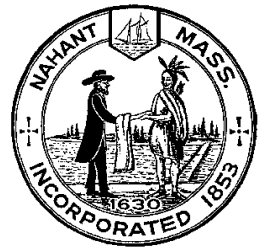


# August 2017

# 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](http://www.nahantcouncilonaging.org)**

## **From** Linda Peterson

In the coming months the Nahant COA and the community will be introduced to a new program, "Joining Hands" to create a dementia friendly community. Please refer to page 3, for details.

Here is a story about how the community can help with dementia residents. I have this friend whose husband has the beginnings of dementia. His condition is known to the couple's friends and family so one day the caregiver received two phone calls from friends to let her know that her husband was at two local eateries. They were concerned that he was alone and wanted her to know.

After another tough day with my friend, the caregiver from above, another friend sent her this poem. I will leave you with it.

## **"The Oak Tree"**

by Johnny Ray Ryder Jr

A mighty wind blew night and day.  
It stole the oak tree's leaves away.  
Then snapped its boughs and pulled its bark  
Until the oak was tired and stark.  
But still the oak tree held its ground  
While other trees fell all around.  
The weary wind gave up and spoke,  
"How can you still be standing oak?"  
The oak tree said "I know that you  
Can break each branch of mine in two,  
Carry every leaf away,  
Shake my limbs and make me sway.  
But I have roots stretched to the earth,  
Growing stronger since my birth.  
You'll never touch them, for you see,  
They are the deepest part of me.  
Until now I wasn't sure  
Of just how much I could endure  
But now I've found, with thanks to you,  
I'm stronger than I ever knew."

## Trips, Events.....on the Go!

- |                      |  |
|----------------------|--|
| <b>Wed., Aug. 2</b>  | <b>Old State House Tour.</b> Discover why the Revolution began here, with people and events that changed the world forever. Learn important things about Boston and the original State House you never knew - things that are still important today. Admission is \$4.00. Our tour is scheduled for 11:00 and we will plan on spending about 60 minutes in the Museum. We'll eat at Faneuil Hall for lunch. For more details, check the sign up sheet in the Tiffany Room. |
| <b>Wed., Aug. 9</b>  | <b>Schooner FAME, Salem Harbor Sound.</b> The one hour and 45 minute sail will leave the Pickering Wharf Marina at 2:00. The cost is \$20.00. traditional Essex-built schooner will carry you past lighthouses, old forts, pristine islands, and magnificent waterfront homes. Sit back and enjoy the scenery. For more details, check the sign up sheet in the Tiffany Room. This trip was originally scheduled for July 12.  |
| <b>Fri., Aug. 18</b> | <b>Institute of Contemporary Art, Boston.</b> Experience dynamic exhibitions in a breath taking waterfront setting. <u>Admission to the Institute is FREE on this day.</u> Plan to spend about 90 minutes at the Institute. Or take some time walking along Boston's spectacular Harbor Walk. We will stop for lunch on the way home. For more details, check the sign up sheet in the Tiffany Room.   |
| <b>Fri., Sept. 1</b> | <b>New England Clambake, Nahant Dory Club.</b> Enjoy a fabulous traditional Clambake while relaxing by the water's edge at the Town Wharf. Brett Henry will provide us with a menu that is sure to please, including lobster, chicken and all your favorite sides! Don't forget to bring your sunscreen! Price for lunch is \$20.00. Sign up on line or at the Tiffany Room.   |

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](http://www.nahantcouncilonaging.org), by phone (781-581-7557), or in person at the Tiffany Room.

## COMING ATTRACTIONS

- |  |  |
|--|--|
| <b>Wed., Sept. 20</b>                      | <b>Strawbery Banke</b> an authentic 10-acre outdoor history museum dedicated to bringing 300+ years of American history in the same waterfront neighborhood to life. Explore eight heritage gardens, 32 historic buildings and traditional crafts. The Museum's restored buildings and open space invite visitors to immerse themselves in the past. |
| <b>Wed., Sept. 27<br/>Thurs., Sept. 28</b> | <b>Flu Clinic, Nahant Town Hall.</b> Get ready for Flu season! Wednesday, 3:00 - 6:00pm and Thursday, 3:00 - 7:00pm. Bring an ID and insurance cards (Medicare) with you.  |
| <b>Fri., Sept. 15</b>                      | <b>Commonwealth Museum, State Archives Building.</b> Discover the Declaration of Independence, the Bill of Rights, Paul Revere's original Copper Engraving Plate, and more! See more details in next month's newsletter.   |
| <b>Oct. 2017</b>                           | <b>Norman Rockwell Museum, Red Lion Inn and Foliage tour.</b> Take a trip to Stockbridge to visit the Norman Rockwell Museum, tour Stockbridge Village and lunch at the historic red Lion Inn. \$89.00 per person. NON REFUNDABLE. More details to follow.   |
| <b>Wed., Dec. 6</b>                        | <b>Edwards Twins: Christmas with the Stars Dinner Show.</b> Direct from their act in Las Vegas, Anthony and Eddie, the Edwards Twins, are two identical brothers who look and sound like famous celebrities. \$55.95 per person. More detail to follow.  |

