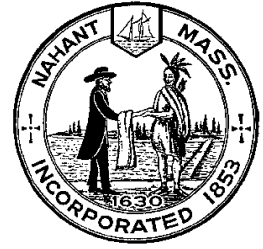


MAY 2016

Nahant Tiffany Times

*Nahant Council on Aging
Our Mission*



*"The mission of the Nahant Council on Aging is to provide **physical, emotional, and mental stimulation** enabling those sixty and over to achieve engaged and fulfilling lives in a safe environment."*

Meet the Staff

Linda Spinucci-Peterson -
Executive Director
Penny Morse - Assistant
Arthur Barreda - Transportation
Jim O'Connor - Transportation
Pat Scanlon - Transportation

Nahant COA Board of Directors

Nancy Gallo - Chairman
Angela Bonin—Vice Chairman
Emily Potts—Treasurer
Joseph Benson -Secretary
Sheila Hambleton
Linda Jenkins
Carol Sanphy
Marcia Divioli
Barbara (Lollie) Ennis

Friends of Nahant COA Executive Board

Linda Lehman - Co-President
Lana Mogan - Co-President
Mary Irene Dickenson - Treasurer
Margaret Silva - Secretary

Nahant Senior Center is located at:
334 Nahant Road
Nahant, MA 01908
(Lower Level of Town Hall)

Tel.# 781-581-7557

Visit us at:
www.nahantcouncilonaging.org

From the Director,

May is Older Americans Month. The 2016 OAM theme is **Blaze a Trail**. There are 4 major areas for blazing a trail, wellness, finances, reinvention, and civic engagement.

According to the Administration for Community Living, about 80% of older Americans have at least one chronic health condition. Financial abuse is believed to cost seniors an estimated \$3 billion annually. By 2029 more than 20% of Americans will be of retirement age and one in four older Americans will make a positive impact through volunteering. Check out page 3 for some tips in these 4 major areas.

May is also National Blood Pressure Month. As we age, it is very important to check our blood pressure on a monthly basis. This effort is part of blazing our trail to wellness. Our RN, Bev Carr from Life Care Center of the North Shore is here once a month to help us monitor our blood pressure. She will be here on Thursday, May 19th from 9:30 – 11:00, no appointment is needed.

Linda Peterson
Executive Director

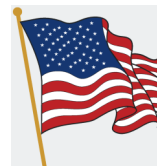


Tiffany Room Hours

May 2016

Monday-Friday 9:00-1:00

CLOSED



Memorial Day, Monday, May 30

"ON THE GO" TRIPS AND EVENTS

Thursday, May 5	Cinco de Mayo Lunch. Enjoy a fiesta style lunch here at the Tiffany Room. We will be serving chicken or fish taco's Mexican rice and other Mexican goodies. Virgin Margarita anyone?
Wednesday, May 11	May Luncheon and a Movie. Celebrate Spring with a "strawberry luncheon" and a movie here at the Tiffany Room. <u>What are your movie suggestions?</u>
Friday, May 13	Shopping trip and Lunch. Check out what's hot for Spring 2016 at the Assembly Square Mall in Somerville. Browse through the Christmas Tree Shop, T.J Maxx, Bed Bath and Beyond K Mart and more. Lunch at The Mount Vernon. The bus will leave the Tiffany Room at 11:00.
Wednesday, May 18	Tiger's Den. We always have a wonderful lunch at the Lynn Vocational Technical High School in Lynn. The cost of lunch is \$9.00. We will leave the Tiffany Room at 11:00. The Tiffany Dining Room will be closed for lunch.
Friday, May 27	Memorial Day Cookout. Join us at the Dory Club for our first cook out of the season. We will begin serving lunch at 11:30, followed by entertainment with the music of Jim and Roz. Cost of lunch is \$7.00. Sign up at the Tiffany Room.

