

November 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
Assistant 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,

Welcome to November! Can you believe the end of the year is almost here? We start the month with a remembrance. November 2 is designated as All Souls Day worldwide. It's an opportunity to take the time to remember those who have gone before us. It has been said when a bell rings an angel get their wings. We will start a new tradition remembering our dear ones and give them their wings. Come sign the book of remembrance and give those you loved their wings by ringing a ring in their memory on that day.

Also in November we celebrate Veteran's Day on the 11th. We honor those who gave us the supreme sacrifice of their lives so we can stay safe. There will be Veteran's Day ceremonies. Please check the town hall website for further information.

We are starting our return to the Tiger's Den, for lunch, at Lynn Vocational Technical high school. The culinary arts students serve a reasonably priced lunch in their restaurant at school and it's always good to see them.

November is also time to be thankful and count our blessings. The senior center will sponsor a home cooked turkey dinner on the 21st of November. Please call the center to reserve your seat.

I am grateful to all of you who come to have lunch and to all those who work and volunteer. Thank you all.

Happy Thanksgiving!

Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

CLOSED Friday, November 10, 2023, Veteran's Day

CLOSED

*Thursday, Friday, November 23, 24, 2023,
Thanksgiving Day*

Thursday, Nov. 2. Remembrance Ceremony. 12:30. Please join us in the Tiffany Room as we take a moment to remember our family and friends who have passed away.

Friday, Nov. 3. Nahant Fire Department. 12:30. Presentation at the Tiffany Room on Fire Safety from Safety from NFD. See page 5 for more details.

Monday, Nov. 6. Art with Erica. 1:00-2:00. This month Erica will guide us through creating beautiful Luminarias for our Thanksgiving table! See details on page 4.

Wednesday, Nov. 8. Music After Lunch. Join the crowd at 12:30 as Michelle leads a happy go lucky sing-a-long!

Thursday, Nov. 9. Fuel Assistance Program. 9:30-11:30. Representatives from GLSS will be at the Tiffany Room to help you apply for fuel assistance for this coming winter season. See page 4 for details.

Friday, Nov. 10. Nahant Village Church Community Breakfast. Rabbi Margie Klein Ronkin will be the presenter at the breakfast. She is the Executive Director of Essex County Community Organization (ECCO). See page 4 for more details.

Tuesday, Nov. 14. Life Care Center presentation. Representatives from Life Care will provide lunch for the guests at the Tiffany Room and give a presentation of services provided by the team at Life Care.

Thursday, Nov. 16. Tiger's Den. 10:45. The Tiger's Den Restaurant is now open and we have reserved seating! Join us there or reserve a seat on the bus! All menu items are \$15 per person for our group.

Tuesday, Nov. 21. Thanksgiving Dinner at the Tiffany Room. 11:30. Join us as we celebrate Thanksgiving with friends (Friendsgiving) at the Tiffany Room. Our staff will prepare dinner with all the fixins! Seating is limited. Reserve your seat at the Tiffany Room. \$10 fee.

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 Wednesday, Nov. 15, 2023. Check your calendars! Appointments 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

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

Nov. 15, 2023

No appointment required.





Curbside leaf pick up will be offered on the following Monday's:

October 2nd, (10th-Tuesday), 16th, 23rd, 30th

November 6th, 13th, 20th and 27th

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

NO open barrels. No roots, root balls or branches bigger than 4" in diameter.

Bags must be out to the curb by 7 AM

NAHANT LION'S CLUB TURKEY SHOOT EVENT



DATE: NOVEMBER 18, 2023

TIME: 10:00AM to 2:00PM

PLACE: BEHIND THE DPW BUILDING at 40 FLASH ROAD, NAHANT

TARGETS ARE \$3.00 EACH

This annual family event is enjoyed by all who attend. We serve hot dogs, donuts, hot cider, and coffee. If you want that special Thanksgiving turkey for your dinner table, please take a shot for a worthy cause.

Come take your chance with a raffle for a large turkey for \$5.00 each or, \$20.00 for 5 tickets or, a turkey target for \$3.00 each.



The Nahant COA is looking for a part time licensed manicurist to serve our senior population.

If interested, contact Mary at 781-581-7557 or mminer@nahant.org

sculptor NANCY SCHÖN

INTERNATIONALLY KNOWN CREATOR OF THE "MAKE WAY FOR DUCKLINGS" SCULPTURE AT THE BOSTON PUBLIC GARDEN



**SATURDAY
NOVEMBER 4TH
NAHANT TOWN HALL
2pm**



**LIMITED
TICKETS!**

ATTENDEE - \$25
CHILDREN 12 & UNDER - \$10

*Tax-deductible.
Make checks payable to: Friends of
the Nahant Public Library*

Proceeds go to the Library Building Fund

FOR TICKETS CONTACT LINDA JENKINS (617) 257-1661 OR NAHANT PUBLIC LIBRARY (781) 581-0306

Nahant Community Breakfast



"AFFORDABLE HOUSING - A KEY RACIAL JUSTICE ISSUE OF OUR TIME!"

