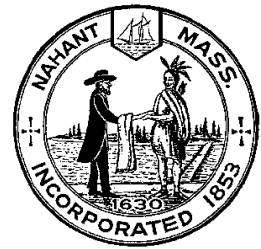


May 2017

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 Divioll

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 and as in past years there are planned activities both fun and educational for Nahant Seniors this month.

On May 9th, the Nahant Cultural Council in partnership with the Johnson School and the COA, will host a FREE concert at the Ellingwood Chapel, featuring Vytas J. Baksys, a frequent keyboardist with the Boston Symphony Orchestra. This concert was made possible through a grant by the Nahant Cultural Council. Nahant seniors and the children from the Johnson School are invited to attend. The students are encouraged to invite their grandparents for an afternoon of music and ice cream sundaes. The concert will begin at 1:00pm.

If you would like to attend this musical matinee and don't have a grandchild in the Johnson School, sign up at the Tiffany Room. The bus will pick up for the concert. If you live at the Spindrift please think about walking over to the chapel for a nice afternoon of free music and ice cream.

On Thursday, May 25th there will be an informational discussion "Planning for Medicare – Countdown to 65". There are 253 seniors between the ages of 63 – 65 in Nahant. What happens at 65? We need to plan for Medicare. The senior outreach team at Blue Cross Blue Shield will answer your questions and provide you with the information necessary to make informed decisions. The discussion will begin at 7:00 p.m. and will be held at the Tiffany Room.

Linda Peterson
Executive Director



Tiffany Room Hours

May 2017

Monday-Friday 9:00-1:00

CLOSED

Memorial Day, Monday, May 29

EVENTS, TRIPS....ON THE GO

Mon., May 1	<u>Art in Bloom at the Museum of Fine Arts.</u> This joyous rite of spring pairs fine arts and floral design with offerings of free guided tours among MFA treasures, plus work shops, demonstrations, and lectures. Garden clubs and professional designers from across New England create floral arrangements inspired by the MFA's works of art. Admission to the Museum is @23.00, and includes admission to this exhibit. The bus will leave the Tiffany Room at 9:30am.
Tues., May 9	<u>Ellingwood Chapel Concert Matinee.</u> Nahant Cultural Council and in partnership with the Johnson School and the COA, will present a FREE concert at the Ellingwood Chapel for Nahant seniors, the children from the Johnson School and their grandparents. The concert, featuring accompanist Vytas J. Baksys, a frequent keyboardist with the Boston Symphony orchestra, will begin at 1:00 p.m. Ice cream sundaes will be served by the kids. Reserve your seats at the Tiffany Room.
Wed., May 10	<u>Loretta LaRoche at Stoneham Theatre.</u> Loretta LaRoche is an acclaimed speaker, author and international stress management and humor consultant who has evoked wit and irreverent humor on her audience for over 30 years. Loretta brings a breath of fresh air for everyone who's suffocating in our techno-crazed, germ phobic, "go-go-go" world. Tickets for this enjoyable, stress-free afternoon is \$40.00. The show begins at 2:00. The bus will leave the Tiffany Room at 12:30.
Mon., May 15	<u>Arnold Arboetum, Lilacs in Bloom!</u> The scent of Lilacs fill the air! Enjoy this beautiful rite of spring in New England and around the world. We will go on a self guided tour of the lilac collection. FREE. The bus will leave the Tiffany Room at 10:00. We will stop for lunch at Castle Island on the way home.
Thurs., May 18	<u>Polcari's Restaurant and Christmas Tree Shop.</u> Enjoy a relaxing lunch at Polcari's Restaurant on Route 1. Stroll around the aisle of treasures at the Christmas Tree Shop in the afternoon. You never know what you might find! The bus leaves the Tiffany Room at 11:00.
Thurs. May 25	<u>Planning for Medicare</u> , presented by Blue Cross Blue Shield. One hour presentation and discussion led by a Blue Cross Blue Shield representative, geared towards individuals approaching Medicare Eligibility. Topics include Medicare enrollment timeline, Medigap, Medicare Advantage Plans, Part D plans and more. Presentation will be at 7:00pm at the Tiffany Room. This program is especially designed for seniors who may still be working and looking to transition.
Friday, May 26	<u>Memorial Day Celebration</u> at the Dory Club. Kick off the summer with our first cook out of the season, burgers, dogs and all the fixins' Enjoy lunch, burgers and dogs as we enjoy the spectacular view from the Dory Club. Entertainment provided by Tommy Rull. Cost \$10.

