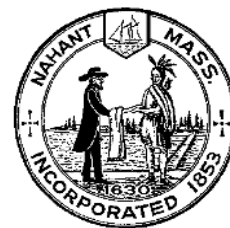


April 2023 Nahant Tiffany Times



*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, Michele Marshall
Assistants to the Director

Mark Lucantonio - Transportation

Jim O'Connor - Transportation

Pat Scanlon - Transportation

Nahant COA Board of Directors

Angela Bonin - Chairman

Donna Steinberg - Vice Chairman

Emily Potts - Treasurer

Secretary

Sheila Hambleton

Linda Jenkins

Lollie Ennis

Carol Sanphy

Janet Taylor

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,

Happy Spring! April is National Volunteer Month! The month is dedicated to honoring all of the volunteers in our communities as well as encouraging volunteerism throughout the month. Celebrating volunteers started nationwide in 1974 and has continuously grown since then. I am grateful to the many volunteers who help keep the Nahant Council on Aging running. They help in serving each senior as needed in many areas and make my job easier each day. I am thankful to Ann Callahan and her efforts in helping coordinate all the volunteers. Volunteers are always needed at the Nahant COA, so if you have some morning during the week where you would like to help out, please let Ann know. Thank you all who volunteer. We could not do what we do without you!

April brings new and old events to happen. We will be celebrating Easter with our annual Easter lunch to be held in the Tiffany Room on Thursday April 6th. Brett Henry will be cooking us a wonderful ham with all the trimmings, so please sign up and join us.

The monthly breakfast at the Nahant Village Church speaker breakfast will be held on **Friday April 14th**. Our Town Administrator, Tony Barletta will be guest speaker.

On Wednesday, April 19th, a representative from Atlantic Hearing Care, located in Swampscott, will be here to speak after lunch. Dr. Taylor Chabot will talk about the many services Atlantic Hearing provides. We are planning to start a hearing clinic in May here at the Nahant COA. Dr. Chabot has agreed to come and meet folks every other month if need be to discuss any hearing issues you may have.

The weather will be getting warmer. Try and take some time to go out and enjoy the sun and fresh air.

Stay well!

Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

CLOSED

Monday, April 17, 2023 Patriot's Day

THE MONTH AT A GLANCE

Thursday, April 6. Easter Luncheon. Join us at the Tiffany Room for a celebration of Spring. Lunch will be catered by Brett Henry. See page 3 for more de-

Wednesday, April 12. Our monthly trip to the Tiger's Den at LVTI is scheduled to leave The Tiffany Room at 11:15. The cost is \$15. Reservations are required. Please sign up at the Tiffany Room.

Wednesday, April 19. Atlantic Hearing Care. Listen to a presentation by Dr. Taylor Chabot in the Tiffany Room at 12:30.

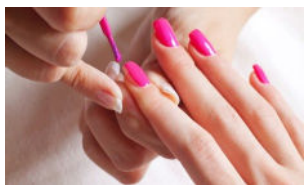
Thursday, April 20. Attorney Brian Snell. Make an appointment to discuss your legal concerns with Brian Snell. Sign up in the Tiffany Room.

Tuesday, April 25. The Doll Doctor. An interesting and fun presentation in the Tiffany Room from 12:30-1:30. See page 8 for more information.

Friday, April 28. The Incredible Mae West. Spend the afternoon with Mae West! Reserve your seat! See page 4 for more details.

Sunday, April 30. Beehive: A Musical Celebration of the Groovy Women of the 1960's. Spend an entertainment filled Sunday at the Greater Boston Stage Company in Stoneham. See page 4 for details.

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 Wednesday, May 10, 2023.

Check your calendars! Appointments required.



NAHANT PUBLIC LIBRARY - HOURS



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.

Wed., April 19

No appointment required.



CARDS ANYONE????



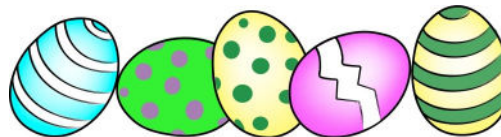
Linda Garber, a volunteer at the Swampscott Senior Ctr, enjoys playing cards, and would love to teach and have a Canasta club on Monday afternoons!

This game is easy to learn. Players prefer Canasta because they can play individually and in pairs. This game uses two full decks of cards (including the jokers) totaling 108 cards and combines partnership play with point-scoring.

The main object of the game is to outscore the opposing team, or players.