PRESENTED BY RABBI MARGIE KLEIN RONKIN
EXECUTIVE DIRECTOR
ESSEX COUNTY COMMUNITY ORGANIZATION

All are Welcome

Friday, Nov. 10, 2023, 8 a.m.
Nahant Village Church, 27 Cliff Street



MAKING THANKSGIVING LUMINARIAS WITH ERICA FOR YOUR TABLE AND OURS.

Monday November 6th 1pm to 2pm Tiffany Room

Cost : Free

Please sign up at the Tiffany Room.

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>



SCAN ME

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



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>





On Friday November 3rd at 1230 the Nahant Fire Department will visit the Council on Aging in the Tiffany Room to discuss fire and home safety for seniors. Fire Lieutenant Frank Pappalardo will be joined by other members of the Nahant Fire Department to provide information and answer any questions that residents have. Some of the topics covered will be cooking safety, smoke and carbon monoxide detectors, electrical fires, smoking safety, and planning for emergencies. Attendees will have the ability to sign up for a home safety inspection by fire department personnel. During a home safety inspection members of the Nahant Fire Department will be able to assess your residence for fire or other safety dangers and make recommendations on how to make improvements to keep yourself safe. The Nahant Fire Department can also provide assistance checking and replacing smoke detectors and carbon monoxide detectors, or replacing batteries in those devices. We hope that you are able to join us!

Additionally, the Nahant Firefighters Association will begin its annual USMC Toys for Tots collection on November 15th. New, unwrapped toys can be dropped off at the Nahant Fire Department located at 67 Flash Rd. Toys will be collected up to approximately December 20th so they can be distributed for Christmas.

NAHANT WOMAN'S CLUB *Annual Holiday Fair*



Artwork ★ Local Crafts ★ Unique Gifts

**Saturday, November 25, 9:00 a.m. to 3:00 p.m.
Nahant Town Hall**

***Hosted by the Nahant Woman's Club
Celebrating Our 22nd Year***

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 American
Legion and
Nahant Auxiliary
Legion

Post 215

Please join us to commemorate
Veteran's Day, November 11, 2023.

We invite you to meet at 9:00 for coffee at
the Legion.

Memorial Service will begin at 11:00am at
Veteran's Memorial Park.

Light Lunch and fellowship will follow.



COMPOST PILOT PROGRAM

The Town of Nahant has launched a composting pilot program with Black Earth Compost to offer household curbside food waste collection service. The many goals of this program include environmental benefits and positive financial impacts to the cost of waste services in our community.

The compost collected at your doorstep will turn those vegetable peels, bones, shells and other scraps back into dirt that can grow more food instead of being tossed as trash.

The Town will reimburse eligible residents for the cost of a 1 year membership with Black Earth Compost for weekly curbside collection and the cost of any starter kit, plus provide a free countertop container which can be picked up at the Town Hall.

Eligible residents visit [Black Earth Compost website](#) and sign up for the 1 year Weekly Pick-up plan and purchase any of the offered Starter Kits. Then, fill out the [Town of](#)



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:

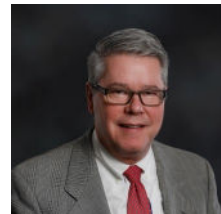
617-337-2727

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

781-581-7557

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.



November is Diabetes Awareness Month

Diabetes is a chronic disease that affects many millions of people around the world and has a huge impact on healthcare. The effects of Diabetes, its forms and treatment, are so extensive that I can only give a brief and incomplete summary of the disease in this note. So for specific, or individual questions, please see your doctor.

Diabetes is a condition in which a person's blood sugar is chronically too high. Our bodies need sugar to function, it is the source of energy for our cells, especially muscles and brain. This sugar comes not only from sugars, but also from fats and complex carbohydrates. In Diabetes, the sugar remains abnormally high in our blood stream and cannot be metabolized well by our cells. In Type I Diabetes, the pancreas makes too little or no insulin. This is usually the type of Diabetes that young people and children are diagnosed with. In Type II Diabetes, the pancreas produces too much insulin in response to chronic high sugars which leads to insulin resistance, and therefore affects older people. In either one, the body cannot properly metabolize the sugars leading to high sugars in the blood.

High blood sugar damages cells in the body and this damage causes many other diseases. Diabetes has been found to contribute to 30% of strokes, 40% of heart attacks, 50% of kidney disease, it is a leading cause of blindness, and causes about 70% of non-traumatic foot and leg amputations because wounds do not heal well in a diabetic. Very high blood sugars can cause comas and eventual death.