COMING ATTRACTIONS

Wed., June 7	<u>Strawbery Banke, Portsmouth, NH.</u> Strawbery Banke is an outdoor history museum located in the South End historic district of Portsmouth, New Hampshire.
Tues., June 20	<u>Sail Boston.</u> Our trip to Boston to see the Tall Ships anchored in Boston Harbor is full. We do have a wait list, and you never know when a seat may become available. If you are interested, please sign up at the Tiffany Room.
Wed., June 28	<u>Fuller Gardens.</u> <i>Fuller Gardens</i> is a turn of the century public botanical garden that was once part of the summer estate of Alvan T. Fuller. Right on the ocean, yet tucked away. It's a delightful oasis situated a stone's throw from the ocean. The gardens feature horticulture at the highest level, with thousands of <u>rose bushes</u> and hundreds of varieties that bloom all season long. <u>Formal English perennial borders, a Japanese Garden and a tropical conservatory</u> are all framed by sculpted hedges. We look forward to your visit!

HAPPENINGS AROUND TOWN

Friday, May 5	Nahant Village Church Breakfast. The presenter will be Becky Richardson with a talk entitled "Cynicism Threatens Our Democracy Today." She will be speaking about her brother-in-law Elliot L. Richardson, his personal values, his family, his World War II service, and his political work as Secretary of Health, Education and Welfare (HEW), of Defense and as Watergate Attorney General. He served also as Under Secretary of State and Secretary of Commerce. He was proud that the motto of his school was "Dare to be True." The free breakfast is held at the Nahant Village Church at 8 a.m. Please plan to come for a hearty breakfast, an informative presentation and wonderful camaraderie. All are welcome. Spread the word and bring a family member or friend.
Sat., May 6	Kentucky Derby Party. The Nahant Life Saving Station The Nahant American Legion Post #215 would like to invite all members of the community to join us in watching the one hundred and forty first Running of the Roses, The Kentucky Derby. This event is open to the public and all are invited to attend. 3:00 - 8:00 pm.
Thurs., May 15	Tides Fundraiser. Nahant American Legion Post 215, from 6:00 to 9:00 pm. Please join the Community to support the Nahant American Legion Post 215. Food, drink, raffles and more!
Thurs., May 18	"In the Moment" Memory Café, 10 am -12 noon, Lynn Museum, 590 Washington St., Lynn. Monthly program provides opportunities to network and enjoy refreshments; connect with caregiver support specialists; and-if you like- join in creative projects and interactive learning. For more information, e-mail tlamberta@glss.net or call 781-586-8540.
May 29-June 10	Nahant Music Festival. For ticket information and schedule visit www.nahanmusicfestival.org .
Mon., May 29	Memorial Day Parade. From the Lowlands parking lot, the assembled parade will commence its march to Tudor Wharf promptly at 9:30 AM. After services at the wharf, the parade will proceed to Nahant Road and continue to Greenlawn Cemetery. Then parade will march down Nahant Road for pass in review and closing ceremonies at Nahant Veterans Memorial Park.
Mon., May 29	The Nahant Life Saving Station. Memorial Day Observance. The Nahant American Legion Post #215 would like to invite all members of the community to join us on Memorial Day after The Annual Memorial Day Parade at The Nahant Life Saving Station. This event is open to the public and all are invited to attend. Additionally, the winner of the Nahant Life Saving Station quilt raffle will be selected.
Tues., June 20	Moving On Ceremony, Johnson School. This year, the grade 6 "Moving On Ceremony will be held at the TOWN HALL , at 6:00pm. Contact the Johnson School at 781-581-1600 for more details.

NAHANT PUBLIC LIBRARY - HOURS

Tuesday and Thursday 10am to 7pm

Wednesday and Friday 10am to 5pm

Saturday 12pm to 4pm

Sunday once a month

Monday - Closed

781-581-0306

www.nahantlibrary.org

Please call for holiday information and events.



OUTREACH



In an effort to meet our Mission the Nahant COA provides a variety of services to the members of our community and surrounding areas.