The classes will start on April 24th and run for 5 consecutive Mondays ending on May 22nd. At the Nahant Council on Aging from 12:45 to 2:45. The cost is \$30.00 for the 5 lessons.

If you are interested, sign up at the Tiffany Room.



EASTER LUNCH APRIL 6TH
CATERED BY BRETT HENRY
LUNCH WILL START AT 11:30 IN
THE TIFFANY ROOM.
THE COST IS \$15.00.
DEADLINE FOR SIGNING UP IS
APRIL 4TH.

NAHANT WOMEN'S CLUB OF THE NORTH SHORE 2023 SCHOLARSHIP AWARD

One \$1,500 award will be made to a qualifying member of the Class of 2023 who will be continuing her or his education at an accredited two or four year college.

Applicant must be sponsored by a Nahant Women's Club member or be a resident of Nahant. The award is based on academic record, financial need, community service and extra-curricular activities.

DOCUMENTS NEEDED TO APPLY

1. The student's letter of application.
2. High School transcript.
3. Evidence of acceptance into college.
4. Letter/s of recommendation.
5. Articles and/or photos of community service and extra-curricular participation.

ALL MATERIAL IS DUE MAY 15TH 2023.

Please email to:

scholarship@nahantwomansclub.org

On the "Subject" line please put your Name and "Nahant Scholarship".



DELVENA THEATRE COMPANY
PRESENTS

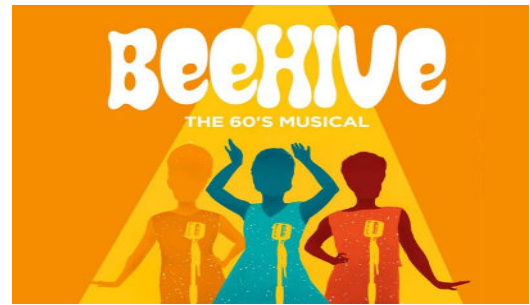


THE INCREDIBLE MAE WEST

NAHANT SENIOR CENTER
334 Nahant Street, Nahant

FRIDAY, APRIL 28, 2023
12:30 PM

This performance is supported in part by a grant from the Nahant Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



BEEHIVE:

A Musical Celebration of the Groovy
Women of the 1960s!

Sunday, April 30, 2023

Flower Power meets Girl Power when our high-energy, high-haired cast hits the stage with some of the 1960s greatest hits: "Be My Baby," "My Boyfriend's Back," "Where the Boys Are," "Proud Mary," "Natural Woman," "It's My Party," and more!

We will leave Nahant COA at 11am. Show starts at 2pm. We will return to Nahant between 4:30 to 5pm.

Tickets are \$30.00. Make checks payable to Town of Nahant.

Lunch is not included in the ticket price. We will go to Evviva Trattoria before the show.

Reserve your seat on the bus at the Tiffany Room soon!

April Volunteer of the Month

Edie Roland

Edie is another behind the scenes volunteer at the Nahant Senior Center. She handles the kitchen cleanup and does a fabulous job.

Edie grew up in Nahant. Her family owned Roland's greenhouses which were located on land that is now Christopher Drive. Her grandfather, Thomas Roland was regarded by the Massachusetts Horticultural Society as "America's best plantsman. From 1883 to 1929, he was a renowned cultivator of orchids, acacias, and many other plant species. Her grandmother, Abby May Roland, was a staunch supporter of Women's Right to Vote and the president of the Nahant Suffrage League.

Earlier in her career, she worked as a Social Worker for the Head Start Program in western Massachusetts.

Having grown up in Nahant, Edie loved to sail. So when she moved to Florida, Edie took her love of the ocean to a new level and became a certified Boat Captain.

Edie has five children. She moved back to Nahant several years ago and is happy to be back home. Edie is a very accomplished knitter who was taught to knit by her other grandmother. Thank you Edie for all you do for our seniors.





NAHANT ANNUAL TOWN ELECTIONS

Nahant's Annual Town Elections will be held on Saturday, April 29, 2023 at the Town Hall.

Polls will be open from 7 am to 8pm

The following Offices are up for election:

Selectman Moderator Town Clerk Board of Assessor Constable
Library Trustee School Committee Housing Authority

There will NOT be a Vote-by-Mail option for the Town Election. However, if you are going to be out of town on Election Day you may still come in and apply for an Absentee Ballot.

