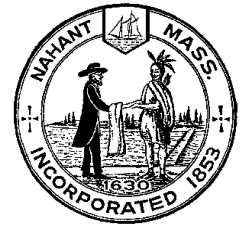


September 2018 Nahant Tiffany Times

*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

Marcia Divoll- Chairman
Angela Bonin—Vice Chairman
Lollie Ennis—Treasurer
Joseph Benson -Secretary

Nancy Gallo
Sheila Hambleton
Linda Jenkins
Emily Potts
Carol Sanphy

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,

In September the Alzheimer Association's has one of their biggest fundraisers to bring awareness to the disease, **"Walk to End Alzheimer's"**. In my years of learning about Alzheimer, there is one fact that we should know about Alzheimer's: it is a Dementia along with, Parkinson's, Pick's disease, Lewy Body, and others. Here are 9 facts about Dementia from the Alzheimer's website:

(1) Dementia is the only cause of death in America that cannot be prevented, cured or slowed; (2) Two thirds of American's with dementia are women; (3) one in three seniors die from some form of dementia; (4) it is the 6th cause of death in the U.S.; (5) greater than 5 million Americans live with the disease; (6) there are an estimated 16 million caregivers of people living with dementia in the U. S.; (7) every 65 seconds someone in the U. S. develop some form of dementia; (8) in 2017 18.4 billion dollars in unpaid hours were spent caregiving which is a value of \$232.00 billion dollars; (9) in 2018 the caregiver cost to the U. S. was \$277.00 billion, by 2050 that number is expected to grow to \$1.1 trillion.

Knowing this, we need ways to help not only the person with dementia but also the caregivers. To that end, Nahant will open "Connections" A Memory Café at the Nahant Public Library starting on November 8, 2018. For more information about the café you are invited to attend the Nahant Village Church breakfast on Friday, September 7th at 8:00 a.m.

Linda Peterson
Executive Director

Tiffany Room Hours

September 2018

Monday-Friday 9:00-1:00

Closed

Monday, September 3, Labor Day

Tuesday, September 4, Election Day

TRIPS, EVENTS...ON THE GO!

- Wed., Sept. 12** **It's Show Time!** Take the afternoon off and enjoy a movie at the Revere Cinema. Wednesday is Senior Discount Day. Admission is \$7.50. Have lunch at the Tiffany Room before heading to the theatre or grab lunch at the food court. Popcorn and a soda is offered to seniors for \$4.50. We will decide on the movie when we get closer to the date. Bus will leave the Tiffany Room at 12:30.
- Fri., Sept. 14** **New England Clambake at the Nahant Life Saving Station.** Enjoy a fabulous traditional Clambake at Short Beach. Brett Henry will provide us with a menu that is sure to please, including lobster and all your favorite sides! Don't forget to bring your sunscreen! Lunch is being served at 11:30 a.m.. Price for lunch is \$20.00. Sign up on line or at the Tiffany Room.
- Wed., Sept. 19** **Strawbery Banke, Portsmouth, NH.** We have tried to schedule this trip several times in the past. We are hoping for good weather. Strawberry Banke is a 10 acre living history museum. It is suggested we spend 1.5-2 hours in order to visit the historic buildings, enjoy the interactive exhibits and take in the beautiful gardens. Admission is \$12.00. The bus will leave the Tiffany Room at 10:00.
- Thurs., Set. 27** **Brooksby Farm.** Is there anything that says Autumn like a trip to the farm to buy fresh apples, cider doughnuts and honey. Our bus will leave the Tiffany Room after lunch and visit Brooksby Farm in Peabody. Plan on stopping for Ice cream on the way home.