NAVIGATE NAHANT

The Nahant Public Library in collaboration with the COA is pleased to provide home delivery system to our library patrons. **Navigate Nahant** brings library materials to individuals who are unable to come to the library due to illness, disability or restricted mobility. This is FREE of charge and is available on a long-term or short-term basis. Contact the Library at 781-581-0306 to sign up for the **Navigate Nahant Program**.

VETERAN'S FOOD PROGRAM

If you are a veteran, widow or widower, or dependent of a veteran, the **Food Distribution Program** in partnership with the COA provide monthly delivery of fresh and non-perishable foods. The food distribution program is held the first Wednesday of the month from 10:30-11:30 at the Town Hall. For more information please contact Veteran's Service Officer, Jon Lazar at 781-581-7557, or 781-599-1948.

Are you or someone you know in need of medical equipment? The COA has a variety of **medical equipment for loan** to members of the Nahant community. Contact the COA office to inquire about availability.

Keep on top of your health with our **monthly medical clinics**. Nurse Beverly Carr is here on the third Thursday of the month for Blood Pressure checks. Podiatrist, Dr. Mark Sanphy is also available for appointments here at the Tiffany Room. Call the COA for dates and times. Or check our monthly newsletter. Make your appointment soon!

781-581-7557

The Nahant COA has become a host site to assist the **Massachusetts Registry of Motor Vehicle** in some simple online transactions. You can renew your license, registration or make a change of address here at the Tiffany Room. To schedule an appointment call the COA at 781-581-7557.

YOUR SHINE REPRESENTATIVE

CHARLIE RANDALL

will be at the Tiffany Room on Wednesday, May 10, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.

HEALTH AND WELLNESS

Tuesday	May 9	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday	May 18	10:00-11:30 a.m.	Blood Pressure Clinic
Monday	May 22	9:30 a.m.	Hair Styling (sign up required)
Tuesday	May 23	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday	May 25	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)

EXERCISE/ACTIVITIES

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday, Wed., Fri.	9:00 a.m.	Total Body Exercise	Community Cente
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

PUZZLE OF THE MONTH!

ahead	matter
apart	mend
automotive	never
better	ocean
cloud	participate
come	
direct	quart
dote	rare
earth	real
eras	return
exact	river
	rued
feather	rune
focus	shield
	small
grill	taste
happy	teen
here	ties
hidden	total
honor	touch
human	
ideal	under
independent	until
	vice
letter	weather

C	L	O	U	D	T	D	I	R	E	C	T	D
H	O	N	O	R	V	R	N	I	D	E	A	L
H	U	M	A	N	E	L	D	L	J	O	Q	V
A	G	P	E	T	L	H	E	X	A	C	T	L
P	A	R	T	I	C	I	P	A	T	E	L	E
P	Y	E	R	E	H	D	E	Q	U	A	R	T
Y	B	G	T	S	N	D	N	E	M	N	W	T
Y	H	S	U	R	U	E	D	S	A	R	E	E
Y	A	C	U	Z	N	N	E	V	E	R	A	R
T	O	T	A	L	D	U	N	T	I	L	T	X
F	E	A	T	H	E	R	T	O	U	C	H	H
R	I	V	E	R	R	A	H	E	A	D	E	M
M	A	U	T	O	M	O	T	I	V	E	R	M



Participating in Activities You Enjoy— More Than Just Fun and Games: Tips From the National Institute on Aging

There are many things you can do to help yourself age well: exercise and be physically active, make healthy food choices, and don't smoke. But did you know that participating in activities you enjoy may also help support healthy aging?

As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression and is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine.

Benefits of an Active Lifestyle

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being.

Research tells us that older people with an active lifestyle:

- **Are less likely to develop certain diseases.** Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.
- **Have a longer lifespan.** One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.
- **Are more happy and less depressed.** Studies suggest that older adults who participate in what they believe are meaningful activities, like volunteering in their communities, say they feel happier and more healthy. One study placed older adults from an urban community in their neighborhood public elementary schools to tutor children 15 hours a week. Volunteers reported personal satisfaction from the experience. The researchers found it improved the volunteers' cognitive and physical health, as well as the children's school success. They think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency, and dementia in later life.
- **Are better prepared to cope with loss.** Studies suggest that volunteering can help with stress and depression from the death of a spouse. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).
- **May be able to improve their thinking abilities.** Another line of research is exploring how participating in creative arts might help people age well. For example, studies have shown that older adults' memory, comprehension, creativity, and problem-solving abilities improved after an intensive, 4-week (8-session) acting course. Other studies are providing new information about ways that creative activities like music or dance can help older adults.

