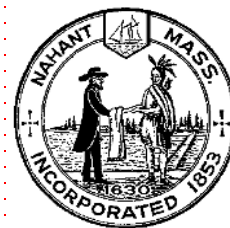


JULY 2023 Nahant Tiffany Times

*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
Janet Taylor-Secretary

Sheila Hambleton
Linda Jenkins
Lollie Ennis
Carol Sanphy
Farris Vanmeter

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 Fourth of July!! We are extending the Fourth of July festivities, in Nahant, to Saturday July 8th when the fireworks go off!! Fourth of July is always fun and a great time to see family and old friends and enjoy the summer! It is also a time to be grateful for the freedoms we continue to have in this country. So let Freedom Ring!

We start the month with attending the Friday breakfast at the Nahant Village Church. Also that day we will be welcoming back, Ruby Murphy, from Congressman Seth Moulton's office to speak after lunch. She's interested in answering any questions you might have.

We have a new podiatrist starting this month. He will be here on the 12th of July. He has very few slots left for appointments, so please call the main number and see what is available.

Creative Art with Erica continues on the 17th after lunch. Please sign up. We also will be on a road trip back to Essex, later in the month. First for lunch and then to go on a cruise up the Essex River. Please call for details.

The hills are alive with the Sound of Music at the North Shore Music Theater on Sunday July 23rd. Seats are limited. We will go to lunch first and then head to the theater. Please call the center for information.

And finally, we will go on a mystery ride after lunch on July 26th. The destination will put a smile on your face for sure.

So Happy Fourth and Happy Summer!

Stay safe,
Mary

Nahant Council on Aging
Monday-Friday 9:00-1:00
CLOSED TUESDAY, JULY 4,
INDEPENDENCE DAY

JULY AT A GLANCE

Friday, July 7, Nahant Community Breakfast. BE SAFE AND PREPARED for natural disasters, large-scale public health and other emergencies. The Breakfast presentation by the Nahant Police Department and Emergency Response Team. The free breakfast is served at 8 a.m. with the presentation starting at about 8:15. **For more details see page 3.** Spread the word to family and friends and join us for a hearty breakfast, an informative presentation and wonderful camaraderie.

Friday, July 7, Congressman Seth Moulton's Office. A representative from the Congressman's office will be at the Tiffany Room after lunch to make a brief presentation and answer any questions you might have.

Saturday, July 8, Independence Day Celebration. Join us for our Family Friendly Wharf Event to continue the Independence Day Celebrations and watch the annual Fireworks show! See page 4 for more details!

Monday, July 17, Creative Art with Erica. Join us at the Tiffany Room for another fun and creative afternoon. Class is free, but please sign up at the Tiffany Room.

Friday, July 21, Essex River Cruise. Enjoy a delicious lunch at Farnham's in Essex before the cruise. Followed by a relaxing cruise along the Essex River as we glide past islands, historic mansions, wildlife, and stunning scenery. See page 5 for more details.

Sunday, July 23, The Sound of Music. Revisit one of the world's most beloved musicals at the North Shore Music Theatre. See page 4 for details.

Wednesday, July 26, Mystery Ride. Nothing to do this afternoon? Take a mystery ride and fill up your afternoon with friends and surprises. Sign up at the Tiffany Room.

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.



Dr. Chabot will conduct a hearing clinic at the Tiffany Room.

Thursday, August 17, 2023.
10:30-11:00

Appointments required.



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

Dr. Fernandez will be at the Tiffany Room on Wednesday, July 12, 2023.

Check your calendars!

Appointments required.



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

Nahant Community Breakfast



BE SAFE

BE PREPARED

Emergency Preparedness with
Nahant Emergency Management

Because the Atlantic hurricane season is already underway!

Friday, July 7, 2023

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.

NAHANT VILLAGE CHURCH SERVICES
now through Labor Day will start at 9:30.

Weather permitting, the first worship service of
the month (July 2) will be held at Marjoram
Park. Bring a chair and enjoy the ambience of
the beautiful vistas created by the Lord.



Summer Music Series

LOCAL MUSICIANS - THURSDAYS @ 6:30 PM

ON THE LIBRARY LAWN
WEATHER PERMITTING

July 6 - Scott Ouellette

July 13 - Lisa Haley

July 20 - Gian Carlo Buscaglia

For more information
call or email
781-581-0306
nahant.circ@gmail.com

FREE, MADE POSSIBLE BY
A GENEROUS DONOR



Sunday, July 23, 2023

North Shore Music Theatre presents

“THE SOUND OF MUSIC”.

