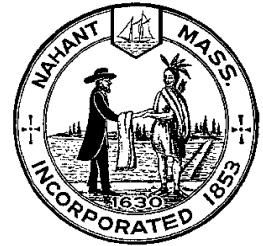


SEPTEMBER 2016

# 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 the Director,**

In the last few months, many of our seniors have taken falls. Some of the falls we have seen this summer were due to dehydration. Dehydration causes dizziness, confusion, weakness and other symptoms that could cause a fall. The hot weather might be behind us but we still need to keep hydrated.

Among older adults, falls are the leading cause of injury related deaths, unintentional injuries and hospitalization for trauma due to falls. Since 2008, Massachusetts has recognized this critical issue by designating the first week of autumn as Fall Prevention Awareness Week. September 22, is Falls Awareness Day. This year's theme is "'Ready, Steady, Balance: Prevent Falls in 2016'".

How do we fix this problem? Can we fix this problem? Over the past few years the Nahant COA, with the support of GLSS, have tried to get the message out that good balance and being aware of your surroundings can help prevent a fall. The COA & GLSS held "Matter of Balance" workshops, conducted a health fair which included The Kiosk for Living Well. This Kiosk is a GLSS program that provides balance screenings for seniors as well as screenings and activities in other areas. We have printed articles and tips on fall prevention in the Tiffany Times. We offer exercise classes to help seniors stay strong. This year will be no different. On Wednesday, September 21<sup>st</sup> the Kiosk will be back in Nahant. Please join us from 10 – 12:30 for a short educational presentation about falls and then enjoy the other activities the Kiosk offers.

*Linda Peterson*

*Executive Director*

## *Tiffany Room Hours*

*September 2016*

*Monday-Friday 9:00-1:00*

*CLOSED*

*Labor Day, Monday, September 5*

## ON THE GO..... AND EVENTS

- Friday, Sept. 2** **Labor Day Party** at the Knights of Columbus, 17 Relay Yard, Nahant MA. This year Bret Henry is providing us with a real New England tradition of Lobster and all the fixings! Entertainment by Sgt. Dan Clark. Rain or shine, you can't beat the beautiful view from the Knight of Columbus Hall. The cost is \$20.00 for what promises to be a fabulous afternoon!
- Wed., Sept. 7** **Lunch and a Movie. "THE LIGHT BETWEEN OCEANS"** Let's beat the heat! We will grab a bite to eat and enjoy some popcorn and a dramatic story set in Australia in 1940's. Senior discount rate for the movie is \$6.50. Lunch will be either at the 99 Restaurant in Revere or Pizzeria Uno, Revere.
- Friday, Sept. 9** **Peabody Essex Museum. American Impressionist: Childe Hassam and the ISLE OF SHOALS.** This is the first exhibition in more than 25 years to focus on Hassam's paintings of the Isles of Shoals, a group of small, rocky islands lying in the Gulf of Maine six miles off the coast of Portsmouth, New Hampshire. Our guided 1 hour tour begins at 10:00. Admission in \$20.00. The bus leaves the Tiffany Room at 9:00. We'll plan to stop at the Port Hole for lunch on our way home.
- Friday, Sept. 23** **47th Annual Cape Cod Scallop Fest**, East Falmouth MA. Enjoy our famous scallop and herb-roasted chicken dinners. Cost of lunch (fried scallops or roasted chicken) is \$20.00. **The bus will leave Tiffany Room at 9:30 SHARP!** We will plan a stop at the Christmas Tree Shop in Sagamore, MA., on our way home.
- Wed., Sept. 21** Get some tips around strengthening your balance and increasing your mobility at **The Kiosk for Living Well!** Please join us from 10:00 – 12:30 for a short educational presentation about falls and then enjoy the other activities the Kiosk offers.
- Thursday, Sept. 28** **You vs. Big Healthcare; How to advocate for yourself and your loved ones.** Presentation by Jo-Ann Thibault, founder and CEO of The Elder Insider. You do have a voice and a choice! Learn how to become your own healthcare advocate! Tiffany Room 12:15. Bring a friend!