Find the Right Balance

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person might be too much for another. Be careful not to take on too much at once. You might start by adding one or two activities to your routine and see how you feel. You can always add more. Remember—participating in activities you enjoy should be fun, not stressful.

For more information contact NIA, <https://www.nia.nih.gov>



What is a MOON?

For people with Medicare, MOON has a new meaning:
“Medicare Outpatient Observation Notice”.

This newly required notice must be given to some patients who have been admitted to a hospital for “observation”. Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the Nahant Senior Center at 781-581-7557. Our SHINE representative (Charlie Randall) will be at the Tiffany Room on Wednesday, May 10.

For other SHINE related matters,
call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**.
Once you get the SHINE answering machine,
leave your name and number.
A volunteer will call you back, as soon as possible.



TIFFANY CAFÉ LUNCH PROGRAM

Served everyday at 11:30 - 12:30
Reservations required 24 hours in advance. 781-581-7557
 Cost - \$3.00

FOOD SHOPPING PROGRAM

Tuesday	May 2	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	May 9	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	May 16	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	May 23	Market Basket and Vinnin Square	12:30 P.M.
Tuesady	May 30	Market Basket and Vinnin Square	12:30 P.M.

VETERAN'S FOOD PROJECT

May 3 2017	June 7 2017	July 12 2017	Aug. 2 2017
Sept. 6 2017	Oct. 4 2017	Nov. 1 2017	Dec. 6 2017

Simple Lasagna Recipe

TOTAL TIME: Prep: 15 min. Bake: 30 min. MAKES: 3 servings

INGREDIENTS

- 1 cup ricotta cheese
- 1/3 cup grated Parmesan cheese
- 1 egg
- 1 jar (14 ounces) spaghetti sauce
- 4 no-cook lasagna noodles
- 1-1/3 cups shredded part-skim mozzarella cheese, divided



DIRECTIONS

1. In a small bowl, combine the ricotta cheese, Parmesan cheese and egg; set aside.
2. Spread 1/3 cup sauce in an 8-in. x 4-in. loaf pan coated with cooking spray.
3. Top with one noodle.
4. Spread 1/3 cup sauce to edges of noodle.
5. Top with a third of reserved cheese mixture and 1/3 cup mozzarella cheese.
6. Repeat layers twice.
7. Top with remaining noodle and sauce.
8. Cover and bake at 400° for 25 minutes.
9. Uncover; sprinkle with remaining mozzarella cheese;
10. Bake 5-10 minutes longer or until cheese is melted.
11. Let stand for 10 minutes before cutting.

NUTRITIONAL INFORMATION 1 piece: 457 calories, 20g fat (10g saturated fat), 135mg cholesterol, 986mg sodium, 35g carbohydrate (12g sugars, 3g fiber), 31g protein.






Tiffany Café Menu

May 2017

"One should eat to live not live to eat"

~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Hot Dogs with Roll, Beans, Potato Salad</p>	<p>2</p> <p>Chicken Enchiladas, Vegetable, Corn Bread</p>	<p>3</p> <p>Balsamic Mushroom Chicken over Rice, Vegetable</p>	<p>4</p> <p>Salad, Spaghetti and Meatballs, Garlic Bread</p>	<p>5</p> <p>Grilled Pork Medallions Roasted Potatoes Vegetable</p>
<p>8</p> <p>Soup, BLT Sandwich, French Fries</p>	<p>9</p> <p>Cesar Salad, Chicken Parmesan, Pasta, Garlic Bread</p>	<p>10</p> <p>Grilled Pork Chops with Peppers, Rice</p>	<p>11</p> <p> Mother's Day Lunch Reservations Required</p>	<p>12</p> <p>Carrot Salad, Lemon Chicken, Couscous</p>
<p>15</p> <p>Soup, Hamburgers, Pasta Salad</p>	<p>16</p> <p>Salad, Ravioli, Sausage, Garlic Bread</p>	<p>17</p> <p>Swedish Meatballs over Noodles, Vegetable</p>	<p>18</p> <p>Creamy Chicken and Rice, Vegetable</p>	<p>19</p> <p>Salad, Salmon, Asparagus Risotto</p>
<p>22</p> <p>Fruit Salad, French Toast, Breakfast Sausage</p>	<p>23</p> <p>Smoked Sausage Skillet Dinner, with Rice</p>	<p>24</p> <p>Chicken with Spinach, Mushroom and Cheese, Rice</p>	<p>25</p> <p>Meatloaf, Mashed Potato, Vegetable</p>	<p>26</p> <p> Tiffany Room Closed Memorial Day Cookout</p>
<p>29</p> <p> Tiffany Room Closed Memorial Day</p>	<p>30</p> <p>Beef Stew, Mashed Potato</p>	<p>31</p> <p>Salad, Chicken, Broccoli, Ziti</p>	<p>All lunches served with: Milk Bread & Butter Dessert</p>	<p>Menu is subject to change</p>

