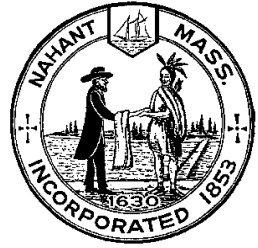


JUNE 2015

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*

Meet the Staff

Linda Spinucci-Peterson -
Executive Director

Beth Walsh - Assistant

Arthur Barreda - Transportation

Jim O'Connor - Transportation

Nahant COA Board of Directors

Gertrud Joyce - Chairman

Sarah Risher - Vice Chairman

Emily Potts - Treasurer

Nancy Gallo - Secretary

Sheila Hambleton

Linda Jenkins

Nancy Wilson

Geraldine Wittrock-Walton

Renee Wright-Michaud

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

Follow us on Facebook:
www.facebook.com/nahantseniorcenter

From the Town Administrator,

I would like to thank Linda Peterson, Executive Director, and the Council on Aging for allowing me to contribute to the Nahant Tiffany Times. I welcome this opportunity to introduce myself to the seniors throughout Nahant and to share important information regarding our community and on-going issues of interest to our citizens.

First of all I would like to thank many of you for a warm welcome to Nahant. I have been a resident of the Diamond District of Lynn for over 20 years and have long felt a strong affiliation with Nahant, it's people, and the beaches. I have over 20 years of experience managing communities such as Westford, Wenham, and Marblehead, and I am pleased to have this opportunity to apply these skills to the larger community that I consider home. I feel blessed to be able to help make a difference in my own backyard.

After only Seven (7) weeks in my role as Town Administrator I have begun creating action plans for short- and long-term issue resolution. I am a Landscape Architect and City Planner by education and for this reason I am a strong advocate for planning as a means of problem solving. Looking forward I can see that we have unique challenges that are easily addressed but will require us to consider changes to our finances, organization and processes. To accomplish this the Selectmen and I will be engaging the public in increased communication and debate regarding how we see our future and how we plan on getting there. I consider all of this very exciting and look forward to working with all of you in this pursuit.

Again, I appreciate this opportunity to participate in the Tiffany Times. In the future I hope to become a regular contributor as a means of providing public information and to seek your input into the larger decision making process. Nahant relies heavily upon volunteerism and it has been blessed with generous residents that have given freely of their time and resources. Future articles will hopefully enable me to draw many of you into new and revised boards and committees designed to help us define our future and provide for the implementation of these new and exciting endeavors.

Jeff A. Chelgren

Nahant Town Administrator

“ON THE GO TRIPS & EVENTS”

Wednesday, June 3rd	“How to Succeed in Business Without Even Trying” This toe-tapping musical follows young, ambitious J. Pierrepont Finch, who rises from window washer to chairman of the board of the World Wide Wicket Company. The cost is \$35. Leaving the Tiffany Room at 12:30 p.m.
Tuesday, June 9th	Museum of Fine Arts Leonardo DaVinci Exhibit. This exhibition features master drawings by Leonardo da Vinci and Michelangelo. Ticket price for this self-guided tour is \$18. Returning from the MFA, we will stop at Belle Isle to purchase lunch. Leaving the Tiffany Room at 10:00 a.m.
Wednesday , June 17th	Trip to Boston Walking tour of the Rose Kennedy Greenway in the heart of Boston. This urban park is located in several downtown Boston neighborhoods. It consists of landscaped gardens, promenades, plazas, fountains and art that stretch over one mile. We plan to choose a popular local restaurant to purchase lunch as we rest and do some people watching! Leaving the Tiffany Room at 10:00 a.m. and should be returning by 4:00 p.m.
Friday, June 26th	Lunch at Angelina’s in Middleton. The luncheon menu includes a wide variety of soups, salads, burgers, hot and cold sandwiches and Lite entrees. After lunch we will continue our outing at a local venue for an afternoon of shopping. Bring your shopping lists! Leaving the Tiffany Room at 10:00 a.m.