## HAPPENINGS AROUND TOWN

- Fri., Aug. 4**      **Nahant Village Church Breakfast.** Debby Segal and Taylor Lamberta from GLSS will present the ***Dementia Friendly America Initiative***. A “dementia friendly” community is defined as one that is informed, safe, and respectful of individuals living with dementia and their families and a place where these individuals have independence and are engaged in the life of the community. The free breakfast starts at 8:00am. All are welcome and please feel free to bring a family member or friend. We offer a hearty breakfast, an informative presentation and wonderful camaraderie.
- Tues., Aug. 8**      **Help for Hearing Loss Lecture, GLSS, 8 Silsbee St. Lynn, MA.** Join Dr. Joan McCormack for an informative lecture on HELP for hearing loss and services of the North Shore Hearing Foundation. The North Shore Hearing foundation provides financial assistance for people of very low income who need hearing aids and shares information about the importance of good hearing on quality of life for everyone. For more information, visit [www.nshearingfoundation.com](http://www.nshearingfoundation.com) or call 781-581-1500.  
Lecture begins at 9:30 am.
- Thurs. Sept. 14**      **Tides Fundraiser.** Friends of Nahant COA will be hosting a fundraiser at Tides Restaurant. Enjoy dinner, and a spectacular sunset while supporting the “Friends”.
- Thurs., Aug. 17**      **In The Moment Memory Café, Lynn Museum, 590 Washington Street, Lynn MA.** 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](mailto:tlamberta@glss.net) or call 781-586-8540.

**“JOINING HANDS”** – to create a dementia friendly community, is a new program that Greater Lynn Senior Services (GLSS) developed, with the help of a grant from Mass Executive Office of Elder Affairs. This program will address dementia and the impacts it has on the person, the caregiver and the community. This program JOINS together community leaders, first responders, elected officials, religious leaders public health officials, the Council on Aging, and most importantly our neighbors. One of the biggest challenges in creating dementia friendly communities is getting the public talking about dementia.

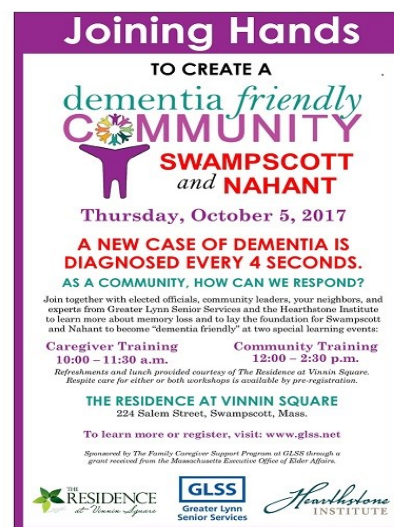
Here are a couple facts about dementia:

- Caregiving for a person with dementia is highly stressful
- People with dementia and their families are often discriminated against

There will be a couple of events to get the Nahant community talking about dementia.

Friday, August 4<sup>th</sup> at 8:00 a.m., the Nahant Village Church will host Debby Segal and Taylor Lamberta from GLSS at the monthly church breakfast. Debby & Taylor will show a short video and discuss the details of the program.

Thursday, October 5, there will be a “Joining Hands” event at the Residence in Vinnin Square. The community event will feature 2 training sessions, one for caregiver and one for the community.





# 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**.

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

## 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 781-581-0018, 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.

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, August 9, from 1:00 - 3:00.  
Make your personal appointment at the Tiffany Room.

## August is National Immunization Awareness Month

Immunization, or vaccination, helps prevent dangerous and sometimes deadly diseases. Immunization isn't just for kids — to stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get vaccinated too.

All adults should get vaccines to protect their health. Even healthy adults can become seriously ill and pass diseases on to others. Everyone should have their vaccination needs assessed at their doctor's office, pharmacy, or other visits with health care providers. Certain vaccines are recommended based on a person's age, occupation, or health conditions (such as asthma, chronic obstructive pulmonary disease, diabetes or heart disease).