We are offering a reduced ticket price of \$40 thanks to the Friends of Nahant COA. Seats are limited. Sign up at the Tiffany Room.

The bus will leave the Town Hall at 11:15 and we will stop for lunch. Show time is 2:00.

Lunch is an additional cost.



**Saturday, July 8, 2023
9:00 a.m. – 1:00 p.m.**

Nahant Native Plant Gardens Walk

Visit 9 Native Plant Gardens

All the gardens are focused on restorative efforts to bring harmony and balance that support pollinators, birds, and increase diversity of native plants in their services to the environment's multitude of species. Pick up garden maps and door prize entry tickets on check-in. Open to all.

Rain date Sunday, July 9



**Tour begins at
Johnson Elementary School**
290 Castle Road (Headquarters),
Nahant, MA 01908

Free Parking
will be available

**Pre-registration
requested by July 1st**
to Seaglass Village at
www.seaglassvillage.org
or call 781-718-0401



Co-Sponsored by

Nahant S.W.I.M., Inc.
PO Box 57, Nahant, MA 01908
www.nahantswim.org
nahantswiminc@gmail.com

Seaglass Village
Neighbors Helping Neighbors
40 Monument Avenue
c/o First Church Congregational
Swampscott, MA 01907
www.seaglassvillage.org
info@seaglassvillage.org



JULY 8TH

WHARF EVENT: 5:30PM-8:30PM

FIREWORKS: APPROX. 9:00PM

Join us for our Family Friendly Wharf Event to continue the Independence Day Celebrations and watch the annual Fireworks show! We welcome back the band Mojo Slim and food/slush/beverages will be sold by Bianco's Sausage Company.

Fireworks will start at approximately 9:00PM from Bailey's Hill.

Road Closures, Detours and parking bans will be in place throughout the area and will be posted on the Town website soon.

Please celebrate responsibly and have a safe holiday!



JULY 21ST

J.T. FARNHAM'S -ESSEX RIVER CRUISE

FRIDAY JULY 21, 2023

LUNCH IS SEPARATE

PRICE \$27.00 (boat ride only) SEATING IS LIMITED

PLEASE MAKE CHECK OUT TO: TOWN OF NAHANT- MEMO: for COA

VAN TO LEAVE FROM TIFFANY ROOM AT 11:15am

NAHANT'S
MARKET
BY THE
SEA

SATURDAYS
10AM-1PM @ FLASH ROAD PARK
JULY 15TH, AUGUST 19TH, SEPTEMBER 16TH AND OCTOBER 14TH

LOCAL VENDORS AND ARTISANS

JEWELRY AND CLOTHING
POTTERY, HOMEMADE WARES, PAINTINGS
FOOD AND REFRESHMENTS
AND SO MUCH MORE!!

TO BECOME A VENDOR EMAIL KTAYLOR@NAHANT.ORG
OR VISIT OUR MARKET PAGE AT NAHANT.ORG



Creative Art with Erica
Monday July 17
1pm to 2pm Tiffany Room
Class is free



Friends of the Library **SUPER! Book Sale**



Saturday, July 29, 9:00-4:00

at Nahant Public Library

15 Pleasant Street

Great reads @ bargain prices!





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. Fernandez 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



Attorney, Brian Snell

is available for legal consultation at the Tiffany Room.

Appointments are required.

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.



Treating GERD

Gastroesophageal Reflux Disease, or GERD, is a condition involving regurgitation of stomach contents into the esophagus, the tube that goes from your mouth to your stomach. This causes a feeling of heartburn or pain if it worsens. It is a very common condition and usually not serious.

The most common symptom of GERD is heartburn, though heartburn is not necessarily GERD. Heartburn is a burning feeling over your stomach usually associated with eating certain foods. It is usually treated with over the counter, OTC, antacids. If this heartburn persists for over two weeks and is not easily managed, it may be or may become GERD. GERD not only presents with heartburn but also with reflux, or regurgitation of food or stomach acid into the esophagus because the esophageal sphincter, or valve, at the upper end of the stomach is weakened and leaks. This can happen more when lying down or after eating a large meal or wearing tight clothing. This reflux can also cause hoarseness or cough, worsening of asthma, and if untreated over a long period of time, can cause cancer. The feeling of heartburn is also very similar to angina or a heart attack. If severe heartburn is not resolved with OTC treatment, or if there are other symptoms like chest pressure, sweating or left arm pain, call your doctor as you may need tests to rule out a heart attack and you may need to go to the Emergency Department .

