

December 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, Penny Morse
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 Holidays! It seems the older we get the faster time moves!!

This month is chock full of events and activities. So please check the events calendar and mark your calendars to join in the fun.

Hanukkah, the Jewish festival honoring the fight for religious freedom begins on December 7 and lasts for 8 days. Latkes, (a traditional Hanukkah food) may find a way into our dining room.

We are planning another trip to the Greater Boston Stage Company in Stoneham to see the production of All is Calm. A remarkable true story, told in the words and songs of the men who lived it. The Western Front, Christmas, 1914. Out of the violence a silence, then a song. A German soldier steps into No Man's Land singing "Stille Nacht." Thus begins an extraordinary night of camaraderie, music, peace. We are scheduled to see it on Sunday December 10th. Seating is limited. Please see page 5 for details.

In preparation of the Holiday, we will be creating Christmas Ornaments with Erica. We also will be continuing with our Music after Lunch series, make Boxwood Trees, have our annual Christmas party at the Knights of Columbus, featuring special guests and finish off the month with our "Almost New Year's Eve Party" and sing Happy Birthday to all our December babies. All this and more, so buckle up and come be part of the celebrations.

I want to wish you and your families and all you hold dear a Happy and Blessed Holiday Season. Happy Hanukkah and Merry Christmas to all.

Best,
Mary



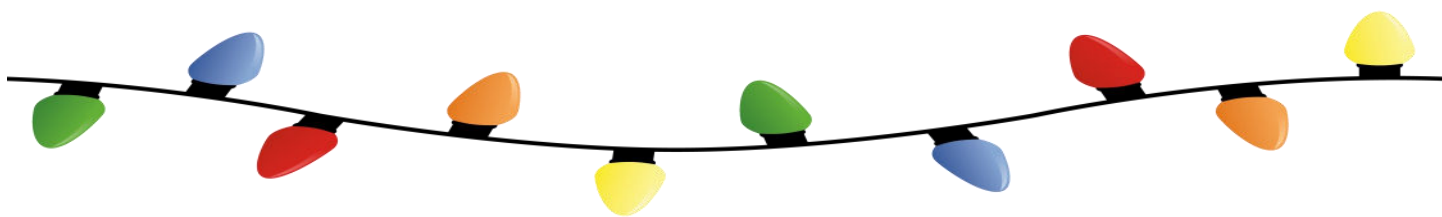
Nahant Council on Aging

Monday-Friday 9:00-1:00

CLOSED

*Friday, December 22, 2023
Monday, December 25, 2023*

DECEMBER AT A GLANCE



Monday, Dec. 4. Art with Erica. Come create a dot mandala ornament for your tree or as a gift! See page 5 for more details. Class size is limited so sign up at the Tiffany Room soon.

Friday, Dec. 8. Movie, “White Christmas”. “It’s a classic!” Sit back and enjoy a good old fashioned holiday musical with Bing Crosby, Danny Kaye, Rosemary Clooney and Vera Ellen. Popcorn will be served. 12:30. Town Hall.

Sunday, Dec. 10. Greater Boston Theatre Co., Stoneham, MA. “ALL IS CALM: The Christmas Truce of 1914”. *All is Calm* relives a poignant moment in history when Allied and German forces laid down their arms to celebrate the Christmas holiday. See page 5.

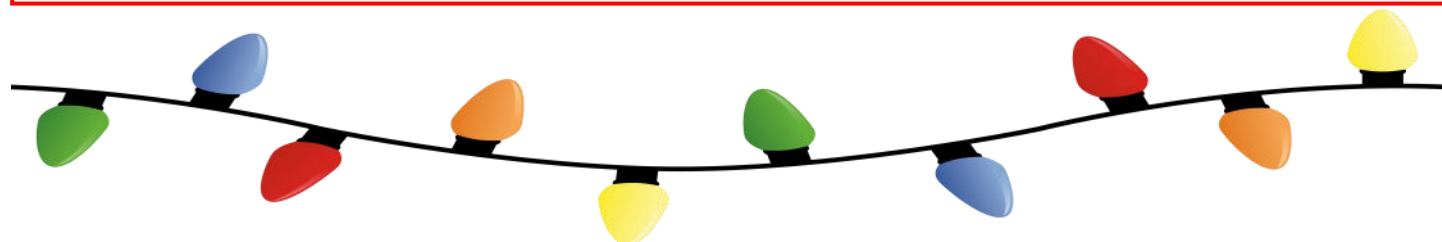
Wednesday, Dec. 13. Music After Lunch. 12:30. Join in the fun, ring in the holidays and sing the afternoon away with friends and neighbors. Town Hall.