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

- Mon., Oct. 1** **Topsfield Fair.** The Topsfield Fair, America's oldest and finest agricultural fair, has run every fall since 1818. The fair features Fiesta Shows' carnival midway, the Grande Parade, demonstrations (ranging from beekeeping to miniature trains) a Grange Museum, food vendors and much more. Senior admission is \$8.00.
- Fri., Oct. 5** **Fall Foliage Day Trip.** Guided tour and visit to the Cathedral of the Pines, lunch at Woodbound Inn, a visit to Smith's Country Cheese Farm and a visit to Red Apple Farm. Transportation in a luxury motor coach provided by Best of Times Travel. \$92 per person includes transportation, lunch, meal tax/ gratuity, tours. Reserve your seat now!
- Thurs., Oct. 11** **Christmas Tree Shopping Spree!** Spend the afternoon browsing for bargains at the Christmas Tree Shop in Lynnfield. The bus will leave the Tiffany Room after lunch at about 12:30.
- Wed., Oct. 31** **Halloween Party.** Get out your costumes and join us for a fun afternoon at the Life Saving Station. Good food, fun entertainment, silly costumes. More details to follow.

HAPPENINGS AROUND TOWN

- Fri., Sept. 7** **Nahant Community Breakfast.** Please join us for the September 7th breakfast at the Nahant Village Church. It will include a presentation by Nahant Library Director, Sharon Hawkes, who will announce the start of an exciting new program to start in November – the opening of Nahant’s own Memory Café. This program is aimed at making Nahant a more dementia friendly community. The Nahant Public Library was instrumental in obtaining two grants to support this program. Sharon will explain what resources are now or will soon be available at the Library and how the program will work. “Connections—a Memory Café” is a collaborative effort of the Nahant Library, the Greater Lynn Council Senior Services, the Nahant Council on Aging, the Jesmond Nursing Home, and the Nahant Village Church. The free breakfast starts at 8 a.m. All are welcome. Spread the word and bring a family member or friend.
- Sat., Sept. 22** **St. Vincent dePaul Yard Sale 8:30-2:00.** St. Thomas Aquinas parking lot. It’s that time of year! What kind of treasures will you find? If you are cleaning out your closet, tables for rent are \$15.00. Donations of jewelry will be gratefully received. Call Linda Lehman at 781-581-1638 with any questions or to reserve a table.
- Sat., Sept. 22** **Village Church Fall Flea Market, 9:00-2:00.** Nahant Village Church is holding it’s annual Fall Flea Market. A portion of the Flea Market proceeds to be donated to “A Bed for Every Child” program sponsored by the MA Coalition for the Homeless.
- Sat., Sept. 29** **Spindrift Yard Sale. 194 Nahant Rd. 8:00-4:00.** Do your Fall cleaning early and donate your treasures to the Spindrift Yard Sale. Proceeds will benefit Spindrift activities. For more information please contact, Mary Myers, 781 599-3144, or Diane Ward 781 581-0978.
- Sept. 29-30** **The Nahant Life Saving Station** is pleased to participate in the Essex National Heritage Area's Trails and Sails happenings for September 2018. The Life Saving Station will have a **public open house on Sept 29 from 10-4PM and on Sept 30 from 1 to 4PM.** Come learn about the history of this beautiful and unique historic building and enjoy the seaside.

VOTE!

TUESDAY, SEPTEMBER 4

PRIMARY ELECTIONS

Polls open at 7:00 am.

Lower level of the Town Hall.

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.



Nahant Reads Together: “A Wrinkle in Time”

For a moment, let’s forget about who we are as adults, and let’s enter back into the world of children. Our ability to play, form relationships, and try new things began in childhood. All is innocence and light...or is it? *A Wrinkle in Time*, after all, was a banned book.

Let’s play.

Kids are invited, too!

Sept 23-29 Banned Books Week — stop by the library

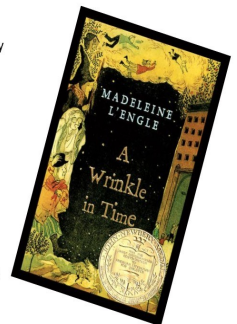
Sept 30 4:00 movie, “Wrinkle in Time” (2018)

Oct 5 Book discussion after Community Breakfast

Oct 14 4:00 Indie Author Day

Oct 21 4:00 movie, “The Jungle Book” (2014)

Oct 28 4:00 movie, “Hook” (1991)



All activities are FREE. Registration is not required.

