



FOR LEASE

OFFICE SPACE

242 Wareham Road, Marion, MA
Office Spaces on Busy Route 6
827 Pleasant Street, New Bedford, MA
1,200+/- SF On 2nd Floor in High Traffic Area
179 William Street, U7, New Bedford, MA
900 SF 2nd Floor Office in Historic Downtown
65 Brigham Street, New Bedford, MA
1,140 SF State-of-the-Art Medical Office
2031 Purchase Street, New Bedford, MA
3,200 SF on 1st Floor w/Parking Lot
60 Brigham Street, New Bedford, MA
3,656 SF Medical/Gen. Office Space on 2nd Fl
172 William Street, New Bedford
1,300 SF Office Space Downtown

RETAIL SPACE

219 School Street, Taunton, MA
3,371 SF Store Front 747 State Road,
Dartmouth, MA
4,744 SF Retail Building on Route 6
404 Winthrop Street, Taunton, MA
8,559 SF Multi-Use Building on Route 44
154 Faunce Corner Road, UF, Dartmouth, MA
1,911 SF Storefront in Busy Strip Plaza
2031 Purchase Street, New Bedford, MA
3,200 SF on 1st Floor w/Parking Lot
178 Huttleston Avenue, Fairhaven, MA
4,085 SF High Traffic Location on Busy Rt 6
191-201 Pope's Island, New Bedford, MA
1,200-1,900 SF 2 Retail/Office Spaces
331 State Road, Dartmouth, MA
3,000 SF in Busy Plaza w/10 Units
832 State Road, Dartmouth, MA
2,520 SF Retail Building on High Visibility
Sarah's Way, Fairhaven, MA
2,000-2,640 SF 3 Retail Spaces, Busy Corner

INDUSTRIAL/WAREHOUSE

21 Ventura Drive, Dartmouth, MA
13,500 SF Warehouse w/Office Space
211 Pope's Island, Suite 4, New Bedford, MA
1,400 SF Storage/Contractor Space
161 Pope's Island, New Bedford, MA
10,000 SF in Waterfront District
50-56 Conduit Street, New Bedford, MA
20,000 SF Flex Space
27 Healy Street, New Bedford, MA
212,000 SF Mfg-Flex Space
376 Nash Road, New Bedford, MA
17,000 SF Freezer and/or 8,000 SF Flex Space

Contact us for details! (508) 990-4280

When Is It Time to Hire a Property Manager?

Some people prefer to manage their properties by themselves, and some people prefer to delegate that responsibility over to a property management company instead. The decision to do this oftentimes becomes a quality of lifestyle decision, in terms of whether or not the owner wants to directly deal with the aggravation involved in taking incoming calls from their tenants, constantly telling the owner that there are things that now need to be fixed immediately.



In keeping this in mind, the decision to hire a property management company can also have to do with the kind of property that you own, and the number of properties that you own, too. Because, for example, if you own one property with a triple-net lease on it, requiring the tenant to take responsibility for fixing most anything that goes wrong with the property, you're not going to need a property management company. Your job will be primarily collecting and depositing the rent every month, while the tenant will fix most anything that goes wrong with the property.

Then, on the other side of the coin, if you own fifteen 30-unit apartment buildings, having a total of 450 tenants in them, you might go absolutely nuts fielding all of the incoming calls dealing with things like plumbing problems, roof leaks, and other tenants in the building making too much noise, and hiring a property management company to handle all of this for you may become a necessity.

But at the same time, when you are a property owner within your earlier years of acquiring and owning properties, you may consider it to be a badge of honor to handle everything that needs to be done on your properties all by yourself, and you may even gloat at the fact that you're saving money by not paying a property management company. However, as time goes on, you may find that the incoming calls from tenants to fix things have now become more irritating, and you simply want the freedom and peace of mind that come along with having this all now become someone else's problem.

So in keeping this in mind, your desire to have someone manage your properties can increase the older that you get, and it can increase with the number of properties that you own, too.

It's a personal decision, and again, this oftentimes revolves around it being a quality of life decision, when you finally throw up your hands and say, "I'm sick and tired of dealing with my tenants, and I'd rather just pay someone else to do it!"



Sustainable Development

The practice of developing, redeveloping and operating CRE in ways that cause zero, minimal or improved environmental impact.