In addition, there will be Early Voting in the Town Clerk's Office on the following dates:

Friday, April 21, 2023; 9 am – 12:00 pm

Monday, April 24, 2023; 9 am – 12:00 pm

Tuesday, April 25, 2023; 9 am – 12:00 pm

Wednesday, April 26, 2023; 9am-12:00pm

If you have any questions or need additional information, please contact Diane Dunfee or Carol Nelson in the Town Clerk's Office 781-581-0018 X17



Nahant Beaches Cleanup Day, Sunday, April 30, 2023

from 11 a.m. to 2:00 p.m.

at Short Beach & Doggie Beach.

Park in the Lowlands Lot and pick up gloves and bags, or better still, bring your own gloves and a big bucket.

Sponsored by:

Nahant Safer Waters in Massachusetts Inc.

For more information, please contact us

at: nahantswiminc@gmail.com



Short Beach on Nahant watercolor by Adam S. Walker. Used with permission.



METAL/WHITE GOODS/TV/COMPUTER RECYCLING DATES:

LAST SATURDAY OF EACH MONTH

STARTING APRIL 29th – OCTOBER 28th

8:00AM-NOON BEHIND DPW GARAGE
40 FLASH RD

RESIDENT STICKER REQUIRED



CERTAIN FEES MAY APPLY:

No Charge for white goods, metal, propane tanks,
computer towers
\$15.00 for first TV/MONITOR \$10 for each additional
CHECKS ONLY—NO CASH

SPRING LEAF PICKUP



Curbside leaf pick up will be offered on the following
days: **(Mondays) April 24th, May 1st, May 8th,
May 15th & May 22nd.**

Please have leaves in biodegradable bags **ONLY**.
Plastic bags will **not** be accepted.

NO open barrels. No roots, root balls or branches

Leaves must be at your curbside by 7 AM

Thank you!



The Compost Area will open on Saturday, April 1st
HOURS:

Wednesdays & Saturdays 9:00am-3:00pm

2023 RESIDENT STICKER REQUIRED



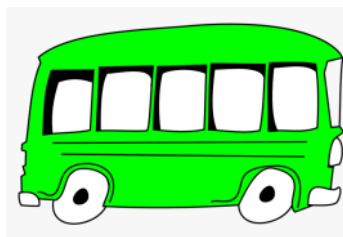
Acceptable materials: leaves, grass clippings, garden
waste, weeds, hedge clippings and small brush.

Trees and tree limbs **no** larger than 8" in diameter will be
accepted.

Tree stumps of any size will **not** be accepted.

Leaves and other yard waste **must** be in biodegradable
bags. **NO** plastic bags will be accepted.

Please keep compost materials **free of** plastic, glass, cans,
bottles, stones, metals, trash or other debris.



Nahant Council on Aging is offering free
transportation to Market Basket several
times each month. Seating is limited.
Reservations are required.

Sign up at the Tiffany
Room.

Check the events
calendar for dates and
times.



Caregivers Conference – May 6, 2023

HEIDI JANUARY 17, 2023 UNCATEGORIZED

Are you wondering about next steps for caring for your loved one? What resources are out there to help? Perhaps you are wondering how you will be able to juggle all the duties. Join us on May 6 from 10 am – 3 pm for a very informative conference about caring for your best friend, parent or neighbor. Topics will include Support at home, Medical issues, legal and financial planning, caregiver health and wellbeing and transportation resources. Lunch and respite care for a loved one is available, free of charge. The conference will be at the Swampscott High School, 200 Essex Street, Swampscott. Preregistration is required since space is limited. Please call 781-596-8866.

DO YOU HELP SOMEONE WITH ANY OF THESE TASKS?

- 1 Transportation- rides to appointments and activities
- 2 Medication- picking up prescriptions, administering them
- 3 Personal Care, Hygiene, and Dressing
- 4 Housekeeping- cleaning, laundry, picking up mail
- 5 Finance- financial and legal planning, paying bills, banking, etc.
- 6 Emotional support, companionship, and visitation



Resources Currently Offered by the Swampscott Senior Center:

- **Caregiver Support Groups**
 - Virtual on Wednesdays 1pm-2pm
- **By the Sea Memory Cafe** provides an outlet for caregivers, but also can become a source of ideas, information, connection and support for all individuals.
 - Third Tuesday every month 1pm-2pm

To Register Call

781 596-8866

For More Information

2008 Essex St. Swampscott, MA
www.actwaghs.wampscott.com

Special thanks to MCHH for supporting this Caregiver Initiative in Swampscott.

