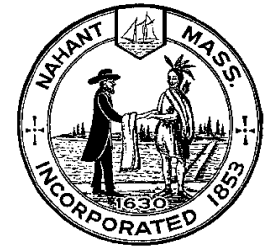


December 2015

# Nahant Tiffany Time

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

Geraldine Wittrock-Walton—Vice Chairman

Emily Potts—Treasurer

Joseph Benson -Secretary

Sheila Hambleton

Linda Jenkins

Sarah Risher

Angela Bonin

Carol Sanphy

**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,

The holiday season is upon us!!! Where did the year go? This year the Council on Aging will be doing our part to help those less fortunate. To help the many families who struggle to make ends meet the COA will have 2 collection bins at the Senior Center. One bin will be for unwrapped toys to help the "Toys for Tots" drive. Our collection will be brought to the Nahant Fire Department to be distributed through the program. The 2nd bin will be a collection of non perishable foods to help replenish the St. John's food pantry. Please find it in your hearts to help these 2 causes this holiday season.

Once again the Nahant COA will be adopting a family in need. Thanks to the Johnson School nurse and several teachers who found a family in need right here in Nahant. There will be gifts tags hanging on our tree with needed gifts for this family. If you want to help stop by the Tiffany Room and pick and item off our tree.

Lastly, an important part of the holiday season is family. To the families of our recently deceased friends, Marie Muzzioli, Winnie Kane, Harriet Magro and Peggy Lester, remember that they will always be in your hearts and are missed by their friends at the Tiffany Room.

"The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other." - Burton Hillis

Linda Peterson  
Executive Director



**TIFFANY ROOM HOLIDAY HOURS**  
**CLOSED, THURSDAY, DECEMBER 24**  
**CLOSED, FRIDAY, DECEMBER 25**  
**CLOSED, THURSDAY, JANUARY 1**

## "ON THE GO TRIPS & EVENTS"

|                               |   |
|-------------------------------|---|
| <b>Tuesday, December 1</b>    | <b>Maple Street Bistro</b> at Essex Technical High School, Hathorne , MA. We've been invited to dine at the High School's new Culinary Arts facility. Cost of the lunch is \$8.00. The bus will leave the Tiffany Room at 10:15.  |
| <b>Wednesday, December 9</b>  | <b>Christmas on the Air</b> Stoneham Theatre presents a wonderful nostalgic holiday show. We will be invited to become the live audience and participate in the Christmas Eve radio show in 1949. Garnished with Christmas carols, humor, and a touch of romance, this family-run station will host a festive program you are sure to adore. The senior rate for the performance is \$37. The bus will leave the Tiffany Room after lunch for the 2:00 matinee. |
| <b>Thursday, December 10</b>  | <b>Annual Christmas Party</b> at the Knights of Columbus. Enjoy an afternoon of holiday foods, catered by Brett Henry, song and entertainment by the students of the Johnson School and Tommy Rull. Lunch will be served at 11:30 and entertainment will begin at 12:30. Cost is \$15.00.   |
| <b>Wednesday, December 16</b> | <b>Christmas at the Breakers Mansion</b> in Newport Rhode Island. Our self guided audio tour of this beautiful Victorian Mansion is scheduled for 12:00 and will last about 1 hour 30 minutes. The cost of the tour is \$21. We 'll plan to stop for lunch after our tour. The bus will leave the Tiffany Room at 9:30.   |
| <b>Thursday, December 17</b>  | <b>Christmas Tree Shop and The Ship</b> for lunch. The bus will leave the Tiffany Room at 11:30 a.m. for our last holiday shopping trip of the season. Lunch at the Ship is planned for noon with shopping to follow. Will arrive home around 4:00 p.m.   |
| <b>Thursday, December 31</b>  | <b>New Years Eve at Noon</b> at the Tiffany Room. Join us to welcome in the New Year?   |

## COMING ATTRACTIONS

|                   |  |
|-------------------|--|
| <b>January 7</b>  | <b>Museum of Fine Arts.</b> From nobles to merchants to milkmaids, Dutch artists in the time of Rembrandt and Vermeer portrayed all levels of society in masterful detail. Organized by the MFA, this groundbreaking exhibition proposes a new approach to understanding 17th-century Dutch painting. Admission is \$18.00. The bus will leave the Tiffany Room at 9:30. |
| <b>January 14</b> | <b>Tiger's Den!</b> Let's start off the New Year with a trip to the Tiger's Den for lunch and then take a trip to check out the new Ocean State Job Lots in Revere!  |
| <b>January 28</b> | <b>KIOSK</b> for Healthy Living. New technology enhances medical maintenance and helps seniors monitor and manage their health issues. Come on in and check it out!  |

## HAPPENINGS AROUND TOWN

**Christmas Tree Sale!** From November 28 Lowlands parking lot. Johnson School PTO will again sponsor a Christmas tree sale. The lot will be open Wednesday, Thursday, and Friday evenings 6:00pm-9:00pm, Saturdays from 9:00 am-9:00pm, and Sundays from 9:00am-6:00pm. The lot will be open until all trees are sold!