Retail

SOLD

97 Emory St, Attleboro, MA \$525,000
272 Cowesett Ave, W Warwick, RI \$700,000
1841 Pleasant St, Fall River, MA \$110,000
204 Union St, New Bedford, MA \$210,000
160 Alden St, Fall River, MA \$300,000
16 Chestnut St, Duxbury, MA \$566,000
44 Shawomet Ave, Somerset, MA \$235,000
1840 Pleasant St, Fall River, MA \$140,000
513-515 S Second St, New Bedford, MA \$160,000
1261 N Main St, Providence, RI \$835,000
1014 Boston Neck Rd, Narragansett, RI \$625,000
462-464 East Ave, Pawtucket, RI \$307,500
265 Manton, 18-20-26 Pope Ave, Providence, RI \$199,900

Office

4 Main Rd, Westport, MA \$339,900
195 Hanover St, Hanover, MA \$645,000
2181 Post Rd, Warwick, RI \$530,000
4 Main Rd, Westport, MA \$339,900
859 Washington St, Easton, MA \$690,000
511 W Grove St, U: 204, Middleboro, MA \$65,000
195 Hanover St, Hanover, MA \$645,000
11 Riverside Dr, Lakeville, MA \$1,275,000
831 Charles St, Providence, RI \$168,500
601 Jefferson Blvd, Warwick, RI \$330,000
222 Jefferson Blvd 2nd Fl, Warwick, RI \$135,000
991 Lonsdale Ave, Central Falls, RI \$225,000

Multi Unit

69 Washington St, Taunton, MA \$550,000
17 S Washington St, N Attleboro, MA \$1,050,000
18-20 Church St, Whitman, MA \$350,000
250 Smithfield Rd, N Providence, RI \$3,100,000
302 & 316 Hope St, Fall River, MA \$1,099,000
123-129 5th St, Fall River, MA \$364,404
1305 Hartford Ave, Johnston, RI \$480,000
59 Fales St, Central Falls, RI \$329,000
331 Ward St, Woonsocket, RI \$310,000

Industrial

229 Coffin Ave, New Bedford, MA \$100,000
50 Fuller Ave, Attleboro, MA \$2,175,000
1180 Douglas Ave, Providence, RI \$132,000
100 Progress St, Abington, MA \$495,000
440 Dry Bridge Rd 1st Fl, N Kingstown, RI \$169,000
120 Nantasket Ave, Hull, MA \$900,000

Land

1131-1145 Acushnet Ave, New Bedford, MA \$50,000
137-151 Friendship St, 194 Pine St, Providence, RI \$1.75M
0 Fish Rd, Tiverton, RI \$484,000
00 Old Westport Rd, Westport, MA \$169,000
335 N Washington St, N Attleboro, MA \$120,000
60 Oakland St, Mansfield, MA \$860,000
755 N Montello St, Brockton, MA \$99,900
200 Industrial Dr, N Smithfield, RI \$450,000

For More Information Call Us at (508) 990-4280

Eating Before 7:00 p.m.

While exercising and maintaining a healthy diet are crucial to a good lifestyle, other factors are also at play.

Both health and mind are connected to time, so consuming meals at regular times is important, and so is not eating again after 7:00 p.m. according to doctors. The timing of meals can have an impact on the body's metabolic regulation, sleep cycle, weight regulation, and even heart health.

Consuming meals prior to 7:00 p.m. can drastically cut down on the intake of calories, research suggests. This is mainly because fewer calories are likely to be consumed if you stop eating well before bedtime. Fasting longer overnight also allows more time for the body to use fat for energy, helping with weight loss and better digestion. Eating too much too close to bedtime can also cause indigestion and heartburn, making it more difficult to sleep, and preventing the body from being able to naturally slow down. Food that is taken at an earlier time is not only better digested, but also helps you to sleep better and awaken with even more energy.



Preventing Burnout

Inspiration can often seem hard to come by, but creative types dread burnout more than anything else. The feeling of being exhausted and overwhelmed can turn a former source of joy into something that causes anxiety and stress. However, the good news is there are ways to continue to be inspired and avoid burnout.



One of the simplest pieces of advice is simply to take a break. It may seem irresponsible to take time away from whatever creative obligation you are involved in, but giving yourself some breathing space can assist with avoiding burnout and help make you much more productive in the long run.

It is also important for creative types, particularly introverts, to not go into hiding and come out into the world when this feeling begins to dawn.

