

June 2022 *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

Mary Miner
Executive Director

Ann Callahan, Michelle Marshall
Assistants to the Director

Mark Lucantonio- Transportation
Jim O'Connor - Transportation
Pat Scanlon - Transportation

Nahant COA Board of Directors

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Lollie Ennis - Treasurer
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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

Hi all,

June is busting out all over! Or so the song says! I'm looking forward to warmer days and being outside more. I am sure you are as well.

We are so happy to have you back after being closed for 2 weeks due to a spike in COVID. We had to reschedule some events from May to June. The String Art class will return this month. Please make sure to sign up for it in the Senior Center.

We are having an Ice Cream social after lunch on the 8th of June, sponsored by Home Instead Senior Care of Melrose, MA. They will be here to talk about the many services they offer to seniors.

Andrew Wallace will be here on June 9th to talk about an exciting program that GLSS offers to help seniors connect electronically with different programs and classes as well as family and friends by way of using your TV that is at no cost to you. Please mark your calendar to hear what Andrew has to say.

We are also planning to go grocery shopping again, every other Friday, starting June 10th. The COA van will leave at 12:30 pm and go to Market Basket in Lynn. We need people to sign up in advance at the Senior Center so please do so no later than the Thursday before.

Later in the month, we will go on a cruise up the Essex River. Please mark your calendars for the event. We will go to lunch at Farnham's in Ipswich and then head over to the river for the cruise. Should be a great day!

And finally, we celebrate Father's Day! Happy Father's Day to all dads, granddads, uncles who are father figures and all the men in our lives who have helped mold and make us become the best version of ourselves no matter what the age!

Lots to do this month!

See you at the beach.

Mary

Nahant Council on Aging
Monday-Friday 9:00-1:00



Essex River Cruise Wed., June 22, 2022.

Bus will leave the
Town Hall parking lot at
10:00am.

Tickets for the cruise are \$26.00.
Lunch at J.T. Farnham's in Ipswich.
To reserve your seat, sign up at the Tiffany
Room or call 781-581-7557 no later than
Wed., June 15.



The Nahant COA is offering
transportation to Market Basket.
June 10 and 24 at 12:30pm. Seating is
limited, so please call 781-581-7557 to
reserve a seat on the bus.

NEIGHBORS
HELPING NEIGHBORS
TO AGE IN PLACE



Marblehead Nahant Swampscott
www.Seaglassvillage.org 781 718-0401



JUST A REMINDER

LUNCH PRICES ARE GOING UP STARTING JULY 1
LUNCH WILL GO FROM \$ 3.00 TO \$ 4.00 !

It's Manicure Mondays!



Manicures are available
every Monday.
Call 781-581-7557
to make your appointment
with Christina.

Dr. Uhrich will be at the
Tiffany Room on
Thursday, June 16, 2022.

Check your calendars!
Appointments required.



NAHANT PUBLIC LIBRARY - HOURS

On the recommendation of the CDC the Library is
requesting that all visitors over the age of 2 years,
wear a mask when visiting the Library.



Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-8:00
Friday	10:00- 5:00
Saturday	12:00-4:00
Sunday	Closed

Phone: 781-581-0306

email us at nahant.circ@gmail.com

Blood Pressure Clinic will
resume at the Tiffany Room
every 3rd Wednesday of the month
from 10:00-11:30.

June 15



No appointment required.

CALENDAR IN BRIEF

Friday, June 3, 2022. Nahant Village Church monthly breakfast and coalition. Miriam Gas, Director of the Refugee and Immigration Assistance Center. To request transportation, call Nahant COA at 781-581-7557. For more information see page 4.

Sunday, June 5, 2022. The Apollo Club of Boston joined by Three Sheets to the Wind at Nahant Public Library at 3:00pm. Admission is free. Donations are accepted. For more information see page 4.

Wednesday, June 8, 2022. Ice Cream Social sponsored by Home Instead at the Tiffany Room, 12:30 pm. For more information, see page 5.