**Christmas by the Sea** Saturday, December 5, at the Nahant Village Church from 9:00 am to 2:00 pm. Check out the Plant Sale, the Baked Goods Table, have lunch and bid on a treasure at the Silent Auction!

**Annual Christmas Santa Parade Fundraiser** Saturday, December 12, at the Tides Restaurant from 6:00 to 9:00. This year's parade is in honor of Lieutenant Thomas Hutton who started the parade in 1995. Gift donations for Raffles can be dropped off at the Nahant Police Station. Cash donations can be made to "Nahant Christmas Parade" and sent to the Equitable Bank at 28 Nahant Road, Nahant MA 01908.

**Annual Christmas Santa Parade** Saturday, December 19. This year's parade will begin at the Village Church on Cliff Street promptly at 6:00. All participants will be welcomed at Swansburg Hall for coffee and hot chocolate before the start of the parade. All proceeds go to local charities and Scholarships for Nahant graduating High School seniors. Those of you who wish to participate in this year's Parade should meet at the Tiffany Room at 5:00. For more information about participating in the parade or information regarding the parade route, visit the Town Website <http://www.nahant.org/community>.

## HOLIDAY AND WINTER BLUES

The holiday season offers many opportunities to spend quality time with family and friends. If you are a caregiver or family member of an older loved one, you may observe a change in their mood or behavior during the holidays. You may notice unusual signs of fatigue or sadness or perhaps limited interest in the holiday season.

The winter holiday season (and the colder months which accompany it) can intensify feelings of sadness which aging seniors often experience. Most often it is not the holiday itself that cause these types of emotions among the elderly, rather the fact that the holidays tend to bring memories of earlier, perhaps happier times.

**What can I do to help myself or a family member or friend who might be struggling during the holiday season?**

- Cold or warm, sunshine and fresh air is good for the soul, it also helps with Vitamin D.
- Exercise - if you have physical limitation, try simple exercises and work your way up to more complicated ones with time.
- Participate in holiday traditions - make cookies, decorate your home or small tree, make a seasonal craft for gift giving. Make decorating a family event!
- Participate or volunteer at a church or community function.
- Help to plan a family gathering.
- Try to eat with some regularity. The holidays can be "crazy" but eating a nutritious meal will help your body stay on the right track.
- Share family stories and memories that make you happy. Keep in mind that younger generations really are interested in the family history.

## THE GIFT OF A HELPING HAND



**The Nahant Council on Aging and the Friends of NCOA are again sponsoring a local Nahant family in need during this holiday season. We have set up a "giving tree" in the Tiffany Room. Our tree is trimmed with ornaments containing the names of items the children need or wish for this holiday. If you would like to help, please come by, look to see if there is an item you would like to purchase and donate. We will give you more details at that time. "...it is in giving that we receive." Thank you**

## SNOW SHOVELING

As the Winter season approaches, we should be thinking of how we can enjoy the New England season - even the SNOW! If you can no longer shovel, many landscape companies plow during the winter. You need to contact them NOW before the snow falls so they can check your property and discuss the cost. The Council on Aging Office also has a list of local individuals who are able to shovel.

Make sure you have a clear pathway from the door to the sidewalk. It is not only important to the mail carrier, delivery persons, caregivers and home health aides, but also the fire and police personnel.

In an emergency, seconds count!

## NAHANT PUBLIC LIBRARY WINTER HOURS

**Tuesday and Thursday 12pm to 7pm**

**Wednesday and Friday 10am to 5pm**

**Saturday 1pm to 6pm**

**Sunday and 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**  
**Reservations required 24 hours in advance**  
Cost - \$3.00

Celebrating December Birthdays      Thursday December 31

**FOOD SHOPPING PROGRAM**

|                   |                                 |            |
|-------------------|---------------------------------|------------|
| Wednesday, Dec. 2 | Market Basket and Vinnin Square | 12:30 P.M. |
| Tuesday, Dec. 8   | Market Basket and Vinnin Square | 12:30 P.M. |
| Tuesday, Dec. 15  | Market Basket and Vinnin Square | 12:30 P.M. |
| Tuesday, Dec. 22  | Market Basket and Vinnin Square | 12:30 P.M. |
| Tuesday, Dec. 29  | Market Basket and Vinnin Square | 12:30 P.M. |

**RECIPE OF THE MONTH**



**Fresh Strawberry Upside Down Cake**

Prep 15 m      Cook 50 m      Ready In 1 h 20 m

**Ingredients**

- 2 cups crushed fresh strawberries
- 1 (6 ounce) package strawberry flavored Jell-O(R) mix
- 3 cups miniature marshmallows
- 1 (18 ounce) package yellow /white cake mix, batter pre pared as directed on the package

**Directions**

1. Preheat an oven to 350 degrees F (175 degrees C).
2. Spread crushed strawberries on the bottom of a 9x13 inch baking pan.
3. Evenly sprinkle strawberries with the dry gelatin powder, and top with mini marshmallows.
4. Prepare the cake mix as directed on the package, and pour on top of the marshmallows.
5. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 to 50 minutes.
6. Cool in the pan for 15 minutes.
7. Run a knife around the pan to loosen the sides, and turn the cake out onto a serving tray.
8. Store cake in the refrigerator.

