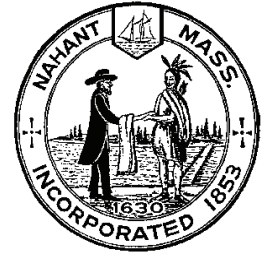


June 2012

# 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.”

## From the Director

Did you know that according to the Georgian calendar, June is the sixth month, but on the Roman calendar it was considered the fourth month with only 29 days? June is also the month that spring ends and summer begins. I like the sound of summer beginning.

This month we will be walking around **Castle Island** in South Boston participating in the Keep Moving Regional Spring walks. This is the 2nd year our council has participated in this event which is sponsored by the Board of Health and Blue Cross Blue Shield in partnership with the Executive Office of Elder Affairs. The walk is on **Friday June 15th**. There is still room so call the Tiffany Room to sign up.

The **North Shore Music Theater** is one of the gems of the North Shore. We will be going to the 1st show of their 2012 season which is **“Hello Dolly” on June 13th**. The tickets are \$36.00 and are going fast. Call to book your seat.

The Nahant Cultural Council has approved a cultural grant which provides our seniors with quality entertainment. Through this grant the entertainment for our annual barbeque with the Swampscott COA is being provided by **Richard Clark**, who for a number of years has focused on presenting a series of one-person shows. Richard will be performing **“Atticus”** a dramatization of **“To Kill A Mockingbird”**. Check our calendar for the date and time and call the Tiffany Room to sign up.

We are slowly bringing the COA into the new millennium. You can now visit us on **Facebook**.

**Linda Peterson**

**Executive Director**

[www.facebook.com/nahantseniorcenter](http://www.facebook.com/nahantseniorcenter)

## NAHANT TRIAD NEWS

I want to take this opportunity to thank the Nahant Police Department for a great presentation about SCAM's in May. Chief Dwyer, Officer Armand Conti and Detective Tim Furlong did a fine job passing on some valuable information to the group. Our next TRIAD event will be held on Tuesday, June 5th at the Tiffany Café at 12:30 p.m. This presentation will be about the importance of Health Care Proxies and Durable Power of Attorney, given by Jason Ebacher, Assistant Superintendent Essex County Sheriff's Department. This presentation is a subject in the speaker series which is one of the TRIAD Core Projects.

Another TRIAD CORE Projects, Photo ID Cards, will be offered on that day. This is a free program that provides seniors with a secondary form of identification. Moe Pratt, member of our TRIAD from the Sheriff's Department will be taking photos from 12:00 to 12:30 and after the presentation. If you want a secondary ID please make sure you have your primary ID card with you.

## WEIGHT WATCHERS

The COA would like to begin a **Weight Watchers** meeting at the Community Center. To proceed, we need 15 participants from the community in order for Weight Watchers to come to Nahant. This will not be limited to Seniors; the entire town is welcome to participate. If you are interested please contact me at your earliest convenience. I would like to begin these meetings **as soon as possible**.

Interested, Please Call:  
Linda Peterson—Executive Director  
781-581-7557

# JUNE 2012

Lunch served everyday : 11:30 a.—12:30 p.