Thursday, June 9, 2022. Andrew Wallace, from GLSS, will be talking in the Tiffany Room at 12:30. He will demonstrate the benefits of a new communication system called UNIPER. For more information, see page 5.

Friday, June 10, 2022. In honor of Flag Day, the American Legion Post 215 is sponsoring a Flag Retirement Ceremony, from 6:00pm-9:00pm at Short Beach. If you have a flag that you would like to have retired, please bring them to the American Legion located in the Coast Guard Station on Friday June 3 or Friday, June 10 from 4:00-8:00pm.



Saturday, June 11, 2022. The Nahant Garden Club Porches and Garden Tour. 10:am-2:00pm. Tickets at \$25.00. For more information see page 4.

Wednesday, June 15, 2022. String Painting at the Tiffany Room from 1:00-2:00pm. For more information, see page 4.



Thursday, June 16, 2022. Attorney Brian Snell will be available for consultation from 10:00-11:30 am at the Tiffany Room.

Please call 781-581-7557 to make an appointment.

Wednesday, June 22, 2002. Essex River Cruise. Tickets are \$26.00. Bus will depart from Town Hall at 10:00am. For more information, see page 2.

STRING PAINTING CLASS



Wed. June 15th: 1 - 2 p.m.

Join us to create fun, and beautiful frame-worthy paintings. We'll walk you through it - no previous experience needed! All materials provided.

This class is free.
Please signup in advance.

Tiffany Room



**Come, Enjoy the Annual
Nahant Library
Benefit Concert**

Apollo Club of Boston
Celebrating 150 Years Singing
as a Men's Chorus

Joined by:
Three Sheets to the Wind




Steven Lipsitt
Conductor

Performing:
Nautical Songs & Chanteys
Folk Songs, Spirituals & Anthems
Show Tunes & Barbershop

SUNDAY • JUNE 5, 2022 • 3:00 PM
NAHANT TOWN HALL
ADMISSION FREE • DONATIONS ACCEPTED

THE NAHANT GARDEN CLUB
invites you to
"Appreciation"
a Porches and Gardens Tour



on Saturday, June 11, 2022 from 10AM to 2PM

Eight homes in Nahant are participating in this tour, in appreciation of all the everyday heroes who risk their lives and health in the service of others. The NGC is grateful for the healthcare workers, EMTs, firefighters, police, military personnel, teachers, grocery workers and all others who have helped us get through the pandemic. We hope this event will provide an opportunity to reflect on the heroes in our community and beyond.

Tickets are \$25 and may be purchased from Joanne Bryanos, Co-President of the Nahant Garden Club: (781-640-6469).

Nahant Community Breakfast

Friday, June 3, 2022, 8:00 a.m.



**Presentation by
Mariam Gas, Director
of the Refugee &
Immigration
Assistance Center,**

**The Nahant Village Church
27 Cliff Street**

All are welcome

Breakfasts are scheduled for the first Friday of the month. Future highlights:

- July 8 - Travels to Antarctica by Isabell VanMerlin
- August 5 - Seaglass Village--Neighbors Helping Neighbors
- September 9 - State Senator Brendan Crighton

Mark your calendars!

Arrangements for transportation of elders to and from the breakfast may be made by calling the Tiffany Room, Council on Aging at (781-581-7557) a few days in advance of the breakfast.

National “Fill in the Blank” Day/Week/Month!

It seems there is a commemoration day, week, or month to celebrate or raise awareness about pretty much everything. For example, June is National Give a Bunch of Balloons Month, National Adopt a Cat Month, and Rose Month, among about 30 others! But there are a few important and relevant ones this month that I wanted to call your attention to.

Each year on June 15, advocates and communities from around the globe commemorate World Elder Abuse Awareness Day. It is a sobering reminder that an estimated 5 million cases of elder abuse are reported every year, with an uptick noted during the pandemic. Elder abuse is defined as physical, sexual, and emotional abuse, caretaker neglect, financial exploitation, and self-neglect. If you suspect abuse of a friend, neighbor, or relative, you should report it to the State’s Elder Abuse Hotline (24-hours a day) by calling 1-800-922-2275. The identity of the reporter is kept confidential.