READ in Aug-Sept—stop by the library to get your copy

EVENTS begin Sept 23 — “Like” us on Facebook to stay in touch



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, September 12, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.

Isle of Shoals

It was a
GREAT day!



...Another beautiful day on the water!



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

Wednesday	Sept. 5	Market Basket	12:30 P.M.
Tuesday	Sept. 11	Market Basket	12:30 P.M.
Tuesday	Sept. 18	Market Basket	12:30 P.M.
Tuesday	Sept. 25	Market Basket	12:30 P.M.

VETERAN'S FOOD PROJECT

Sept. 12, 2018

Oct. 3, 2018

Nov. 7, 2018

Dec. 5, 2018

RECIPE OF THE MONTH

Honey-Mustard Chicken and Apples



Directions

- Preheat the oven to 450 degrees F.
- Season the chicken with salt and pepper.
- Heat the olive oil in a large ovenproof skillet over medium-high heat.
- Working in batches if necessary, add the chicken, skin-side down, and cook until golden, about 6 minutes.
- Flip and cook 2 to 3 more minutes, then transfer to a plate.
- Pour off all but 2 tablespoons of the drippings.
- Add the onion and apples to the skillet and season with salt and pepper.
- Cook until slightly softened, about 4 minutes.
- Mix the broth with the mustard, then add to the skillet and bring to a boil.
- Arrange the chicken, skin-side up, in the skillet.
- Transfer to the oven and roast until the chicken is cooked through, 15 to 20 minutes.
- Mix the butter and flour to form a paste.
- Use a slotted spoon to transfer the chicken, apples and onion to plates.
- Bring the pan juices to a simmer, whisk in about half of the butter-flour mixture and boil to thicken, 2 minutes.
- Continue to cook, adding more of the butter-flour mixture as needed to make a slightly thick gravy.
- Season with salt and pepper.
- Pour over the chicken and sprinkle with parsley.

Ingredients

- 8 skin-on, bone-in chicken thighs (2 to 2 1/2 pounds)
- Kosher salt and freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 large onion, cut into large chunks
- 2 cooking apples (such as Cortland), cut into chunks
- 1 cup low-sodium chicken broth
- 2 to 3 tablespoons honey mustard
- 1 1/2 teaspoons unsalted butter, softened
- 1 tablespoon all-purpose flour
- 1 to 2 tablespoons roughly chopped fresh parsley

MEDICARE OPEN ENROLLMENT

Need **Help**
with your **Medicare**
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2019.

Premiums, deductibles, co-pays and the drugs covered by your plan can change significantly.

During the annual Medicare Open Enrollment, you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, other options you may have, and even enroll you in a new plan during Open Enrollment from

October 15 through December 7th!

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call the Senior Center at 781-581-7557 to schedule a personal appointment with Charlie Randall, our SHINE representative.

For other SHINE related matters, call your Regional SHINE Headquarters at Mystic Valley Elder Services: 781-388-4845.

REMINDER: Be on the alert for your new Medicare card in the mail .
Make sure to burn or shred your old card .



FLU CLINIC

Nahant Town Hall

Wed., Sept. 26
3:00 - 6:00pm

Thurs., Sept. 27
4:00 - 7:00pm

*Call the Senior Center at
781-581-7557
for transportation information.*



Tiffany Café Menu September 2018

“One should eat to live not live to eat”