CAREGIVER SUPPORT FOR YOU!

1 in every 5 Swampscott Residents are caregivers.

Are you one of them?
 If so, this conference is for you.



Caring for the Caregiver Conference

May 6th, 2023
 Swampscott High School



"When caregivers become immersed with the needs of others, they often forget to take into account their own emotional and physical health."

Home Care Assistance

CARING FOR THE CAREGIVER CONFERENCE: SAVE THE DATE!

WHEN:

Saturday, May 6th 2023
 10am-3pm

- Complimentary lunch provided
- Respite Care provided
- Registration required

WHERE:

Swampscott High School
 200 Essex St. Swampscott, MA

Topics Covered:

- Creating an Aging Plan
- Paid vs. Unpaid Caregiving
- Local Resources
- Transportation
- Prescriptions
- Medicare/Medicaid
- Extended Care
- Self-care

CAREGIVER BURNOUT

You are not alone

FEELINGS & SIGNS OF CAREGIVER BURNOUT:

- Lack of energy
- Overwhelming fatigue
- Sleep problems (too much/too little)
- Changes in eating habits
- Feeling hopeless
- Anxiety and depression
- Withdrawing/losing interest in things you enjoy
- Stress
- Frustration
- Getting sick more often
- Becoming irritable at times

Nahant Community Breakfast



State of the Town
& Budget by
Nahant Town
Administrator
Tony Barletta

Friday, April 14, 2023 at 8 a.m.

Nahant Village Church
27 Cliff Street

All are Welcome

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

Caregiver "Connections"

a place of welcome, to support those who care for
people living with memory loss



Meeting every 3rd Tuesday

Beginning September 20

11:00 am — 12:00 pm

Nahant Village Church

27 Cliff Street, Nahant

For more information or to RSVP,

please call 781-581-7557

or email mminer@nahant.org

This program made possible by:

Nahant Council on Aging

Nahant Public Library

Nahant Village Church

Greater Lynn Senior Services



Jenny Baby's Doll Hospital

Doll repair and restoration done with love. She restores vintage and antique dolls and is a certified doll doctor as well as being licensed. She also does new doll repair such as the American Doll.

Join us for a presentation by Jenny.

Tuesday, April 25 at 12:30 in the
Tiffany Room.



The Nahant Council on Aging
is looking for volunteers to help in the
Tiffany Room.

If you are interested in helping, please
contact Mary at

781-581-7557.



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

1 Pleasant St., Nahant
3rd Thursday of each month
10:00–11:00am
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
781-324-7705
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.



IS SPRING FEVER REAL?

Actually, it is! I googled Web MD and found some interesting information about Spring Fever. Webster's Dictionary defines Spring Fever as "a lazy or restless feeling often associated with Spring" and additionally a feeling of discomfort at being cooped up.

Historically, in the 1700 and 1800's, Spring Disease was a condition that involved fatigue, fever, bone pain, bleeding of the gums, etc. Many people died of this condition. It was later called Scurvy. Dr. James Lind found that people improved when they added citrus fruits to their diet and it was later found that Vitamin C was the active ingredient in this cure.

In recent years, the popular term Spring Fever seems to mean different things to different people. It is frequently felt to be a period of increased energy, a feeling of well-being and comfort, a time of restlessness. In nature this is certainly true, plants begin to grow, the birds and bees are busy, it is mating season for many animals, and humans can also feel this eagerness to be active.

This is now known to be because the hormone Serotonin increases in our bodies as the daylight hours lengthen. During the longer periods of darkness in winter, Melatonin increases in our bodies, keeping us quieter and sleepier. These hormones are also known to contribute to the condition we now know as Seasonal Affective Disorder, or SAD.

Many people experience the opposite effect. I myself always thought Spring Fever was a term given to a feeling of fatigue and laziness, feeling the need to take naps rather than perform tasks. This apparently is also true. The term Springtime Lethargy has been used to describe this feeling and there is a reason for this as well. Though Serotonin is on the increase, Melatonin is still present in our systems, and for some of us the body needs more time to adjust to these hormonal changes. Additionally, many people are affected by seasonal allergies in the Spring that can also make people feel very tired, not to mention the comfort of the warmer temperatures making us drowsy. There is no real treatment for this condition but it is suggested that exercise and fresh air is helpful.