COMING ATTRACTIONS

June 3	Arnold Arboretum. From flowers and fragrance to fruits and textures, the Arnold Arboretum is a dynamic landscape throughout the year! And promises to be absolutely beautiful on June 1. We will have a guided tour at 10:00am in our own bus. Cost is \$12.00. If you are interested in more information, contact Linda Peterson or Penny Morse at 781-581-7557.
June 8	Isabella Stewart Gardner Museum. The Isabella Stewart Gardner Museum's preeminent collection contains more than 2,500 paintings, sculptures, tapestries, furniture, manuscripts, rare books and decorative arts. The reduced admission for our guided 1 hour tour is \$17. The bus will leave the Tiffany Room at 10:00 for our 11:15 tour.
June 22	Sail on the Schooner FAME out of Salem on an historic Salem Sound. Aboard the new <i>Fame</i> , passengers learn about the fishermen, privateers, merchants and men of war who shaped our North Shore.

HAPPENINGS AROUND TOWN

01908 Pop Up Shop, Friday, May 6th, 6:00-8:00 at BLISS. Paintings, photography, jewelry and gift items for sale.	
Nahant Community Breakfast, Friday, May 6, 8:00am at the Nahant Village Church. Presentation by Diana Brandi, President of the Nahant Garden Club. "The Importance of Native Plants and Pollinators to our Environment and Food Chain" . Attendees will take away from the presentation a simple plan to evolve their garden into a productive and sustainable environment.	
Spring Flea Market, Saturday, May 14, 9-2 pm at the Village Church. Items for the Flea Market may be dropped off at the church beginning Sunday, May 1 and through the week (Tuesday, Thursday & Friday from 8 to 11) or call Chris Alexander at 781-864-5367 if you need an alternate time.	
Spring Beach Clean-up, Saturday, May 14, 10:00 - 12:30, at the Nahant Life Saving Station.	
Art Gala, at the Lynn Museum and Historical Society, 590 Washington St, Lynn, MA , Saturday, May 21, 6:30-10:30. Hosted by 01908 Committee, proceeds to benefit Friends of Nahant Public Library. Food, music, raffles and art! Tickets are \$25 in advance and \$35 at the door. For more information contact 01908nahant@gmail.com.	
The Nahant Garden Club Annual Plant Sale on Sunday, May 22, from 10:00 a.m. - 4:00 p.m. at the Nahant Life Saving Station.	
Health Care for All, Lecture Series, Sunday, May 22, in the Nahant Public Library at 4:00.	
Nahant Garden Club, meeting is Thursday, May 26, at the Nahant Village Church at 6:00pm. Claudia Thompson, Director of Grow Native MA, will conduct a workshop "Taking Inventory of our Gardens." The Bacheller Tray will be awarded to a deserving member. Hostesses are Pat Adolph and Joanne Delulis.	
Ellingwood Chapel Concert Series, Saturday, May 28, The Claudio Ragazzi-Nando Michilin Duo with Gerry Mordis. Roots and Flowers: Argentina Uruguay Boston.	
Annual Memorial Day Parade. Monday, May 30.	



BLAZE A TRAIL

**ASK FRIENDS AND FAMILY TO JOIN YOU!
IT'S MORE FUN TO VOLUNTEER WITH SOMEONE .**

SECURING YOUR FINANCES

You have worked and saved for years, so you want to make sure your finances are secure.

PLAN WISELY, WATCH CLOSELY

- Keep all of your important financial paperwork, including tax returns, investment banking records, and legal documents, in a safe place.
- Examine bills and bank statements and report unauthorized activity-no matter how small.
- Do not provide personal information, like your social security or bank account numbers, without verifying who needs it and why.
- As appropriate, enact a durable power of attorney for asset management.

ORDER A FREE CREDIT REPORT BY CALLING:

1-877-322-8228

WELLNESS

Although Americans are living longer these days, more are also developing chronic illnesses. Do illness and aging always go hand-in-hand? The answer is a surprising, but resounding, NO.

