



FOR LEASE

OFFICE SPACE

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

401 County Street, 2nd Fl, New Bedford, MA
2,800 SF Downtown Office Space

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

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

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

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

2031 Purchase Street, New Bedford, MA
3,200 SF on 1st Floor w/Parking Lot

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 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

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

32 Sconticut Neck Road, Fairhaven, MA
1,342 SF Space at Sconticut Neck Square

INDUSTRIAL/WAREHOUSE

401 County Street, New Bedford, MA
860 SF Detached Storage Garage

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

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

Will Good Investment Opportunities Be Coming Our Way?

While we're right in the middle of dealing with everything that's going on right now, and people are trying to get their bearings on what now to expect, the question arises around whether or not we'll see good real estate investment opportunities coming our way. Well the answer is, "Yes, we will see good investment

opportunities", but both the type of the opportunities and the magnitude of them will still depend on how everything will continue evolving within the coming months.



There will be some property owners who, when looking ahead, will believe that now is the time to sell, because they're concerned about what still may be coming our way. For these people, their motivation will be to minimize their risk, and take what they can for their property right now. Because let's face it, we've never seen an economic downturn begin like this one, and we can't predict with certainty what the economy will really be like in six months, in one year, or even in two years down the road.

In addition, there's something else on the horizon right now that could dramatically impact the availability of good investment opportunities. In California, for example, the legislature is now discussing passing SB 939, which will allow tenants of commercial properties to not pay any rent through December of 2021, and landlords would be forbidden from evicting any commercial tenants during this time. So one could imagine what this would then do in terms of putting a freeze on building activity, where many buildings and units could not be leased or sold during this time, and many investors would probably be very concerned about buying buildings that are subject to this kind of moratorium, too.

But while this law would apply specifically within California, we have to believe that other states will consider enacting similar legislation also. Then at the same time, for buildings where the tenant or tenants seem to be doing pretty good financially, and they're still making their monthly rent payments...buildings like these could then be sold to investors, and you might just see some owners deciding that now is the time to sell these buildings, too. In addition, during The Great Recession we learned a term called "extend and pretend", where lenders, instead of foreclosing on delinquent property owners, worked to then revise the payments on these loans, which greatly reduced the number of foreclosures that we saw, too.

So, in putting all of this together, yes, we will see good investment opportunities coming our way, but we'll really need to see how this situation plays out over the coming months, to determine both the number, and the exact type of good investment opportunities that will be coming our way.



Restrictive Covenants

An agreement that limits the way you can use a property. It may include things that you can't do with your property, like put up a fence or build a shed.

SOLD

Retail

782 GAR Hwy, Swansea, MA \$625,000
673 Bedford St, Fall River, MA \$130,000
350 Main St, Fairhaven, MA \$300,000
258 Union St, Rockland, MA \$425,000
44 N Main St, Carver, MA \$1,721,000
798 N Bedford St, E Bridgewater, MA \$550,000
772 N Main St, Brockton, MA \$530,000
1202 Putnam Pike, Chepachet, RI \$190,000
1219 Aquidneck Ave, Middletown, RI \$1,275,000
78-80 Middleboro Rd, Freetown, MA \$215,000
732 Mt Pleasant St, New Bedford, MA \$705,000
536 Fall River Ave, Seekonk, MA \$240,000
666 Pleasant St, Brockton, MA \$265,000
630 Matacom Ave, Warren, RI \$625,000

Office

123 Rockdale Ave, New Bedford, MA \$750,000
424 Foundry St, N. Easton, MA \$859,318
111 Durfee St, Fall River, MA \$525,000
11 Wells St, 1st Fl, Westerly, RI \$88,000
217-235 Main St, Pawtucket, RI \$513,065
25 Maple St, Pawtucket, RI \$336,935
177 Airport Rd, Warwick, RI \$256,000
35 Samoset St, Plymouth, MA \$565,000

Multi Unit

41 Park St, Taunton, MA \$590,000
229 Rock St, Fall River, MA \$325,000
534 Elm St, Woonsocket, RI \$439,000
227 Wood Ave, Woonsocket, RI \$275,000
198 Main St, Fall River, MA \$376,000
198-200 Davis St, New Bedford, MA \$375,000

Industrial

196 Manley St, Brockton, MA \$2,250,000
25 Pond St, Hanover, MA \$835,000
73 Commercial Way, E Providence, RI \$905,000
811 Park East Dr, Woonsocket, RI \$1,350,000
170 Macklin St, Cranston, RI \$290,000

Land

2796 Pawtucket Ave, E Providence, RI \$225,000

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

Nutrition and Boosting Health

There are a number of ways in which health can be boosted, both to help infections to be fought off by the immune system, and just to increase overall health and wellbeing, including making lifestyle and dietary changes.

One good tip is to consume more whole plant foods such as fruits, nuts, legumes, vegetables and seeds, which are rich in antioxidants and nutrients that help to build up the body's immune system.