So Yes, Spring Fever is a real thing, but whether you feel tired and lazy, or energized and ready to go, we can all be grateful that it means Spring is here. Let's get out and enjoy it.

Stay well.



Anna Marie Manzano R.N.



NAHANT POLICE DEPARTMENT
198 NAHANT ROAD, NAHANT, MA 01908-1298
Timothy M. Furlong, Chief

TEL. 781-581-1212
FAX 781-581-1907
www.nahantpolice.org

The Police Report

In this edition of the Police Report, I would like to highlight an organization that the Nahant Police Department recently joined. The Northeastern Law Enforcement Council (NEMLEC) is a collection of police departments throughout Essex and Middlesex Counties, along with two Sheriff's Departments. NEMLEC is comprised of several units that are readily available to the Town of Nahant upon request. Member agencies share resources and personnel to provide supplemental support during pre-planned events, civil unrest, escorts, investigations, search and rescue, etc.

Those units are Regional Response Team (RRT-Crowd Control) Special Weapons and Tactics (SWAT), Incident Management Team (IMAT), Motorcycles, School Threat Assessment and Response Team (STARS), Mountain Bike Unit, K-9's, ATV's and a Critical Incident Stress Management Team.

Some of the units work in unison with one another. For example, the RRT encompasses SWAT, K9's, Mountain Bikes, ATV and IMAT. Whenever there is a SWAT call-out, IMAT will send a unit with a Mobile Incident Command Vehicle to centralize communications from the various departments that respond to assist. If there is a search and rescue mission, where K9's are deployed along with Mountain Bikes and ATV's, the Mobile Incident Command Vehicles are essential in monitoring and managing all NEMLEC events. The technology that the unit brings to a Town is impressive. Tools such as GPS collars for K9's and Drones to name only a few, are now available to the Town of Nahant if ever needed.

Sgt. Matthew Morneau of the Nahant Police Department is currently assigned to IMAT and is responsible for the Incident Command Vehicle that is housed at the Essex County Sheriff's Department. As Chief, I am assigned as one of the Assistant Unit Chiefs for the Motorcycle Unit. In the future, it is my hope to have additional Officers join NEMLEC.

When I was sworn in as Chief, joining NEMLEC was one of my priorities. Being a member of NEMLEC offers me peace of mind should a large-scale event occur in the Town of Nahant. One phone call activates professional police support to the Town in a time of need. NEMLEC offers the Town of Nahant and the Police Department support that the Town simply doesn't have the funding or the resources to manage on our own. Being a member community of NEMLEC has professionalized the Nahant Police Department as we updated our policies and procedures to align with NEMLEC.

The professionalism that NEMLEC brings to Town is humbling. I have met other Chiefs and unit members of NEMLEC. All of whom take this profession seriously and to the next level. I am honored to be accepted into this organization, as should the Town of Nahant.

Timothy M. Furlong
Chief of Police

VETERAN'S FOOD PROJECT

*****Life Saving Station 9:00-10:30 a.m.*****

Apr. 5

May 3

June 7

July 12

Aug. 2

Sept. 6

PRE-REGISTRATION: (FIRST TIME ONLY)

**ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF
VETERAN STATUS**

SPRING PASTA PRIMAVERA

INGREDIENTS

- **2 tbsp.** olive oil, divided
- **1 lb.** asparagus, trimmed and cut into 1 1/2-in. pieces
- **2** medium shallots, finely chopped
- Kosher salt and pepper
- **1 lb.** Tagliatelle or pappardelle
- **8 oz.** sugar snap peas, cut into 1 1/2-inch pieces
- **1/2 c.** dry white wine
- **1 c.** crème fraîche
- **2** large carrots, shaved with peeler
- **1 tbsp.** grated lemon zest
- **1 tbsp.** fresh tarragon



NOTES: Create your own, using vegetables you love. Substitute sour cream for the crème fraîche, but it's easy to find in the cheese section of your local grocery store.

DIRECTIONS

1. Bring large pot of water to a boil.
2. Heat 1 tablespoon oil in large skillet on medium-high. Add asparagus and cook until barely tender. Transfer to bowl.
3. Add remaining tablespoon oil to skillet and return to medium-low.
4. Add shallots and 1/2 teaspoon each salt and pepper.
5. Cook, stirring occasionally, until translucent, 2 to 3 minutes.
6. While shallots are cooking, cook pasta per package directions.
7. Using strainer, dunk snap peas in boiling pasta water 30 seconds, then remove and set aside.
8. Add wine to shallots and simmer until reduced to 2 tablespoons, about 5 minutes.
9. Turn heat to lowest setting.
10. Add crème fraîche to skillet and stir until combined.
11. Add carrots and lemon zest and simmer 3 minutes.
12. Using tongs, transfer pasta from water to pan.
13. Fold in asparagus, snap peas, tarragon, and 1/4 teaspoon salt, adding 1/4 to 1/3 cup pasta water if pasta seems dry.