**ART AND
ARCHITECTURE
TOUR AT THE
BOSTON
PUBLIC LIBRARY**



ATTENTION ALL KOREAN WAR VETERANS!

Veterans who served in Korea between
June 25, 1950 and July 27, 1953



REMINDER! SAIL BOSTON, TUESDAY, JUNE 20

Mark your calendars! It will be here before we know it! Please make your payment of \$65 to the COA by June 2. Make checks payable to the **Town of Nahant**. Tickets are nonrefundable after that date. We do have a wait list for this trip, so if you are unable to commit to this trip let us know as soon as possible.



*The Nahant Council on Aging
and the
Friends of the Nahant Council
on Aging
invite you and a guest to a
special
Mother's Day Luncheon on
Thursday, May 11.
Reservations are Required by 5/8.*

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 9:30

CORNER

Help Support the Friends of the 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 Acknowledgement _____

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, Joanne Dunn
 May 3 - 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, Frederick Haggerty
 May 7 - Kenneth Swope, Carter Smith, Candace Cahill, Linda Hall
 May 8 - Herbert Motley, Denise Fields-Hitch
 May 9 - Jeffrey Musman, Biba Rozenbaum, James McCurdy, Cheryl Montana
 May 10 - Mary Sullivan, Linda Eveleigh, Edith Richardson, Karen Falat, Andrea Lane, Margaret Mahoney, Barbara Rizzo
 May 11 - Timothy Harris, John Moleti, Charles Avena
 May 12 - Richard Melanson, Cornelia Coffey, Nickilena Polcaro, James Koutroubis, George Mihovan, Jeannette Champion, Richard Moleti
 May 13 - Arthur Barreda, Paul Swerling, Michael Kaplan, Robert Fannon
 May 14 - Marilyn Snyder
 May 15 - Joan Depalma, Stephanie MacIsaac, Reilly Garrie
 May 16 - Margaret Hanagan
 May 17 - Francis Mahoney, Margaret Smith, John Hawko
 May 18 - John Crowley, Dr. DH Martin, James Passanisi, Thomas Murray, Richard Baldini, Gail Hyde, Mary Donovan, Laurie Proulx
 May 19 - Muriel O'Neill, Marilyn James, Mary Irene Dickenson, Melissa Gallery, Lynor Carroll, Gaye Clements
 May 20 - Hester Schepens, Steven Switzer, Teresa Clark, Thomas Rayndles, Ann Farr
 May 21 - Joseph Waldron, Barry Nardone, Jeffrey Price, Deborah Aliff, James Malone, Geoffrey Loynd
 May 22 - Linda Christoforidis
 May 23 - Wallace Riddle
 May 24 - Kathleen Forbush, Ruthanne Switzer, Jean Lucantonio
 May 25 - Strates Frangules, James Walsh, Susan Pioli, Andrea Taffe
 May 26 - Candace Thornton, Roger Berkowitz, Linda Jenkins, Maryann Reis
 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, Margaret Szczawinski
 May 30 - Carmella Cormier, Antonette Spinucci, William Burchell, Patricia Podrug, Joy Loguercio, Kenneth Turino, Joseph Giardella, Weston Hardy, Leslie Hardy
 May 31 - Elizabeth Condon, Mary Messina, Gad Geiger, Susan Tracy, Martha Koscielecki, Ellen Morse



Would you like to have an event or other
 information included in next month's Tiffany
 Times?

Please submit your article to
 Penny Morse at pmorse@nahant.org,
 or drop it off at the office.