Adults 60 years and older are recommended to receive the shingles vaccine. And adults 65 and older are recommended to receive one or more pneumococcal vaccines. Some adults younger than 65 years with certain high-risk conditions are also recommended to receive one or more pneumococcal vaccinations.

Adults may need other vaccines (such as hepatitis A, hepatitis B, and HPV) depending on their age, occupation, travel, medical conditions, vaccinations they have already received, or other considerations

**Talk with your health care professional about which vaccines are right for you based on your age, health, job, lifestyle, and other factors.**

### FLU CLINIC

#### NAHANT TOWN HALL

**WEDNESDAY, SEPTEMBER 27, 2017 3:00pm-6:00pm**

**THURSDAY, SEPTEMBER 28, 2017 3:00pm-7:00pm**



### NAHANT COA INTRODUCES

#### ZUMBA GOLD!

This first 6 week session begins Tuesday, July 25, at the Community Center on Valley Road. Classes will start at 5:00pm. Classes will cost \$5.00.

**No advanced sign up is necessary.**

**Proper Footwear is required.**



# RECYCLING RULES HAVE EVOLVED!

## RECYCLE MORE. TRASH LESS.

Let's help keep Nahant's beaches beautiful.

### Single stream recycling is easy!

Place clean containers, papers, and cardboard together in one bin. Is your little blue recycling bin overflowing? Pick up a **free sticker** at Town Hall and enjoy a big recycling barrel. Thanks for reducing waste and recycling as much as possible. You help make the Nahant Recycling Program a success!



### Yes Containers

Aluminum cans, trays & foil  
Glass bottles & jars  
Large plastics (broken toys, buckets, laundry baskets)  
Metal cans  
Milk cartons & juice boxes  
Plastic #1 - #7  
Stiff plastic containers  
Spiral cans (potato chips, nut cans)

### Yes Papers

Books (rip off hard covers)  
Cardboard boxes (tied & bound; no wax)  
Coffee cups (empty, no Styrofoam)  
Frozen food boxes (if it rips)  
Newspapers with inserts  
Magazines & catalogs  
Paper bags  
Paperboard (cereal & tissue boxes, paper towel rolls)  
Phone books & junk mail (remove free samples)  
Pizza boxes (empty, no wax paper)  
Shredded paper (in a clear plastic or paper bag)  
White & colored paper (staples, paper clips, spirals ok)  
Wrapping paper

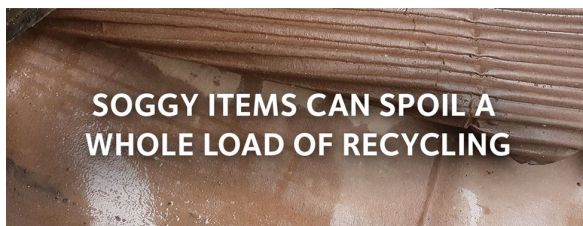
### No

No Trash  
No Plastic Bags  
No Styrofoam  
No Food Waste  
No Ceramics  
No Dishes / Glassware  
No Chemical Containers  
No Electronics  
No Light Bulbs  
No Mirrors / Plate Glass  
No Photographs  
No Tissues  
No Napkins  
No Pots, Pans  
No Scrap Metal  
No Windows  
No Aerosol Cans  
No Blueprints  
No Carbon Paper

Designed by Mary Jo  
Mitchell Fingershach for

This flyer provided to Nahant by SWIM.

[www.nahant.org/swim](http://www.nahant.org/swim)



**SOGGY ITEMS CAN SPOIL A  
WHOLE LOAD OF RECYCLING**



**PLASTIC BAGS CAN SHUT DOWN  
AN ENTIRE RECYCLING PLANT**

## 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](http://www.nahantlibrary.org)**

**Please call for holiday information and events.**

## 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	Aug. 1	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Aug. 8	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Aug. 15	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Aug. 22	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Aug. 29	Market Basket and Vinnin Square	12:30 P.M.

### VETERAN'S FOOD PROJECT

**Aug. 2, 2017    Sept. 6, 2017    Oct. 4, 2017    Nov. 2, 2017    Dec. 6, 2017**

### Slow-Cooker Garlic-Parmesan Chicken

RECIPE COURTESY OF LINDSAY FUNSTON

*Summer is great time to use your crock pot.  
Prep in the morning and everything is ready  
when you get home from the beach!*

#### INGREDIENTS

- 1/3 c. plus 2 tbsp. extra-virgin olive oil
- 2 lb. bone-in chicken thighs
- Kosher salt
- Freshly ground black pepper
- 1 lb. baby red potatoes, quartered
- 2 tbsp. butter
- 5 cloves Garlic, Chopped
- 2 tbsp. freshly chopped thyme
- freshly grated Parmesan, for serving



