

September 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,
Assistant to the Director

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

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Donna Steinberg - Vice Chairman
Emily Potts - Treasurer
Janet Taylor-Secretary

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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,

Happy soon to be fall! We celebrate the end of summer with a luncheon party on September 8th in the Tiffany Room. Lunch will be catered by Brett Henry. Seating is limited so please sign up!

September starts with a once a month music program scheduled after lunch on September 13th. A wonderful local musician and vocalist Michele Morin, will be joining us after lunch to stretch those vocal cords we all have and have a sing along with old favorites and maybe some new ones. She will be stopping by once a month and helping us sing. Feel free to join us in using our voices in a fun and melodic way! I'll be there and hope you will too!

We also will be heading to Salem Willows this month to enjoy some outside weather and to get a chop suey sandwich! It's been a long time since I've been there and I'm sure for some of you as well. The view and space is peaceful and calming. Nice way to end summer and prepare for fall. Hope you will sign up. Seating is limited.

And finally, a big THANK YOU to Peter Barba and Lynda Fields for their amazing planning in the relaunching of the Barefoot Black Tie Event last month. The night could not have been better! The weather, the people attending, the people working, the music and the great volunteers all made the night spectacular and tremendous fun!! The money raised from the night benefits the Nahant Council on Aging. They say it "takes a village", well the village showed up and knocked it out of the park! On behalf of the COA, thank you again from the bottom of my bare feet, because from the bottom of my heart, turns out, is just not deep enough!!

Enjoy your day!
Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

Closed Monday, September 4, 2023

Labor Day

Friday, September 1, 2023. Nahant Village Church Community Breakfast. Historic Preservation Specialist, Lynne Spencer will speak on the life and talents of Norman Laliberte. The free breakfast is served at 8 a.m. with the presentation starting at about 8:15. Spread the word to family and friends and join us for a hearty breakfast, an informative presentation and wonderful camaraderie. Please call the Nahant COA at 781-581-7557 if you need transportation.

Friday, September 8, 2023. End of Summer Party. Join us for our End of Summer Celebration at the Tiffany Room. Brett Henry will cater our lunch starting at 11:30. Tickets are \$20.00.

TUESDAY, September 12, 2023. Salem Willows. Trip to Salem Willows to enjoy a stroll along the pier, a chop suey sandwich, an ice cream or just to sit under the trees and reminisce. The bus will leave the Town Hall at 10:30. Seating is limited so sign up the Tiffany Room.

WEDNESDAY, September 13, 2023. Music After Lunch. Remember “Sing A Long with Mitch?” Michele Morin will be here to engage us in an interactive music session at 12:30 in the Tiffany Room. All are welcome to attend. Mitch Miller Singers—stand aside!

Sunday, September 17, 2023. SWIM Beach Cleanup Day. Lowlands parking lot. 11:00am - 2:00pm. See page 3 for more details.

Monday, September 18, 2023. Creative Art with Erica. This month, Erica will guide us through the process of creating a pressed flower keepsake. Class begins at 1:00. Sign up at the Tiffany Room.

Tuesday, September 19, 2023. “Refuse To Be A Victim”. A presentation on public safety and safety education, by Wendy Kessler in the Tiffany Room at 12:30, after lunch.

Thursday, September 21, 2023. Friends of the COA Tides Fundraiser. Have dinner out at the Tides Restaurant and support the Friends of the Nahant COA. See page 6 for details.

Thursday, September 21, 2023. Attorney, Brian Snell will be available for consultations. Appointments are required. Sign up at the Tiffany Room.

Nahant Council on Aging is offering free transportation to Market Basket every other Friday. Seating is limited. Reservations are required. Sign up at the Tiffany Room. Check the events calendar for dates and times.



Dr. Fernandez will be at the Tiffany Room on Wed., Sept. 13, 2023. Check your calendars!



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.

Wednesday, Sept. 20.

No appointment required.





MEMORY CAFÉ PRESENTS MUSIC AFTER LUNCH

Please join us, after lunch, on **Sept. 13th** for a sing along with our new music facilitator. Her name is *Michele Morin*.

Michele is a vocalist, who plays the piano and has received voice lessons from the New England Conservatory with a love for leading various music ministries for all ages. Recently she has entered the world of Senior Centers providing interactive sing-a-longs.

Creative Art with Erica



Pressed Flowers

Monday September 18th 1 pm in the Tiffany Room

Have you ever seen pressed flowers and wondered, how is that created? Today is your day to try it! We will spend the first half of the workshop pressing flowers and the second half creating an arrangement to take home and hang in your home.