St. Patrick's Day



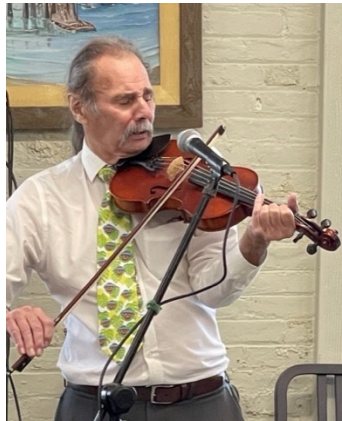
There was music!



There was good food!



There was BLARNEY!



There was fun and friends!

Tiffany Café Menu April 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef over Rice, Veggie, Salad	4 Cuban Sandwich, French Fries	5 Teriyaki Chicken, Asian Noodles, Roll	6 Easter Luncheon by Brett Henry	7 Baked Fish, Veggie, Salad
10 Chicken Noodle Casserole, Salad	11 Beef Stir Fry, Fried Rice, Crab Rangoon	12 Tiger's Den Lunch will not be served at the Tiffany Room.	13 American Chop Suey, Salad, Roll	14 Greek Frittata, Fruit Salad
17 COA Closed 	18 Spaghetti and Meatballs, Garlic Bread, Salad	19 Ham and Cheese Quiche, Salad	20 Meatloaf, Rice Pilaf, Veggie	21 Mexican Chicken Soup, Salad
24 Chicken Alfredo, Broccoli, Salad	25 French Onion Soup, Grilled Cheese Sandwich	26 Salisbury Steak with Onion Gravy, Mashed Potato, Veggie	27 Baked Ziti, Meatballs, Italian Bread	28 BBQ Pulled Pork, Coleslaw, Baked Beans
Menu is subject to change.				Please inform your server if you or any- one in your party has a food allergy.

EVENTS CALENDAR

APRIL 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Manicures</p> <p>9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>4 9:00 Chair Yoga, RR</p>	<p>5 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>6 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>11:30-1:00pm Easter Lunch</p>	<p>7 9:00Strength, RR 10:30 Balance Class, TH</p> <p>12:30-2:00pm Market Basket</p>
<p>10 Manicures</p> <p>9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>11 9:00 Chair Yoga, RR</p>	<p>12 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>11:30-1:00pm Tiger Den</p>	<p>13 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>14 8:00am NVC Community Breakfast</p> <p>9:00Strength, RR 10:30 Balance Class, TH</p>
<p>17 COA Closed</p> 	<p>18 9:00 Chair Yoga, RR</p>	<p>19 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>Blood Pressure Clinic 10:30-11:30</p> <p>12:30 Atlantic Hearing Care TH</p>	<p>20 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>10:00-11:00am Atty Brian Snell</p>	<p>21 9:00Strength, RR 10:30 Balance Class, TH</p> <p>12:30-2:00pm Market Basket</p>
<p>24 Manicures</p> <p>9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>1:00-3:00 Canasta TH</p>	<p>25 9:00 Chair Yoga, RR</p> <p>12:30-1:30pm Doll Doctor</p>	<p>26 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>27 9:00 Yoga, RR</p>	<p>28 9:00Strength, RR 10:30 Balance Class, TH</p> <p>12:30-2:00pm Mae West TH</p>
		<p>SUNDAY APRIL 30 LUNCH/ STONEHAM THEATRE 11:00-4:00</p>		

TH = Town Hall

RR = Rose Marie Room, Community Center

HEALTH AND WELLNESS

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.

*** Thursdays - 10:30-11:00 Meditation with Joanne.

*** Friday - 10:30 Balance Class with Sharon. Town Hall.



Our monthly lunch trip
to the Tiger's Den-



- is always a treat!



ENJOY!