Thursday, Dec. 14. Fuel Assistance. 9:30-11:30. Representatives from L.E.O. will be at the Tiffany Room to help you apply for fuel assistance for this coming winter season. See page 8 for details.

Thursday, Dec. 14. Boxwood Trees. 1:00. Town Hall. Members of the Garden Club will guide us through the process of making our own boxwood miniature trees. Perfect for your holiday centerpiece or a special gift for a special someone. Materials fee \$10.

Thursday, Dec. 21. COA Christmas Party. 11:00-1:00. Knights of Columbus. ‘Tis the season to be festive! Good food, friends, music and special guests! \$15. More details on page 5.

Friday, Dec. 29. COA New Year’s Eve Celebration. 11:30. Tiffany Room. Usher in the New Year with friends and a classic menu of Chinese food favorites!





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. Chabot from Atlantic Care, Inc. will conduct a hearing clinic at the Tiffany Room on a bi-monthly basis.

Thursday, January 11, 2024

Appointments are required.



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



Wednesday, Dec. 20, 2023

No appointment required.



Phone: 781-581-0306

email us at nahant.circ@gmail.com

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

Nahant Garden Club Holiday House Tour



**Saturday, December 2, 2023
9:00 AM – 2:00 PM
Tickets \$25**

**For tickets, contact Joanne Bryanos at
781-640-6469.**

NAHANT VILLAGE CHURCH
SUPPER WITH SANTA

Enjoy dinner while talking with Santa

**TUESDAY
DECEMBER 19TH**
5:30 - 6:30 DINNER
6:45 STORY WITH SANTA

Free Community Event
COME AND ENJOY DINNER WITH SANTA. AFTER DINNER THERE WILL BE COOKIE DECORATING. WE WILL FINISH THE NIGHT LISTENING TO A STORY READ BY SANTA!

Just so we can plan accordingly:
RSVP TO 781-581-1202
ALL ARE WELCOME TO JOIN US!

Nahant Village Church - 27 Cliff St

NAHANT VILLAGE CHURCH
CHRISTMAS FAIR

SATURDAY, DEC 2ND FROM 9AM - 2PM

LOCAL VENDORS
LOBSTER ROLLS
BAKE SALE, GREENS TABLE & JEWELRY
AND MUCH, MUCH MORE!

NAHANTVILLAGECHURCH.ORG
27 CLIFF STREET, NAHANT
781-581-1202

**A NIGHT OF
WORLD HOLIDAY
MUSIC**

The Nahant Village Church
December 13, 2023
7 PM
No charge

❄️ If you would like to share a favorite holiday song from the USA or a foreign land, please contact the church
781-581-1202

THE GREATER BOSTON THEATRE COMPANY PRESENTS:

ALL IS CALM: THE CHRISTMAS TRUCE OF 1914



The Western Front, Christmas, 1914. A German soldier steps into No Man's Land singing "Stille Nacht." Thus begins an extraordinary night of camaraderie, music, peace. A remarkable true story, told in the words and songs of the men who lived it.

SUNDAY, DECEMBER 10, 2023

TICKETS: \$30.00

2:00 PERFORMANCE

Tickets are limited, so please reserve your ticket as soon as possible.

Bus leaves the Town Hall at 11:00.

Lunch at Evviva Trattoria prior the performance. Lunch is separate from



Dot Mandala Ornaments Dec. 4, 1:00

Come create a dot mandala ornament for your tree or as a gift!

No experience necessary!

Erica will teach you the basic skills of dotting and you'll create your own styled ornament.

Class size is limited so sign up at the Tiffany Room soon.

COA Annual Christmas Party

THURSDAY,

DECEMBER 21, 2023

Knights of Columbus Hall

11:00-1:00

\$15.00

Please join us as we celebrate the Christmas Holiday with food, friends and fun.

Seating is limited, so sign up at the Tiffany Room soon.



NAHANT VILLAGE CHURCH

HAT, GLOVES AND SCARF DRIVE



Nahant Village Church will be collecting NEW winter items to donate to My Brother's Table in Lynn.

Gloves, for adults, must be insulated & waterproof.	DONATIONS ACCEPTED UNTIL JANUARY 7, 2024
---	---

There will be collection basket inside at Nahant Village Church.
For More Information : 781-581-1202

Nahant Fire Department will hold it's annual Toys for Tots Drive.