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**SPECIAL THANKS**

The guests and staff of the Nahant Council on Aging wish to thank the Friends of NCOA for their support this holiday season. The Friends of NCOA have generously donated funds to our Christmas Party on December 10 to help defray the cost of our catered lunch and Holiday entertainment. Thanks also to the Knights of Columbus for their continued support. We are grateful for their support. Happy Holidays!

# Tiffany Café Menu

**December 2015**

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



| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| <b>All lunches served with:</b><br><b>Milk</b><br><b>Bread &amp; Butter</b> | <b>1</b><br><b>MAPLE ST. BISTRO</b><br><b>CLOSED FOR LUNCH</b>         | <b>2</b><br>Salad<br>Chicken<br>Parmesan<br>Pasta                             | <b>3</b><br>Pot Roast<br>Mashed Potatoes<br>Carrots  | <b>4</b><br>Baked Haddock<br>Rice<br>Vegetable<br>Salad           |
| <b>7</b><br>Chicken<br>Parmesan<br>Spaghetti<br>Cesar Salad                 | <b>8</b><br>Salad<br>Meatball Stew<br>With Potatoes<br>And Green Beans | <b>9</b><br>Braised Chicken<br>Thighs<br>Potato<br>Vegetable                  | <b>10</b><br><b>CHRISTMAS PARTY</b><br><b>CLOSED FOR LUNCH</b>   | <b>11</b><br>Beef Stew<br>With Carrots<br>And<br>Mashed Potato    |
| <b>14</b><br>Baked Ham<br>Potatoes AuGratin<br>Roasted Butternut Squash     | <b>15</b><br>Salad<br>Chicken Marsala<br>Roasted Potatoes<br>Vegetable | <b>16</b><br>Roast, Stuffed<br>Pork Loin<br>Potato<br>Vegetable               | <b>17</b><br>Fettuccini<br>Alfredo<br>Garlic Bread<br>Roasted<br>Vegetables  | <b>18</b><br>Chicken<br>Cordon Bleu<br>Rice<br>Vegetable<br>Salad |
| <b>21</b><br>Meatloaf<br>Mashed Potato<br>Gravy<br>Vegetable                | <b>22</b><br>Salad<br>Chicken Cacciatore<br>Angel Hair Pasta           | <b>23</b><br>Salad<br>Swedish Meatballs<br>and Gravy<br>Noodles,<br>Vegetable | <b>24</b><br><b>CHRISTMAS EVE</b><br><b>COA</b><br><b>CLOSED</b>   | <b>25</b><br><b>CHRISTMAS COA</b><br><b>CLOSED</b>                |
| <b>28</b><br>Maple Red Bean<br>Stew<br>Buche de Noel                        | <b>29</b><br>Salad<br>Homemade<br>Escarole Soup<br>with Meatballs      | <b>30</b><br>Salad<br>Chicken Stroganoff<br>Noodles                           | <b>31</b><br><br><b>NEW YEAR'S EVE</b><br><b>AT NOON</b> | <b>Menu is subject to change</b>                                  |



## HEALTH AND WELLNESS

|          |         |   |
|----------|---------|---|
| Tuesday  | Dec. 8  | 9:30 a.m. Manicurist (sign up required) \$10.00 |
| Tuesday  | Dec.22  | 9:30 a.m. Manicurist (sign up required) \$10.00 |
| Thursday | Dec. 17 | 9:00 a.m. Blood Pressure Clinic                 |
| Monday   | Dec. 21 | 9:30 a.m. Hair Styling (sign up required)       |

### EXERCISE/ACTIVITIES

|                                  |            |                                     |                  |
|----------------------------------|------------|-------------------------------------|------------------|
| Monday                           | 9:00 a.m.  | YOGA (\$5.00)                       | Tiffany Room     |
| Monday                           | 9:00 a.m.  | Total Body Exercise                 | Community Center |
| Tuesday                          | 9:00 a.m.  | Quilting, crafts, crocheting        | Community Center |
| Tuesday & Thursday               | 5:00 p.m.  | Mat & Stretch Class                 | Community Center |
| Wednesday                        | 9:00 a.m.  | Total Body Exercise                 | Community Center |
| Tuesday & Thursday               | 10:30 a.m. | Chair Exercise                      | Tiffany Room     |
| Friday                           | 9:00a.m.   | ZUMBA (Class is cancelled for Dec.) | Community Center |
| (Classes will resume in January) |            |                                     |                  |