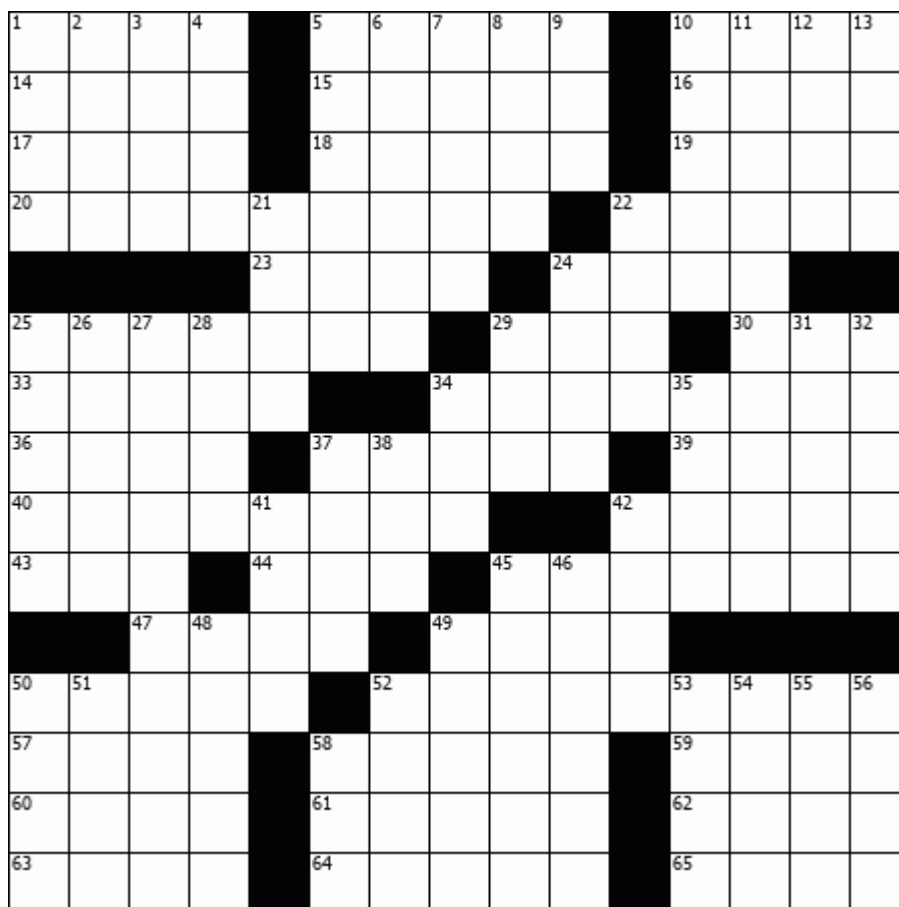


PUZZLE OF THE MONTH

ACROSS

- 1. Skier's surface
- 5. Honeydew, e.g.
- 10. Froster
- 14. Possess
- 15. Martini garnish
- 16. Flaring star
- 17. Colorful gem
- 18. Juliet's beloved
- 19. Svelte
- 20. Alternative to paint
- 22. Hollers
- 23. Spanish cheers
- 24. Greek letter
- 25. Rewriter
- 29. Feel sick
- 30. Golf prop
- 33. Fat
- 34. Certain connectors
- 36. Painful
- 37. Flies alone
- 39. Levin and Gershwin
- 40. ____ Revenue Service
- 42. Poke fun at
- 43. Seeing organ
- 44. Have supper
- 45. Tailors' needs
- 47. Military prison
- 49. Certain bills
- 50. Baseball great Hank

-
- 52. Useful
 - 57. Stuff
 - 58. Egypt's capital
 - 59. Actress ____ Moore
 - 60. Film legend ____ Hayworth
 - 61. Absolute
 - 62. Poems of praise
 - 63. First garden
 - 64. Yonder
 - 65. Gave temporarily



DOWN

- 1. Display
- 2. ____ Valley (vineyard site)
- 3. Track shape
- 4. Healthy
- 5. Group's mood
- 6. Las Vegas bride, often
- 7. Citrus fruits
- 8. Above
- 9. Recent (prefix)
- 10. Map detail
- 11. ____ damage
- 12. Like Satan
- 13. Ewes' mates
- 21. Sit for a painting
- 22. Dog's cry
- 24. Prejudice
- 25. ____ O'Donnell of TV
- 26. Keyboard wood
- 27. Having a backbone
- 28. Understood! (2 wds.)
- 29. Hullabaloo
- 31. Obliterate
- 32. Highway curves
- 34. Everything
- 35. Knotted
- 37. Catch
- 38. Cereal grain
- 41. Harness strap
- 42. School exam
- 45. Less far
- 46. Repeat performance
- 48. Nero, e.g.
- 49. Corny
- 50. Land unit
- 51. Desertlike
- 52. Trail
- 53. Adored one
- 54. Hand over
- 55. Prayer's end
- 56. Shopping reminder
- 58. Slice

Solution on page 19.