Unwrapped toys can be dropped off at the Fire Station on Flash Road at anytime. The donation box is inside the station. The Drive will continue until the last week in December.



Sponsored by St. Vincent de Paul - Nahant for the Salvation Army

Christmas Gift Drive

SUNDAY, DECEMBER 3, 2023
8:30 - 10:30 A.M.



DROP & GO!
St. Thomas Aquinas Parking Lot
248 Nahant Rd.

New & unwrapped gifts are needed for children ages newborn to 12.

- Toys, games, dolls, craft sets, etc.
- Pajamas - all sizes including larger sizes for husky kids

A small act of kindness can have a big impact!



STUFF A CRUISER 2023

Nahant Police Department will be holding a "Stuff a Cruiser" event during this holiday season in support of the Boys and girls Club of Lynn.

There will be a cruiser parked outside of the station and will be open all day/night. The drive will continue until the last week of December.

❄️ **VIRTUAL BAKING DEMO
AND DISCUSSION**

**WITH CHEF, COOKBOOK AUTHOR, AND
HOST OF THE AWARD WINNING SERIES,
BAKE IT UP: ERIN JEANNE MCDOWELL**

Who doesn't like a bit of holiday baking? We are so pleased to welcome Chef and Cookbook Author Erin Jeanne McDowell to our virtual stage! Erin will demonstrate how to make one of her favorite recipes and then will have some time to chat with attendees about all of our "burning" questions. ❄️





**TUESDAY DEC 5
7 PM**

Go to Nahantlibrary.org to learn more and register

THIS PROGRAM IS SPONSORED BY THE FRIENDS OF THE ASHLAND PUBLIC LIBRARY, AND IS PARTNERING WITH A MULTITUDE OF MA LIBRARIES INCLUDING THE NAHANT PUBLIC LIBRARY.

Book Ends
make great
gifts for friends and
family who love to read!

Paint Library Book Ends

All Ages
Saturday
December 9th
2:30pm



Town of Nahant Compost Program



- **FREE** one-year membership to Black Earth Compost for new customers
- Weekly curbside pickup + starter kit
- Limited-time program
- First come, first served
- Reduce waste, reduce costs
- Learn more: nahant.org/compost


Island Gold

A Nahant Compost Pilot





This is a reimbursement program. New customers will apply for reimbursement directly to the Town of Nahant by submitting a reimbursement form and all required information. Reimbursements will be issued within 30 days of submission.

This project is funded by Safer Waters in Massachusetts (SWIM) and Town of Nahant ARPA Funds.

Town of Nahant Compost Program

Frequently Asked Questions



Q: What is this?
A: The Town of Nahant is excited to present an optional pilot curbside compost pickup program. This is a limited-time program for Nahant residents who are not current customers of Black Earth Compost to get one FREE year of weekly curbside compost pickup as well as a FREE starter kit of their choice.

Q: Who is eligible for this pilot program?
A: Any Nahant resident that is currently served by the town's Waste Management curbside collection program. This pilot program will serve new customers of Black Earth Compost as of August 15, 2023.

Q: I am an existing Black Earth customer. Am I eligible to participate?
A: Not for the pilot program, but if the town reaches 100 customers, you will get 30% off your subscription. You may also be eligible for a \$20 trash fee abatement.

Q: I live in an apartment or a condo with private trash service. Am I eligible to participate?
A: No, but if you subscribe to Black Earth individually and the town reaches 100 customers, you will get 30% off of your subscription.

Q: What do I get for participating?
A: One FREE year of curbside compost pickup, a FREE starter kit, a FREE kitchen counter compost bin (while supplies last), and a FREE bag of finished compost (coupon provided by Black Earth).

Q: I still have questions!
A: Read more about the program at www.nahant.org/compost

Q: I'm ready to sign up. What next?
A: Scan the QR code on the front of this card to sign up or go to www.blackearthcompost.com.

WELCOME TO OUR NEW VOLUNTEERS

Angela and her husband have lived in Nahant for 38 years. They have one daughter and twin granddaughters. Angela is the Chairman of the Council on Aging Board and is now volunteering in the kitchen serving our lunch bunch friends. Angela is also President of the Nahant Garden Club. You might see her planting flowers at the traffic islands across from the Nahant Life Saving Station. She and the other members of the Garden Club work hard to beautify Nahant. She is an avid sports fan and enjoys antiques and going to yard sales. Thanks Angela, for helping our seniors.