First line treatment of heartburn is usually antacids OTC. If it is frequent consider changing your diet. Try avoiding foods like tomatoes, citrus juices, greasy foods, onions or garlic, and beverages like coffee and tea. Try eating smaller meals more frequently, like 4-6 small meals a day. Reflux can be worse at night when lying down. To minimize this, avoid eating within three hours of going to bed, and no late night snacks. Also, since gravity plays a role, doctors frequently recommend raising the head of the bed on 4" blocks, or using pillows to raise your back, not just your head. If it still persists, see your doctor. She or he may order medications that control the acid production in your stomach. These medications are either H2 blockers like Ranitidine (Zantac) or PPI, Proton Pump Inhibitors, like Omeprazole(Prilosec) and others. Antacids work quickly but you should not use them multiple times a day as they can cause diarrhea or electrolyte imbalance. H2 blockers usually take about one hour to work but will last for 12 hrs. PPI may be taken on a continuing basis and may take 3-4 days to start to work but their effect will last several days. These are usually reserved for persistent cases. These blockers can now be obtained over the counter, but I still recommend you discuss your symptoms with your physician before starting any of them long term, or indeed, needing antacids frequently.

That being said, I hope everyone can enjoy those 4th of July picnics, hopefully without too many antacids.

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 discuss Emergency Management. Recently, I took over as the Emergency Management Director for the Town. Since then, I have learned a great deal about emergency preparedness and have taken several steps to ready the Town for disasters.

The Emergency Management Department (EMD) in Nahant currently consists of three members including myself as Director, Assistant Director Mike Halley and Director of Field Operations, Carl Maccario. Our group of EMD members consider all aspects of the Town regarding potential emergencies to include man made as well as natural disasters. Emergency Management's responsibilities are to prepare, and to mitigate the aftermath of natural disasters such as Hurricanes, Nor'easters, and snowstorms. Emergency Management is often thought to show up after a disaster strikes an area. This is simply not true. There is a lot of planning and discussions that take place on a year-round basis to plan and prepare for all types of scenarios. The planning and preparedness meetings include Fire, Police, DPW, Animal Control and the Health Department members to ensure consistency and continuity with all operations should there be an incident that requires Emergency Management response. The Nahant Emergency Management department works closely in conjunction with the Massachusetts Emergency Management Agency (MEMA). MEMA works closely with the Federal Emergency Management Agency (FEMA).

As a result of our relationships with MEMA and FEMA, the Town is provided with training and guidance and in some cases supplies in dealing with emergency situations. In addition, Emergency Management's responsibilities include assisting the Town of Nahant in documenting damage due to storms etc. This documentation will help enable the town to seek relief funding should the Town sustain damage due to any type of disaster.

Equipment and personnel are available at no cost to the Town for additional support. For example, in recent winter storms we housed members of the National Guard at the Police Station. They came in a "High Water Rescue Vehicle". They were able to provide escorts in flooded areas and evacuate people from their homes. If you are interested, the Emergency Management Department will be presenting at the Village Church on Friday July 7th at 8am. Thank you.

Timothy M. Furlong

Chief of Police/ Director of Emergency Management/



Hot Weather Safety Tips for Older Adults

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When It's Too Darn Hot



When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

■ **STAY AWAY** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

■ **STAY HYDRATED.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

■ **DRESS APPROPRIATELY.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

■ **AIR CONDITIONING** is your friend in summer. Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, you may read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

■ **DID SOMEONE SAY SUNBURN?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

■ **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by exposure to too much heat:

Dehydration

What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics ("water pills"), you should also call your healthcare provider for a follow-up.

Heat stroke

What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

Heat exhaustion

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope

What it is: Fainting caused by high temperatures.

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.



40 FULTON STREET
18TH FLOOR
NEW YORK, NY 10038
212.308.1414 TEL
212.832.8646 FAX
Info@healthinaging.org

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medication symptoms, and health problems. July 2019

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VETERAN'S FOOD PROJECT

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

July 5 August 2 Sept. 6

PRE-REGISTRATION: (FIRST TIME ONLY)

ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF VETERAN STATUS

GRILLED SHRIMP KABOBS

This recipes is great for a summer appetizer, beach snack or a dinner entree. Make this rub once and have it ready all summer long! It is great with seafood, meats, chicken or even vegetables.