## PUZZLE OF THE MONTH



Away in a Manger  
 Choir of the Bells  
 Dominick the Donkey  
 Frosty the Snowman  
 Holly Jolly Christmas  
 Jingle Bell Rock  
 Jingle Bells  
 Let it Snow  
 Little Drummer Boy  
 Little St Nick  
 O Holy Night  
 Rudolph  
 Santa Baby  
 Silent Nigh  
 Silver Bells  
 The Christmas Song  
 The First Noel  
 Winter Wonderland



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

Chicken Scratch NY



Halloween



Party



Tiger's Den



Visit us at:  
[www.nahantcouncilonaging.org](http://www.nahantcouncilonaging.org)

**Friends of Nahant COA Executive Board**

**FRIENDS**

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

**CORNER**

**NEXT MEETING DECEMBER 9 AT 10:00 TOWN HALL**

**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 the Nahant Council on Aging**  
334 Nahant Road, Nahant, MA 01908

## NOVEMBER BIRTHDAY CELEBRATIONS

December 1—Joan McDonough, Grigoriy Barats, Catherine Delaney, Fateme Kazemzade, Anne Stephenson, Dianne Ward

December 2—Maurice Poulin, Helen Mayo, Paul Belliveau, Robert Doe, Lynn Vikesland

December 3—Edmond Locke, Robert Wilson, Wendy Hammond

December 4—Donald Savino, Irvine Rusk, Richard Faieta, Richard Gaudet

December 5—Alexander Panos, Regina McCardle, William Docken, John Tofuri, Christine Lazzaro, Linda Tropeano, David Migliaccio

December 7—Mary Ann Lermond, Caitlin Saunders-White, James Cunningham

December 8—Susan Kane, Richard Comito

December 9—Margaret Dowling, Doris Bongiorno, Vanda Zirpolo, Linda Mason

December 10—Virginia Fiske, John Collins, Pauline White, Gennady Khatsernov, Julie Tarmy

December 11—Christopher Whitlock

December 12—Rosemarie Tirrell, Francis Cullinan, Michael Manning, Linda Macone, Timothy Goodwin, Anthony Staffier

December 13—Frank Culver, Abigail Nelson, James Palumbo, Edward Koscielecki, Vicki Shore

December 14—Richard Dorland

December 15—Michael Porter, Timothy Vonaschwege, Joseph Donovan, David Flaherty

December 16—William Nelson, Eugene Howard, Wilma Voukydis, Gail Bird, Carol Jacober, Mark Scaglione

December 17—Nora Gergely, Jeffrey Hall, Mary Jan English, Ron Munroe, Mary Crowley

December 18—Anthony Scapicchio, Kenneth Etter

December 19—Janice Curran, Kathryn Titus, Judith Flynn

December 20—Joyce Loguercio, William Morse

December 21—Thomas Oshea, Eugene Tetrault, Noel Spinney-Costin, Virginia Buckley, Linda Peterson, Sally Due Donais

December 22—Edmond Legault, Robert Casey, John Wynne, Barbara Devens, Christine Bates

December 23—John Gorgone, Orlando Pellegrini, Annemarie Daniels

December 24—Dante Palombo, Beverly English, Roger Blais, Sidra Coleman, Richard Pascucci

December 25—Flossie Frangules, Roger Peterson, John Hayes Mason, Kathleen Meager

December 26—Muriel Webster, Janice Bowering, Paul Power, Kelly Sean

December 27—Penny Billias, Edwin Gaeta, Barry Sidwell

December 28—Mary Kelley, Noel McGinn, Susan Maguire, Edwin Manzano, Judith Cerone Keenan, Janice Quinn

December 29—Catherine Scaglione, Flora Sigourney, Joan Nobrega, Jacqueline Singer, Eugene Cauty Christine Alexander

December 30—Nancy Wilson, Richard O'Connor, Mark Simpson

December 31—Ralph Canali, Christopher Mathias, Hugh Samson

### Marion "Peggy" Lester



Marion C. Lester (Delany), "Peggy" of Nahant, passed away peacefully Sunday, October 11, 2015. She was 90.

Mrs. Lester resided in Nahant for the majority of her life where she was a devoted Wife, Mother, Aunt and Friend. Peggy loved many people and she was dearly loved by all who were blessed to have her in their lives. Her kindness extended in so many directions, the absence of her presence will be sorely missed

There will be a private service at the graveside followed by services at the Nahant Village Church on 11/7/15, commencing at 11:30 am where friends are welcome to come and celebrate her life.