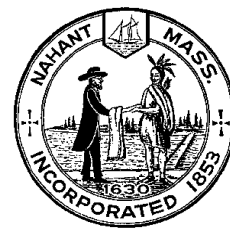


October 2018 *Nahant Tiffany Times*

*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,

October is National Fire Prevention month. The U.S. Fire Administration reports that fires kill more than 4,000 Americans each year and injure approximately 20,000 more. U.S. fire departments respond to nearly 2 million fires each year, with three-quarters of them occurring in residences.

According to the State fire Marshall older adults, those 65 and above, accounted for 14% of the population, but 29% of fire deaths in 2016. Seniors are 2 ½ times as likely to die in a fire.

Smoking fires, 19% of all fire injuries and 40% of all fire deaths to seniors were from smoking fires. Here are some smoking fire safety tips: if you smoke, smoke outdoors and use large sturdy ashtrays or a can filled with sand to extinguish the smoking materials or use water to extinguish. Never extinguish cigarettes in a potted plant or mulch and never ever smoke in bed.

Electrical fires, caused 20% of the fire deaths and 14% of the fire injuries in the home. Here are some electrical fire safety tips: do not overload outlets and power strips, use one appliance per outlet especially if it is a heat generating appliance, don't run electrical cords under rugs or let them get pinched by furniture, extension cords should be used on a temporary basis not for long term use and remember to place space heaters at least 3 feet from anything that can burn.

Cooking fires, caused 31% of fire injuries to older adults in their home and 13% of senior fire deaths in 2016. Here are some cooking tips: wear short or tight fitting sleeves, stand by your pan, and never leave while cooking. If you have to leave the kitchen bring a spoon or oven mitt with you as a reminder and put a lid on stovetop fires to put them out.

Of the 15 senior deaths in 2016 40% were in a home without smoke alarms or alarms that didn't work. If you are not sure about your alarms you can always contact the Nahant Fire Department to check for you.

Linda Peterson, Executive Director

Tiffany Room Hours

October 2018

Monday-Friday 9:00-1:00

Closed Columbus Day, Monday, October 8

TRIPS, EVENTS...ON THE GO!

- | | |
|------------------------|---|
| 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. |
| 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. |
| Fri., Oct. 12 | Leaf Peeper Day! We will take our own mini van on a jaunt to the Cathedral of the Pines in Rindge NH. This inspiring spot dedicated to the memory and honor of all Americans who serve the nation in search of peace offers a panoramic view of the Grand Monadnock. Bring your camera! We will stop for lunch and shopping at Kimball Farm in Jaffrey, NH. The bus will leave the Tiffany Room at 9:00am. Cost of the trip is \$15.00. Price includes lunch and our tour. |
| Wed., Oct. 17 | Movie Day! Wednesday is Senior Discount Day at the Revere Cinema. 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. |
| 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. Cost for a fun afternoon is \$12.00. |

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

- | | |
|------------------------|---|
| Wed., Nov., 14 | Senior Tax Exemption Seminar, Tiffany Room, Town Hall. Sheila Hambleton will hold an informative presentation regarding tax exemption programs that are available to Nahant senior homeowners. |
| Fri., Nov. 16 | Thanksgiving Lunch. Join us at the Tiffany Room as we celebrate the holiday with our friends. Our chefs will prepared a traditional Thanksgiving Feast with all our favorites! |
| Thurs., Nov. 29 | Mall Shopping. Join us as we get a jump on our Christmas shopping. This will be our Black Thursday. Maybe we will start at trend. Leaving the Tiffany Room after lunch at 12:30. |

HAPPENINGS AROUND TOWN

- Thurs., Oct. 4** **Friends of Nahant COA Tides Fundraiser.** Tides will donate 10% of the profits made between 6:00-9:00 to the Friends of the Nahant COA. So take the night off from the kitchen and have dinner and drinks at the Tides! Relax, watch the sunset, chat with friends and neighbors, take a chance on a gift basket and support the Friends of Nahant COA!
- Fri. Oct. 5** **Community Breakfast, Nahant Village Church. 8:00am.** The October breakfast will feature a presentation by Dr. Ronald Plotka of North Shore Center for Laser, Cosmetic, and Family Dentistry of Swampscott. His presentation will focus on sleep apnea, a condition in which breathing stops periodically during sleep. He will review what sleep apnea is, its signs, and its dangers, as well as available appliances to remedy the condition. The Breakfast is free. Please plan to come for a hearty breakfast, an informative presentation and wonderful camaraderie. Spread the word and bring a family member or friend.
- Sun., Oct. 14** **Nahant Public Library** will hold it's third Indie Author Day, on Sunday, **October 14 at 4:00.** Highlighted authors this year will include two Nahant writers. David Liscio has recently published his second crime novel, *Blood Sons*. Terrence Murphy will offer his newly-published collection of fictional stories based on North Shore locales, *Forty Steps and Other Stories*. Authors are welcome to read a five minute excerpt and sell their works at this event. Call the Library if you would like to participate as an author.
- Thurs. Oct 25** **St Vincent dePaul Tides Fundraiser.** Welcome the fall season at the Tide's tonight and support the charitable efforts of the St. Thomas Aquinas chapter of St. Vincent dePaul Society. Food, Fun, Friends and Raffles, too! Join us from 6:00-9:00.

