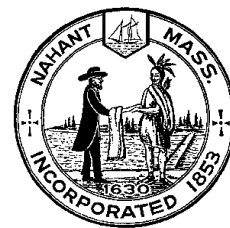


May 2018 *Nahant Tiffany Times*



*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,

Every May, the Administration on Aging, observes "Older American's Month". This year, as in years past, there is a theme. "The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being". This year's theme is very similar to the Nahant COA mission statement which can be found above this article.

A few examples of activities that promote mental and physical wellness, like YOGA, Senior Fitness classes, daily lunches, shopping trips, movies, etc., are a few examples of how to stay engaged in the community. All these activities are offered here at the Nahant Council on Aging.

What can participating in exercise classes do for your health? We have heard from all the experts that you need to keep moving. In our classes the instructors concentrate on 4 elements, endurance, strength, balance and flexibility while our YOGA instructor brings some YEN into our lives.

I will leave you with this; a woman once told me "if you rest you rust", words to contemplate.

Linda Peterson, Executive Director



Tiffany Room Hours

2018

Monday-Friday 9:00-1:00

Closed

Memorial Day, Monday, May 28, 2018

TRIPS, EVENTS...ON THE GO!

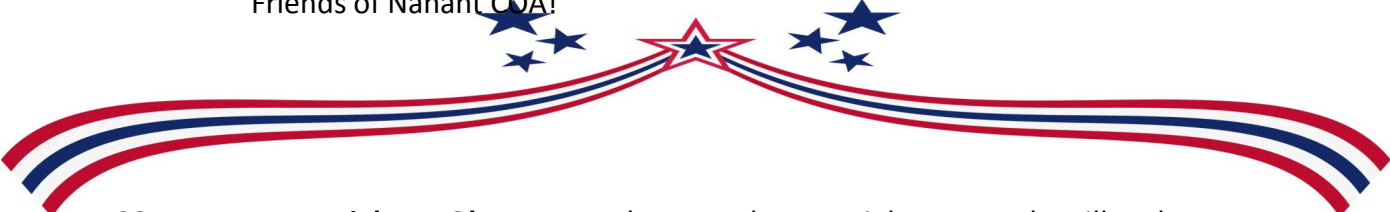
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|---------------------|--|
| Fri., May 11 | Mother's Day Luncheon. Join us at the Tiffany Room for a luncheon to honor Mothers. Lunch is served at 11:30. Lunch by Brett Henry, music by Gerry Mordis. Cost of lunch \$5.00. |
| Fri., May 18 | Concord Museum. The Concord Museum is the one place where all of Concord's remarkable past is brought to life through an inspiring collection of historical, literary, and decorative arts treasures. The cost of the guided tour is \$10.00. The bus will leave the Tiffany Room at 9:30 to travel to Concord for our scheduled tour at 10:30. We will have lunch after our tour in downtown historic Concord. |
| Wed., May 23 | Mahoney's Garden Center. Spend a few hours strolling through the greenhouses and gardens at Mahoney's Garden Center in Winchester. Find out what's new for this growing season. The bus will leave the Tiffany Room at 10:00. We will stop for lunch on our way home. |
| Wed., May 30 | Memorial Day Cookout. Celebrate the unofficial start of summer with us at the Knights of Columbus with a traditional cookout prepared by Brett Henry. Dan Clarke, the singing trooper will entertain us at this Memorial Day celebration. Cost for the afternoon is \$10.00. |

The Nahant COA welcomes everyone to participate in these planned events. We request, however, that you register for events in advance. We want to make sure that we can accommodate all the guests who wish to participate. You can register for events on line at www.nahantcouncilonaging.org, by phone (781-581-7557), or in person at the Tiffany Room.