**RED:** Held at Community Center

**Blue:** Held at Tiffany Room



Monday	Tuesday	Wednesday	Thursday	Friday
				1 1:00pm <b>MOVIE: <i>Invictus</i></b>
4 9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b> 12:00pm <b>Blood Pressure and Glucose</b>	5 9:00am <b>Quilting Class</b> 10:30am <b>Chair Exercise</b> 1:00pm <b>Cribbage</b> 5:00pm <b>Total Body Exercise</b>	6 9:00am <b>Total Body Exercise</b> 12:30pm <b>Shopping -Market Basket</b>	7 9:00am <b>Golf - Kelley Greens</b> 10:30am <b>Chair Exercise</b> 5:00pm <b>Total Body Exercise</b>	8
11 9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b>	12 9:00am <b>Quilting Class</b> 9:30am <b>Manicurist (signup required)</b> 10:30am <b>Chair Exercise</b> 1:00pm <b>Cribbage</b> 5:00pm <b>Total Body Exercise</b>	13 9:00am <b>Total Body Exercise</b> 12:30pm <b>NSMT- Hello Dolly (sign-up required)</b>	14 9:00am <b>Golf- Kelley Greens</b> 10:30am <b>Chair Exercise</b> 12:30pm <b>Shopping-Market Basket</b> 5:00pm <b>Total Body Exercise</b>	15 1:00pm <b>MOVIE: <i>We Bought a Zoo</i></b>
18 9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b> 1:30pm <b>Mall Shopping North Shore</b>	19 9:00am <b>Quilting Class</b> 10:30am <b>Chair Exercise</b> 1:00pm <b>Cribbage</b> 5:00pm <b>Total Body Exercise</b>	20 9:00am <b>Total Body Exercise</b> 1:00pm <b>Trip to the Movie: <i>The Best Exotic Marigold Hotel</i></b>	21 9:00am <b>Golf- Kelley Greens</b> 10:30am <b>Chair Exercise</b> 12:30pm <b>Shopping-Market Basket</b> 5:00pm <b>Total Body Exercise</b>	22
25 9:00am <b>Yoga (\$5.00)</b> 10:15am <b>Total Body Exercise</b>	26 9:00am <b>Quilting Class</b> 9:30am <b>Manicurist (signup required)</b> 10:30am <b>Chair Exercise</b> 1:00pm <b>Cribbage</b> 5:00pm <b>Total Body Exercise</b>	27 9:00am <b>Total Body Exercise</b> 12:30pm <b>Shopping-Market Basket</b>	28 9:00am <b>Golf- Kelley Greens</b> 10:30am <b>Chair Exercise</b> 11:00am <b>GLSS BBQ @ Knights of Columbus</b> 5:00pm <b>Total Body Exercise</b>	29 12:30pm <b>June Birthday Celebration</b> 1:00pm <b>MOVIE: <i>The Decendants</i></b>

# Tiffany Café Menu

June 2012

Lunch Served everyday at 11:30-12:00

All Meals served with 1% milk, bread. and crackers with soup

Requested Donation—\$2.00

Monday	Tuesday	Wednesday	Thursday	Friday
				Spaghetti & MB/ Sauce <b>1</b> Italian Blend Veggies Oat Roll Chilled Mixed Fruit ALTERNATIVE Honey Mustard Chix Tenders Whipped Potato/
Hot Dog/Roll <b>4</b> Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Beef Strip Steak/ Gravy Beans/Cole Slaw	Garden Veggie Soup <b>5</b> Shaved Roast Beef/ W Bulkie Pasta Salad Pudding w/Topping ALTERNATIVE Egg Salad/WW Bulkie Pasta Salad	Boneless Chicken/ Orange Sauce <b>6</b> Garlic Whipped Potato Fiesta Blend Veggies Chilled Peaches ALTERNATIVE Rib-B-Q/BBQ Sauce Potato/Veggie	Chili/w Cheese <b>7</b> Steamed Rice Tossed Salad Corn Bread/Fresh Fruit ALTERNATIVE Chicken Teriyaki Steamed Rice	Mac & Cheese <b>8</b> Spinach Chilled Applesauce ALTERNATIVE Rice & Bean Burrito w/Cheese Veggie/Applesauce
Chicken Leg Quarter <b>11</b> w/Garlic Paprika Sauce Butternut Squash Roman Blend Veggies Chilled Pears ALTERNATIVE Stuffed Shell/Meat Sauce	Swedish Meatballs/Gravy <b>12</b> Whipped Potato Beets Chilled Mixed Fruit ALTERNATIVE Spanish Chicken Rice & Beans/Beets	Fish Florentine w/Dill <b>13</b> Sauce Lyonnais Potato Spring/ Summer Blend Veggies Jell-o/Topping ALTERNATIVE Salisbury Steak/Gravy Potato/Veggies	Whole Grain <b>14</b> Lasagna Roll Ups W/Meat Sauce Zucchini & Red Pep- per Fresh Fruit ALTERNATIVE Chicken Marsala Whipped Potato/ Zucchini	<b>FATHER'S DAY SPECIAL 15</b> Cranberry Juice Burgundy Glaze Pot Roast Duchess Potato Green Beans Almondine Parker House Roll Blueberry Cake
Chix Broccoli Pasta <b>18</b> Casserole Carrots Prunes ALTERNATIVE Omelet/ Cheese Sauce O'Brien Potatoes Carrots	Apple Glaze Roast Pork <b>19</b> Sour Cream Whipped Pot- ato Corn & Red Pepper Garlic Roll/ Fresh Fruit ALTERNATIVE Grilled Chix Sandwich/Roll Potato/Veggie	Stuffed Pepper/Sauce <b>20</b> Diced Buttered Potato Tuscany Veggies Pudding w/Topping ALTERNATIVE Veggie Quiche Potato/Veggie	<b>21</b> Chicken Noodle Soup Tuscan Tuna/WW Bread Tossed Salad Fruit Cup ALTERNATIVE Chicken Salad/WW Bread	Roast Turkey w/Gravy <b>22</b> Sweet Potato Peas & Mushrooms Muffin/ Chilled Pineapple ALTERNATIVE Spanish Sheppard's Pie Peas & Mushrooms
American Chop Suey <b>25</b> California Blend Veggies WW Roll Fresh Fruit ALTERNATIVE Liver & Onions/ Gravy Whipped Potato/Veggies	Potato Leek Soup <b>26</b> Chicken Caesar Salad WW Pita Chilled Pears ALTERNATIVE Seafood Salad/WW Pita 3 Bean Salad	Veal Cacciatore <b>27</b> Steamed Rice Italian Green Beans Mandarin Oranges ALTERNATIVE Cajun Chicken Rice/ Veggie	<b>28</b> <b>GLSS BBQ at the Knights of Columbus</b>	Pepper Steak/Roll <b>29</b> Hash Brown Potatoes Wax Beans Cake ALTERNATIVE Boneless Chicken Flor- entine Hash Browns/Veggie