"Connections" A Memory Café



a program of arts and sharing for people living with dementia, such as Alzheimer's disease, and their caregivers

Meeting every 2nd Thursday
Beginning Nov. 8

10:00-12:00

Nahant Public Library
15 Pleasant Street, Nahant
Sponsored by Nahant Library

Council on Aging
Village Church
Info? Please call

781-581-0306

or email

shawkes@nahant.org

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.



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, October 10, from 1:00 - 3:00.
Make your personal appointment at the Tiffany Room.



All Care Hospice Bereavement Program

2018 Autumn/Winter Grief Support Offerings

WORKSHOPS

HeARTSpace:

A monthly workshop exploring the creative process in coping with life after loss.

Friday, Sept. 21 (1-3pm)

Thursday, Oct. 18 (6-8pm)

Thursday, Nov. 29 (6-8pm)

Friday, Dec. 21 (1-3pm)

RSVP the week prior

Open Hearts Gathering:

A quarterly workshop for widow & widowers that have completed a support group.

Thursday, October 11

SUPPORT GROUPS:

Finding Your Way:

A four-week support group for the death of a parent(s), parental figure & /or guardian.

Tuesdays, Sept. 11-Oct. 2

6-7:30pm/ **RSVP by Sept. 10.**

Connecting and Coping:

An eight-week support group for the loss of a spouse/life partner.

Thursdays, Sept. 13-Nov. 1

1-2:30pm / **RSVP by Sept. 10**

SPECIAL EVENT:

In collaboration with **The Children's Room** we invite you to join us for...

Creating family Rituals:

Memory Boxes

This workshop is for families with children that have experienced a significant loss through death. Children and their adult family members are invited to attend this special on-time workshop for support, expression, connection and fun!

Thursday, Oct. 25

6-8pm/ RSVP by Oct. 18

SEASONAL WORKSHOPS:

Lighting The Way:

A one-time workshop to help navigate the holiday season

Thursday, Nov. 15/ 6-8pm

RSVP by Nov. 9

Thursday, Dec. 6/ 1-3pm

RSVP by Nov. 29

SAVE THE DATE!

Lights of Remembrance Service

Dec. 12, 2018 6pm

Reception and refreshment to follow ceremony and lighting.

All grief support events are free and open to the community.

Pre-registration is required for participation and event location will be provided during intake. Most programs occur at the **ALL CARE CENTER FOR GRIEF AND LOSS in Lynn MA** unless otherwise indicated. For further information and registration please call Liz Cumming at 781-244-1198 or the website <http://www.allcare.org/hospice/grief-loss-services>.

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	Oct. 2	Market Basket	12:30 P.M.
Wednesday	Oct. 10	Market Basket	12:30 P.M.
Tuesday	Oct. 16	Market Basket	12:30 P.M.
Tuesday	Oct. 23	Market Basket	12:30 P.M.
Tuesday	Oct. 30	Market Basket	12:30 P.M.

VETERAN'S FOOD PROJECT

Oct. 3, 2018

Nov. 7, 2018

Dec. 5, 2018

Harvest Chicken Casserole



Serves 6-8

Directions

1. Preheat oven to 350°
2. Grease a 9"-x-13" baking dish with oil.
3. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil.
4. Season chicken with salt and pepper.
5. Add chicken to skillet and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then cut into 1" pieces.
6. Heat remaining tablespoon oil over medium heat.
7. Add onion, sweet potatoes, and Brussels sprouts
8. Season with thyme, paprika, salt, and pepper.
9. Cook until softened, 5 minutes.
10. Add broth, bring to a simmer, and cook, covered, 5 minutes.
11. Stir in cooked rice, chicken, and cranberries.
12. Transfer mixture to baking dish, top with almonds.
13. Bake 20 minutes.
14. Let cool 5 minutes before serving.