BE WISE, BE WELL

- Start slowly. If you have not been exercising, choose something low-impact that you can do a little at a time.
- Exercising is less of a chore when you do it with people you enjoy.
- Activity is important, but nutrition is equally vital. Keep an honest record of what you eat to see how you are doing.
- Wellness is a matter of body and mind. Eating healthy foods and staying active may reduce risks to your brain's health.

IT'S MORE THAN ADDING YEARS TO YOUR LIFE!

ADD LIFE TO YOUR YEARS!

CIVIC ENGAGEMENT

Civic engagement means working to make a difference in the lives of community members.

GETTING INVOLVED

- Schedule service that fits your lifestyle and determine how much time you want to give.
- Find the right opportunities. Volunteering works best when you involve your interests and skills.
- Check out the do-it-yourself guides at <http://serve.gov/> if you have trouble finding the right opportunity or you have an idea for a new project.
- If you want to help others more informally, think about driving neighbors to appointments, babysitting for working parents, or tutoring kids in your neighborhood.

CONNECT WITH YOUR LOCAL SENIOR CENTER, COMMUNITY COLLEGE OR LIBRARY TO FIND PROGRAMS IN YOUR COMMUNITY.

REINVENTION

Today, older Americans are living longer and more healthfully than ever before. What does this mean for our notions of life after a career? Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams.

FOLLOW YOUR PASSION, USE YOUR SKILLS

- Careers after retirement can be rewarding, personally and financially.
- Express yourself through the arts. Learn to paint or draw, dust off those dancing shoes, or put your musical talent to use.
- Keep learning and growing! Learn a new language or take a computer class. Or, maybe you have always wanted to travel and discover other cultures.
- Consider using your years of experience to serve others. Volunteers meet a range of community needs.

HEALTH AND WELLNESS

Tuesday	May 10	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday	May 19	9:00 a.m.	Blood Pressure Clinic
Monday	May 23	9:30 a.m.	Hair Styling (sign up required)
Tuesday	May 24	9:30 a.m.	Manicurist (sign up required) \$10.00

EXERCISE/ACTIVITIES

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Mon., Wed., Fri.	9:00 a.m.	Total Body Exercise	Community Center
Monday	5:00 p.m.	YOGA (\$5.00)	Community Center
Tuesday	9:00 a.m.	Quilting, crafts, crocheting	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Tuesday & Thursday	5:00 p.m.	Mat & Stretch Class	Community Center
Thursday	6:15 p.m.	YOGA (\$5.00)	Community Center

EXERCISE TO IMPROVE YOUR BALANCE

Having good balance is important for many everyday activities, such as going up and down the stairs. It also helps you walk safely and avoid tripping and falling over objects in your way.

Each year, more than 2 million older Americans go to the emergency room because of fall-related injuries. A simple fall can cause a serious fracture of the arm, hand, ankle, or hip.

Balance exercises can help you prevent falls and avoid the disability that may result from falling. You can do balance exercises almost anytime, anywhere, and as often as you like as long as you have something sturdy nearby to hold on to for support.

Try these balance exercises: stand on one foot, walk heel to toe, and walk in a straight line with one foot in front of the other. A number of lower-body exercises – especially those that strengthen your legs and ankles – also can help improve your balance. These include the back leg raise, side leg raise, knee curl, and toe stand exercises, which can be found on **Go4Life**. go4life.nia.nih.gov

As you progress in your exercise routine, try adding the following challenges to help your balance even more:

- Start by holding on to a sturdy chair with both hands for support.
 - When you are able, try holding on to the chair with only one hand.
 - With time, hold on with only one finger, then with no hands at all.
- If you are really steady on your feet, try doing the balance exercises with your eyes closed.