COMING ATTRACTIONS

- | | |
|----------------------|---|
| Wed., June 13 | <u>Strawbery Banke, Portsmouth, NH.</u> Strawberry Banke is an outdoor history museum located in the South End historic district of Portsmouth, New Hampshire. It is one of our country's oldest waterfront neighborhoods. Hopefully we'll have good weather! Wear your walking shoes. Admission is \$12.00. |
| Fri., June 15 | Father's Day Luncheon. Join us for a special luncheon honoring Fathers! Lunch will be served at 11:30. Come celebrate the Dad's for their special day. |
| Wed., June 20 | Charles River Cruise. 70 minute fully narrated sightseeing cruise along the Charles River. Lunch at the Cheesecake Factory at the Cambridge side Galleria. Cost for the cruise and lunch is \$38.50. Payment by Friday, June 8th. |

HAPPENINGS AROUND TOWN

- Fri., May 4** **Nahant Community Breakfast, Village Church** - The May breakfast will feature a presentation by Mike Rauworth who will present his "Motorcycle Diaries – Along the River Roads to the Black Hills and Far Away Nahant. 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. Arrangements for transportation of elders to and from the breakfast may be made by calling the Tiffany Room a few days in advance of the breakfast at 781-581-7557.
- Sat., May 5** **Nahant American Legion Post 215 Kentucky Derby Party.** 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 fourth 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
- Sun., May 6** **Nahant Beach clean-up.** Nahant Safer Waters in Massachusetts Inc. (SWIM) 6th Annual Nahant Beaches Clean Up Day, Sunday, May 6, 2018, Noon to 2:30 pm. Help protect the beautiful beaches in Nahant. Gather at Tudor Beach or Short Beach.
- Thurs., May 17** **Tides Fundraiser, Friends of Nahant Council on Aging.** Tides will donate 10% of the profits made between 6:00-9:00 to the Friends of the Nahant COA. So take the night off from the kitchen and have dinner and drinks at the Tides! Relax, watch the sunset, chat with friends and neighbors, take a chance on a gift basket and support the Friends of Nahant COA!
- 
- Mon., May 28** **Memorial Day Observance** The annual Memorial Day Parade will gather at Lowlands, and at 9:30 the parade will commence down Nahant Rd to the Town Wharf for the laying of the wreath from the fireboat. The parade will march down Nahant Road to the Greenlawn Cemetery for the cemetery ceremony. The parade will end at Veteran's Park for the concluding ceremony.
- Mon., May 28** **Memorial Day Collation, Nahant Life Saving Station.** The Nahant American Legion Post #215 would like to invite all members of the community to join them 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. Noon to 5:00pm.

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 **Veteran's Food Market Program** sponsored by Nahant's Veterans Affairs Office and the Nahant COA, and facilitated and staffed by Nahant's American Legion Post 215 provides monthly delivery of fresh and non-perishable foods. The Food Distribution Program is held the first Wednesday of the month from 10:30-11:30a.m. at the Town Hall. For any further information, please contact Nahant's Veteran's Service Officer, Jon Lazar at 781-581-0018 or 781-599-1948. The American Legion thanks the COA for the use of it's vehicle for the food pickup.

Keep on top of your health with our monthly medical clinics. Nurse Debbie Murphy is here on the second 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

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.

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 (under age 75), 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 9, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.

Nahant Woman's Club 2018 Scholarship

The Nahant Woman's Club announces its annual scholarship award. One \$2,500 award will be made to a member of the high school class of 2018 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 Woman's Club Scholarship

c/o ML Cort

One Maolis Rd.

Nahant, Ma. 01908-1212



Although not specifically required letters of recommendation, photos & articles regarding extra-curricular activities, etc. are welcome and will be considered.

All applications must be received by May 15th, 2018.

The recipient will be announced at the Johnson School Graduation Ceremony in June.

The award will be made directly to the winner at the beginning of the 2nd semester of college.

Information sheets are available at the Swampscott High School Guidance Office and at the Nahant Public Library.

Moving On Ceremony

Johnson School.

The grade 6 "Moving On Ceremony will, again be held at the

TOWN HALL

June 20, 6:00pm.

Contact the Johnson School at 781-581-1600 for more details.

JUST DESSERTS!



The guests at the Tiffany Dining Room want to send culinary compliments to Mike Manning and Penny Ross for their delicious desserts!



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 1	Market Basket	12:30 P.M.
Tuesday	May 8	Market Basket	12:30 P.M.
Tuesday	May 15	Market Basket	12:30 P.M.
Tuesday	May 22	Market Basket	12:30 P.M.
Tuesday	May 29	Market Basket	12:30 P.M.