Several days without any form of socialization can make even the staunchest of introverts begin to feel anxious, which can result in burnout.

Another good idea is to do something that is creative yet unrelated to your current project or usual work. This can not only help stave off burnout but can even help to find inspiration for your current project while your creative energies are focused on doing something else.

FOR SALE!

Italianate-Style Historical Office Building
5,444 SF - \$379,900



New Bedford, MA

Call Lori for Details! (508) 736-2387 or lorinery@comcast.net

Don't Miss These FOR SALE Opportunities!



Taunton

12 Porter St.

20,236 SF Manufacturing Building

Unique, historic brick mill industrial warehouse zoned urban residential. Plenty of room for parking to support redevelopment. \$ 275,000



New Bedford

13 Edward St.

8,470 SF Custom Commercial Garage

Incredible opportunity to expand your current business to include heavy duty commercial work. \$239,900



Taunton

123 W Water St.

3,250 SF Res/Bar w/ Liquor License

Favorite locals spot for over 30 years with loyal customer base, ample parking and easy access. \$359,000



New Bedford

493 Belleville Ave

3,372 SF Rooming House

Completely renovated 23 bedroom rooming house. \$279,000



New Bedford

495-501 Belleville Ave

3,867 SF General Office Building

Well maintained building on corner lot with a wonderful layout for your office or business. \$325,000

FOR SALE NEW BEDFORD



4,845 SF 2 Store Fronts & 2 Apts
\$349,000.

MARION



1,961 SF Office Building/High
Visibility Corner Lot
\$399,000

ACUSHNET



5,882 SF Retail 3 Store Fronts & 2 Apts
\$549,000

FALL RIVER



26,733 SF Lot for Condos & Garage
\$1.5M

FALL RIVER



1,256 SF Retail/Convenience Store
\$225,000



COASTAL COMMERCIAL Real Estate

Commercial Real Estate

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January 2020

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PERMIT NO. 118
ZIP CODE 02740

Coastal Commercial Real Estate
700 Pleasant Street, Suite 330
New Bedford, MA 02740
508-990-4280
www.coastalcommercialre.com



Follow Us!



Lori A. Nery

CBB, LMS, GRI, Vice-President



LoriNery@comcast.net
508-736-2387

Richard Stang, Esq.



R.Stang@nerycorp.com
508-990-4280

Justin Grolley CBI, MBA



J.Grolley@nerycorp.com
508-965-8683

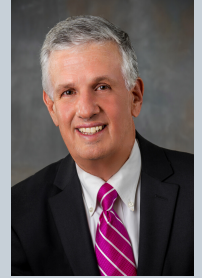
Joe Pinto®



J.Pinto@nerycorp.com
774-400-9532

Kevin A. Nery

CBB, CBI, M&AMI, President



K.Nery@nerycorp.com
508-990-4280

FOR SALE

FALL RIVER



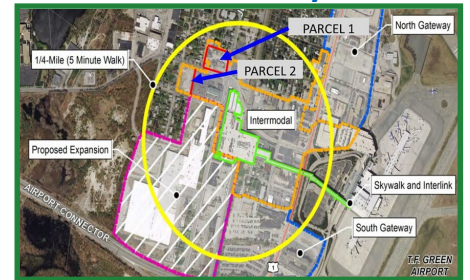
Package Deal! 2,734 SF Retail/Office
Bldg & 2,098 SF 2-Family Residential
\$375,000

NEW BEDFORD



Livery Building in Historic
Downtown
8,136SF - \$750,000

WARWICK, RI



Intermodal Development
Opportunity
1.61 Acres Lot - \$2 M

FALL RIVER



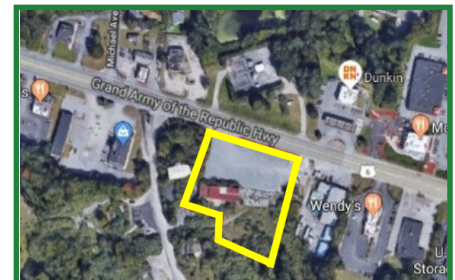
Package Deal! 7,059 SF Retail/Res
& 762 SF Single Cottage
\$769,500

NEW BEDFORD



17,000 SF State-of-the-Art Cold
Storage & 42,609 SF Flex Warehouse
\$2.5 M

SWANSEA



Commercial/Industrial Lot
2.89 Acres
\$1.75 M