Ingredients

2 tbsp. extra-virgin olive oil, plus more for baking dish
2 lb. boneless skinless chicken breasts
Kosher salt
Freshly ground black pepper
1/2 onion, chopped
2 medium sweet potatoes, peeled and cut into small cubes
1 lb. brussels sprouts, trimmed and quartered
1 tsp. dried thyme
1/2 tsp. paprika
1/4 c. low-sodium chicken broth
6 c. cooked wild rice
1/2 c. dried cranberries



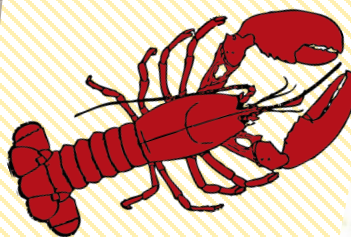
Strawbery Banke
Portsmouth NH



Annual Clambake at
Knights of Columbus



Catered by Mount
Vernon Restaurant





Tiffany Café Menu

October 2018

“One should eat to live not live to eat”

~Moliere~



Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>French Toast, Bacon, Baked Apples, Fruit Salad</div>	<div>2</div> <div>Lemon Garlic Chicken Legs, Oven Roasted Potatoes, Green Beans, Salad</div>	<div>3</div> <div>Battered Fish Sandwich, Cole Slaw, Beans</div>	<div>4</div> <div>Baked Macaroni and Cheese, Tomatoes, Ham</div>	<div>5</div> <div>Chicken and Dumplings, Salad</div>
<div>8</div> <div>  <div>Columbus Day</div> <div>Tiffany Room Closed</div> </div>	<div>9</div> <div>Beef Stew, Mashed Potatoes, Salad</div>	<div>10</div> <div>Chicken Noodle Casserole</div>	<div>11</div> <div>Lasagna, Salad, Garlic Bread</div>	<div>12</div> <div>Noodles with Shrimp and Grilled Bell Peppers, Salad</div>
<div>15</div> <div>Pancakes, Sausages, HomeFries, Fruit Salad</div>	<div>16</div> <div>Hungarian Goulash, Noodles, Vegetables, Salad</div>	<div>17</div> <div>Chicken Cordon Bleu Casserole, Potato, Vegetable</div>	<div>18</div> <div>Oktober Fest</div>	<div>19</div> <div>Beef Stroganoff, Salad</div>
<div>22</div> <div>Soup, Pulled Pork Sandwich, Chips</div>	<div>23</div> <div>Chicken Parmesan, Spaghetti, Garlic Bread, Cesar Salad</div>	<div>24</div> <div>Salad, Ham and Cheese Quiche</div>	<div>25</div> <div>Meatloaf, Mashed Potatoes, Vegetable</div>	<div>26</div> <div>Chicken Ziti Broccoli, Salad, Garlic Bread</div>
<div>29</div> <div>Italian Sausage, Pasta, Garlic Bread, Cesar Salad</div>	<div>30</div> <div>Soup, Chicken Salad Sandwich, French Fries</div>	<div>31</div> <div>Salad, Chicken Cacciatore over Pasta</div>	<div>All lunches served with: Milk Bread & Butter Dessert</div>	<div>Menu is subject to change</div>

HEALTH AND WELLNESS

Friday	Oct. 5	9:00 a.m.	Manicurist (sign up required) \$10.00
Thursday	Oct. 11	10:00-11:30	Blood Pressure Clinic
Monday	Oct. 22	9:00 a.m.	Manicurist (sign up required) \$10.00
Monday	Oct. 29	9:30 a.m.	Hair Styling (sign up required)