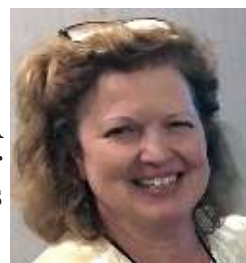
June is also Pride Month, and, after a two-year hiatus, the North Shore Pride Parade and Festival is on and a record turnout is anticipated! This event celebrates LGBTQ+ people and promotes greater understanding of this community across the North Shore. It will take place on Saturday, June 25, on the Salem Common. It is a full day of activities and events. GLSS is a sponsor and will have staff available to answer questions and provide resources specifically for older people who identify as LGBTQ+. *Please stop by and say hello!*

Finally, Men’s Health Week takes place each year during the week leading up to and including Fathers’ Day (this year, June 13-June 19). Recognized by the White House, the purpose of Men’s Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. GLSS periodically offers a special Men’s Health Forum to bring men of all ages in the community together to discuss a variety of important health topics. We’ll let you know when we have one scheduled.

So, this month, by all means, give a bunch of balloons to someone to brighten their day, adopt a furry feline, or stop and smell the roses—but also keep in mind these other significant commemoration events that directly impact older adults.



Kathryn C. Burns, MHA
Chief Executive Officer
Greater Lynn Senior Services



Ice Cream Social sponsored by Home Instead Elder Care. Wednesday, June 8. 12:30pm



Home Instead regularly sends Professional Caregivers to a person’s home or care community to help them accomplish activities of daily living, such as bathing, doing the laundry and meal

WHAT CAN YOU DO ON UNIPER?

- Join live, interactive classes
- Stay active - physically, mentally, socially and spiritually
- Share your knowledge in peer-led groups
- Meet new people
- Video call family and friends
- Receive visits from healthcare providers or GLSS staff from home

AT NO COST TO YOU

BE ACTIVE. BE TOGETHER. BE INDEPENDENT.

UNIPER

“EASY TO USE!”

- Turn any TV or mobile device into an interactive window
- Connect with your GLSS case manager, counselor, or group leaders and other healthcare providers
- Video chat with family or friends

PROGRAMS DESIGNED FOR YOU BY UNIPER & GLSS

- Cognitive and physical training
- Live classes and activities
- Health risk reduction workshops and educational materials
- Peer chat rooms and peer-led groups
- Rich content library

To find out more, call Andrew Wallace at 781-477-6702 or email awallace@glss.net

In partnership with: **GLSS** Greater Lynn Senior Services



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.

TRANSPORTATION OPTIONS:

TRANSPORTATION OPTIONS:

“THE RIDE.”

Transportation to anywhere you want to go for any reason.

If you have a doctor-certified disability prohibiting you from using public transportation, you're eligible for affordable door-to-door service 365 days a year, throughout the N. Shore and Greater Boston area, thanks to the MBTA's “THE RIDE.”

For more information:

Visit the MBTA on line at www.mbta.com/the ride

Call the MBTA at:

617-337-2727

Podiatrist, Dr. Uhrich is 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.

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**.

“Connections” A Memory Café

Nahant Public Library

A program of Arts & Sharing

15 Pleasant St., Nahant

10:00–12:00 noon

Contact Shawkes@nahant.org

RSVP 781-581-0306

Offered for people with memory impairment and their caregivers.

If you have any SHINE questions, you can contact

Mystic Valley Elder Services
300 Commercial St. #19, Malden, MA 02145
718-324-7705.
www.mves.org

SHINE questions can be left for the program by calling 781-324-7705 and asking to speak with a Counselor on duty or leaving a message for the next counselor on duty. Counselors are not always available on a daily basis but calls are returned ASAP.