***QUICK TIP!** In the beginning using a chair or the wall for support will help you work on your balance safely.*

MAY IS BLOOD PRESSURE MONTH

Prevent and Control High Blood Pressure: Mission Possible

It's National High Blood Pressure Education Month - time to take action to find out what your blood pressure numbers are, what they mean, and what you need to do to prevent or control this all too common condition. The theme this year is: "Prevent and Control High Blood Pressure: Mission Possible."

High blood pressure is a dangerous condition. You usually don't have any symptoms, so you may not even know you have it. And it can lead to heart disease, stroke, and kidney disease.

The good news, though, is that it is possible to prevent - and control -- high blood pressure. How? By making some fairly simple lifestyle changes:

- Losing weight, if necessary, and maintaining a healthy weight
- Being physically active
- Following a healthy eating plan
- Eating less salt and sodium, and
- Limiting your alcohol consumption.
- One step that you can get started on right away is to gradually start eating more healthfully. Research has shown that a healthy eating plan called DASH (Dietary Approaches to Stop Hypertension) can reduce your chances of developing high blood pressure AND lower your blood pressure if it's already high.

BLOOD PRESSURE CLINIC

THURSDAY, MAY 19

TIFFANY ROOM

9:30 AM

Blood Pressure Category	Systolic mm Hg (upper #)	Diastolic mm Hg (lower #)
Normal	less than 120	and less than 80
Prehypertension	120 – 139	or 80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or 90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or 100 or higher
<u>Hypertensive Crisis</u> (Emergency care needed)	Higher than 180	or Higher than 110

PUZZLE OF THE MONTH!

United States Cities

S	A	V	A	N	N	A	H	T	S	T	P	S	E
O	E	N	U	K	W	M	P	E	W	O	P	A	H
E	H	I	T	A	T	I	H	A	A	L	H	L	D
C	L	P	I	P	N	A	E	U	S	E	I	L	E
H	H	I	H	C	I	M	O	N	H	D	L	A	C
U	E	I	M	O	N	I	N	L	I	O	A	D	I
I	O	E	C	L	E	D	I	H	N	N	D	N	N
M	N	M	K	A	L	N	X	E	G	N	E	N	C
N	O	D	A	U	G	X	I	O	T	I	L	H	I
H	T	D	E	A	A	O	N	X	O	T	P	R	N
U	S	T	G	N	A	W	I	L	N	S	H	A	N
O	O	A	X	A	V	O	L	V	M	U	I	O	A
I	B	N	I	X	A	E	D	I	P	A	A	A	T
D	E	T	R	O	I	T	R	P	M	N	N	A	I

WASHINGTON
CINCINNATI
BOSTON
PHOENIX
DALLAS
MILWAUKEE
PHILADELPHIA
PHOENIX
MIAMI
CHICAGO
SAVANNAH
AUSTIN
DENVER
TOLEDO
DETROIT

Play this puzzle online at : <http://thewordsearch.com/puzzle/2406/>

YOUR SHINE REPRESENTATIVE

CHARLIE RANDALL

**will be at the Tiffany Room on Wednesday, May 11, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.**

TIFFANY CAFÉ LUNCH PROGRAM
Served everyday at 11:30 - 12:30
Reservations required 24 hours in advance
Cost - \$3.00

FOOD SHOPPING PROGRAM

Tuesday	May 3	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	May 10	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	May 17	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	May 24	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	May 31	Market Basket and Vinnin Square	12:30 P.M.

IT'S TIME FOR SPRING CLEANING!

We all get that "SPRING CLEANING" bug this time of year. Whether it's washing windows, changing curtains, or organizing a closet, we all feel better when we get rid of the old dust! The Nahant Council on Aging will be having a **Spring Clean Out** of our storage room at the Community Center on Wednesday, May 25. Over the years, people have been very generous, donating numerous items to assist fellow Nahanters as they recuperate. Our collection of equipment has grown. Unfortunately, some equipment are old and rusted, some have pieces missing and are not safe for use any more. We will be making room for newer aides that are up to date and much safer. If you are interested in old walkers, crutches, shower chairs, etc. please contact Linda Peterson at 781 581-7557.