COMING ATTRACTIONS

Wednesday, July 8	Lynn Museum and Historical Society Museum Enrichment Series for Adults
Friday, July 10	Edward M. Kennedy Institute Tour this unique educational facility located on Columbia Point. Followed by lunch at Maggiano’s Restaurant in Boston.
Wednesday, July 22	Charles Riverboat Cruise and Lunch
Friday, July 31	American Textile History Museum Lowell, MA. Luncheon stop will also be planned.

Van Transportation is available for COA activities and trips, call 781-581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant website or email me at lpeterson@nahant.org for updates on other programs, trips & events.

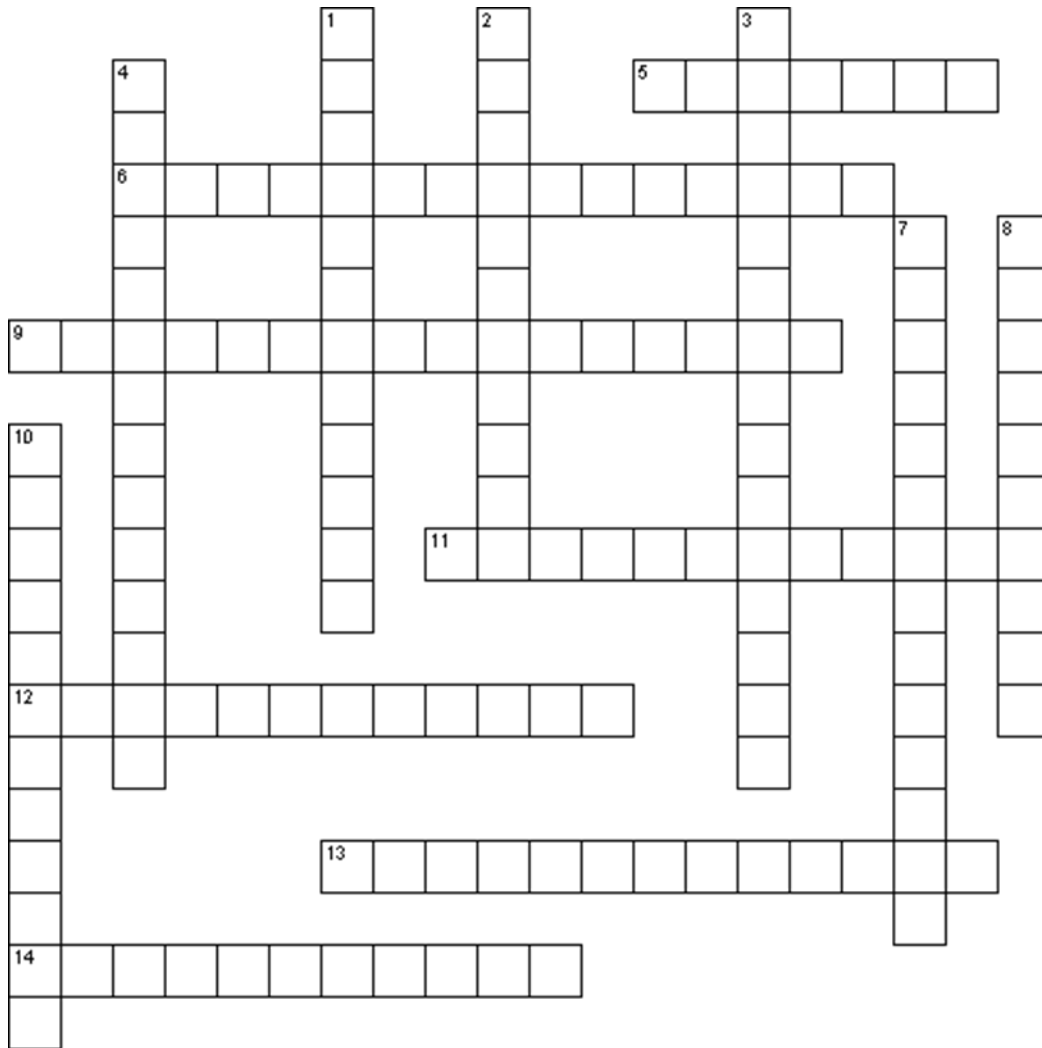
HAPPENINGS AROUND TOWN

Cinema by the Sea: The Last Ocean: Tuesday, June 16, 7:00. The Ross Sea, Antarctica is the most pristine stretch of ocean on Earth. Californian ecologist David Ainley has been traveling to the Ross Sea to study this unique ecosystem for more than thirty years. He has written scientific papers describing it as a ‘living laboratory’. Largely untouched by humans, it is one of the last places where the delicate balance of nature prevails. This film exposes the fragile situation facing this remote corner of the world.

