons 12:00 Unclaimed Property 12:30 Painting 1:00 Caregiver Support 1:00	**8** Walking Club 9:00 Health Screening 9:00 Knit Craft 9:00 Moving & Grooving 12:30 Intermediate Mahjong 1:00 Mike Dartis Sing a Long 1:00 	**9** Endurance 9:00 Guitar Lessons W/ Harry 9:00 Reflexology 9:00 Arthritis Exercise 10:15 Scrabble 11:00 Friends Meeting 12:30 Cookie Swap 1:30	**10** Chorus Holiday Concert 10:00 Bingo 12:30 Bridge 1:00 Apple Class 1:00 Tech Help 2:15 	**11** Seat 9:00 Cards 9:00 WII Bowling 9:00 Chair Yoga 10:30 Scrabble 11:00 Intermediate Mahjong 12:00 Paint your own masterpiece 1:00
14 Cards 9:00 Guitar Lessons w/Harry 9:00 Strong Body and Mind 9:00 Meet Town Assessor 10:30 Chair Yoga 10:30 Painting 1:00	**15** Walking Club 9:00 Knit Craft 9:00 Holiday Luncheon (HELD AT FRESH CATCH) 11:15 Moving & Grooving 12:30 Intermediate Mahjong 1:00 	**16** Endurance 9:00 Guitar Lessons W/ Harry 9:00 Arthritis Exercise 10:15 Yankee Swap 10:30 Scrabble 11:00	**17** Nurse Dayana 10:30 Bingo 12:30 Crafting w/Carol 12:30 Bridge 1:00 	**18** Seat 9:00 Cards 9:00 WII Bowling 9:00 NO Chair Yoga 10:30 Scrabble 11:00 Intermediate Mahjong 12:00 Jewelry making with Paula 12:30 MHS Winter Concert 12:30
21 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	**22** Walking Club 9:00 Knit Craft 9:00 Moving & Grooving 12:30 Intermediate Mahjong 1:00 Reiki w/Maria 1:30	**23** Endurance 9:00 Guitar Lessons W/ Harry 9:00 Arthritis Exercise 10:15 Scrabble 11:00	**24** **COA Closes at** 12:00pm 	**25** **COA Closed** 
28 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 Coffee Hour with Kostas 1:00	**29** Walking Club 9:00 Knit Craft 9:00 Moving & Grooving 12:30 Intermediate Mahjong 1:00	**30** Endurance 9:00 Guitar Lessons W/Harry 9:00 Arthritis Exercise 10:15 Scrabble 11:00	**31** NO Bingo 12:30 Bridge 1:00 	**January 1** **Happy New Year** **COA Closed** 



WHERE TO TURN FOR HELP

If you or someone you know is struggling, there are people here to help. You don't need to be in a crisis to reach out.

MANSFIELD COUNCIL ON AGING
508-261-7368

Support and resources for older adults, including programs and services to help during the holidays and beyond.

MANSFIELD SOCIAL SERVICES
508-261-7464

Assistance with food, heating, housing, financial support, and other community resources.

MANSFIELD FIRE DEPARTMENT
508-261-7490

Our personnel can help direct you to appropriate community resources and services.

MANSFIELD POLICE DEPARTMENT
508-261-7300

Non-emergency assistance or guidance when you are concerned about someone's well-being.

MASSACHUSETTS 211
Dial 211 or visit
www mass211.org

Free, confidential service available 24/7 to help locate food assistance, heating assistance, housing support, and other resources.

MA BEHAVIORAL HEALTH HELP LINE
CALL OR TEXT
833-773-2445

Free, confidential support 24/7 for mental health concerns and help finding treatment or other services.

988 SUICIDE & CRISIS LIFELINE
Call or text 988

Free, confidential support 24/7 for emotional distress, a mental health crisis, or thoughts of suicide. You do not need to be suicidal to reach out.

IN AN EMERGENCY, CALL 911

You are not alone. Help is available.

Next MSSA Meeting:
January 27th
1:00 p.m.
Mansfield Council on Aging

MSSA meets on the fourth Wednesday of each month. Please note the December meeting is cancelled due to holidays. Community members are welcome to attend and learn more about the Alliance and how they can become involved.

Mansfield Senior Safety Alliance

SAVE THE DATE

JANUARY

Save the date for these January programs! Detailed info/sign up info in January newsletter!

Tuesday 1/12 12:00 Lunch & Learn with Sean Dunphy Cornerstone Financial Group, LLC
Friday 1/15 11:30 Annual Birthday Bash Luncheon with DJ Chris! 60's & 70's Theme.
Friday 1/22 12:00 Lunch & Learn Cooking for One with Tara Hammes
Monday 1/25 12:30 Invading Mars Program with BSU Professor Doyle
Wednesday 1/27 1:00 Lunch & Learn with; How to Navigate a hospital stay
Friday 1/29 12:00 Lunch & Learn with Elliot PT

Info To Sign-up for Programs & Events in Our Newsletter

- **You can access the newsletter online in two ways:**
  - Sign up on the website to receive the newsletter by email each month.
  - Visit the website and search for Mansfield, MA to view the newsletter directly.
- **Printed copies are usually available a week later at:**
  - COA
  - Town Hall
  - Elliot PT
  - Congregational Church
  - St. Mary's Church



- **Program registration opens as soon as the newsletter is released online, unless otherwise noted**.
- Occasionally, a program may have registration begin on the 1st of the month. These instances are rare and will be clearly noted in the program description.
- Our newsletter is typically sent to the publisher for printing by the middle of the month for the following month's events.
- Once the publisher receives the newsletter, it is automatically posted online at: www.mycommunityonline.com.
- Please see **Kristen** if you have any questions or have trouble finding the newsletter online.

findmass money.gov
UNCLAIMED PROPERTY DIVISION

Did you know that you may have money waiting for you?
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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508-339-2119
WWW.ACTIVEDAY.COM/LOCATIONS/

Mansfield Council on Aging

HOLIDAY Luncheon



Tues. Dec. 15th 11:15AM at the FRESHCATCH Restaurant

30 Chauncy St. Mansfield

Choose One Entree
Baked Haddock
Fish & Chips
Baked Stuffed Shrimp
Chicken Parmesan
Angus Cheeseburger
Tuna Melt
Coffee & Dessert

$5 per person

Mansfield Residents Only
Sign up begins Tues. Dec. 15th at the front desk of the COA.

Friends Gathering 'Round the Table!

Holiday Raffles, Gifts, & More!

Another PROGRAM From

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

News from the Friends!

Join Us Dec 9th 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.





We called you answered.
What a joy it was to see so many helping hands at work making the Holiday Kick Off Bake Sale, Handcraft, Cocoa Bar come alive. We will share photos and thank yous in Jan Newsletter. . .
BUT FOR NOW PLEASE KNOW HOW APPREICATED YOU ALL ARE✨



A big thank you to Fresh Catch and our Mansfield community for supporting the Friend's Dining Fundraiser. The day was a success with so many enjoying the social dining experience.

Don't forget to add Friend's Spirit Wear into your holiday shopping plans! Order forms are available in the front lobby, so start thinking about who you'd like to surprise with a little Friends spirit!
ORDER BY DEC 1 to guarantee ready by Dec 20.
Various sizes are available for sampling, contact FriendsMansfieldCOA@gmail.com

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