June is Alzheimer's Awareness Month

Alzheimer's is a disease most of us are familiar with. We may actually have a family member who has, or has had it, but we may not have much understanding of it.

Alzheimer's, also sometimes known as senile dementia, is a progressive condition that destroys memory and eventually other neurological functions. It is caused by an abnormal buildup of proteins around the brain cells, and this causes degeneration and death of the brain cells and their connections with other brain cells. This degeneration and destruction of cells causes memory loss and loss of function.

More than 3 million new cases of Alzheimer's are diagnosed every year. It is a chronic disease that can last for many years, usually progressing slowly and in elderly persons, but it can also progress rather rapidly. There are also "Early Onset" cases that have been known to occur as early as the 30s but this is fortunately rare.

Diagnosis relies heavily on evaluation of symptoms of memory loss and confusion. Brain imaging, PET scans and MRIs are helpful in the diagnosis and watching the progression. There is no cure for Alzheimer's but advances in treatment have been made in recent years. Medications called cognitive enhancing medications and cholinesterase inhibitors have shown slowing of the progression of the disease and in controlling some behaviors. An important self-care aspect of disease management is taking part in physical activity, exercise. This has been shown to be important in so many other diseases as well. The increased blood flow to the brain and the purposeful physical movements appear to have beneficial affects.

There are several stages in the progression of the disease. They start before symptoms, then development of basic forgetfulness, progressing to noticeable memory loss. Eventually this leads to decreased independence and requiring assistance in activities of daily living, increasingly severe dementia, and eventual loss of physical control. People usually do not die of Alzheimer's but from complications of the disease. Frequently, inability to swallow well causes aspiration pneumonia which can be a cause of death. It's this slow progression to complete dependence that is so painful for both patient and family and becomes so all consuming.

Research is making advances in the treatment of Alzheimer's. Though there is no cure yet, there is medication to slow the disease progression so that a person with Alzheimer's can potentially enjoy many more years. Here again early diagnosis is key. And remember, we are all a bit more forgetful as time goes on, and not everything has a major diagnosis. Stay well.

Anna Marie Manzano R.N.

VETERAN'S FOOD PROJECT

***** Town Hall 9:00-10:30 a.m. *****

June 1 July 13 Aug. 3 Sept. 7

PRE-REGISTRATION: (FIRST TIME ONLY)

ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF VETERAN STATUS

This is one of my new favorites. It is easy as well as versatile. It is a great side dish for fish, chicken, pork or beef. Add leftover chicken and it is a great 30 minute meal!

Zucchini Tomato Bake

Healthy Zucchini Tomato Casserole with garlic and Parmesan in 5 minutes of prep. Serve as low carb side dish or add cooked chicken for a 30 minute dinner.

Course: Side Dish Cuisine: Ukrainian Prep Time: 5 minutes Cook Time: 25 minutes
Servings: 6 servings Calories: 79kcal Author: Olena Osipov

Ingredients

- 2.5 lbs zucchini 2 large, cut into quarters
- 10 oz grape tomatoes cut in halves or 2 large tomatoes, diced
- 5 garlic cloves minced
- 1/2 cup Parmesan cheese grated
- 1 tsp any dried herbs like basil oregano or Italian
- 3/4 tsp salt
- Ground black pepper to taste
- 1/3 cup parsley or basil finely chopped
- Cooking spray I use Misto



Instructions

1. Preheat oven to 350 degrees F and spray 8 x 8 or 9 x 11 baking dish with cooking spray. Set aside.
2. In a large mixing bowl, add all ingredients, except parsley/basil; stir to combine.
3. Transfer to a prepared baking dish and bake uncovered for 25 minutes for crunchy zucchini or 35 minutes if you like well cooked vegetables. I recommend checking for doneness with a fork or knife after 25 minutes.
4. Remove from the oven, garnish with basil or parsley and serve hot/warm.

Store: Refrigerate covered for up to 3 days.

Notes

- Add some grilled, roasted, cooked, even quickly pan fried with some seasonings chicken (cubed or shredded).