Come to the Lynn, MA Household Hazardous Waste Collection Day.

What Do I Bring??

From the Workbench:

- ✓ Oil Based Paints (**NO LATEX**)
- ✓ Stains & Varnishes
- ✓ Wood Preservatives
- ✓ Paint Strippers/Thinners
- ✓ Solvent Adhesives
- ✓ Lighter Fluid
- ✓ Fiberglass Resins

From the Garage:

- ✓ Fuels/Gasoline/Kerosene
- ✓ Motor Oil
- ✓ Antifreeze
- ✓ Engine Degreaser
- ✓ Brake Fluid/Carburetor Cleaner
- ✓ Transmission Fluid
- ✓ Car Wax, Polishes
- ✓ Driveway Sealer
- ✓ Roofing Tar
- ✓ Swimming Pool Chemicals

From the Yard:

- ✓ Poisons, Insecticides, Fungicides
- ✓ Chemical Fertilizers
- ✓ Weed Killers
- ✓ Moth Balls
- ✓ Flea Control Products

From the House:

- ✓ Rubber Cement, Airplane Glue
- ✓ Photo Chemicals
- ✓ Chemistry Sets
- ✓ Furniture Polish
- ✓ Floor & Metal Polish
- ✓ Oven Cleaner
- ✓ Drain & Toilet Cleaner
- ✓ Spot Remover
- ✓ Rug & Upholstery Cleaner
- ✓ Fluorescent bulbs
- ✓ Hobby Supplies, Artist Supplies

How Can I Safely Transport These Hazardous Materials???

- Leave materials in original containers.
- Tighten caps and lids.
- Sort and pack separately: oil paint, pesticides, and household cleaners.
- Pack containers in sturdy upright boxes and pad with newspaper.
- NEVER MIX CHEMICALS.
- Pack your car and drive directly to the site.
- NEVER SMOKE while handling hazardous material.

DATES: **Saturday, May 21, 2016**
Saturday, October 22, 2016
Saturday, May 13, 2017
8:00 AM - 12:00 PM

Drop Off Location:
Department of Public Works
250 Commercial Street
781-268-8000



What Not To Bring!!

- Ø Latex Paint
- Ø Construction /Demolition Waste
- Ø Empty Containers/Trash
- Ø Commercial or Industrial Waste
- Ø Radioactive Waste, Smoke Detectors
- Ø Infectious & Biological Wastes
- Ø Ammunition, Fireworks, Explosives
- Ø Fire Extinguishers
- Ø Prescription Medicines/Syringes
- Ø Asbestos
- Ø Propane Tanks
- Ø Batteries, Car or Household
- Ø Computers / TV's
- Ø Car Batteries

Payment is required:

- * up to 3 lbs or Gallons = \$20.00
- * up to 10 Gallons or lbs = \$25.00
- * 11 – 25 Gallons or lbs = \$45.00

Cash or Checks accepted

Make Checks payable to:

Clean Harbors Env. Services, Inc.

Please have amounts ready



This Collection is Operated By:
Clean Harbors Environmental Services

RECIPE OF THE MONTH

RASPBERRY SQUARES

This recipe is perfect because it doesn't even require fresh berries, so when they aren't in season, no problem. It actually just uses raspberry jam (and you can use any other kind you'd like instead).

These are perfect to make for entertaining, or just a sweet treat to have on hand (although I don't think they will hang around very long!). You could even add in a little ground cinnamon or fresh lemon zest, but really I think they are perfect just as they are. Everyone at the Tiffany Room enjoyed them!