~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
<div style="text-align: right;">3</div>  <p>TIFFANY ROOM CLOSED</p>	<div style="text-align: right;">4</div>  <p>Primary Elections Tiffany Room Closed</p>	<div style="text-align: right;">5</div> <p>Ham and Cheese Quiche, Cesar Salad</p>	<div style="text-align: right;">6</div> <p>Shepard's Pie, Salad</p>	<div style="text-align: right;">7</div> <p>Mixed Salad, Cheesy Meatball Cups</p>
<div style="text-align: right;">10</div> <p>Flatbread Pizza, Antipasto</p>	<div style="text-align: right;">11</div> <p>American Chop Suey, Cesar Salad, Garlic Bread</p>	<div style="text-align: right;">12</div> <p>Salisbury Steak with Onion Gravy, Mashed Potato, Vegetable</p>	<div style="text-align: right;">13</div> <p>Salad, Stuffed Shells, Garlic Bread</p>	<div style="text-align: right;">14</div> <p>New England Clambake NLSS</p>  <p>Sign up Required!</p>
<div style="text-align: right;">17</div> <p>Ham & Cheese Enchiladas, Hash Browns, Fruit Salad</p>	<div style="text-align: right;">18</div> <p>Italian Sausages with Roasted Potatoes, Peppers & Onions, Vegetable, Salad</p>	<div style="text-align: right;">19</div> <p>Pork Chops with Peppers and Onions, Rice</p>	<div style="text-align: right;">20</div> <p>Meatloaf, Whipped Potato, Vegetable</p>	<div style="text-align: right;">21</div> <p>Salad, Chicken Piccata over Pasta, Vegetable,</p>
<div style="text-align: right;">24</div> <p>Hot Dogs, Baked Beans, Cold Slaw</p>	<div style="text-align: right;">25</div> <p>Fenway Park Lasagna, Cesar Salad, Garlic Bread</p>	<div style="text-align: right;">26</div> <p>Baked Haddock, Roasted Vegetable, Potato</p>	<div style="text-align: right;">27</div> <p>Smoked Sausages with Peppers and Onions, Rice, Corn Bread Casserole</p>	<div style="text-align: right;">28</div> <p>Salad, Chicken Cacciatore with Pasta</p>
<p>Thank you, to Bill Morella for all your help this past summer.</p>		<p>Have a great school year! We hope you'll join us again next summer!</p>	<p>All lunches served with: Milk Bread & Butter Dessert</p>	<p>Menu is subject to change</p>

HEALTH AND WELLNESS

Monday	Sept. 10	9:00 a.m.	Manicurist (sign up required) \$10.00
Thursday	Sept. 13	10:00-11:30	Blood Pressure Clinic
Monday	Sept. 24	9:00 a.m.	Manicurist (sign up required) \$10.00
Monday	Sept. 24	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 (\$2.00)	Community Center
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Tuesday & Thursday	5:00 p.m.	Mat & Stretch Class (\$2.00)	Community Center

PUZZLE OF THE MONTH!

Rules of the Game: Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same. Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same. Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

Solution on page 12.

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



I thought I would write about a topic that we might not hear a lot about, but my guess is that everyone knows someone who is dealing with Parkinson's disease. Parkinson's disease is a brain disorder that leads to shaking, stiffness and difficulty with walking, balance, and coordination. The symptoms usually begin gradually and get worse

over time. As the disease progresses, people may have difficulty walking and talking. They may also have mental and behavioral changes, sleep problems, depression, memory difficulties, and fatigue.

Both men and women can have Parkinson's disease; however it affects about 50% more men than women.

One clear risk factor for Parkinson's is age. Most people develop the disease about age 60, and the disease occurs randomly and does not seem to run in families.

Early symptoms are subtle and occur gradually. For example, affected people may feel mild tremors or have difficulty getting out of a chair. They may notice that they speak too softly or that their handwriting is slow and looks small. Friends or family may be the first to notice changes in someone with early Parkinson's. Symptoms often begin on one side of the body, with a gait that includes a tendency to lean forward with quick small steps.

Many people with Parkinson's note that prior to experiencing stiffness and tremor, they had sleep problems, constipation, restless legs and a decreased ability to smell.

There are currently no blood or lab tests to diagnose Parkinson's. The diagnosis is based on a person's medical history and a neurological exam. Although there is no cure for Parkinson's disease, medicines, surgical treatment, and other therapies can often relieve some symptoms.

Deb Murphy R.N.



Parkinson's Fitness

Ability-based Exercise, Arts and Movement Programs

The Parkinson's Fitness team and classes can help fight the challenges of Parkinson's disease at weekly ability-based exercise, arts and movement programs. Join us!