VETERAN'S FOOD PROJECT

May 2, 2018	June 6, 2018	July 11, 2018	Aug. 1, 2018
Sept. 12, 2018	Oct. 3, 2018	Nov. 7, 2018	Dec. 5, 2018

CORN BREAD CASSEROLE

Recipe: Paula Deen

Yield: 6 to 8 servings

Ingredients

- 1 (15 1/4-ounce) can whole kernel corn, drained
- 1 (14 3/4-ounce) can cream-style corn
- 1 (8-ounce) package corn muffin mix (recommended: Jiffy)
- 1 cup sour cream
- 1/2 stick butter, melted
- 1 cup shredded Cheddar



Directions

Preheat oven to 350 degrees F.

In a large bowl:

- Stir together the 2 cans of corn, corn muffin mix, sour cream, and melted butter.
- Pour into a greased 8 x8-inch casserole dish.
- Bake for 45 minutes, or until golden brown.
- Remove from oven and top with Cheddar.
- Return to oven for 5 to 10 minutes, or until cheese is melted.
- Let stand for at least 5 minutes and then serve warm.

This recipe is easily doubled. 9x13 pan



Nahant Safer Waters in Massachusetts Inc.



**6th Annual Nahant Beaches
Cleanup Day
Sunday, May 6, 2018
Noon to 2:30 pm
at Short Beach or Tudor
Beach**

THE TIFFANY ROOM

**is now available for private
gatherings.**

**For more information,
contact Linda Peterson at
781- 581-7557, or
lpeterson@nahant.org**



Do you need a ride? GLSS provides rides:

To a medical appointments:

GLSS Medical runs Monday through Friday. Request lines are open from 8:00 a.m. to 4 p.m. GLSS requires a **two business day notice**. Passengers can travel to a doctor's appointment between 8:30 a.m. and 3:30 p.m. (8:30 being the first appointment and 3:30 being the last return.)

GLSS service area includes Lynn, Lynnfield, Nahant, Saugus, & Swampscott. Drop offs in Salem are also 8:30 a.m. to 3:30 p.m. (GLSS does not pick up residents in Salem or Peabody)

GLSS goes to Peabody for drop offs only after 9:30 a.m., no later than 3:30 for returns.

Saugus residents; pick up only in wheelchair.

For more information or to schedule a ride:

GLSS van reservations: 781-477-4237

(Reservations are requested two business days in advance.)

When requesting the Medical run, you will need to provide basic information:

NAME, ADDRESS, DATE OF BIRTH, DESTINATION ADDRESS.







Tiffany Café Menu May 2018

“One should eat to live not live to eat”

~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
All lunches served with: Milk Bread & Butter Dessert	¹ Italian Sausages with Potatoes, Peppers and Onions, Vegetable, Salad	² Homemade Chicken Pot Pie over Flakey Biscuit	³ Fettuccine Alfredo, Garlic Bread, Cesar Salad	⁴ Salmon with Jasmine Rice , Snow Peas
⁷ French Toast, Bacon, Blueberry Muffins, Fruit Salad	⁸ Baked Ham, Au Gratin Potatoes, Vegetable, Corn Bread, Salad	⁹ Homemade Ham & Cheese Quiche, Salad	¹⁰ Spaghetti and Meatballs, Garlic Bread, Salad	¹¹  Luncheon
¹⁴ Soup, Grilled Ham and Cheese Sandwich, French Fries	¹⁵ Lasagna, Meatballs, Garlic Bread, Cesar Salad	¹⁶ Chicken Cordon Bleu Casserole, Veggie	¹⁷ Guest Chef Homemade Pizza, Salad, Ice Cream Sundaes	¹⁸ Smoked Mozzarella Caprese Salad with Prosciutto, Finger Sandwiches
²¹ Shepherd's Pie, Gravy, Salad	²² Ham and Cheese Quiche, Corn Bread, Fruit Salad	²³ Baked Haddock, Roasted Vegetable, Potato	²⁴ Meatloaf, Mashed Potato, Vegetable	²⁵ Chicken Kabobs, Rice Pilaf, Salad
 Memorial Day Tiffany Room Closed ²⁸	²⁹ Swedish Meatballs, Noodles, Gravy, Salad	 Memorial Day Cookout K of C	³¹ Ravioli, Meatballs, Cesar Salad, Garlic Bread	Menu is subject to change

HEALTH AND WELLNESS

Monday	May 7	9:00 a.m.	Manicurist (sign up required) \$10.00
Thursday	May 10	10:00-11:30	Blood Pressure Clinic
Monday	May 21	9:00 a.m.	Manicurist (sign up required) \$10.00
Thursday	May 31	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)
Monday	May 21	9:30 a.m.	Hair Styling (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 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!