Ingredients

2 1/4 Cups flour	1 Cup chopped pecans
1 Cup Sugar	1 egg
2 sticks butter (cold)	12 oz. Raspberry Preserves

Directions

1. Grease and flour 9 x 13 pan
2. Mix first 5 ingredients
3. Pat half of the mixture into the bottom of the pan
4. Spread preserves on top.
5. Sprinkle remaining mixture on top.
6. Bake at 350° for 45 minutes.



NAHANT LIBRARY - SPRING HOURS

Tuesday and Thursday 10am to 7pm
Wednesday and Friday 10am to 5pm
Saturday 12am to 4pm
Sunday - open once a month 3pm to 6pm
(check the calendar for Sunday scheduled events)
Monday – closed
781-581-0306 www.nahantlibrary.org

Please call or check our online calendar for holiday information and events.





Tiffany Café Menu

MAY 2016

"One should eat to live not live to eat"
~Moliere~

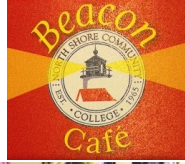


Monday	Tuesday	Wednesday	Thursday	Friday
2 Salad Swedish Meatballs Noodles	3 Chicken Parmesan Caesar Salad Garlic Bread	4 Salad Roasted Eggplant and Mushrooms In Plum Tomato Sauce over Pasta	5 Salad Fish or Chicken Tacos Spanish Rice Corn	6 Salad Pizza
9 Braised Chicken Thighs Potato Vegetable	10 Baked Ham Baked Beans Potato Salad Cheesy Biscuits	11 Strawberry Luncheon Chicken and Spinach Pasta Bake Spinach and Strawberry Salad Strawberry Shortcake	12 Salad Shepherd's Pie	13 Hot Dog Safari! And all the fixings!
16 Grilled Pork Tenderloin Roasted Vegetables Sweet Potato	17 Salad Soup and Sandwich Day (Fish or Chicken)	18 Salad Asiago Chicken over Pasta	19 Caesar Salad Fettuccini Alfredo Garlic Bread	20 Friday Brunch Fruit Salad Bacon French Toast Quiche
23 Salad Chicken Picatta Roasted Potato Vegetable	24 Smoked Sausage and Rice Skillet Dinner	25 Salad Chicken Cacciatore with Pasta	26 Hot Turkey Sandwich Gravy, Stuffing, Cranberry Sauce	27 Memorial Day Cookout
30 MEMORIAL DAY TIFFANY ROOM CLOSED	31 Fenway Park Lasagna Caesar Salad Garlic Bread		All lunches served with: Milk Bread & Butter Dessert	Menu is subject to change

ON THE GO.....



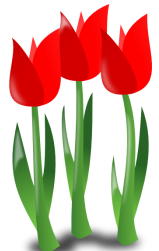
**Beacon Café at North Shore
Community College, Middleton**



**Margaret Ferguson
Greenhouses at Wellesley**



**Earth Day,
Friday, April 22
Johnson School**



SUNDAY, MAY 8



**Sprucing up
for Spring!**



ANTIQUES APPRAISAL AFTERNOON

Join the Friends of the Nahant Council on Aging for an afternoon with
antiques appraisal expert from Kaminski's, Mary Westcott.



KNIGHTS OF COLUMBUS HALL

17 RELAY YARD

NAHANT, MA

SUNDAY, MAY 15

2:00-4:00

\$10 PER ITEM 3 FOR \$25



Proceeds benefit Friends of Nahant Council on Aging

Friends of Nahant COA Executive Board

FRIENDS

Linda Lehman - Co-President

Lana Mogan -Co- President

Mary Irene Dickenson - Treasurer

Margaret Silva Secretary

Friends meet the second Wednesday of each month.