Cost is free.



Nahant Beaches Cleanup Day, Sunday, Sept. 17, 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 & 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. All rights reserved.

ST. VINCENT DEPAUL NAHANT IS HOLDING A

YARD SALE

September 30, 2023 - 9:00 am to 2:00 pm
St. Thomas Aquinas Parking Lot
248 Nahant Rd.
Rain date October 7th

**Want to participate &
sell your own items?**
Great location - high visibility!

Rent a table & space \$20 **Rent a space \$10**

Contact Linda
ydsalelady@aol.com

ALL MONEY RAISED BY
ST. VINCENT DEPAUL WILL
HELP OUR NEIGHBORS IN NEED!



NAHANT LIONS CLUB FIRST ANNUAL PERRY C BARRASSO MEMORIAL GOLF TOURNAMENT

SEPT 16 | **KELLEY GREENS**

SATURDAY 2023 | 1 WILLOW RD NAHANT, MA

REGISTRATION 12:00PM ➤ DINNER 3:30PM
SHOTGUN START 1:00PM FUN LASTS ALL DAY

All profits benefit Nahant Lions Charities

\$100 INCLUDES GOLF & DINNER	CART RENTALS \$20
DINNER ONLY \$45	HOLE SPONSOR \$200

(617)803-5486

Nahantlions@gmail.com



Use QR code for registration form

Volunteering is at the very core of being a human. No one has made it through life without someone else's help.

Heather French Henry

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.

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

Nahant Community Breakfast



Lynne
Spencer
on
“Laliberte
Life”

Friday, September 1, 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.

A NIGHT OF MUSIC
& STORYTELLING



AYLA & ROB BROWN BELLAMY

A FUNDRAISER FOR
NAHANT VILLAGE CHURCH

\$40 ea./\$50 after Sept.20
Call Chris at
781-581-1202

7 PM | 30 Sept. 2023
Nahant Village
Church 27 Cliff St.

www.nahantvillagechurch.org



Overcoming Racism

Racism is not an unsolvable tug of war. Using the book:
Waking Up White: And Finding Myself in the Story of Race
by Debby Irving, we will discover our power to make the world a
more humane place to live, work, and thrive.



Sun, Sept 3, 4:00
View the film, “Race: The
Power of an Illusion”

Sun Sept 10, 4:00 discussion



Let Freedom Read

September 30, 2023
@ Nahant Public Library

Bring a lawn chair and a good
book, or borrow one of ours,
and read as long as you want
from 1:00-4:00 on Sept 30, to
silently protest the book
banning going on across the
country and kick off the 41st
annual Banned Books Week.

#LetFreedomRead

Brought to you by the Joint Intellectual Freedom Task Force
(members from MLA, MLS, MBL, MSLA)

Massachusetts Libraries
BOARD OF LIBRARY COMMISSIONERS



TIDES FUNDRAISER

Friends of the Nahant Council on Aging
*Join us for dinner and enjoy one
of the last sunsets of the
summer!*

September 21, 2023

4:00-7:00pm

A portion of the restaurant bar & takeout proceeds
will be donated to the Friends of the Nahant COA by
the Tides. We are very grateful for their support!

Prizes!

**Great
Food!**

Reservations are recommend-



Nahant American Legion Auxiliary Unit 215 Invites You to

SIP & Shop

OCTOBER 1, 2023

NOON TO 5:00 P.M.

NAHANT LIFESAVING STATION

**\$5 ADMISSION FEE INCLUDES
ONE FREE BEVERAGE**



Cash Bar ♦ Raffles ♦ Snacks
And a great lineup of vendors!

Get a head start on your holiday shopping!



Money raised by the ALA will benefit local veterans



VOLUNTEER OF THE MONTH

Roz Puleo is another new volunteer at the Tiffany Room

As many of you know, Roz was the ever present, always efficient dispatcher/ clerk at the Nahant Police Station for many years. She retired from that position a few years ago. She was also the crossing Guard at the Johnson School safely crossing students each morning and afternoon.

Roz brings her organizational skills to the Senior Center. She and Tom Hutton created the Christmas Santa Parade and it continues on each year, this coming year being the 27 th year. Roz also organizes fundraisers for the parade.

Roz is married to Andy and they have 2 daughters and two grandchildren, Roxy and Chase.

Roz is also known for her great baking skills. Many Nahanters have enjoyed her delicious birthday and special occasion cakes. We have enjoyed her baking here at the Tiffany Room for years!