Angela Bonin



Gretchen Murphy Brien

Gretchen Murphy Brien grew up in Nahant, moved away for a while, and moved back to Nahant 15 years ago with her husband and two children. She is a former elementary school literacy teacher. She is also a Garden Club Board member. Gretchen enjoys reading and skiing. She recently began to volunteer in the COA kitchen. We are grateful for her service to our seniors. Welcome aboard Gretchen!

LEO 2023-2024 HOME ENERGY (FUEL) ASSISTANCE SEASON

ACCEPTING APPLICATIONS 10/1/2023-04/30/2024

Serving Lynn, Lynnfield, Nahant, Saugus, Swampscott, and Wakefield

DROP IN HOURS

181 Union Street, Suite 209J
Lynn, MA 01901

Monday 8:30am-11:30am
Tuesday 1:00pm-3:45pm
Thursday 8:30am-11:30am
AND 1:00pm-3:45pm

CAN'T MAKE ANY OF THESE TIMES?

Evening appointments are available upon request.

CALL US at 781.581.7220 to arrange an evening appointment.

WHAT HELP CAN YOU GET?

LEO Inc. provides assistance to income eligible households to help pay for heating costs. Services are FREE for qualifying applicants.

DO YOU QUALIFY?

The 2024 income eligibility guidelines are below

# OF HOUSEHOLD MEMBERS	ANNUAL HOUSEHOLD INCOME (60% SMI)
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294
5	\$101,261
6	\$115,228

YOU CAN BEGIN YOUR APPLICATION ONLINE OR VISIT US IN PERSON

Scan the QR code or visit us online at <https://toapply.org/LEO>

Drop in hours start **10/1** at: 181 Union Street Suite #209 Lynn, MA

Leading through Empowering Opportunities

WHAT WE NEED FROM YOU

- ✓

Identification:

Photo ID for the head of household
Documentation of citizenship/'qualified alien' status for all applicable household members
- ✓

Income:

Proof of income (or lack of income) for all household members 18+
Employment/wages (four consecutive weeks gross wages)
Fixed income award letters or printout (Social Security, pension, etc)
Self-employment or rental income (taxes)
Child support
Signed No Income Form (if applicable)
- ✓

Housing Costs and Utilities:

All households: primary heating bill, non-heating utility bills
Renters: Tenant/Landlord Form, Lease, documentation of housing subsidy, etc
Homeowners: Mortgage statement, property tax & homeowners insurance bill, etc
- ✓

Other:

Any household member 18+ enrolled in school will need to submit enrollment verification & financial aid information (if applicable)

A LEO staff member will review your household's situation with you (in person or by phone) to determine any additional or differing information needed.

QUESTIONS?

Call us or stop by in person. We are here to help.

181 Union St, Suite #209J, Lynn, MA
📞 781.581.7220
🌐 <https://leoinc.org>

Leading through Empowering Opportunities

HOLIDAY EVENT SCHEDULE

**November 25th
December 17th**

**Christmas Tree Sales
Lowlands Parking Lot**

**Thursdays & Fridays
6pm-8pm**

**Saturdays & Sundays
9am-8pm**

December 2nd

**Santa Claus is coming to
Town.**

**Lowlands Parking Lot
11am-1pm**

**\$5 donation or bring an
unwrapped toy.**

December 2nd

**Village Church Fair
9am-2pm**

**Garden Club House Tour
9am-2pm**

**Town Hall Tree Lighting
6pm**

December 16th

**Pancake Breakfast with
Santa**

9am-11am

**\$10 pp Knights of
Columbus, Nahant**

**Christmas Parade
Fundraiser
Tides Restaurant
4-6pm**

December 23rd

**27th Annual
Tommy Hutton
Christmas Parade**

Start time: 6pm

GIFT DRIVES

December 3rd

Drop and Go Christmas Gift Drive

**St. Thomas Aquinas Parking Lot
8:30-10:30am**

**New and unwrapped gifts, new-
born to age 12.**

"Stuff a Cruiser"

**Drop unwrapped gifts at the
Nahant Police Station until Dec. 16.
Proceeds to benefit the Boys and
Girls Club of Lynn.**

"Toys for Tots"

**NFD is collecting unwrapped gifts
at the Station until Dec. 16.**



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:

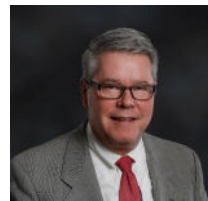
617-337-2727

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.