Tiffany Café Menu June, 2022



**Reservations for lunch are required
24 hours in advance.**

Monday	Tuesday	Wednesday	Thursday	Friday
Please inform your server if you or anyone in your party has a food allergy.	Menu is subject to change.	1 Tuna Sandwich , Pickle, Chips	2 Shephard's Pie, Cornbread, Salad	3 Stuffed Peppers, Salad
6 Cuban Sandwich, Pasta Salad, Chips	7 Chicken Noodle Casserole, Salad	8 Hot Dogs, Potato Salad, Chips	9 Slow Cooked Ribs, Mashed Potato, Veggie	10 Shrimp Stir Fry, Rice, Salad
13 Spaghetti and Meatballs, Salad, Bread	14 Chicken Salad Sandwich, Chips, Pasta Salad	15 Hot Pastrami Sandwich, Potato Salad	16 Baked Fish, Vegetable, Cole Slaw	17 Father's Day Lunch: Roast Pork, Potato, Veggie, Applesauce
20 Chicken Alfredo, Salad	21 Egg Salad Sandwich, Macaroni Salad, Chips	22 Linguisa Sandwich, Pickle,	23 Roasted Chicken over Salad	24 Fish Chowder, Crackers, Salad
27 American Chop Suey, Salad	28 Chicken Casserole, Veggie	29 Grilled Ham and Cheese Sandwich, Cup of soup	30 Chili, Cornbread, Salad	

HEALTH AND WELLNESS

REMINDER!

Community Center—Masks required for unvaccinated people, optional for people who have been vaccinated.

The following classes will be held at the Community Center on Valley Road.

- Monday – 9:00am Strength Class with Sharon
- Tuesday – 9:00am Chair Yoga with Lynda
- Wednesday – 9:00am Strength Class with Sharon
- Thursday – 9:00 am Yoga Class with Lynda
- Friday—9:00am Strength Class with Lynda

*** **Mondays - 10:30 Chair Exercise. Town Hall.**

*** **Wednesdays - 10:30 Chair Exercise with Linda Peterson. Town Hall.**

*** **Friday - 10:30 Balance Class with Keri. Town Hall. \$2.00 fee.**



THE BEACH

Find and circle all of the beach words that are hidden in the grid.
The remaining letters spell an additional beach word.

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

BARE FEET
BEACH BALL
BOAT
CLOUDS
DRIFTWOOD
HAT
KITE
LIFEGUARD
OCEAN
PAIL
PIER

SAILING
SAND
SEAGULL
SEASHELL
SEASHORE
SKY
STARFISH
SUNGLASSES
SUNSCREEN
SUNSHINE

SURFBOARD
SURFING
SWIMMING
SWIMSUIT
T SHIRT
TOWEL
VOLLEYBALL
WADING
WATER
WAVES

[Solution on page 13.](#)

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

In memory of:

Arthur Barreda

Fredrick Gove

James Nagle

Jean Nagel Berner

CONGRATULATIONS TO THE
FOLLOWING WINNERS AT OUR
RECENT FUNDRAISER AT
TIDES RESTAURANT!

Torin Anderson

Gaye Clemens

Mary Irene Dickenson

Bob Lehman

Maryann Lermond

Joe Mayo

Nancy McCarthy

Mary Miner

Janet Taylor

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 _____

Phone _____ Email _____

_____ In Honor/Memory/Appreciation of _____

Please send gift notification to: _____

Donor name: _____

Address: _____

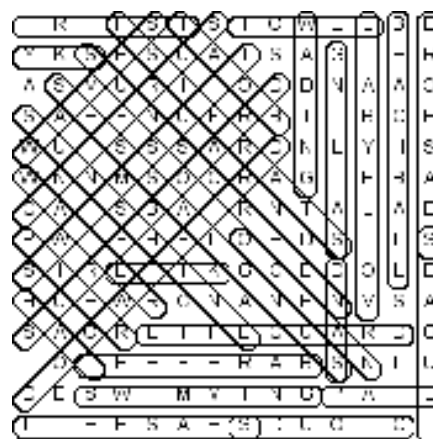
Please make checks payable to: **Friends of Nahant Council on Aging**, 334 Nahant Road, Nahant, MA 01908