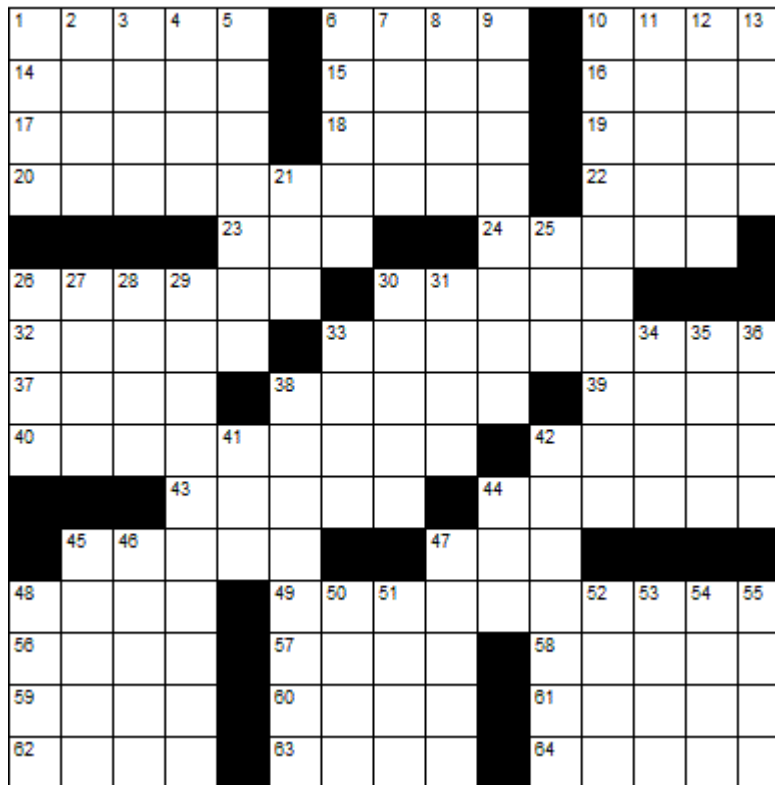
EXERCISE/ACTIVITIES

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday, Wed., Fri.	9:00 a.m.	Total Body Exercise	Community Center
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!

ACROSS

1. Mentally prepare
6. Faucets
10. Part of an ear
14. Hello or goodbye
15. The original matter (cosmology)
16. Infamous Roman emperor
17. Christmas song
18. Hawkeye State
19. Let go
20. Spectator
22. Prima donna problems
23. Mire
24. Seraglio
26. Connect or link (2 words)
30. Buckets
32. Lit to a higher degree
33. Important person
37. Principal
38. Internment camp
39. Region
40. Propagandist
42. Smell
43. Pasture
44. Beseeches
45. A pungent stew
47. Compete
48. Prompts
49. Solemnity
56. A D-Day beach
57. Travel on water
58. Turning point
59. Plunge



60. Feudal worker
61. Colonic
62. Clairvoyant
63. Collections
64. Adjust again



50. Lack of difficulty
51. Effort
52. 3 times 3
53. Nights before
54. A few
55. Immediately

DOWN

1. Rate
2. Kill
3. Bygone era
4. Grub
5. The largest flatfish
6. Fastening
7. Balm ingredient
8. Church benches
9. Very good (British)
10. Downplay
11. Mix together
12. Sweep
13. Klutz's cry
21. Not bottom
25. Former boxing champ
26. Monotonous sounds
27. Iridescent gem
28. Hodgepodge
29. Kookaburra
30. Stacked
31. Food thickener
33. Affaire d'honneur
34. Diva's solo
35. Cleave
36. Wild Tibetan oxen
38. Laminated metamorphic rocks
41. Suffer
42. Roomette
44. A sizeable hole
45. Good-looker
46. Throw with effort
47. Valleys
48. Wads

Solution page 12.



Your Best Shot is a Flu Shot!

With fall approaching, it is a sure bet that cold and flu season will soon follow bringing the risk of flu illness. Some people will only be mildly sick or miserable for a few days, but for some, flu can be

very serious and may even result in hospitalization or death. The CDC estimates the flu has caused between 140,000 and 710,000 hospitalizations and between 12,000 and 56,000 deaths annually in the United States since 2010. Some people are at higher risk of serious flu illness. What is the best way to protect yourself and your loved ones from flu? Get a flu shot!

Flu viruses infect the nose, throat, and lungs and can cause a wide range of complications. Sinus and ear infections are examples of moderate complications from flu. Pneumonia is a serious flu complication that can result from either flu virus infection alone or from co-infection of flu virus and bacteria. Other possible serious complications triggered by flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle (myositis, rhabdomyolysis), and multi-organ failure (for example, respiratory and kidney failure). Flu virus infection can trigger an extreme inflammatory response in the body and can lead to sepsis, the body's life-threatening response to infection. Over the past six flu seasons, the U.S. has experienced several flu seasons with high rates of hospitalization and severe disease.

Flu vaccination can help keep you from getting sick from flu. Protecting yourself from flu also **protects the people around you** who are more vulnerable to serious flu illness. People at increased risk of flu complications **include older adults, people with chronic medical conditions**, and children younger than 6 months old.

People at High Risk of Flu Complications

- Children younger than 5, but especially younger than 2 years old.
- **People 65 and older.**
- People with asthma, heart disease, chronic lung disease, and neurological and neurodevelopmental conditions.
- People with blood, kidney, liver, endocrine, and metabolic disorders, including diabetes mellitus
- People with weakened immune system due to disease or medication.
- Pregnant women and women up to two weeks postpartum.
- Residents of nursing homes and other long-term care facilities.