## COMING ATTRACTIONS

- Monday, Oct. 3** **Topsfield Fair** The Topsfield Fair, America's oldest and finest agricultural fair, has run every fall since 1818. Admission \$8.00.
- Wed., Oct. 19** **Turkey Train, Meredith, NH.** Enjoy a complete turkey dinner aboard the train catered by Hart's Turkey Farm! Your round trip Fall Foliage Dinner Train will depart Meredith NH at 1:00pm. Cost of the trip is \$36.50 and includes dinner. Don't miss out! Sign up early!
- Wed., Oct 26** **Arnold Arboretum Guided Tour** 90 minute guided bus tour of the Arboretum displaying it's vibrant fall colors. Cost of the tour is \$12.00.
- Monday, Oct. 31** **Halloween Party** Join us to celebrate Halloween in style! Lunch, music, and prizes for the best costumes! Costume judging 11:30—12:00, lunch at 12:-00, magic show at 12:45.

## NAHANT PUBLIC LIBRARY - SUMMER HOURS

**Tuesday and Thursday 10am to 7pm**  
**Wednesday and Friday 10am to 5pm**  
**Saturday 12pm to 4pm**  
**Sunday once a month 3pm to 6pm**  
**Monday - Closed**

**781-581-0306** **www.nahantlibrary.org**  
 Please call for holiday information and events.

## HAPPENINGS AROUND TOWN

### NAHANT COMMUNITY BREAKFAST

Friday, September 9.

The breakfast will take place on Friday September 9 (not the 2<sup>nd</sup> because of Labor Day weekend). The presentation will be on the Mass Audubon Society by Carol Decker who is Director of the Ipswich River Wildlife Sanctuary. She will talk about the breadth of the organization's work throughout the state, highlight work at the Ipswich Sanctuary, and of course talk about the importance of the Nahant Thicket as a migratory bird habitat. The free breakfast is served at 8 a.m. Plan to come for an informative presentation, a hearty breakfast and some wonderful camaraderie. Spread the word and bring a family member or friend.

### FOXWOODS RESORT CASINO

Friday, September 9.

**Bus leaves Ocean Shores Apartment Complex, 50 Lynnway, Lynn, MA, at 7:00AM SHARP!** The bus will leave Foxwoods at 5:30. Cost of the trip is \$27.00. If you are interested in joining us, call Emma at 781-598-2169. Payment must be made by August 31. Emma will be at Ocean Shores on Monday, August 31, from 12:00-2:00 to collect payment.

### NAHANT WOMEN'S CLUB: THE ENCHANTMENT OF CAMBODIA

Friday, September 16.

The Nahant Woman's Club will be hosting the nationally recognized Angkor Dance Troupe for "The Enchantment of Cambodia" at the Nahant Town Hall at 7:00pm on Friday, September 16. The Angkor Dance Troupe was founded in 1986 by Tim Thou and a group of Cambodian refugees with a passion for Khmer performing arts. The troupe came together in Lowell MA, with the sole purpose of reviving a culture once almost lost. Advanced tickets are \$12 for adults and \$8 for children under 12. Ticket price at the door will be \$15 for adults and \$10 for children. To purchase tickets on line, visit [bit.do/Rosie-NWC](http://bit.do/Rosie-NWC), or contact Mia Corinha at 781-581-5933.

### SVDP YARD SALE

Saturday, September 24.

The Society of St. Vincent DePaul will hold it's annual fall yard sale on Saturday, September 24 from 9:00- 1:00, in the parking lot of St. Thomas Aquinas Church. As always, it promises to be a treasure chest of bargains including clothing, furniture, housewares, books and children's items. Don't miss it! For more information please contact Mary Magner at 781-581-1272, or Linda Lehman at 781-581-1638.