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**.

“CAREGIVER CONNECTIONS”

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

Meeting every 3rd
Tuesday, 11:00-12:00
Nahant Village Church
27 Cliff Street, Nahant
781-581-7554

This program is
made possible by:
Nahant Council on
Aging
Nahant Village
Church
GLSS

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.



Enjoying the Holidays

This season is packed with holidays to celebrate. Thanksgiving is just behind us, Hanukkah, Christmas, Kwanzas, New Years, and others are ahead of us. Most, if not all of them, involve indulging in many delicious treats, to the point that we usually feel we over did it. But maybe we can enjoy many of the treats without overindulging.

Most of us who are healthy do not suffer from the occasional day of overeating. We may feel like we can't move, we might have some indigestion, but after a day or two of more normal eating, we will hopefully loose those extra few pounds and feel normal again. For people with diabetes or congestive heart failure, over doing it may be more serious. With congestive heart failure or other heart conditions, your doctor may want you to be on a low salt, or low sodium diet. These people should avoid foods high in salt, like ham, bacon, sausages, but turkey is fine. Other problem foods are gravies, soups and sauces, or some casseroles. You might be able to have some, but not too much. Admittedly foods taste better with salt. If your doctor says, "No added salt," that can mean don't add salt when cooking if you are very restricted, or in the least, don't add salt to your meal. If using canned foods, read the labels for sodium content to check how much salt is in that item, and note that is per serving. Remember, canned foods are higher in salt, or sodium, than fresh foods. If you do overdo it, you will see it in a weight increase and maybe fluid in your feet or hands, but hopefully this will clear up in a day or two. If not, or if you experience shortness of breath, it's time to give your doctor a call.

Diabetics, in my mind, have the bigger problem as there are so many delicious sweets around over the holidays. Again, maybe the key is moderation. Maybe a little treat is fine but more is not. Diabetics need to know their bodies, what they can do and cannot do, and try their best to stick with that. Most low sugar or sugar substitutes on the market now are considered safe. Years ago, Saccharin was thought to cause cancer, but it has now been determined to be safe. So baking with some substitutes can be a good alternative. There are also many foods on the market that are sold as "Sugar Free." Read the labels carefully. These foods still contain calories and they do contain sugar. In our usual diets, Sucrose, or table sugar, is defined as "sugar." Sugar Free products can say they are sugar free because they do not contain Sucrose in their list of ingredients. Many of them contain Fructose, or fruit sugar, or alcohol based sugars like Sorbitol or Mannitol. These do have lower numbers of calories and the body metabolizes them slightly differently, but do not make the mistake of thinking they are really free and you can eat the whole bag. Read the label. One serving of Sugar Free cookies may be 4 cookies for 125 calories. Whereas you may be able to eat two regular cookies for the same number of calories.

As in so many things, I believe moderation is the key. Portion control might make all the difference for those who have diet issues and for the rest of us as well. So with that in mind, let's all enjoy this holiday season and stay healthy in the process.

Wishing you all happiness and good health.
Merry Christmas,

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

December is the Christmas Season. Dubbed the “Most Wonderful Time of the Year”. While this is true, it is also a time to urge safety for all. Tragedy during this time of the year is not only devastating, but it can be avoided. Taking some simple steps to assure the safety of you and your loved ones can make the holiday season truly enjoyable.

“Porch Pirates” struck here in Nahant. These thieves come onto your porches and steal your packages that are left by delivery services such as FedEx and UPS. Security cameras can be a great deterrent for this type of crime. Popular types of security cameras are Ring, Nest, and Arlo are just a few types of camera systems available for purchase. Often, a thief will strike when there is a camera present. Having access to the footage often leads to identifying the perpetrator(s).

Vehicle safety is also important during this time of year. There are several ride-share programs such as Lyft and Uber, should you need a ride after consuming any alcoholic beverages. Police Departments state-wide often step-up enforcement efforts to combat drinking and driving. The Nahant Police Department has received traffic safety grant funding to enforce these laws during this time. State-wide the effort is known as “Drive Sober or Get Pulled Over”. Additional patrols will be enforcing these laws to combat drunk driving.

Colder weather during this time of year means snow and ice on the roads. We urge all operators to take proper precautions for this type of weather. Slow down during inclement weather, make sure your tires have proper tread, clear all snow off vehicles and execute common sense. Never use your cell phone with your hands while operating a motor vehicle.