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

In memory of:

Peter McDonough
Mary Nagel
Nancy Wilson

Friends of Nahant Council on Aging FUNDRAISER!

Please plan on joining us at
TIDES RESTAURANT
on Thursday, May 4
from 4:00-7:00
for our annual Spring Fundraiser.

There will be great prizes and
surprises along with good food and
friends!

We are grateful for your continued
support for our seniors and our
community.

FRIENDS

Friends of Nahant COA Executive Board

Linda Lehman - Co-President
Lana Mogan -Co- President
Mary Irene Dickenson - Treasurer
Margaret Silva Secretary
Friends meet the third Wednesday of each month.
TIFFANY ROOM, TOWN HALL 9:00am

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

April 1 - Anne Bromer, Karen Rodgers, Cynthia Manning, Linda Stanford, Michael Riley
 April 2- Chesley Taylor, James Houlihan, Margreth Ann Peterson
 April 3 - Grace Scott, Patricia Clements, Andrea Gogolos
 April 4 - Judith Walsh, Mary Walsh, Pamela Morse, Mark Taylor, Kevin Bailey
 April 5 - David Livingston, Gail Hanagan, Jean Mazzaferro, Mari Cooney, Robert Corson, Vincent Ferrara
 April 6 - Mary Ann Quinlan, William Lowell, Virginia Gilbert
 April 7 - Neil Callahan, Susan Lewis, Joseph Dantona
 April 8 - James Connolly, Paulette Marie
 April 9 - Beatrice Rodgers, Terry Brown, Brina Rogers, Valerie Whitcher, Julie Cadigan, Michele Desmarais
 April 10-Christopher Meyer, Dianne Lee-Urany, Linda Landry, Leslie Tarmy, Karen Patrick,
 William Szczawinski, Ann McNulty
 April 11- Susan Cadigan
 April 12-Arlene O'Neill, William Schmidt, Sylvia Frenette
 April 13-John Dolhun, Richard Woodworth, Daniel Dill, Dale Connors, Donna Zuckerstatter
 April 14-Norman MacNaughton, Richard Poulin, Steven Geracpoulis
 April 15-David Lass, David Liscio, Raymond Kenyon
 April 16-Robert Branga, Jean Gerstenhaber, Jefferson Hooper, David Parish
 April 17-Diana Brandi, Kathleen Welch, Thomas Dowd, Margaret Goode
 April 18-Frank McCarthy, Nancy Carey, Bruce Walker
 April 19-Suzanne Tarlov, Suk Yee Lee, Dennis Ball
 April 20-Philip Oesterlin, William Dorfman, Susan Caccivio
 April 21-Wende Davis
 April 22-Mary Livingston, Leslie Intoppa, Conrad L'Heureaux
 April 23-Rebekah Richardson, Ronald Gerstenhaber, Ellen Kutcher, Teresa Brown, Robert Lareau,
 Elizabeth Babin
 April 24-Angeliki Kourkoulis, Joseph Moccia, Joy Pechinsky Spinelli, Carl Jenkins, Allison Twiss-O'Neill
 April 25-Thomas Hambleton, Thomas Hosker, Patricia McDonald, Sharon Rocha
 April 26-Kristin Lee, Floranne Dailey, Margaret Brown, Juan Montes, Margaret Parisi, Linda Bellofatto
 April 27-Robert Alexander, Frederick Bartlett, Francine Litrio, Linda Novello
 April 28-Marie McDuff, Lorraine O'Keefe, Phillip Hitch, Richard Kane, Karen Kautz, Sofia Caloggero,
 Ronald Pawelski, Bruce Lefker
 April 29-Frank Cardile, Kathryn Famulari, MaryLou Archer
 April 30-Linda Lehman, Mark Pillsbury, Savina Whitney, Emory Decastro, Kathryn Kougias,
 Paula Sammarco, Robert Cox

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

Please submit your article to

Mary Miner at
mminer@nahant.org

**or drop it off at the office by the 25th
of the month prior to publication.**

Puzzle Solution © OnlineCrosswords.net

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