### OPEN HOUSE AT THE TIFFANY ROOM

Sunday, September 25

The Friends of Nahant Council on Aging invites you to an open house at the Tiffany Room. Drop in for refreshments and check out our trips and upcoming events! 2:00-4:00.

### FRIENDS OF NAHANT COUNCIL ON AGING TIDES FUNDRAISER

Thursday, September 29.

The Friends of Nahant Council on Aging will hold a Fundraising night at Tides. Tides will donate 10% of total sales from 6:00-9:00pm throughout the restaurant and pub to the Friends of Nahant COA. There will be 50/50 raffle, gift baskets and more! Join us for a fun evening!

### NAHANT READS TOGETHER: FAHRENHEIT 451

August 12 thru October 23

#### **Nahant Examines the Media through a Book**

Nahant Public Library announces a new town-wide read of the 1953 bestseller, *Fahrenheit 451*. Using the book as a springboard for discussing how books and media have impact, the Library will present a series of events, beginning just before Banned Books Week at the end of September. The classic dystopian novel by Ray Bradbury involves a world in which books are burned by firemen and independent thought is discouraged. Related event and activities are scheduled from September 24-October 23, 2016. Copies of the book are available to borrow in paper form from the library or electronic form through [www.nahantlibrary.org](http://www.nahantlibrary.org). For further information, call Nahant Public Library at 781-581-0306.





# OUTREACH



In an effort to meet our Mission the Nahant COA provides a variety of services to the members 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 agent, Jon Lazar at Town Hall.

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, September 14, from 1:00 - 3:00.**

**Make your personal appointment at the Tiffany Room.**

## HEALTH AND WELLNESS

Tuesday	Sept. 13	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday	Sept. 15	10:00-11:30 a.m.	Blood Pressure Clinic
Tuesday	Sept. 27	9:30 a.m.	Manicurist (sign up required) \$10.00
Monday	Sept. 26	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
Monday	5:00 p.m.	YOGA (\$5.00)	Community Center
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!

**How to play:** The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

	9			1				
	3						2	7
6						4		
	2		6	8	7			3
7				3				1
					5		1	
					9	6	4	
		8	2		3			

Solution

Page 12.



## OPEN ENROLLMENT INFORMATION NOTICE

### Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

### Do Not Wait Until It's Too Late!

**Charlie Randall** is our trained SHINE volunteer. His confidential counseling on all aspects of Medicare and Medicare-related health insurance programs is free. To schedule a SHINE appointment, call the Nahant Senior Center at 781-581-7557.

For other SHINE related matters, call **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.

SEPTEMBER 15

Please join us at the

## "In the Moment" Memory Café

for people living with Alzheimer's  
disease or related dementias  
and their caregivers

**EVERY THIRD THURSDAY  
OF EACH MONTH**

**10 A.M. – 12 NOON**

**LYNN MUSEUM**

590 Washington Street, Lynn, Mass.  
(Directions at [www.lynnmuseum.org](http://www.lynnmuseum.org))

Serving up  
a steaming  
cup of:

Creativity  
Connection  
Engagement  
Encouragement  
Refreshment  
Reassurance  
Friendship  
Fun!

For more  
information,  
contact:

781-586-8511  
[tlamberta@glss.net](mailto:tlamberta@glss.net)

[www.glss.net](http://www.glss.net)



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IN PARTNERSHIP WITH



# YOUR VOICE YOUR VOTE

**State Primary | Thursday, September 8th** The polls will be open from 7 AM until 8 PM .



Representative in Congress 6th District  
Councilor 6th District  
Senator in General Court 3rd Essex District  
Representative in General Court 11th District  
Sheriff Essex County



**Voter Registration** | Voter registration for the September Primary is Friday August 19th.  
The Town Clerk's office will be open from 9 AM until 8 PM.