The Nahant Police Department wishes everyone a safe holiday season. We encourage you to enjoy yourselves. Celebrate with family and friends. Always celebrate in a safe manner.

Timothy M. Furlong

Chief of Police / Director of Emergency Management



VETERAN'S FOOD PROJECT

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

Dec. 6

PRE-REGISTRATION: (FIRST TIME ONLY)

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



Soft and Chewy Sugar Cookies

These classic soft and chewy sugar cookies are so easy and so delicious that they're bound to be your new favorite cookie. Made with a handful of simple ingredients, they bake up perfectly every time. Sprinkle with festive holiday sugars and watch these treats disappear! Just ask Santa!

Ingredients

- 1 3/4 cups all-purpose flour, spooned and leveled
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup granulated sugar, plus 1/4 cup for rolling
- 1/2 cup unsalted butter, room temperature
- 1 large egg, room temperature
- 1 tablespoon vanilla extract
- 1/2 teaspoon almond extract (optional)
- Holiday colored sugars or sprinkles (optional)

Directions

1. In the bowl of a stand mixer fitted with the paddle attachment, cream together the butter and sugar on medium speed until light and fluffy, about 2 to 3 minutes. Scrape down the sides of the bowl.
2. Add the egg and mix until well combined.
3. Add the vanilla and almond extract, mixing on low speed until incorporated. Scrape down the sides of the bowl.
4. In a medium bowl, whisk together the flour, baking soda, baking powder and salt.
5. Add the dry ingredients to the butter and egg mixture and mix on low speed for about 20 to 30 seconds just until the dough begins to come together. Do not over mix.
6. Scoop 2-ounce (3 tablespoons) portions of the cookie dough and use your hands to roll the dough into balls. Roll the dough in a small bowl filled with the 1/4 cup granulated sugar and coat all sides.
7. Place the cookie dough balls on a parchment lined baking sheet and chill for 30 minutes. While the dough chills, preheat the oven to 350°F. When the dough is chilled, **place the balls on a separate parchment lined baking sheet**, spacing them 2 to 3 inches apart.
8. Bake for 11 to 12 minutes or until the edges are set and begin to turn a golden brown. The tops of the cookies should be puffy and cracked. Do not over bake. Remove the cookies from the oven and allow to cool on the baking sheet for 10 minutes before using a spatula to transfer the cookies to a wire cooling rack.

Tiffany Café Menu December 2023

Reservations for lunch are required
24 hours in advance.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please inform your server if you or anyone in your party has a food allergy.</p>		<p>Menu is subject to change.</p>		<p>1</p> <p>Ham and Cheese Quiche, Salad</p>
<p>4</p> <p>Baked Ham, Mixed Veggies, Roasted Potatoes, Salad</p>	<p>5</p> <p>BBQ Chicken Salad, Coleslaw, Cornbread</p>	<p>6</p> <p>Corn Chowder, Tuna Melt, Chips</p>	<p>7</p> <p>Baked Stuffed Fish, Mashed Potato, Veggie, Salad</p>	<p>8</p> <p>Super Grilled Cheese Sandwich, Tomato Soup, Chips</p>
<p>11</p> <p>Beef Stew, Salad, Rolls</p>	<p>12</p> <p>Minestrone Soup, Egg Salad Sandwich, Chips</p>	<p>13</p> <p>Roast Pork, Rice, Veggie</p>	<p>14</p> <p>Chicken Cacciatore, Pasta, Salad, Garlic Bread</p>	<p>15</p> <p>Everything Seasoned Fish, Veggie, Salad</p>
<p>18</p> <p>Beef Stroganoff, Noodles, Green Beans, Salad</p>	<p>19</p> <p>Pasta Fagioli, Greek Salad</p>	<p>20</p> <p>Heavenly Chicken, Garlic Pasta, Salad</p>	<p>21</p> <p>Christmas Party at K of C Tiffany Room Closed</p>	<p>22</p> <p>COA Closed</p>
<p>25</p> <p>COA Closed MERRY CHRISTMAS</p>	<p>26</p> <p>Cuban Sandwich, Mexican Salad</p>	<p>27</p> <p>Shepherd's Pie, Salad, Roll</p>	<p>28</p> <p>Italian wedding Soup, Garlic Bread</p>	<p>29 New Years Eve Party.</p>