Welcome to our volunteer group here at the Tiffany Room and thank you for all your baking for us in the past, Roz, and thanks for helping our lunch bunch seniors.



Hello to all of our Readers.

On August 19th, Peter Barba and a wonderful group of volunteers and businesses put on a fabulous evening of fun, food and friendship in support of the Nahant Council on Aging. I would like to share his Facebook post with you so you can see how many people gave generously of their time and talents to help the Nahant COA serve you.

"Barefoot Black tie was a great party for a great cause! I want to thank all those who helped and supported the event. I may have driven the bus, but a whole lot of folks were pushing it along! A big Thank You to the following.

Brett Henry Catering, Sweet Soul Sounds, Elyse Gaynor - Seabreeze Floral Design, John Connolly - ATS Equipment, Cliff Ansara - Lynnway Liquors, Jen & Don Wise, Reading Cooperative Bank, the Nahant Fire Fighters Association, The Board of Selectmen, The Nahant DPW, Tony Barletta, Lynda & Bob Fields, Carol & Mike Hayes, Cora Long, Diane Nanstad, Angela Sharma, Jen & Mario Finocchiaro, Andy & Robin Keller, Jean Lucantonio, Michelle Capano, Diane Monteith, Lisa Mogan O'Keefe, Brian & Joy Doherty, Stacey Herman Dorant, Lili Barba, and my wonderful Wife Linda for all the support and encouragement.

And all of you that came out and had a special night!

Thank You, Thank You, Thank You." Peter Barba



The Nahant Council on Aging and the Friends of the Nahant COA send our thanks and gratitude to everyone who worked so hard to make this fundraiser a success. We appreciate your dedication and support of the Nahant Community.





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:

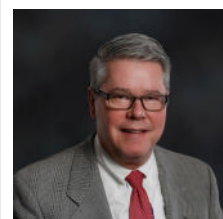
617-337-2727

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.

Appointments are required.

Check the monthly calendar for dates.

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.

TEMPORARILY
SUSPENDED

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.



The Police Report

In this edition of the Police Report, I would like to discuss addiction. In years past, there was a stigma that followed a person who was suffering from addiction. Addiction is a disease that covers all demographics. While it can be difficult to overcome, there is an abundance of help one can get to get through their difficult times.

Addiction can come in many forms. Most common types of addiction are alcohol, drugs and gambling. Prescription drug abuse has become a global problem. Often, teenagers steal prescriptions from their parent's medical cabinets and share them with their friends. These addictive medications quickly turn into other drug abuse. Heroin is a form of an opiate, which quickly becomes the drug of choice for drug abusers. Heroin is said to be highly addictive and heavily sought after. Those who become addicted often turn to criminal acts to pay for their habit. Unfortunately, this sometimes includes stealing from one's own family members.

Drug abuse can also lead to overdosing, which is a pandemic in this country. So much so that several years ago first responders were given the authority to carry and administer naloxone (NARCAN). In years past, this was only administered by Paramedics or someone with higher medical training. Nowadays, NARCAN is in every police cruiser and is administered often. The Nahant Police carry our NARCAN in our automated external defibrillators (AEDs). When we respond to an unresponsive person, this allows us to properly treat the patient.

Addiction can also lead to a sense of worthlessness, which can lead to suicidal ideations. People often think they have hit "rock bottom" and the only way out is to commit suicide. There is help for people who are at this point in their lives. We as Police Officers are here to help people get the help they need.

Police Officer training has, and continues to evolve as society changes. Police responses to addiction calls are often done so with counselors to provide immediate help to those in need. Bigger Police Departments, such as Lynn, have civilian response teams that handle these types of calls. The Nahant Police Department works closely with Eliot Services in Lynn to provide immediate help to anyone that may need it.

Police Officers/First Responders are not exempt from addiction. There are special facilities that treat just first responders. Often, once a first responder successfully completes these programs, they come back and share their knowledge of how to deal with addiction to other first responders. We have been trained to understand addiction better over the years and respond with better results. Should you or a loved one need assistance in addiction and or mental health, Police Officers can guide you to the help you need.

Timothy M. Furlong
Chief of Police



Those Purple Spots

Many of us develop those annoying purple spots, particularly on our hands and forearms. Their name is equally annoying. They are called Senile Purpura, another name is Solar Purpura, pretty much the same thing. These are purple spots that appear because the skin on our hands and forearms has gotten fragile and lacks the fatty tissue that used to protect the blood vessels, allowing them to leak at the slightest provocation. Fortunately, these are usually benign, quite harmless, and will clear up on their own.