Cinema by the Sea: DamNation: Tuesday, July 14 at 7:00PM This powerful film odyssey across America explores the sea change in our national attitude from pride in big dams as engineering wonders to the growing awareness that our own future is bound to the life and health of our rivers. Dam removal has moved beyond the fictional Monkey Wrench Gang to go mainstream. Where obsolete dams come down, rivers bound back to life, giving salmon and other wild fish the right of return to primeval spawning grounds, after decades without access .

Northeastern University Marine Science Center, Murphy Bunker
430 Nahant Road, Nahant, MA 01908
[\(781\) 581-7370, x321](tel:7815817370)
www.northeastern.edu/marinescience

THE MOVIES CROSSWORD PUZZLE



CLUES

Across

5. Catherine Zeta-Jones was Velma Kelly in this 2002 movie (7)
6. Director of the 1960 classic, Psycho (6,9)
9. He directed and appeared in the 1994 movie, Pulp Fiction (7,9)
11. Insp. Jacques Clouseau in the 1963 movie, The Pink Panther (5,7)
12. She was Joanna Eberhart in the 2004 movie, The Stepford Wives (6,6)
13. He was Tom Booker in the 1998 movie, The Horse Whisperer (6,7)
14. She was Annie Hall in the film of the same name (5,6)

Down

1. She was Mrs Robinson in the 1967 movie, The Graduate (4,8)
2. Burt Reynolds was Lewis Medlock in this 1972 movie (11)
3. She was Alice Hunt in the 2004 movie, The Village (9,6)
4. Director of the 1987 movie, Full Metal Jacket (7,7)
7. He was Fred C. Dobbs in the 1948 movie, The Treasure of the Sierra Madre (8,6)
8. He was King Henry VIII in the 1966 movie, A Man for All Seasons (6,4)
10. He was Terry Malloy in the 1954 movie, On the Waterfront (6,6)

FOOD FOR THOUGHT

TIFFANY CAFÉ LUNCH PROGRAM
Served everyday at 11:30 - 12:30
Reservations required 24 hours in advance
Cost - \$2.00



Thursday, June 25th

Celebrating June Birthdays

FOOD SHOPPING PROGRAM

Tuesday 2nd	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 9th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 16th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 23rd	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 30th	Market Basket and Vinnin Square	12:30 P.M.

TUNA NOODLE CASSEROLE

INGREDIENTS

Serves 4-6

10 1/2 oz. can Cream of Mushroom Soup
1/2 Cup mayonnaise
1/4 Cup milk
1/2 Cup diced celery
Can of mushroom pieces, drained (optional)
1 Cup frozen peas, thawed (optional)
6 oz. albacore tuna packed in water
6oz. Cooked egg noodles
1/4 Cup shredded cheddar cheese
Salt and pepper to taste



DIRECTIONS

1. Mix the soup, mayonnaise and milk together in a large bowl.
2. Add the diced celery, mushrooms, peas and onion.
3. Fold in the tuna, followed by the cooked egg noodles and shredded cheddar cheese.
4. Salt and pepper to your taste. Place in a greased casserole dish.
5. Cook at 375 degrees for about 40-45 minutes, just until the top starts to brown.

VETERAN'S FOOD PROGRAM

The Nahant Veterans Officer Jon Lazar has researched and enrolled the Nahant Veterans in the Greater Boston Food Bank food distribution for Veterans and their families. Jon has come up with a plan to help Veterans in need as well as the Nahant Council on Aging. Since the COA serves veterans this is a great way to help our seniors and our veterans.