#### DIRECTIONS

1. In a large skillet over medium-high heat, heat 1/3 cup oil.
2. Season chicken with salt and pepper, and sear until golden, 3 to 4 minutes, then flip and sear 3 minutes more.
3. Meanwhile, in a 6-quart slow-cooker, toss potatoes with remaining 2 tablespoons oil, butter, garlic, and thyme.
4. Season generously with salt and pepper.
5. Add chicken to slow cooker and toss gently, then cover and cook on high for 4 hours or low for 8 hours, until potatoes are tender and chicken is fully cooked.
6. Garnish with Parmesan and parsley and serve.



## Tiffany Café Menu

**AUGUST 2017**

*"One should eat to live not live to eat"*

*~Moliere~*



Monday	Tuesday	Wednesday	Thursday	Friday
<b>All lunches served with:</b> <b>Milk</b> <b>Bread &amp; Butter</b> <b>Dessert</b>	<sup>1</sup> Pizza Cesar Salad	<sup>2</sup> Grilled Pork Loin, Summer Squash & Cauliflower Roasted Sweet Potato	<sup>3</sup> American Chop Suey, Salad	<sup>4</sup> Stir Fry Chicken, with Vegetables, Rice
<sup>7</sup> Tuna Stuffed Tomatoes Pasta Salad Cheesy Biscuits	<sup>8</sup> Pulled Pork Sandwiches French Fries	<sup>9</sup> Ravioli in Tomato Sauce, Green Beans, Garlic Bread	<sup>10</sup> Chicken Cordon Bleu Casserole, Broccoli	<sup>11</sup> Beef Stew, Carrots, Biscuits, Tossed Salad
<sup>14</sup> BLT Sandwich Mini Mac & Cheese Citrus Fruit Salad	<sup>15</sup> Ham & Cheese Quiche Home Fries Blueberry Muffins Fruit Salad	<sup>16</sup> Chicken & Broccoli Alfredo over Pasta, Cesar Salad	<sup>17</sup> Sweet and Sour Meatballs, Rice, Vegetable	<sup>18</sup> Grilled Chicken Cesar Salad, Garlic Bread
<sup>21</sup> Bacon & Egg Breakfast Sandwiches Potato Pepperoni Hash	<sup>22</sup> Lasagna Garlic Bread Cesar Salad	<sup>23</sup> Grilled Chicken Wraps, Tomato, Basil & Mozzarella Salad	<sup>24</sup> Meatloaf, Au Gratin Potato, Buttered Broccoli	<sup>25</sup> Baked Fish, Grilled Vegetables, Mashed Potato, Salad
<sup>28</sup> Chicken Parmesan Pasta Cesar Salad Garlic Bread	<sup>29</sup> Meatball Grilled Cheese Sandwich Pesto Pasta Salad	<sup>30</sup> Grilled BBQ Chicken, Potato Carrot and Raisin Salad	<sup>31</sup> Baked Macaroni and Cheese, Salad	<b>Menu is subject to change.</b>



## HEALTH AND WELLNESS

Tuesday Aug. 1	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday, Aug. 3	8:30 a.m.	Dr. Sanphy—Podiatrist (sign up required)
Thursday Aug. 10	10:00-11:30	Blood Pressure Clinic
Tuesday Aug. 15	9:30 a.m.	Manicurist (sign up required) \$10.00
Monday Aug. 28	9:30 a.m.	Hair Styling (sign up required)
Tuesday Aug. 29	9:30 a.m.	Manicurist (sign up required) \$10.00

### EXERCISE/ACTIVITIES

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday, Wed., Fri.	9:00 a.m.	Total Body Exercise	Community Center
Monday	5:00 p.m.	YOGA (\$5.00)	Community Center
Tuesday(7/25-8/22)	5:00 p.m.	Zumba (\$5.00)	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Thursday	5:00 p.m.	Mat & Stretch Class	Community Center

