



FOR LEASE

OFFICE SPACE

412 County Street, New Bedford, MA
Office Spaces, All-Inclusive

242 Wareham Road, Marion, MA
Office Spaces on Busy Route 6

179 William Street, U7, New Bedford, MA
900 SF 2nd Floor Office in Historic Downtown

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

65 Brigham Street, New Bedford, MA
1,140 SF Medical Office Space Downtown

172 William Street, New Bedford, MA
1,600 SF Office Space Downtown

RETAIL SPACE

46 Marion Road, Mattapoisett, MA
1,400 SF Retail Space on Busy Rt. 6

219 School Street, Taunton, MA
3,371 SF Store Front

161 Pope's Island, New Bedford, MA
10,000 SF in Waterfront District

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

67-73 Huttleston Avenue, Fairhaven, MA
600 SF & 1,250 SF Retail Office Space

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, High Visibility

4 Plaza Way, Fairhaven, MA
14,698 SF Retail/Office Space

Sarah's Way, Fairhaven, MA
2,000-2,640 SF 3 Retail Spaces

INDUSTRIAL/WAREHOUSE

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

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 at (508) 990-4280

How Do We Now Move Forward from Here?

The coronavirus has completely disrupted our economy, as well as our entire way of life. Businesses have been shut down, people have been laid off, and there are businesses that we will never see reopen again.

The retail and the hospitality sectors have been especially hard hit, as because of the quarantines that we've been dealing with, this now requires people to do either less business, or even no business, with the companies within these two sectors.

In addition, we have to ask ourselves the question, "When the "all clear" is finally given to us, and we are told that it's now OK to go out and mingle with everyone like normal once again, how much will businesses still be impacted?" With this in mind, do you think people are going to immediately feel comfortable sitting among large groups of people in the movie theaters once again? How about in restaurants and in concert halls? In addition, how are people going to feel about even staying in hotel rooms, in knowing that other people and their families have been staying in these same rooms within the past several days? These are the kinds of questions and realities that we're all going to be facing in moving through all of this.

While we'd all like to believe that this will be just a short, temporary blip on our radar screen, this isn't likely, because among other reasons, many people will still be out of work 6-9 months down the road, and many of the businesses that have still survived will still be facing their challenges. But in the midst of all of this, I would have to say that there will probably be some very good opportunities coming for investors. With the hit that's been happening now to our GDP, and with the other factors that have already been mentioned, there are going to be people who will be under pressure to sell their real estate, and this is when investors will make their best buys. With all of the pressure that's going on right now for people to continue on in making their loan payments, it is likely that we will see lenders tighten-up their requirements for obtaining new loans to purchase real estate, too, meaning that buyers who can pay all cash and who don't need financing to purchase, will then be in the driver's seat.

In addition, as one important reminder, if you ever feel the need to negotiate a deferment in your payments on a loan, make sure you do this while you are still current with your payments on it, as otherwise you'll risk a delinquent status showing on the loan within your credit report.

These indeed are very challenging times, and we are here for you.





Coincident Indicator

This provides economists and policymakers with the current state of economic activity within a particular area.

SOLD

RETAIL

657 Bedford St, Fall River, MA \$395,000
1001 Main St, Hanson, MA \$665,000
1445-1453 Hancock St, Quincy, MA \$250,000
227 Dexter Ave, Woonsocket, RI \$225,000
26-28 Old Tower Hill Rd, Wakefield, RI \$936,500
470 Dartmouth St, New Bedford, MA \$280,000
260 Broadway St, Taunton, MA \$270,000
884 Cherry St, Fall River, MA \$119,000
31 Scott St, New Bedford, MA \$50,000

OFFICE

491 Mount Hope St, N Attleboro, MA \$375,000
53 New Driftway, Scituate, MA \$1,212,050
110 Long Pond Rd U:103, Plymouth, MA \$25,000
45 Main St U:C3, Wareham, MA \$131,500
12 North St U:3A, Plymouth, MA \$125,000

MULTI-UNIT

291-297 N Front St, New Bedford, MA \$1,120,000
252-254 Magnolia St, Dorchester, MA \$1,270,000
28 Weymouth St, Holbrook, MA \$5,200,000
247-249 Dulude Ave, Woonsocket, RI \$254,000
224 Whitman St, E Bridgewater, MA \$529,000
537 Summer St, Brockton, MA \$610,000
626 Birch St, Fall River, MA \$525,000
94 Seabury St, Fall River, MA \$365,000
657 Bedford St, Fall River, MA \$395,000
23-29 Aetna St, Fall River, MA \$375,000
37 St Joseph St, Fall River, MA \$340,000
1879 N Main St, Fall River, MA \$380,000
1818 S Main St, Fall River, MA \$200,000
28 Tallman St, New Bedford, MA \$195,000
2195 Purchase St, New Bedford, MA \$195,000
80 Burnside Ave, Woonsocket, RI \$306,000

INDUSTRIAL

13 Edward St, New Bedford, MA \$220,000
75 Hale St, Bridgewater, MA \$1,950,000
40 Reservoir Park Dr, Rockland, MA \$2,615,000
1180 Douglas Ave, Providence, RI \$135,000
56 Curtis St, E Providence, RI \$340,000
256 Maple Ave, Newport, RI \$875,000
30 Hamlet St, Pawtucket, RI \$1,965,000

LAND

Prestige Way, Plymouth, MA \$1,350,000

HEALTHCARE

10 Village Grn Way, Marshfield, MA \$45,903,669
15 Conditto Rd, Hingham, MA \$11,224,590
43 School House Rd, Hingham, MA \$18,109,018

For More Information on Buying or Selling
Your Property,
Call Us at (508) 990-4280

Advice for New Managers

Becoming a manager for the first time is an exhilarating experience, but it comes with many challenges. With this in mind, a whole new skill set will be required for those who want to successfully transition into their new position.