EVENTS CALENDAR

DECEMBER 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	SUNDAY, DEC. 10 "ALL IS CALM" STONEHAM, MA	BUS LEAVES TOWN HALL AT 11:00AM		1 9:00Strength, RR 10:30 Balance Class, TH NO NVC Breakfast 12:30-2:00pm Market Basket
4 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Art with Erica, TH	5 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	6 9:00Strength, RR 10:30 Chair exercise, TH	7 9:00 Yoga, RR NO MEDITATION	8 9:00Strength, RR 10:30 Balance Class, TH 12:30 Movie: White Christmas, TH
11 9:00 Strength, RR 10:30-Chair Exercise, TH	12 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	13 9:00Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30 12:30 Music After Lunch, TH	14 9:00 Yoga, RR 10:30-11:00 Meditation, TH 9:30-11:30 am Fuel Assistance, TH 10:00-11:00am Atty Brian Snell 1:00 Boxwood Trees, TH	15 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
18 9:00 Strength, RR 10:30-Chair Exercise, TH	19 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	20 9:00Strength, RR 10:30 Chair exercise, TH	21 9:00 Yoga, RR 11:00-1:00 COA Christmas Party, K of C	22 COA CLOSED
25 MERRY CHRISTMAS	26 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	27 9:00Strength, RR 10:30 Chair exercise, TH	28 9:00 Yoga, RR 10:30-11:00 Meditation, TH	29 9:00Strength, RR 10:30 Balance 11:30-1:00 New Year's Lunch, TH 1:00-2:30pm Market Basket

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.**

EVERYONE ENJOYED OUR HALOWEEN VISITORS!



TRICK-OR-TREAT!



A FEAST WAS HAD BY ALL. Thank you to everyone who helped make our Friendsgiving a memorable event.



CHRISTMAS TREE

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

Find and circle all of the Christmas Tree words that are hidden in the grid. The remaining 53 letters spell a secret message.



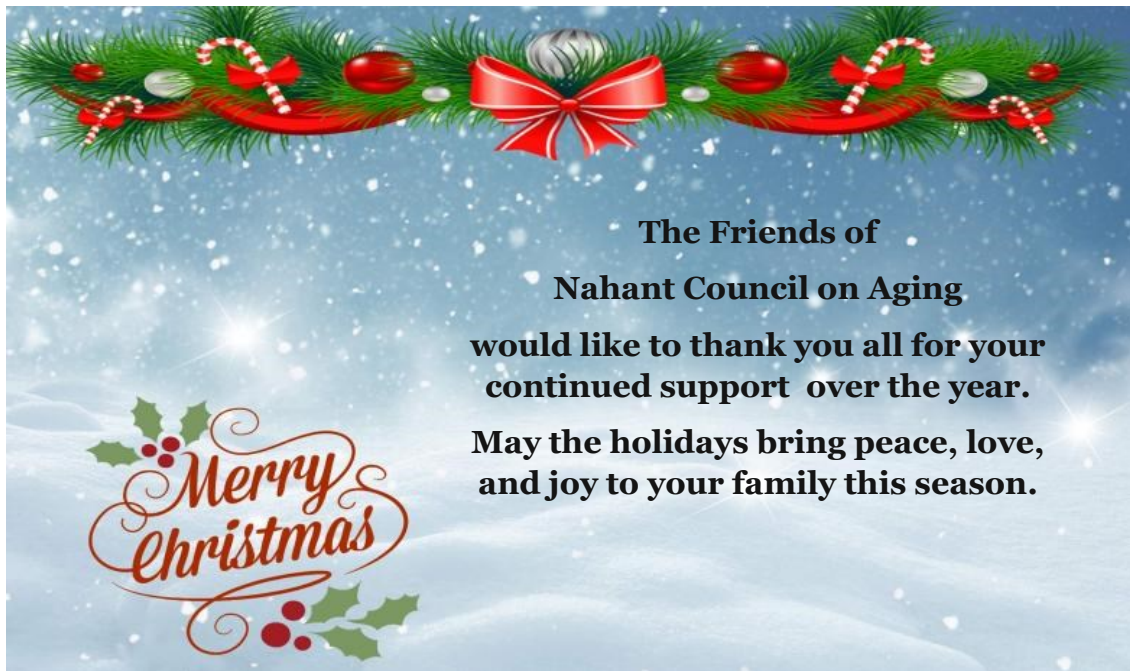
ANGEL
 ARTIFICIAL
 BRANCHES
 CANDY CANES
 CELEBRATION
 DECEMBER
 DECORATE
 DECORATIONS
 FESTIVE
 FRESH CUT

GARLAND
 GIFTS
 GREEN
 LARGE
 LIGHTS
 NEEDLES
 ORNAMENTS
 PINE
 PRESENTS
 PURCHASE

REAL
 SCENT
 SETTING UP
 SKIRT
 SMALL
 SPRUCE
 STAND
 STAR
 TAKING DOWN
 TINSEL

TOPPER
 TRADITION
 TREE FARM
 TREE LOT
 TRUNK
 WATER
 YEARLY

Solution page 18.