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

aside
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 chin
 clean
 comprehend
 discharge
 eagerness
 eject
 exclude
 expand
 expire
 fare
 flavor
 gaps
 ghost
 hidden
 image
 lies
 lonely

mined option school spread
 model raise seer starlet
 movie release series verve
 nudge right spouse water



Parkinson's Fitness

Ability-based Exercise, Arts and Movement Programs

Parkinson's Fitness is a non-profit organization providing ability-based exercise, arts and movement classes for people living with Parkinson's disease in communities on Boston's North Shore. Classes are offered free of charge to individuals with Parkinson's disease, their family members and caregivers.

Classes are offered at numerous locations on the North Shore.

For more information, contact Parkinson's Fitness at

- 781-572-5918 or
- parkinsonsfitness@gamil.com

Visit our website www.parkinsonsfitness.org



MAY IS OLDER AMERICANS MONTH

Engage



at every

Age



Older Americans Month is a great time to show the world you are never too old (or too young) to enrich your life and your community. This year, we want to see how *you* stay engaged so that you can help inspire others to do the same. Snap a selfie or have someone take your picture participating in activities that improve your mental and physical well-being. Then, post your image to social media using the hashtag #OAM18. Encourage your peers to do the same and you might just gain a little inspiration from others. No matter where you are in your life, there is no better time than now to start engaging in yourself and the world around you.

Take the Selfie Challenge!

**The Friends of the
Nahant Council on Aging
have recently received the
following donations:**

In Memory of:

James Travers

And

John R. Serafini, Esq.

MEMORIAL DAY...

...IS THE DAY THAT'S SET
ASIDE TO REMEMBER WITH
GRATITUDE AND PRIDE
ALL THOSE WHO SERVED
AND DIED FOR OUR
COUNTRY AND OUR
FREEDOM.

MAY YOUR DAY BE
FILLED WITH
MEMORIES AND
PEACE.
GOD BLESS AMERICA

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 _____

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

334 Nahant Road, Nahant, MA 01908

BIRTHDAY CELEBRATIONS

May 1 - Inga Deluca, Feiga Babushkina
 May 2 - Constantin Pezaris, George Burke, Peter Vernam, David Fitzpatrick, Gail McCann, Joanne Dunn, Phyllis Hairston, Michael O'Callaghan
 May 3 - Sheila Zamejtis, Dale Cullinan, William Newell, Mary McGranahan, Robert Proulx
 May 4 - Paul Fiore, Maryann Corinha, Cynthia Dalpe, Neelan Kumari
 May 5 - David Lewis, Daniel Hamill, Malcolm Hill, Frederick Haggerty
 May 6 - Linda Hall
 May 7 - Kenneth Swope, Carter Smith, Candace Cahill
 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, Harry McKee, Diane Monteith, Donna Steinberg
 May 11 - Timothy Harris, John Moleti, Charles Avena
 May 12 - Richard Melanson, Cornelia Coffey, James Koutroubis, George Mihovan, Jeannette Champion, Richard Moleti, James Mullen
 May 13 - Arthur Barreda, Paul Swerling, Michael Kaplan, Robert Fannon
 May 14 - Marilyn Snyder, Norman LeBlanc
 May 15 - Joan Depalma, Stephanie MacIsaac, Reilly Garrie, Karen O'Callaghan
 May 16 - Margaret Hanagan
 May 17 - Francis Mahoney, Margaret Smith, John Hawko
 May 18 - John Crowley, Dr. DH Martin, James Passanisi, Thomas Murray, 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, Arline Clifton
 May 21 - Joseph Waldron, Jeffrey Price, Deborah Aliff, James Malone, Geoffry 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
 May 26 - Candace Thornton, Roger Berkowitz, Linda Jenkins, Maryann Reis, John Martin
 May 27 - Panos Voukydis, Phillip Baldwin, James O'Connor
 May 28 - Virginia Greenlaw, Joseph Desmond, Maria Stanley, John Antol, Dawn Champagne
 May 29 - Priscilla Clark, Sarah Anderson, Margaret Szczawinski, James Hosker
 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.

If you look at what you have in life, you'll always have enough.

If you look at what you don't have in life, you'll never have enough.

Oprah Winfrey