One good tip is to ensure that you are prepared to become a manager before the promotion ever takes place. There are a number of things those about to move up the career ladder can do in advance of their promotion to ensure they are ready for it, including learning from other managers, taking certain courses, and reading a lot of literature on the subject.

Any manager needs to learn situational leadership. This is a model for how to work out the way to manage all employees as individuals, depending on the amount of direction they may actually require. Some employees may need and want more support, while others prefer to have management be more hands-off.

Another important skill for new managers to learn is active listening, which is an enormous boon to building workplace relations.

Nutrition for the Over 50s

Aging is an inevitable part of life that affects the great majority of human organs, and causes changes to many bodily functions, too.

The situation can be worsened by health issues caused by poor nutrition, making it crucial for people over the age of 50 to know what they should and should not eat.



One good tip for the over 50s is to start to consume small but frequent meals that are easy to absorb and digest. The consumption of the likes of sugar, undiluted fruit juice, and sweetened beverages should be reduced, with more fruit eaten instead.

The over 50s should also drink a lot more fluids in order to boost digestion and make sure that they remain hydrated.

Refined cereals and grains should be replaced in the diet with wholegrain cereals.

Older people need to keep active and avoid adopting a sedentary lifestyle.

The addition of onion, lemon, almonds, coconut water, ginger, and walnuts to the diet is a good idea, as they help with muscular flexibility and healthy blood pressure, while preventing water retention and swelling.

FOR SALE!

22,200 SF Steel Bldg
& 475 SF Utility Bldg
3.08 Acre Lot in Opportunity Zone
\$1.7 M



Fairhaven

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

Don't Miss These FOR SALE Opportunities!

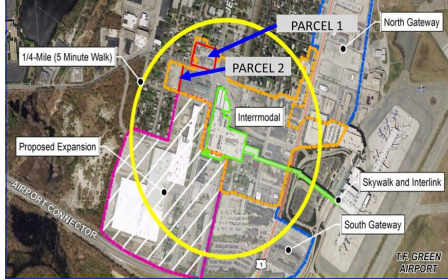


NEW BEDFORD, MA

3,945 SF Commercial Bldg on busy corner.

2-story building with option to purchase established veterinary practice. \$475,000.

Real Estate with business- \$520,000



WARWICK, RI

0 Thurbars St.

1.61 Acres Lot near Airport

Intermodal Development Opportunity \$2M



WARWICK, RI

661 Jefferson Blvd. at Green State Airport.

1.59 Acres, 7 Lots Total

Intermodal Development Opportunity \$4M



TAUNTON, MA

12 Porter St.

20,236 SF Manufacturing Building

Redevelopment opportunity zoned Urban Residential. Plenty of parking. \$275,000

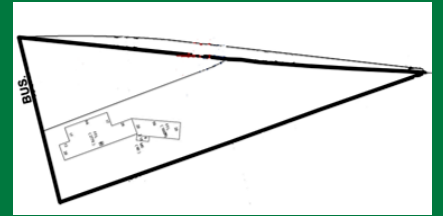
FOR SALE

NEW BEDFORD



800 SF Garage with Multiple Opportunities
\$110,000

NEW BEDFORD



3,865 SF Retail Building on Busy Rd.
\$630,000

FALL RIVER



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

NEW BEDFORD



221 FT frontage on 3 streets
\$59,900

NEW BEDFORD



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

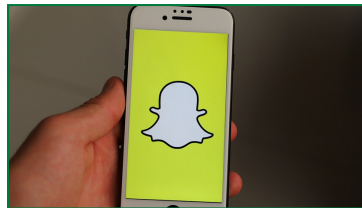
Tricks and Tips for Snapchat Users

Using Snapchat can be a challenge, but the good news is there are some tricks and tips that can help both newcomers and even power users to learn some new things.

The much-hated site redesign did come with some positives, one of which is being able to draw with the use of some secret color palettes. Previously the rainbow slider had to be dragged in very particular ways to gain access to those secret colors, but now just a few taps will get the job done.

Users just have to tap the pen tool and then the Venn diagram icon, which is located below the rainbow slider, and they will then be able to use pastel and greyscale sliders, in addition to another version of the rainbow slider, too.

Emoji brushes can also be used to draw with in the same manner as the pen tool. In addition, the heart-eyed emoji located below the Venn diagram icon can be tapped to reveal an array of emoji paintbrushes.





**COASTAL
COMMERCIAL**
Real Estate

Commercial Real Estate

news and more

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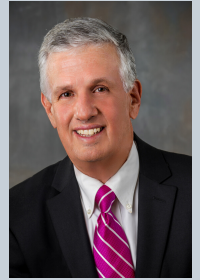
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FOR SALE

ACUSHNET



5,882 SF Retail/Residential
Store Fronts
\$549,000

NEW BEDFORD



2 Acres Corner Lot of
New Bedford Business Park
\$200,000

NEW BEDFORD



1,760 SF Retail/Office Building
on High Traffic Route
\$182,000

NEW BEDFORD



8,136 SF Historic Building
\$750,000

SWANSEA



2.89 Acres Commercial/Industrial Lot
\$1.5 M

TAUNTON



3,250 SF Restaurant with Bar
\$320,000