## Suffering from Arthritis?

If you suffer with arthritis, here are some ways you can learn to manage the pain. These tips were developed with the help of the Arthritis Foundation for the National Council on Aging. Osteoarthritis is a chronic disease that is not a normal part of aging. Inflammation in the joint tissues causes pain when you bend or move. Arthritis pain can rob people of their quality of life—causing them to lose muscle strength, sleep poorly, and even sink into depression.

Managing the pain is possible-

The best way to beat pain is to stop it before it starts. Here are several ways to get started:

Pace yourself - Switch between heavier and lighter tasks. Balance activity with planned rest breaks, and don't overdo it.

Protect your joints - Avoid activities that stress your joints. Use splints, braces, and assistive devices if needed, and practice good posture.

Control your weight - Losing just one pound of body weight will take four pounds of pressure off your knees. Shedding extra weight reduces pain and improves function. The best way to lose weight is physical activity combined with a healthy diet.

Increase physical activity - Being physically active is the best thing you can do for pain. But it's important to move safely and wisely. Talk to your doctor about types and amounts of activity that can help you build strength, increase endurance, and maintain flexibility.

Get a good night's sleep - Better sleep equals less pain. To improve your sleep, get regular physical activity, avoid alcohol and caffeine in the evening, go to bed and get up at the same time every day, and avoid stress before bedtime.

When you need relief now -

A combination of prevention and pain relief strategies works best for most people. When you need relief right away, try heat and cold treatments, relaxation techniques, and massage. Pain relievers, anti-inflammatories, and topical treatments also can help. Remember to tell your doctor how much pain you have and share your goals for pain control.

## COMING ATTRACTIONS

Annual PACE Cook-Out Thursday, **July 12th** Entertainment by **Brian Corcoran**

Nahant Village Church Monthly Breakfast, Friday, **July 13th**. Topic: **TRIAD**

Stoneham Theatre "Dear Miss Garland" Wednesday, **July 18th**.

## UPCOMING TRIPS

The Swampscott & Nahant COAs are partnering to bring our seniors three wonderful trips for the **Fall & Christmas seasons**. To book these trips we need a minimum of 25 people, so if you are interested in any of the trips below, please contact Linda Peterson.

**Fall foliage** ride through the White Mountains of New Hampshire, stopping for lunch at the beautiful **White Mountain Hotel**, then off to shopping in downtown North Conway. The cost will be \$68.00 pp and will be some time in the fall.

Enjoy a **Christmas trip** to the **Oakwood Farm Christmas Barn** and the **Yankee Candle Company**, with lunch at the **Salem Cross Inn** in western Massachusetts. Browse the 150 year old barn, have lunch and then wander through the **Yankee Candle Shop**. The cost will be \$58.00 pp and will be in December.

"**AND THE ANGELS SING**" performed by Cabaret LuLu, direct from the heart of Broadway, on **Wednesday, October 25, 2012**, this event will be at Old Sturbridge Village and will include a luxury bus ride, lunch and a show. Come and enjoy the music of Frank Sinatra, Pearl Bailey, Ella Fitzgerald and more from that era. Lunch will be soup, traditional chicken pot pie or grilled salmon, potato & vegetable, dessert and beverages. The cost will be approximately \$60.00 pp

Please contact **Linda Peterson** for additional information: 781-581-7557

Linda Peterson- Executive Director

Gertrud Joyce- Chairman

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