Reasons to Get the Flu Shot

1. Flu vaccination can keep you from getting sick from flu.
2. Getting vaccinated yourself can protect people around you who may be more vulnerable to flu. (See full list of people at high risk of serious flu complications)
3. Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations.
4. While some people who get a vaccine may still get sick, there is data that suggests flu vaccine cannot give you the flu. The most common side effects from a flu shot are soreness, redness and/or swelling where the shot was given, fever, and/or muscle aches. **These side effects are NOT flu.** If you do experience side effects, they are usually mild and short-lived, especially when compared to symptoms from a bad case of flu.

Take your best shot in the fight against flu! Protect yourself and your loved ones, and get a flu shot by the end of October, if possible.

Deb Murphy R.N.

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

In Memory of:

Joseph Desmond Jr.

Lea Lewis

Betty Macarelli

Joseph Sherber

In Honor of:

Dave Conlin

Friends of Nahant COA Executive Board

FRIENDS

Linda Lehman - Co-President
Lana Mogan -Co- President
Mary Irene Dickenson - Treasurer
Margaret Silva Secretary

CORNER

Friends meet the second Wednesday of each month.

FIN COM ROOM, TOWN HALL 9:30

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

October 1—Richard Zirpolo, Lillian Carr, Ellen Foley, Marion Capano, Antonina O'Connor, William King, Alicia Canali

October 2—Andrew Bisignani, Joseph Graul, Bruce Kutcher, Robin Woodman, Daniel Berman, Jane Pasichny

October 3—MaryAnn Putnam, Sherry Smith

October 4—John Pescaia, Donald Gavin, Jane Kirkman, Deborah Murphy, Honey Amirault, Carolyn Flynn

October 5—Davida Block, Hollis Hunnewell, Walter Sheppard, Charles Hansell, Joyce Libbey, Anastasia Sofronas

October 6 - Lillian Scapicchio, Michael Drucas, Giovanna (Joanne) Mitrano

October 7 - Roberta Goldberg, Maureen Gaglione, Bart Bennett

October 8—Ellen Donahue, Cecile Delaney, Mark Jacober, Frederick (Jimmy) Hefler

October 9—Nancy Smith, Gregory MacDonald

October 10-Linda Quirk, Jacqueline White

October 11-John Magro, Adriano Nannini, Gail Davis, Susan Hendrikson, Rena Fantasia

October 12-Betty Sarpi, Henry Clausen, Robert Inello, Daniel Swaine, Vincent Russo

October 13-Lyudmila Gruzdeva, Tina Romano, Richard Fox, Alan Brooks

October 14-Rosario Dagata, Joyce Haynes

October 15-Mary Rotiroti, Michael Flynn, Mark O'Malley

October 16-John Standish, Thomas Gallery, Kenneth Smith, Judi Steriti, Meredith Tibbo

October 17-Calantha Sears, Joseph Damico, David Hunter, Warren Shore

October 18-Maureen Ward, Joann Giuggio, John Quinn Jr.

October 19-Dennis Urany, Dora Nocera, Teri Motley

October 20-Mary (Betsy) Wachtel Barreda, Thomas Mitchell, John Proudian, Emmanuel Speare

October 21-John Wladkowski, Cynthia Christ, Paul Robert Sanborn, Frank Leja

October 22-Jacqueline Proia, Michael Cullinan, Domonic Romano

October 23-Alice Hall, Frederick Stanley, Madelyn Davis, Theresa Holdcraft

October 24-Lucy Grimm, Athas Kourkouis, Andrew Puleo, Sandra Cavallaro, Joanne Hunter, Cheryl Amirault-Lefave

October 25-Marilyn Mahoney, Henry Kettell, Marcia Nickerson, Thomas LeBlanc, Francesca Luca

October 26-Anita Goodman, Wayne Noonan, Lynne Berkowitz, John Sereda, Susan Gregson, Mary Miner

October 27-Carolyn Fowle, Nancy Whitman, Mary Jayne McCarthy, Peter Famulari, Thomas Moran, Thomas Clements

October 29-Gary Recchia, Mary Ellen Shumann, Louis Wallach, Mark Irvine, Eduardo Reyes

October 30-Kenneth Cormier, Richard Conigliaro, Linda Cunningham, Lisa Scourtas

October 31-Victor Dalpozzal, Susan Mahoney, Jane Wilson, Joanne Orzalli

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.

P	S	Y	C	H		T	A	P	S		U	M	B	O
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	C	H	I	L	I			V	I	E				
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