FOR THE RUB

6 Tbs. Chili Powder
2 Tbs. Ground Cumin
1 Tbs. Dry Oregano
1/2 tsp. Ground Cinnamon
1 1/2 tsp. Kosher Salt
1 tsp. Smoked Paprika

DIRECTIONS:

In small bowl, stir together all ingredients for rub. Store in an airtight container at room temperature for up to 3 months. To use, sprinkle or pat about 2 tablespoons onto each pound of meat, seafood or vegetables.



DIRECTIONS:

FOR THE SHRIMP

1 1/2 lbs. Extra Large Peeled and Deveined Raw Shrimp
2Tbs. Olive Oil
1Tbs. Lemon Juice (plus grilled lemon wedges and lemon zest for serving)
2Tbs. Smoky All-Purpose Rub

- Heat grill to medium-high.
- In large bowl, toss shrimp with olive oil and lemon juice.
- Add 2 Tbsp Chesapeake-Style rub or Herby rub.
- Thread onto skewers (3 to 5 shrimp per skewer).
- Grill until opaque throughout, 2 to 3 minutes per side.
- Grate lemon zest over top and serve with grilled lemon wedges (if you want to get fancy).

Tiffany Café Menu July 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parmesan, Pasta, Salad	4 COA CLOSED 	5 Vegetable Frittata, Fruit Salad	6 Roast Pork, Rice, Veggie, Roll	7 Super Grilled Cheese Sandwich, Salad
10 Pasta with Sausage, Salad, Garlic Bread	11 Chicken Broccoli Ziti, Salad, Bread	12 Salmon Burger, Pasta Salad	13 Pulled Pork Sandwich, Potato Wedges, Pineapple Cole Slaw	14 Baked Fish, Veggie, Salad
17 American Chop Suey, Salad	18 Cuban Sandwich, Tortellini Salad	19 Fish with Rice, Veggie, Salad	20 BLT Sandwich, Cole Slaw, Chips	21 Baked Stuffed Chicken Breast, Potato, Veggie
24 Chicken with Veggies over Rice, Salad	25 Jambalaya, Pasta, Corn Bread	26 PAD Thai Noodles with Dumplings, Asian Salad	27 Meatloaf, Rice, Veggie, Roll	28 BBQ Ribs, Mashed Potato, Veggie, Salad
31 Chicken Alfredo with Broccoli, Salad	Please inform your server if you or any- one in your party has a food allergy.		Menu is subject to change.	



EVENTS CALENDAR

JULY 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>4</p> <p>COA CLOSED</p> 	<p>5</p> <p>9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>6</p> <p>9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>7</p> <p>8:00am NVC Community Breakfast 9:00Strength, RR 10:30 Balance 12:30 Congressman Moulton's Office</p>
<p>10</p> <p>9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>11</p> <p>9:00 Chair Yoga, RR</p>	<p>12</p> <p>9:00Strength, RR 9-1 Podiatrist, TH 10:30 Chair exercise, TH</p>	<p>13</p> <p>9:00 Yoga, RR *Please note: There will not be Meditation today.</p>	<p>14</p> <p>9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket</p>
<p>17</p> <p>9:00 Strength, RR 10:30-Chair Exercise, TH 1-2 Creative Art, TH</p>	<p>18</p> <p>9:00 Chair Yoga, RR</p>	<p>19</p> <p>9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>20</p> <p>9:00 Yoga, RR 10:30-11:00 Meditation, TH * Please note: Atty. Snell will not be available this month.</p>	<p>21</p> <p>9:00Strength, RR 10:30 Balance Class, TH 11:15 Farnham's, Essex River Cruise</p>
<p>24</p> <p>9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>25</p> <p>9:00 Chair Yoga, RR</p>	<p>26</p> <p>9:00Strength, RR 10:30 Chair exercise, TH 12:30 Mystery Ride</p>	<p>27</p> <p>9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>28</p> <p>9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket</p>
<p>31</p> <p>9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>Saturday, July 8</p> <p>Independence Day Celebration</p> <p>Town Wharf 5:30</p> <p>Fireworks @ 9:00</p>		<p>Sunday, July 23</p> <p>Sound of Music at NSMT</p> <p>11:15 Departure</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



**KEEP COOL!
STAY
HYDRATED!**

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

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

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

VOLUNTEER OF THE MONTH

Maria Flanagan

Maria is our volunteer of the month at the Tiffany Room.

She has lived in Nahant for nine years and has joined several organizations such as the Women's Club, the Garden Club and the Historical Society.

If you visit the Senior Center on Fridays you will see her at the desk and serving lunch to our seniors.

Maria has three children and seven grandchildren.