One of the most nutritious foods that a person can eat is eggs. Many people avoid eggs because they believe their cholesterol content is bad for health, but this has long been proven to be a myth and the consumption of eggs is not in any way associated with the risk of developing heart disease.

Furthermore, almost every healthy compound imaginable is found in the yolk of an egg, making them actually very beneficial to overall health.

Almost all vegetable oils are healthy, but one of the best is extra virgin olive oil, which comes with a multitude of monounsaturated fats that are very good for the heart as well as a number of powerful antioxidants.

Having a Happy Family

Everyone wants a happy family, but many families struggle to achieve harmony. The good news is there are some techniques that can be implemented to help families to bond and become happier as a unit.

According to research, one of the best ways to ensure family unity is to have regular family dinners together.



Kids who have family dinners tend to eat better, have higher self-esteem, better manners, and bigger vocabularies, and are also less likely to smoke, drink, do drugs, develop an eating disorder, become pregnant, or commit suicide.

Sharing the family history is another good way of bonding. Children who are aware of the story of their family tend to have more of a feeling of control over their own lives, in addition to higher self-esteem, and a greater trust in the way their family functions.

A family narrative is important, as the power of story allows children to understand that they are part of something that is larger than just themselves.

FOR SALE!

8,136 SF Historic Downtown
Office Building w/ Parking Lot
\$669,000



New Bedford

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

Don't Miss These FOR SALE Opportunities!



NEW BEDFORD, MA

376 Nash Road
17,000 SF State-of-the-Art Cold Storage
& 42,609 SF Flex Warehouse

2 loading docks, 32' ceilings and service loading dock. Plenty of parking on busy route near highways & the #1 Fishing Port in the USA. \$2.5M



SWANSEA, MA

718 Front GAR Highway
2.89 Acres Commercial/Industrial Lot

Ideal location on highly traveled Route 6 in Swansea. 485' of frontage zoned General Business. \$1.5M

Remote Learning Tips

Remote learning has been on the rise for some time now and has only escalated in 2020 due to recent worldwide events. However, students who prefer face-to-face learning can sometimes find remote learning difficult, but there are some tips that can make the process easier.



One thing that remote learning students need to keep in mind is that large blocks of time are not necessary to achieve good productivity.

The important thing is to focus attention in shorter amounts of time within periods where work can be carried out without interruption.

Remote learning students should also determine how much work is actually required in order to divide bigger projects up into smaller ones.

This is a big help for learning, as there is only so much information that can be simultaneously recalled and then processed.

One of the best tips that remote learners should follow is to stick to routines. Sticking to the same routine for remote learning as for face-to-face learning will make the transition easier to adjust to, and ensure that all of the necessary work will be done

Happy Day

After a long, high-speed chase, a traffic cop in a small town pulled over a speeding car.

The driver, who was wearing a tuxedo, put up such an argument that the cop finally handcuffed him and took him down to the station to cool down.

After about an hour, he went back to the cell to check on his prisoner...

"You're lucky," he said. "The chief of police is at his daughter's wedding right now, so he'll be in a good mood when he gets back."

"I don't think so," the driver said.

"Why not, asked the traffic cop?"

"Because I'm the groom."



FOR SALE NEW BEDFORD, MA



1,760 SF Retail/Office Bldg on High Traffic Rt.
\$182,000

ACUSHNET, MA



5,882 SF Retail 3 Store Fronts & 2 Res. Apartments.
\$549,000

TAUNTON, MA



3,250 SF Bar w/ Liquor License
\$320,000

WARWICK, RI



1.61 Acres Lot Near Airport
\$2M

WARWICK, RI



1.59 Acres near Airport- 7 Lots
\$4M



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June 2020

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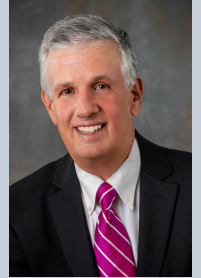
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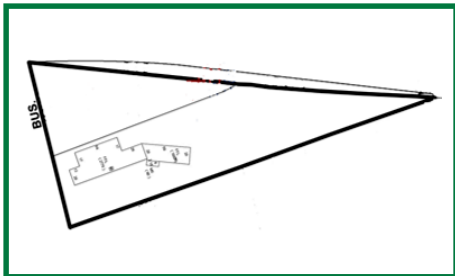
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FOR SALE

NEW BEDFORD



3,865 SF Retail Bldg w/ Parking
Lot on Busy Road - \$630,000

NEW BEDFORD



2 Acres Corner Lot at
New Bedford Business Park
Entrance - \$200,000

NEW BEDFORD



3,945 SF Commercial Building on
High Traffic Corner - \$475,000

TAUNTON



20,236 SF Manufacturing
Building - \$275,000

FAIRHAVEN



22,200 SF Steel Bldg w/ Parking
Lot near Highway - \$1.7 M

NEW BEDFORD



800 SF Garage with Multiple
Uses - \$110,000