There is a simple application process. Once the application is complete the next step is to come to the town hall on the dates below and pick out the food you want. The rest will come to the COA for our food program. On the day you pick up the food please bring reusable grocery bags. You will be responsible to transport the food distributed to you. If you need assistance it is encouraged to bring someone with you or you are allowed to send a representative to pick up your food.

If you have any questions about this program contact Jon Lazar 781 599-1948 or Linda Peterson 781 581-7557.

FOOD BANK DATES:

Wednesday, June 10, July 1, August 5 and September 2.



Tiffany Café Menu
JUNE 2015
"One should eat to live not live to eat"
~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
American Chop Suey Corn Bread	Chicken Parm Calzone Salad	Baked Haddock Potato Veggies	Beef Stew with Biscuit Salad	Bratwurst German Potato Salad Green Salad
8	9	10	11	12
Salmon Roasted Potatoes Veggies	Fish Tacos	Chicken Piccata Salad	Mac & Cheese Fish Cakes Broccoli	Soup & Sandwich
15	16	17	18	19
Chef Salad w/chicken Tenders	Stir Fry Beef w/veggies On rice	Roasted Chicken Veggies Salad	Corn Chowder Ham & Cheese Sandwich	Fish Cakes French Fries Cole Slaw
22	23	24	25	26
Ravioli's Meatballs Salad	Pepper & cheese Steak Sub Chips	Chicken Ala King On a Biscuit	Chili w/ chips Shredded Cheddar Cheese	Pizza Salad
29	30	Menu subject to change Please let us know if you have any food allergies		
GUEST CHEFS SURPRISE LUNCH	Pad Thai Noodle w/Chicken & veggies			

HEALTH AND WELLNESS

Tuesday 9th	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday 11th	9:00 a.m.	Blood Pressure
Monday 29th	9:30 a.m.	Hair Styling (sign up required)
Tuesday 23rd	9:30 a.m.	Manicurist (sign up required) \$10.00

EXERCISE/ACTIVITIES

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



IN MEMORY OF MARIE MUZZIOLI

NAHANT — Mrs. Marie R. (Annunziata) Muzzioli, age 90, of Nahant, died unexpectedly on Wednesday, May 13, 2015 in Salem Hospital. She was the beloved wife of the late Joseph J. Muzzioli.

Born in Worcester, Marie was the daughter of the late Fabrizio and Lena (Gugilmetti) Annunziata. She attended Worcester schools and was a graduate of Commerce High School. She later attended the David Hale Fanning Trade School and Framingham State College.

Marie enlisted in the United States Navy and proudly served her country during World War II. It was at that time that she met her husband Joe in San Francisco.

In later years, she worked for over five years at the Port-

land City Hospital. In 1994, she served as chairwoman for the USS Long Island Reunion. In 1994, she served as chairwoman for the USS Long Island Reunion.

Marie was devoted and active in her community, especially with the Nahant Council on Aging. She was also a faithful parishioner of St. Thomas Aquinas Church. She enjoyed sewing, walking, gardening and reading.

She leaves four daughters, Joanna Popiel and her husband Jacques of Colorado Springs, Colo., Ann Marie Barbieri and her husband Bruce of Boxford, Barbara Bodner of Revere and Linda Russo and her husband Jim of Saugus. She is also survived by 10 grandchildren, nine great grandchildren and many nieces and nephews. She was the sister of the late Anthony Annunziata, Camella "Millie" Shattuck and Antoinette Riedl.

[illegible]

Interested in getting involved? The Friends of the Nahant Council on Aging [NCOA] are always happy to welcome new members. For more information call Linda Lehman (781-581-1638).