Some bruising can be serious and may be related to various blood disorders including leukemia, thrombocytopenia, or low platelets and clotting problems. Bruising can be caused by medications like Aspirin, Coumadin, Steroids (Prednisone or hydrocortisone) either topically applied to the skin, taken orally or by inhaler. If you find you are suddenly developing new bruising, let your doctor know about it. She or he will probably want to draw some blood work and review your medications with you.

Senile Purpura, or Solar Purpura, can certainly be distressing even though it is not harmful in itself. It develops as we age and our subcutaneous fat decreases, despite the fact the fat around our middle may increase. As noted above, some medications, particularly Prednisone, can cause this weakening of the skin and blood vessels. This can progress to the point that the skin also easily tears, leaving open wounds that require dressings. Additionally, sun exposure damages the underlying tissues as well as the surface tissues, and in time produces the same effect.

Treating the condition is not usually successful. Sometimes medication changes can be made but the benefits of the medication need to be weighed against these side effects. Keeping the skin moist with good lotions can help maintain elasticity. Anti-aging creams may be helpful by improving moisture and elasticity of the skin. If the appearance is bothersome, makeup and concealers can be used. Sunscreens can be helpful especially if applied before the condition starts. We frequently forget to apply sunscreen to our hands and forearms while driving, but our hands can be under the windshield in intense sunlight for hours. Taking Vitamin C and eating foods that contain flavonoids is thought to be of some help. There are many kinds of flavonoids and also many different foods that contain them. Some foods containing useful flavonoids are, citrus fruits, grapes, berries, apples, green tea, onions, kale, lettuce, and my favorite, Chocolate.

So, these purple spots may not disappear for us, but maybe we don't have to worry about them. Sometimes knowing what we are dealing with can be very helpful.

On another Health Care note, Flu shots will be coming to Nahant again in late September or in October. No news yet on COVID boosters for the fall. When available, let's take the time to go out and get these vaccinations. They are certainly a way that we can help ourselves stay healthy.

Anna Marie Manzano R.N.

Walking Tips for Older Adults

Walking is the most popular form of exercise among older adults and it's a great choice.

If it's been a long time since you exercised, you may want to start out slowly. You can start with just 5 minutes and build up to the recommended 30 minutes a day. Your goal should be to get up to taking 100 steps a minute. Remember, the most important thing is to just get started.

What can walking do for you?

- strengthen muscles
- help prevent weight gain
- lower risks of heart disease, stroke, diabetes, and osteoporosis
- improve balance
- lower the likelihood of falling

Take These Steps to Get Walking

Join a walking program or walk with a buddy

Chances are you'll stick with a walking program if you have someone to walk with. Some shopping malls or town parks may have these programs. The National Institute on Aging's Go4Life campaign has many resources for walking and other kinds of physical activity (<https://go4life.nia.nih.gov/>).

Wear the right shoes

Comfortable sneakers work well for most people. If you have foot problems, you may want to look into orthopedic shoes or talk to your healthcare provider about how you can continue your walking program.

Don't let a cane or walker stop you

It's OK to use your cane or walker if you already have one. These can improve your balance and help take the load off painful joints.

Aim for the right pace

Try to walk as fast as you can, but still be able to chat with a friend while walking. Aim to work as hard as you do when you climb up the stairs.

Talk to your healthcare provider if you have any problems

Tell your healthcare provider if you have any pain or problems walking. Otherwise, don't let a health problem keep you from getting started. You may feel a little stiff and achy as you start walking, but many people feel better once they start moving!

3 Tips for Safe Walking

1

Be Aware of Your Surroundings

Plan to walk during the daytime or in well-lit areas in the evenings. Keep an eye out for uneven surfaces, possible obstacles, and other tripping hazards.

2

Keep Hydrated

Bring a bottle of water (or other low-calorie liquid) with you and be sure to drink plenty of fluids if you sweat.

3

Dress Properly for the Weather

If walking outside, wear layers of clothing so that you can take off a layer if you're hot, or put one on if too cold.

VETERAN'S FOOD PROJECT

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

Sept. 13

Oct. 4

Nov. 1

Dec. 6

PRE-REGISTRATION: (FIRST TIME ONLY)

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

Maple-Glazes Acorn Squash

We are sliding into Autumn and the crisp September air makes me want to fill the kitchen with warm smells of Fall.