BIRTHDAYS

June 1 - June Carmody, Mary Maccario
 June 2 - David Lazzaro, Joel Marie, Janet Flaherty, Sallee Slagle, Stephen Kasper, David Quinn, Anthony Scali
 June 3 - Joseph Brugman, Youngae Benson, Thomas DiBenedetto, Bridget O'Brien, Heather Johnson, Jane Dantona
 June 4 - Mary Donahue, Cecelia Hill, Gretchen Henry, Kathy O'Connor, Judith Shanahan, Kevin Shanahan, Margaret Ackerman, Brenda Perroni
 June 5 - Katherine DiVittorio, Colleen Sheppard, Frank Dunion, Owen Kane, Dale Warren, Florence McDonough, Sarah Murray, Elaine White
 June 6 - Robert Cass, Thomas Parrott, Stephen O'Malley, Michael Davis, Gregory Gore
 June 7 - Craig Mosher, Ellen Newlands
 June 8 - James Savino, Anne Senk, David Wilson, Lizette Marrero, Katherine Jenkins, Raymond Desmarais, Susan Hooper
 June 9 - Barbara Mackey, Stuart Kingsley
 June 10 - Roger Beckert, George Dagas, Sean Coffey
 June 11 - Lawrence Bradley, Gretchen Sterenberg, Richard Fox, Robert Cronin, Carmel Trentsch
 June 12 - Anne Cote, Judith Larkin, Elisabeth Foukal, Carl Ingrao
 June 13 - Dorothy Vitale, David Hussey, Shirley Sarpi-Brahm, Patricia Aldrich, Carol Aloupis, Stephanie Angiulo-Costa, James Garfield, Christopher Black, Roger Williams
 June 14 - Marie Hosker, Jeannette White, Darleen Terminello, Janet Lass, Barbara Lebow
 June 15 - Daniel Droukis, Conrad Squires, Lynne Spencer
 June 16 - Pauline Marra, Michael Lutch
 June 17 - Elisabeth Hemminger, Peter Scapicchio, Barbara Stamos, Lana Mogan, Sheldon Sevinor, Janina Wabno, Kristina Etter, Sean Campbell
 June 18 - Mary Magner, Ellie Connolly, Thomas Neilson
 June 19 - Anne Spirn, Alice Volk-Roy, James Clements, Edward Morrissey, Martha Chepeleff
 June 20 - Susan DePaolo, Charles Marino, Richard Senk, Dolores Costello, Jeanne Farrow, Mary Dill, Barbara Cantalini, Sirabhorn Muntarbhorn
 June 21 - Jane "Bonnie" Lombard
 June 22 - Donna Damico
 June 23 - Janice S. Gomperts, Gregory Poth, Gail Mazzio, Anne Hiland
 June 24 - Martin Samuels, Paul Wilson
 June 25 - Margaret Hinrichs, Roger Peladeau, Irene Purdy, Mark Melanson
 June 26 - Robert Guiney, Jean Mullen, Robert Tibbo, Douglas Babin
 June 27 - Kenneth Taylor, William Mahoney, John Stephen Cody, William O'Connor, Bettie Richardson, Eric Leja, Paul Bertorelli, Erasmo Mitrano
 June 28 - Anita Smith, Joseph McDonough, Frank Pesco, Teresa Newell, Eileen Simons, Laurie Allard, Brian Murphy
 June 29 - Christie Stamos, Laurel LaLiberte, Dolores Merlino, Gary Deines, Mary Marino, Francis Barile,
 June 30 - Richard Hagoort, William Burton, Maria Brooks

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

Please submit your article to
mminer@nahant.org
 or drop it off at the office.



The hidden message is:
 SANDCASTLE