Balance in Motion

Mon. - Danvers YMCA, 1-2pm
Tues. - Trinity Episcopal Church Topsfield, 1-2pm
Thurs.- Rose Baker Sr. Center, Gloucester, 2-3pm
Fri. - Danvers Senior Center, 1-2pm

Yoga

Wed. - Beverly YMCA, 1-2pm,
(membership to Y not required)

Strength in Motion

Wed. - Danvers Senior Center, 10:30-11:30am
Thurs. - Beverly Senior Center, 10-11am

Strength, Flexability & Balance

Tues. - JCC in Marblehead, 11-12noon
(membership to Y not required)

Boxing and Conditioning

Thurs. - Salem Fitness Center, 1-2pm
Sat. - Salem Fitness Center, 1-2pm

For class descriptions and more information:

***visit: www.parkinsonsfitness.org,
or call 781-572-5918 .***

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

In memory of:
Rusty Bird
Anne Marie Chisholm
Bonnie Lamondo
Betty Macarelli
Joseph Sherber



**The Friends of Nahant Council on Aging
wishes to thank Linda Peterson and
Tiffany Tran
for hosting a lovely
fundraiser
at their home.**



**A good time was had by
ALL!**

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 \$____ Other

Name _____ Address _____

Email _____ Phone _____

____ In Honor/Memory/Appreciation of _____

Please send gift notification to: _____

Donor name: _____

Address: _____

Please make checks payable to: **Friends of Nahant Council on Aging**, 334 Nahant Road, Nahant, MA 01908

BIRTHDAY CELEBRATIONS

September 1 - Jeanne Baranek, Marilyn Clausen, Anne Graul, Martha Taylor
 September 2 - Ferdinand Fiske, Walter Spinelli, Maryliz Cort, John Vigeant
 September 3 - Linda Richards, Peter Rogers, Donald Comeau, Margaret Messina
 September 4 - Richard Nagle, Patricia McSweeney, Thomas Mazzaferro, Donna Foti-Scovell, Carol Delaney, William Peterson
 September 5 - John Benson, Maria Welsh
 September 6 - Dewitt Brown, Ann Callahan, Maureen Mellen
 September 7 - Gwendolyn Upton, Phillip Caso, Suzanne Bailey, Arthur Martinelli
 September 9 - Catherine O'Connor, John Christensen, Mary Sweeney, Sheila Champigny, Sarah Perini
 September 10 - Charles Briggs, Cynthia Mantzoukas, Kathleen Carroll
 September 11 - Marvene Kasper, Karol Borys, MaryBeth O'Malley, Joseph Ciota
 September 12 - Norina Rowen, Laura Scarpaci
 September 13 - Roger Locantore
 September 14 - Michael Conley, Rosamond(Roz) Puleo, Michael Tanen, Peter Mazareas, Dianne Cadigan, Diane Dunion, Judy O'Shea, Lois Bentgen, Karen Davis
 September 15 - Donna Long, Patricia Kane, Nancee Peters, Marie Petrucci
 September 16 - Charles Jessome, Fred Quinlan, Patricia Kavanagh, Winifred Hodges
 September 17 - Christine Howard, Robert Hill, Karen Hawko, Ronald Cole, AmyBeth Snyder
 September 18 - William Marden, Anthony Macone
 September 19 - Joseph Carmody, George Adolph, Karen Canty, Lawrence McDonough, Peter Fantasia, Thomas Costin, Donald Haefner
 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, Helen Savino, Katy Dolhun, Lissa Stempek
 September 23 - Russell Gaudet , Abbas Soleymani
 September 24 - Thomas Dwan, Kathleen Baldwin, Kathleen Hatfield, Vannarat Bootong, Francis McCarthy, Linda Peterson
 September 25 - Carol Ann Nelson, Stephen Micalizzi
 September 26 - Doris Hefler, Thomas Butler, Susan Homan, Gail Kasperowicz, Stacey O'Brien, Susan Snow
 September 27 - Mary Sharkey, Michael Belliveau, Brian McGilloway
 September 28 - Edna Doran, Olivia Brand, Karen Callahan
 September 29 - Nancy Locke, Francis McArdle, Kerry Stevenson, Susan Nelson
 September 30 - Paul Lospennato

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.

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