**Special Town Meeting - Monday, September 26,** Town Hall 7:30 pm.

## **DISCUSSION AND VOTE: Article 1.**

As far back as 2008, the Town has proposed that the Military housing, located at the corner of Castle and Gardner Roads, be re-developed to contain eight (8) single-family houses and a twenty (20) unit condominium building. The current zoning does not permit the re-development of this property as envisioned. **Article 1** proposes a zoning amendment that is specific to the town-owned land and would modify the existing density and area requirements within the Town Zoning Bylaw in order to permit the desired re-development. Any proposal under this new zoning amendment would require a special permit from the Planning Board as means of safeguarding that a re-development project would meet the construction specifications delineated in the Coast Guard Housing Design Guidelines established by the Town.



## **Presidential Election | Tuesday November 8th**



The polls will be open from 7 AM until 8 PM.  
**Voter Registration** | Voter registration for the General Election will be Wednesday, October 18th. The Town Clerk's office will be open from 9 AM until 8 PM.



**Early Voting for the November 8th Election** | Starts Monday, October 24th.

**Registered residents who did not return their 2016 Annual Census, or their Voter Inactivation cards, which were mailed out in May, will be required to show proof of residency at the polls. This process could take several minutes, as you would be required to show proof of residency and fill out documents as such.**

## TIFFANY CAFÉ LUNCH PROGRAM

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

### FOOD SHOPPING PROGRAM

Tuesday	Sept. 6	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Sept. 13	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Sept. 20	Market Basket and Vinnin Square	12:30 P.M.
Tuesday	Sept. 27	Market Basket and Vinnin Square	12:30 P.M.

### VETERAN'S FOOD PROJECT

Wednesday, Sept. 14

Wednesday, Nov. 2

Wednesday, Oct. 5

Wednesday, Dec. 7

## Beef and Vegetable Soup

TOTAL TIME: Prep: 20 min. Cook: 30 min.

Yield: 6 Servings

On the cooler heartwarming to enjoy a bowl of hot, homemade soup like this one from our Test Kitchen. It's easy to make, using convenience foods like canned tomatoes and frozen green beans. It's versatile, too. You can opt for chicken and chicken broth instead of beef and substitute your favorite veggies.

nights of spring, it's

### Ingredients

- 1 pound lean ground beef (90% lean)
- 1/3 cup chopped onion
- 1/3 cup chopped green pepper
- 2 cans (14-1/2 ounces each) reduced-sodium beef broth
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 cup cubed peeled potatoes
- 3/4 cup fresh or frozen cut green beans
- 1/2 cup chopped carrot
- 1/2 cup water
- 1 garlic clove, minced
- 1 teaspoon Italian seasoning
- 1/8 teaspoon pepper



### Directions

1. In a Dutch oven, cook the beef, onion and green pepper over medium heat until meat is no longer pink;
2. Drain.
3. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until vegetables are tender.
4. Serve immediately or transfer to freezer containers. May be frozen for up to 3 months.

**To use frozen soup:** Thaw in the refrigerator overnight. Transfer to a saucepan. Cover and cook over medium heat until heated through.

### Nutritional Facts

1-1/3 cups: 173 calories, 6g fat (2g saturated fat), 40mg cholesterol, 394mg sodium, 13g carbohydrate (5g sugars, 3g fiber)

17g protein **Diabetic Exchanges:** 1 starch, 2 lean meat.