With a maple syrup and brown sugar glaze, this squash becomes pleasantly sweet. This is comfort food—easy to prepare and a tasty pairing with a pork entree.

Ingredients

- 1 medium acorn squash, halved
- 3/4 cup water
- 1/4 cup maple syrup
- 2 tablespoons brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt

Directions

1. Preheat oven to 350°.
2. Scoop out and discard seeds from squash.
3. Place cut side down in a 13x9-in. baking dish; add water. Bake, uncovered, for 45 minutes.
4. If necessary, drain water from pan; turn squash cut side up.
5. Combine syrup, brown sugar, cinnamon, ginger and salt; pour into squash halves.
6. Bake, uncovered, 10 minutes or until glaze is heated through.



Nutrition Facts: 1/2 each: 251 calories, 0 fat (0 saturated fat), 0 cholesterol, 311mg sodium, 65g carbohydrate (43g sugars, 4g fiber), 2g protein.



September Tiffany Café Menu



**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 Breakfast for Lunch, Egg, Cheese & Potato Casserole, Sausage
4  COA CLOSED	5 Eggplant Parmesan, Salad, Bread	6 Vegetable Quiche, Salad	7 Pasta, Sausage, Salad	8 End of Summer Lunch Catered by Brett Henry
11 Chicken Alfredo with Broccoli, Salad	12 Chili, Cornbread, Broccoli Salad	13 Sausage, Green Beans, Potato Casserole, Salad	14 Baked Fish, Potato, Salad	15 Meatloaf, Mashed Potato, Veggie, Salad
18 Chicken Parmesan, Pasta, Salad	19 Meatballs, Spaghetti, Salad	20 Kielbasa, Baked Macaroni and Cheese, Cornbread	21 Baked Ham, Baked Beans, Cole Slaw, Veggie	22 Salmon Burgers, Chips, Fruit
25 American Chop Suey, Salad	26 Cuban Sandwich, Potato Salad	27 Chicken Scampi over Rice, Garlic Bread, Salad	28 Spare Ribs, Veggie, Potato Salad	29 Stuffed Peppers, Salad



EVENTS CALENDAR

SEPTEMBER




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>Saturday, September 23</p>  <p>Autumnal Equinox</p>			<p>1 8:00am NVC Community Breakfast</p> <p>9:00Strength, RR</p> <p>10:30 Balance Class, TH</p>
<p>4</p>  <p>COA CLOSED</p>	<p>5 9:00 Chair Yoga, RR</p> <p>10:30 Chair Exercise, TH</p>	<p>6 9:00Strength, RR</p> <p>10:30 Chair exercise, TH</p>	<p>7 9:00 Yoga, RR</p> <p>10:30-11:00 Meditation, TH</p>	<p>8 9:00Strength, RR</p> <p>10:30 Balance</p> <p>11:30 End of Summer Lunch, TH</p> <p>12:30-2:00pm Market Basket</p>
<p>11 9:00 Strength, RR</p> <p>10:30-Chair Exercise, TH</p>	<p>12 9:00 Chair Yoga, RR</p> <p>10:30 Chair Exercise, TH</p> <p>11:00-1:00 Salem Willows</p>	<p>13 9:00 Yoga, RR</p> <p>10:30-11:00 Meditation, TH</p> <p>9:00 Podiatrist, TH</p> <p>12:30 Music After Lunch, TH</p>	<p>14 9:00 Yoga, RR</p> <p>10:30-11:00 Meditation, TH</p>	<p>15 9:00Strength, RR</p> <p>10:30 Balance Class, TH</p>
<p>18 9:00 Strength, RR</p> <p>10:30-Chair Exercise, TH</p> <p>1:00 Creative Art with Erica, TH</p>	<p>19 9:00 Chair Yoga, RR</p> <p>10:30 Chair Exercise, TH</p> <p>12:30 Don't Get Scammed by Wendy Kessler,</p>	<p>20 9:00 Yoga, RR</p> <p>10:30-11:00 Meditation, TH</p> <p>10:30-11:00 Blood Pressure Clinic</p>	<p>21 9:00 Yoga, RR</p> <p>10:00-11:00am Atty Brian Snell, TH</p>	<p>22 9:00Strength, RR</p> <p>10:30 Balance Class, TH</p> <p>12:30-2:00pm Market Basket</p>
<p>25 9:00 Strength, RR</p> <p>10:30-Chair Exercise, TH</p>	<p>26 9:00 Chair Yoga, RR</p> <p>10:30 Chair Exercise, TH</p>	<p>27 9:00 Yoga, RR</p> <p>10:30-11:00 Meditation, TH</p>	<p>28 9:00 Yoga, RR</p> <p>10:30-11:00 Meditation, TH</p>	<p>29 9:00Strength, RR</p> <p>10:30 Balance Class, TH</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**

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

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

Revere Beach International Sand Sculpting Festival



One of Massachusetts' most anticipated events of the summer brings together over a dozen master sand sculptors from all over the world.