FIN COM ROOM, TOWN HALL 10:00

CORNER

HELP SUPPORT THE FRIENDS OF NAHANT COUNCIL ON AGING

Please accept my tax-deductible donation as a supporting member:

____ Individual \$10.00 ____ Good Friend \$25.00 ____ Great Friend \$50.00

Name _____ Address _____

Email _____ Phone _____

Please accept my tax-deductible donation of \$ _____ In memory of _____

Person's name _____ In honor of _____

Donated by _____ In appreciation of _____

Address _____

Please make checks payable to: **Friends of Nahant Council on Aging**

334 Nahant Road, Nahant, MA 01908

BIRTHDAY CELEBRATIONS

May 1 - Inga Deluca
May 2 - Constantin Pezaris, George Burke, Peter Vernam, David Fitzpatrick, Gail McCann
May 3 - Arvard Tompkins, Sheila Zamejtis, Dale Cullinan, William Newell, Mary McGranahan, Robert Proulx
May 4 - Paul Fiore, Maryann Corinha, Cynthia Dalpe
May 5 - David Lewis, Daniel Hamill, Malcolm Hill, Elizabeth Whitbeck
May 7 - Kenneth Swope, Carter Smith, Candace Cahill
May 8 - Herbert Motley, Denise Fields-Hitch
May 9 - Jeffrey Musman, Biba Rozenbaum, James McCurdy
May 10 - Mary Sullivan, Linda Eveleigh, Edith Richardson, Karen Falat, Andrea Lane, Margaret Mahoney, Barbara Rizzo
May 11 - Timothy Harris, John Moleti
May 12 - Constantine Pitsas, Richard Melanson, Cornelia Coffey, Nickilena Polcaro, James Koutroubis, George Mihovan, Jeannette Champion
May 13 - Arthur Barreda, Paul Swerling, Michael Kaplan, Robert Fannon
May 14 - Marilyn Snyder
May 15 - Joan Depalma, Stephanie MacIsaac
May 16 - Margaret Hanagan, Shaw Warren
May 17 - Francis Mahoney, Margaret Smith, John Hawko, Dorothy Kiley
May 18 - John Crowley, Dr. DH Martin, James Passanisi, Thomas Murray, Richard Baldini, Gail Hyde, Mary Donovan
May 19 - Muriel O'Neill, Marilyn James, Mary Irene Dickenson, Melissa Gallery
May 20 - Hester Schepens, Steven Switzer, Teresa Clark, Thomas Rayndles
May 21 - Joseph Waldron, Barry Nardone, Jeffrey Price, Deborah Aliff, James Malone, Geoffrey Loynd
May 22 - Linda Christoforidis
May 23 - Wallace Riddle
May 24 - Catherine Skinner, Kathleen Forbush, Ruthanne Switzer, Jean Lucantonio
May 25 - Strates Frangules, James Walsh, Susan Pioli, Andrea Taffe
May 26 - Candace Thornton, Roger Berkowitz, Linda Jenkins
May 27 - Panos Voukydis, Francis Farr, Phillip Baldwin, James O'Connor
May 28 - Virginia Greenlaw, Joseph Desmond, Maria Stanley, John Antol
May 29 - Priscilla Clark, Sarah Anderson
May 30 - Carmella Cormier, Antonette Spinucci, William Burchell, Patricia Podrug, Joy Loguercio, Kenneth Turino, Joseph Giardella
May 31 - Elizabeth Condon, Mary Messina, Gad Geiger, Susan Tracy, Martha Koscielecki, Ellen Morse, Daniel Destefano

SCHOLARSHIP OPPORTUNITY

NAHANT WOMEN'S CLUB 2016 SCHOLARSHIP

The Nahant Women's Club announces its annual scholarship award. One \$1,500 award will be made to a member of the high school class of 2016 who will be enrolling in an accredited two or four year college. Applicants must be a resident of Nahant. The award is based on academic record, financial need, community service and extra-curricular activities. Interested seniors should send a letter of application along with a high school transcript and evidence of college acceptance to:

Nahant Women's Club Scholarship
c/o M.L. Cort
One Maolis Road
Nahant, MA 01908

ALL APPLICATIONS MUST BE RECEIVED BY JUNE 1, 2016.