## PUZZLE OF THE MONTH!

alone  
arena  
arrow  
attire  
beer

came  
cello  
chasm  
cheek  
church  
custody

desire  
division  
dream

eccentric

farms  
fate  
fellow  
future

garland  
gifts

heat  
hurrah  
immense

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

leis  
letter  
libel  
local

male  
mass  
mettle  
mitts

nature

pram  
priest  
puzzle

rare

seal  
shame  
slander  
stalk  
stole  
sued

tackle  
tenor

Fundraiser for Friends of Nahant COA



Thank you to Linda L. Peterson,



Ladies Night Whiskey Tasting

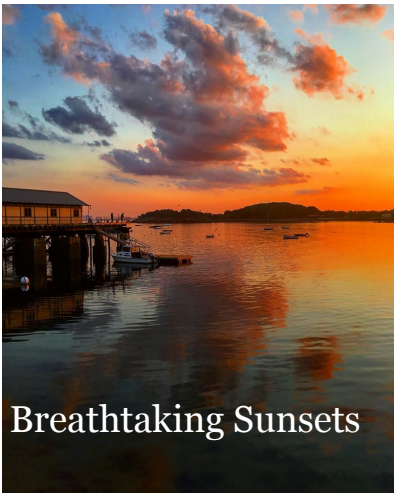


Tiffany Tran and Susan Cadigan.



Post Card Perfect

Summer  
In  
Nahant



Breathtaking Sunsets



Caring for one another!



Summer Fun!



July 4 Fireworks



The Friends of Nahant COA recently received donations:



In memory of:

Bob Cormier

In honor of:

Peggy Silva

The Friends and the COA are very grateful for all of the support our community of Nahant has shown us.



The Friends of Nahant COA will be participating in the St. Vincent dePaul Yard Sale being held at St. Thomas Aquinas Church on

Saturday, September 23.

If you are thinking about fall cleaning and have a few things to donate, please call

Linda at 781-581-1638 or

Penny at 781-599-2554.

Things we **cannot** accept as donations are: books, used bedding & linens, computers, TVs and other electronic devices.

### 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

**August 1-** Barbara Colby  
**August 2 -** Ferris Vanmeter, Angelo Parisi  
**August 3 -** Marguerite Rizzo, Robert Kershaw, Marianne Asselin, Mary Jane Maher, Janet Dolan, David Lail  
**August 4 -** Brenda Cook, Stephen Landry, Mark Dougherty, Ellen Wilson, Michael Debiasi  
**August 5 -** Zena Nies  
**August 6 -** Frances Hall, Barbara Ennis, Marianne Moore, Stephen Opaki, John Casey  
**August 7 -** Richard O'Connor, Patricia Magner  
**August 8 -** Laurence Ward, John Falat, August Salliman, Richard Malatesta  
**August 9 -** Margaret Piccola, Joseph Haskell, Karen Driscoll  
**August 10 -** Diane Mason, Richard Peters  
**August 11 -** Anne Arnold, Alan McSweeney, Barbara Hodges, Susan Fullam  
**August 12-** Nancy Cantelmo, Debra Ford  
**August 13-** Jeanne Kirouac  
**August 14-** Carl Easton, Sharlene Queenan, Paul Ferragamo  
**August 15-** Paul Laubner, Patricia Demit, Wendy Munro, Esther Johnson, Mary Opacki  
**August 16-** Silvia Hickey, Angela Sansone, James Clark, Julia Babushkina, Martin Lucantonio  
**August 17-** Joseph McDonald, Dianne Geaney, Martha Lederer, John Kennedy, Pamela Sprenger  
**August 18-** Lee Regnante, Viola Patek, Claudia Mannix, Michael Rauworth  
**August 19-** Robert Spencer, Mary Pearson, Maureen Wladkowski, Val Chepeleff, Lisa Croft, Linda Champigny  
**August 20-** Harriet Steeves, Michael Billias, Frederick Murphy, Thomas Swirka, Stephen Deangelis, Richard Scourtas, David Sparr  
**August 21-** Mirjana Maksimovic, Robert Savage  
**August 23-** Thomas Costin, Mary Behen, Dorothy Ryckman, Rita Anderson, Fred Fiducia, Janet Peterson  
**August 24-** Maureen Edison, Shirley Spillane, John Connor, Marcia Divoll, Margaret Bolthronis, Roger Pasinkski, Robert Dow  
**August 25-** Joseph Casey, Duncan Lorien  
**August 26-** Paul Mador, Pamela Motley, Karen Hansell, Trent Shute  
**August 27-** Frances Bertrand, Philip Cahalin  
**August 28-** John Casey, Patricia Mcardle, Sheila Hambleton, Paul Morse, George Papagelis  
**August 29-** Ruth Brownell, Robert Brienze, Marilyn McKeon, David Aldrich  
**August 30-** John Lombard, Nancy Nicosia, William Burton, David Hunt  
**August 31-** Janet Benkert, David Conlin, Ronald Day, Lois Pagliuca, Brian McCormick

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](mailto:pmorse@nahant.org),  
 or drop it off at the office.


*Tiffany Room Hours*  
*August 2017*  
*Monday-Friday 9:00-1:00*