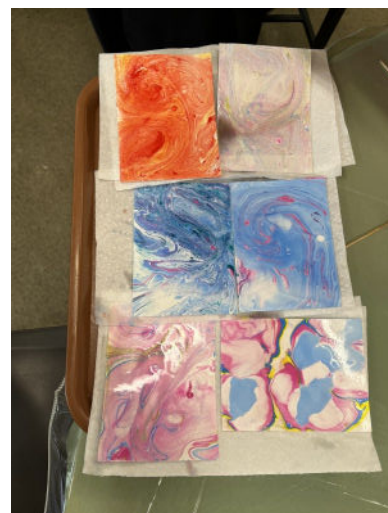
Maria is a retired teacher and spends much of her time visiting her family.

She is a welcome addition to our volunteer staff.

Thanks Maria for all you do for our seniors.



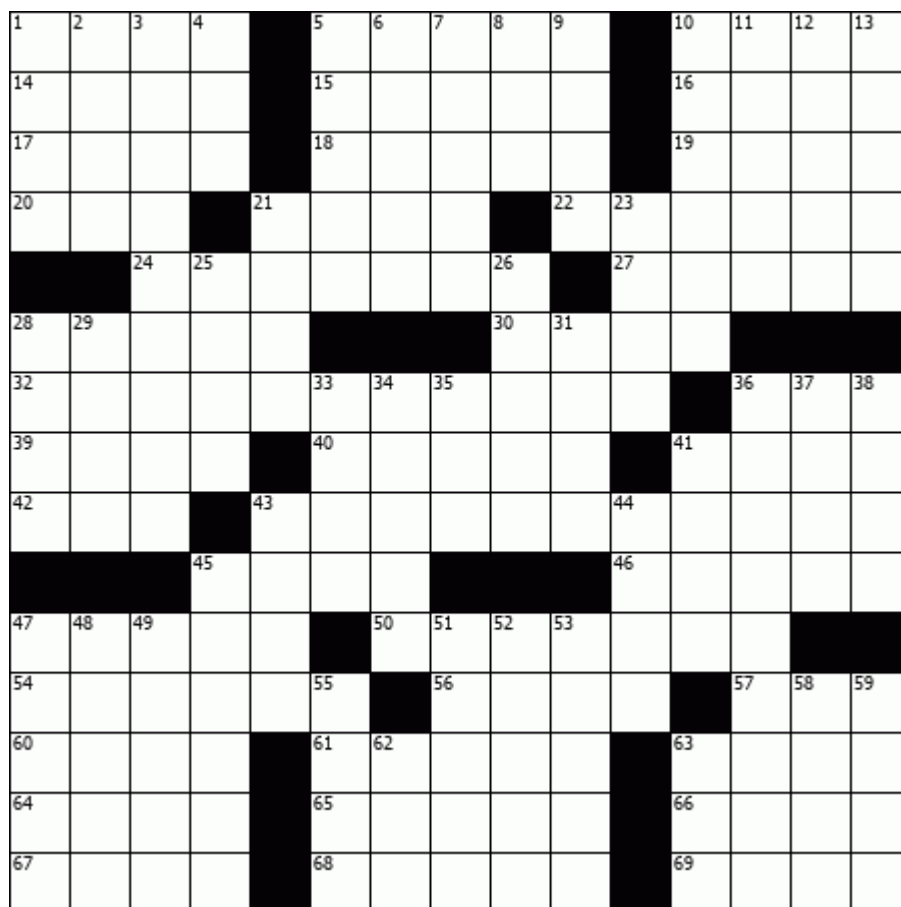
We learned the process of marbling paper with Erica last month. It was fun and interesting! We had a great afternoon!



PUZZLE OF THE MONTH

Across

- 1. Alaskan port
- 5. Rascal
- 10. Jungle animals
- 14. English river
- 15. Pond growth
- 16. Irritate
- 17. ____ in full
- 18. Pollute
- 19. Fable
- 20. Pacino and Gore
- 21. Shucks!
- 22. Leveled
- 24. Adolescent
- 27. Satire
- 28. Shaquille ____
- 30. Medical picture (hyph.)
- 32. Romantic
- 36. Bard's "before"
- 39. Untruths
- 40. Embellish
- 41. Winter flakes
- 42. Not new
- 43. Lack of thankfulness
- 45. Family chart
- 46. Noblewomen
- 47. Cowboy show
- 50. ____ of (throw out)
- 54. Chinese, e.g.
- 56. Manicure target
- 57. Sprint
- 60. Chills
- 61. Depart
- 63. Soften
- 64. Wise man
- 65. Not outer
- 66. Hearty soup
- 67. Greek Cupid
- 68. Equals
- 69. Try out