 Individual \$10.00 Good Friend \$25.00 Great Friend \$50.00
 In Honor/Memory/Appreciation of _____
OR _____

Person's name: _____
Donated by: _____

Please make checks payable to and mail to: **Friends of Nahant Council on Aging**
334 Nahant Rd., Nahant, MA 01908

BIRTHDAY CELEBRATIONS

June 1 - June Carmody
June 2 - Elizabeth Fortucci, David Lazzaro, Joel Marie
June 3 - Marjorie Cenci, Joseph Brugman, Youngae Benson, Thomas DiBenedetto, Sharon Dobbyn
June 4 - William Robinson, James Walton, Mary Donahue, Celia Hill, Gretchen Henry, Kathy O'Connor, Judith Shanahan, Michael McGrath, Kevin Shanahan
June 5 - Katherine DiVittorio, Colleen Sheppard, Frank Dunion, Owen Kane, William Sherlock, Dale Warren
June 6 - Mary Valeri, Celia Ustaszewski, Janet Rouse, Robert Cass, Claire Flebbe, Thomas Parrott, Claudia Orleans, Michael Davis, Stephen O'Malley
June 7 - Craig Mosher
June 8 - James Savino, Anne Senk, David Wilson, Lizette Marrero
June 9 - Barbara Mackey, Laurie Bishop
June 10 - Robert McIlveen, James McCullough, True Blaisdell, Roger Beckert
June 11 - Earl Brewer, Theresa Moore, Lawrence Bradley, Gretchen Sterenberg, Richard Fox, Robert Cronin
June 12 - Josephine LaFalce, Anne Cote, James Callahan, Judith Larkin
June 13 - Mary Lou McGinn, Dorothy Vitale, David Hussey, Shirley Sarpi-Brahm, Patricia Aldrich
June 14 - Marie Hosker, Jeannette White, Andrea Gaulzetti, Janet Lass, Suzanne Karatzas, Darleen Terminello
June 15 - Frances Cohen, Daniel Droukis, Conrad Squires, Lynne Spencer
June 16 - Rosemary Brown, William English, Ellen Steeves, Kevin Solimine, Pauline Marra
June 17 - Thomas Loftus, Elisabeth Hemminger, Peter Scapicchio, Barbara Stamos, Lana Mogan, Charles Mogavero, Sheldon Sevinor, Janina Wabno, William Ludke, Kristina Etter
June 18 - Eugene Swanson, Vincent Ricci, Richard Snyder, Mary Magner
June 19 - Anne Spirn, Alice Volk-Roy
June 20 - William McDonald, Wilfred Cote, Susan DePaolo, Charles Marino
June 21 - Jane "Bonnie" Lombard
June 22 - Donna D'Amico
June 23 - Helen Taylor
June 24 - Martin Samuels, Paul Wilson
June 25 - Dorothy McGuire, Margaret Hinrichs, Roger Peladeau, Elizabeth Kelley
June 26 - Janet Malatesta, Robert Guiney, Jean Mullen, Robert Tibbo
June 27 - Margaret Antrim, Kenneth Taylor, William Mahoney, John Stephen Cody, William O'Connor
June 28 - Anita Smith, Joseph McDonough, Frank Pesco
June 29 - Christie Stamos, Richard DeBenedetto, Laurel LaLiberte, Dolores Merlino, Gary Deines, Mary Marino, Francis Barile
June 30 - Helen Staffier, Andre Sigourney, Richard Hagoort

REMINDER: THE REGISTRY OF MOTOR VEHICLES NO LONGER SENDS REMINDERS THAT YOUR LICENSE HAS EXPIRED. PLEASE CHECK THE EXPIRATION DATE ON YOUR LICENSE, YOU MIGHT NEED TO RENEW.

SOME DID YOU KNOWS

Did you know the names of all continents start and end with the same letter
Did you know cats spend 66% of their life asleep
Did you know macadamia nuts are toxic to dogs
Did you know when lightning strikes it can reach up to 30,000 degrees celsius (54,000 degrees Fahrenheit)
Did you know each time you see a full moon you always see the same side

JUNE HISTORICAL EVENTS

June 1, 1926 - Marilyn Munroe was born in Los Angeles (Norma Jean Mortensen)
June 5, 1783 - The first sustained flight occurred as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier.
June 30, 1971 - The 26th Amendment to the U.S. Constitution was enacted, granting the right to vote in all federal, state and local elections to American citizens 18 years or older. The U.S. thus gained an additional 11 million voters. The minimum voting age in most states had been 21.