The theme for this year's event was "Celebrating 90 Years of Kong" and featured a centerpiece sand sculpture highlighting an epic King Kong Battle.

The winner of this year's competition was Slavian Borecki for "Neptune's Morning Coffee."



Hanneke Supply won the silver medal for "Trapped in Your Own Mind, the Way Out is Through the Heart."

PUZZLE OF THE MONTH

CRYPTOGRAM

This quote by Thomas Edison about failure just might convince you not to give up on following your dreams...

[illegible]

	A		
K	H	F	V

E	D

X	T	D	A

B

	A						
D	H	T	X	M	Q	A	B

A		
H	Q	A

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

In Memory of:

Lisa Arena
James Leonardo
Joan McQuillan

In Honor of:

Clancy & Mary Anne
Asselin
50th Anniversary



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 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

September 1 - Jeanne Baranek, Anne Graul, Martha Taylor
 September 2 - Ferdinand Fiske, Walter Spinelli, Maryliz Cort, Elizabeth Ketudat
 September 3 - Donald Comeau, Margaret Messina
 September 4 - Richard Nagle, Patricia McSweeney, Thomas Mazzaferro,
 Donna Foti-Scovell, Carol Delaney, William Peterson, Rochelle Capobianco
 September 5 - John Benson, Jennifer Wilson
 September 6 - Dewitt Brown, Ann Callahan, Maureen Mellen, Joan Inglis, Jean Inglis, Robert Caggiano
 September 7 - Arthur Martelli, Carl Maccario, Julie Onos
 September 8 - Nancy Slager, Morgan Costin
 September 9 - Catherine O'Connor, Sheila Champigny, Francine Amari-Faulkner, Bruce Marshall
 September 10 - Charles Briggs, Cynthia Mantzoukas, Kathleen Carroll
 September 11 - Karol Borys, Joseph Ciota, Henry Martin
 September 12 - Norina Rowen
 September 13 - Roger Locantore, Steven Schroeder, John Michaud, Susan Murphy
 September 14 - Michael Conley, Rosamond(Roz) Puleo, Michael Tanen, Peter Mazareas, Dianne Cadigan,
 Diane Dunion, Judy O'Shea, Louis Bentgen, Karen Davis, Daniel Doherty
 September 15 - Patricia Kane, Marie Petrucci, Diane Dunfee, Oscar Hernandez
 September 16 - Fred Quinlan, Patricia Kavanagh, Winifred Hodges, Susan Malaab
 September 17 - Christine Howard, Karen Hawko, Ronald Cole, Amybeth Snyder, James Wilson
 September 18 - Anthony Macone
 September 19 - Karen Canty, Lawrence McDonough, Darlene Jarrell,
 Peter Fantasia, Thomas J. Costin, Donald Haefner, Gail Campbell
 September 20 - Diane Gaucher, Maryjo Ludke, Linda Baldini, Colleen Poth, Robert Dewing, Kevin Fitzgerald,
 Antonia Steriti
 September 21 - Matthew Hendricksen, Robert Steinberg, Donna Breithaupt
 September 22 - Barbara Brownlie, Katy Dolhun, Victoria Fortino, Susan Downs-Cripps
 September 23 - Judith Flaherty, Abbas Soleymani, Jose Sanchez
 September 24 - Kathleen Baldwin, Kathleen Hatfield, Vannarat Bootong, Gail Boyan, Francis McCarthy,
 Linda Peterson
 September 25 - Carol Ann Nelson, Stephen Micalizzi, Mark Jarrell, Beth Jordan
 September 26 - Doris Hefler, Thomas Butler, Susan Homan, Stacey O'Brien, Susan Snow, Mary Krol,
 Paul Duffy Jr.
 September 27 - Michael Belliveau, Bryan McGilloway, Jocelyn Campbell
 September 28 - Edna Doran, Olivia Brand, George Markos, Leslie Rosen, Lucy Principe
 September 29 - Nancy Locke, Francis McArdle, Kerry Stevenson, Susan Nelson
 September 30 - Paul Lospennato

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.