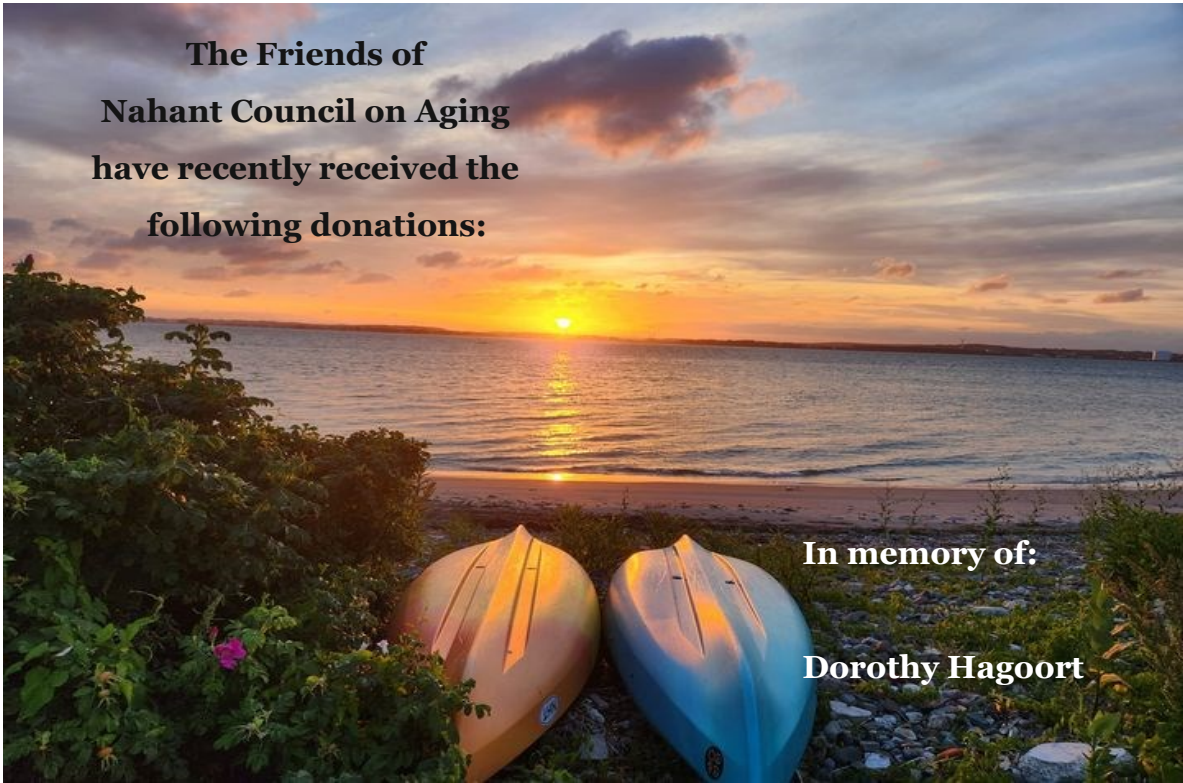


Down

- 1. California wine valley
- 2. Track shape
- 3. Dampened
- 4. Abolish
- 5. Lucifer
- 6. Barton or Bow
- 7. Maturing
- 8. Fellow
- 9. Singer ____ Seeger
- 10. Blood vessel
- 11. Musical instrument
- 12. Actress ____ DeGeneres
- 13. Shabby
- 21. Sandwich shop
- 23. Small bottle
- 25. Devours
- 26. Spare
- 28. Norwegian port
- 29. Astronaut ____ Armstrong
- 31. Rave's partner
- 33. Lion's hair
- 34. Double-____ sword
- 35. Also not
- 36. Count
- 37. Traveled on horseback
- 38. Flock females
- 41. RR stops
- 43. Wrought ____
- 44. Golden calf, e.g.
- 45. Tantalizes
- 47. Salary boost
- 48. Hollywood award
- 49. San ____
- 51. Foolish
- 52. Piggy bank user
- 53. Wharves
- 55. Petticoat
- 58. Employs
- 59. Salamander
- 62. Wind dir.
- 63. Philadelphia time zone (abbr.)

Solution on page 15.

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



In memory of:

Dorothy Hagoort

Friends of Nahant COA Executive Board

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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

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Puzzle Solution © OnlineCrosswords.net

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

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.**