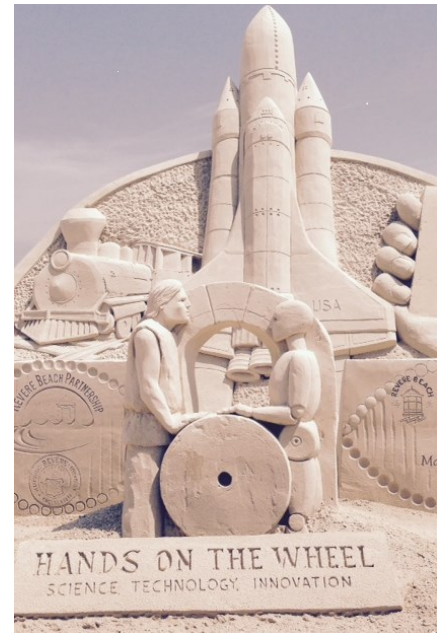
**Tiffany Café Menu**  
**Septemnr 2016**  
*"One should eat to live not live to eat"*  
*~Moliere~*



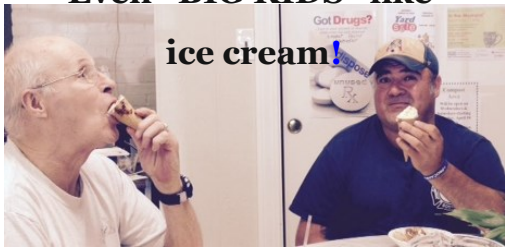
Monday	Tuesday	Wednesday	Thursday	Friday
<b>All lunches served with:</b> <b>Milk</b> <b>Bread &amp; Butter</b> <b>Dessert</b>	<b>Menu is subject to change</b>		<b>1</b> Pot Roast Mashed Potato Vegetable	<b>2</b> <b>LABOR DAY</b>  <b>COOK OUT</b> <b>Knights of Columbus</b>
<b>5</b> <b>LABOR DAY</b> <b>COA</b> <b>CLOSED</b>	<b>6</b> Baked Ham Helen Cort's Zucchini and Tomato Casserole Potato	<b>7</b> Salad Chicken Caprese With Pasta	<b>8</b> <b>STATE PRIMARY ELECTIONS</b> <b>COA</b> <b>CLOSED</b>	<b>9</b> Greek Chicken with Red Bell Peppers and Rice
<b>12</b> Linda's Stuffed Peppers Pasta Salad	<b>13</b> Smoked Sausage and Rice Skillet Dinner Salad	<b>14</b> Pork Tenderloin with Apples and Onions Potato Vegetable	<b>15</b> Chicken Parmesan over Pasta Green Salad	<b>16</b> Portugese Cod with Potatoes and Tomatoes
<b>19</b> French Toast Bacon Fruit Salad	<b>20</b> Meatball, Sausage and Pasta Casserole Garlic Bread Cesar Salad	<b>21</b> Salad Chicken Cacciatore Spaghetti	<b>22</b> Meatloaf Mashed Potato Vegetable	<b>23</b> Guest Chef
<b>26</b> Baked Ham Mac and Cheese Vegetable	<b>27</b> Ham and Cheese Quiche Muffin Fruit Salad	<b>28</b> Salad Asiago Chicken over Pasta	<b>29</b> Broccoli and Cheese Soup Chicken Salad Sandwich Chips	<b>30</b> Guest Chef



**SANDCASTLES  
REVERE  
JULY 25**



**Even "BIG KIDS" like  
ice cream!**



**WELCOME BACK  
IONE!**



**CAUSEWAY RESTAURANT, GLOUCES-**

## **LABOR DAY**

**MONDAY, SEPTEMBER 5, 2016**

According to the United States Department of Labor,

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

## **BE A PART OF SOMETHING SPECIAL BECOME A FRIEND!**

**The Friends of Nahant Council on Aging invites you to an Open House on  
Sunday, September 25 at the Tiffany Room from 2:00 - 4:00.**

**We hope you might consider being part of an enthusiastic organization dedicated  
to making a difference in the lives of fellow Nahanters and our community.**

## FRIENDS OF NAHANT COUNCIL ON AGING

### TIDES FUNDRAISER

FRIENDS OF  
NAHANT COUNCIL ON AGING  
**THURSDAY, SEPTEMBER 29,  
2016**

6:00-9:00



**50/50 RAFFLE  
GIFT BASKETS  
SURPRISES!**

Thank you to Tides Restaurant for its  
commitment to serving our community.