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

_____ In Honor/Memory/Appreciation of _____

Name _____ Address _____

Phone _____ Email _____

Please send gift notification to: _____

Donor name: _____

Address: _____

The hidden message is:
THE TRADITION OF HAVING A CHRISTMAS TREE ORIGINATED IN GERMANY

BIRTHDAYS

December 1—Catherine Delaney, Diane Ward, Christopher Rogers, Austria Rodriguez, Paul Clarke
 December 2- Helen Mayo, Paul Belliveau, Lynn Vikesland, Edward McCarthy, Thomas McDevitt
 December 3—Edmond Locke, Robert Wilson, Mary Sampson-Reiser
 December 4—Donald Savino, Irvine Rusk, Robert Gaudet, Helen Brownlie, Kathleen Canty
 December 5—Alexander Panos, Regina McCardle, William Docken, John Tofuri, Christine Lazzaro,
 Robert Frary, Robert Libman, John Walton
 December 6 - Michael Dunn, Margaret Curran, Gregory Zahora, Rodney Schundler, Jeanne Pattison
 December 7—Mary Ann Lermond, James Cunningham, Peter Flaherty, Gretchen Brien, Joan DeMakis,
 Daniel Thompson
 December 8—Richard Comito, Gerard Dalpe, Gregory Klee, Thomas Gutermuth, Susan Bushnell
 December 9—Margaret Dowling, Doris Bongiorno, Vanda Zirpolo, Linda Mason, Martin Keenan,
 Joyce Morgenstern, Victoria Malatesta, Christine Kendall, Karen Carmody, Victoria Akuner,
 Beverly Evans
 December 10- Virgina Fiske, Pauline White, Gennadiy Khatsernov, Julie Tarmy, Thomas Flaherty,
 Gordon Hall, Paul Renzella, Colleen Caster
 December 11- Christopher Whitlock, Lucia Princip, Joann Aldsworth
 December 12- Rosemarie Tirrell, Michael Manning, Linda Macone, Timothy Goodwin, Frederick Hyde,
 John Scovell, Eileen Cole
 December 13- Abigail Nelson, Edward Koscielecki, Vicki Shore, Joanne Colwell, Stephen Smith, Barry Conlin,
 Elizabeth Caterino, Calvin Bailey
 December 14- Richard Dorlando, John Gavin, Jean Ball
 December 15- Timothy Vonaschwege, David Flaherty, Michael Sperber
 December 16—Wilma Voukydis, Gail Bird, Carol Jacober, Michael Goode
 December 17- Jeffrey Hall, Mary Jane English, Mary Crowley, Alice Houlihan
 December 18- MaryEllen Alessi-Goodwin, Judith Fitzgerald
 December 19- Judith Flynn, Judi Moccia, Ellen Antrim
 December 20- William Morse, Kenneth Carangelo
 December 21- Noel Spinney-Costin, Linda L. Peterson, Sally Sue Donais, Laura Poulin
 December 22- John Wynne, Barbara Devens, Christine Bates, James Caloggero, Sally Zagnoli, Jean Cleary,
 Lisa Sullivan
 December 23- Annemarie Daniels, Carol Thorsten-Stein
 December 24- Beverly English, Sheila Kenyon, Margaret Blank, Francis Michaud, John Pellerini,
 Michael Morency
 December 25- Roger Peterson, John Hayes Mason
 December 26- Janice Bennett, Paul Power, John Orzalli, Elizabeth Stubbs, Bruce Compton, Mary Polia,
 Stephen McClone
 December 27- Barry Sidwell, Gary White, Victoria Vass, David Ewing
 December 28- Mary Kelley, Susan Maguire, Edwin Manzano, Judith Cerone Keenan,
 Janice Quinn, Karen Lospennato



December 29- Flora Sigourney, Jacqueline Singer, Eugene Canty, Christine Alexander
 December 30- Richard O'Connor, Mark Simpson, Denise Nicketakakis, Carolyn Osbahr
 December 31-Christopher Mathias, Hugh Samson, Priscilla Hathaway, Robin LeBlanc