**The Friends of Nahant COA want to thank  
everyone who supported our Yard Sale!**

**Whether you donated items, volunteered or  
made a purchase,  
WE THANK YOU!**

### 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 10:00

**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

## SEPTEMBER BIRTHDAY CELEBRATIONS

September 1 - Jeanne Baranek, Marilyn Clausen, Anne Graul, Catherine Capezza, Martha Taylor  
 September 2 - Ferdinand Fiske, Walter Spinelli, Maryliz Cort, John Vigeant  
 September 3 - Lorraine Locke, Linda Richards, Peter Rogers, Donald Comeau, Margaret Messina  
 September 4 - Richard Nagle, Larry Titus, Patricia McSweeney, Thomas Mazzaferro, Donna Foti-Scovell  
 September 5 - John Benson, Maria Welsh, Shirley LaBaron  
 September 6 - Dewitt Brown, Ann Callahan, Maureen Mellen, Denise Cucinotta  
 September 7 - Gwendolyn Upton, Phillip Caso, Suzanne Bailey, Arthur Martinelli  
 September 8 - James O'Brien, Donald Lafferty  
 September 9 - Rose Novello, Timothy Demakis, Catherine O'Connor, John Christensen,  
                   Mary Sweeney  
 September 10 - Charles Briggs, Cynthia Mantzoukas, Kathleen Carroll  
 September 11 - Joseph Barisano, Marvene Kasper, Karol Borys, MaryBeth O'Malley  
 September 12 - Norina Rowen  
 September 13 - Malcolm Chamberlain, Roger Locantore  
 September 14 - Michael Conley, Rosamond(Roz) Puleo, Michael Tanen, Peter Mazareas, Dianne Cadigan,  
                   Diane Dunion, Judy O'Shea  
 September 15 - Donna Long, Patricia Kane, Nancee Peters  
 September 16 - Charles Jessome, Fred Quinlan, Patricia Kavanagh, Winifred Hodges  
 September 17 - Christine Howard, Robert Hill, Karen Hawko  
 September 18 - Joseph Sherber, William Marden, Anthony Macone  
 September 19 - Joseph Carmody, George Adolph, Karen Canty, Lawrence McDonough, Peter Fantasia,  
                   Thomas Costin  
 September 20 - Diane Gaucher, Maryjo Ludke, Linda Baldini, Colleen Poth  
 September 21 - Matthew Hendriksen, Robert Steinburg, Marilyn Godrich, Donna Breithaupt  
 September 22 - Frank Clements, Barbara Brownlie, James Bryanos, Helen Savino, Katy Dolhun, Lissa Stempek  
 September 23 - Keiko Cadigan, Russell Gaudet, Abbas Soleymani, Donna Lee Hanlon  
 September 24 - Thomas Dwan, Kathleen Baldwin, Kathleen Hatfield, Vannarat Bootong, Francis McCarthy,  
                   Linda Peterson  
 September 25 - Paul English, Carol Ann Nelson, Stephen Micalizzi, Kevin Robinson, Eugene Caponigro  
 September 26 - Doris Hefler, Thomas Butler, Susan Homan  
 September 27 - Mary Sharkey  
 September 28 - Edna Doran, Olivia Brand, Karen Callahan  
 September 29 - Nancy Locke, Francis McArdle, Kerry Stevenson  
 September 30 - Paul Lospennato

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

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

2	9	4	7	1	8	5	3	6
8	3	5	4	9	6	1	2	7
6	1	7	3	5	2	4	8	9
4	2	1	6	8	7	9	5	3
5	6	3	9	2	1	8	7	4
7	8	9	5	3	4	2	6	1
9	7	6	8	4	5	3	1	2
3	5	2	1	7	9	6	4	8
1	4	8	2	6	3	7	9	5