Symptoms of Diabetes are not easily spotted without blood tests. Doctors will usually test for it at least yearly with urine and / or blood tests. There are some common symptoms but these can also be explained by other conditions as well. If they persist, you should be seen by your doctor. These symptoms are increased thirst, increased urination, increased hunger, fatigue, and blurring vision. Sometimes wounds that do not heal well can be the first sign.

Treatment of Diabetes is accomplished by reducing the blood sugars to within normal limits. The form of treatment depends on the type and severity of the condition. Type I diabetics that have no, or too little, insulin, need to be treated with Insulin injections sometimes several times a day as well as follow a diet. Many Type I diabetics can now be placed on Insulin Pumps that administer an ongoing amount of Insulin.

For Type II diabetics, treatment usually starts with diet and weight loss. Many times, weight loss and diet can be enough to lower a person's blood sugar adequately. These diets usually start as "No Concentrated Sweets". If that is not enough, oral medications can be started. There are several types and the doses can be adjusted as needed. In recent years, injectable medications have been created that have been very effective in lowering blood sugars without having to go on Insulin. Ozempic is one of these medications. A side effect of Ozempic was found to be weight loss, and it has now become a leading medication for weight reduction as well.

Diabetes is a serious, chronic condition. It can cause many other health problems and can become quite debilitating, but with early and consistent management of blood sugars, serious complications can be avoided. This is another disease that science has made much easier for us to live with.

Stay Well,

Anna Marie Manzano R.N.



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

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

The Police Report

Nahant may soon have an Air Wing Unit. It's not exactly what you think. The Town of Nahant has entered into an agreement with the Lynn Fire Department to form a regional drone unit. Members of the Nahant Police and Emergency Management Departments were recently trained in the use of unmanned aerial vehicles, which is just a fancy name for a drone.

The Lynn Fire Department has used drones for over a year and has deployed them for several types of situations. A drone can offer a live-feed camera to troops on the ground. In the event of a fire, the drone can offer a bird's eye view of where a fire may be spreading to knock it down quicker and more efficiently. A drone can also be used to assist in a missing persons case. Lynn woods is a vast amount of land that is frequented by people from all over. Often, people get lost in the woods as they are unfamiliar with the layout. On several occasions, Lynn Fire has deployed their drone to assist in the searches.

The regional drone unit allows for the use of Lynn's drone here in Nahant upon request. It also allows members of Nahant Emergency Management to operate the drone in Lynn, should they need assistance. The Town of Nahant utilized Lynn's drone for our fireworks celebration. The drone was deployed to canvas Bailey's Hill shortly after the pyrotechnics truck arrived. In years past, members of the Police Department were deployed to canvas the area and clear any persons that may be in the dangerous area for the fireworks display.

The drone unit trains once a month. You may see them in Town training. As the team becomes more proficient, we may expand on the program. The technology of drones is ever evolving. The newer drones are smaller and easier to operate. A drone can be equipped with a thermal imaging camera, two-way speaker communication and remote feed to command staff.

The cost of drones can be expensive. The unit that the Lynn Fire Department purchased was approximately \$15,000.00. Entering into an agreement with LFD allows the Town of Nahant to use their very expensive piece of equipment, at a far less cost. Should you have any questions about the drone unit, Nahant Emergency Management can be reached at 781-771-2121.

Timothy M. Furlong
Chief of Police / Director of Emergency Management

VETERAN'S FOOD PROJECT

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

Nov. 1 Dec. 6

PRE-REGISTRATION: (FIRST TIME ONLY)

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

Slow Cooker Turkey Breast

Are you cooking for just a few? There is still nothing better than the smell of turkey cooking in the kitchen. Try this recipe with your slow cooker!



I n g r e d i e n t s

- 1 bone-in turkey breast (6 to 7 pounds), skin removed
- 1 tablespoon olive oil
- 1 teaspoon dried minced garlic
- 1 teaspoon seasoned salt
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon pepper
- 1/2 cup water

D i r e c t i o n s

1. Brush turkey with oil.
2. Combine the garlic, seasoned salt, paprika, Italian seasoning and pepper;
3. rub over turkey.
4. Transfer to a 6-qt. slow cooker; add the water.
5. Cover and cook on low for 5-6 hours or until tender.

Tiffany Café Menu November 2023

**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 Corn Chowder, Grilled Cheese, Chips	2 Slow Cooked Ribs, Mashed Potato, Veggie, Salad	3 Baked Fish, Veggie, Salad
6 American Chop Suey, Salad	7 Soft Beef Tacos, Mexican Pasta Salad	8 Kielbasa, Baked Macaroni & Cheese, Rolls	9 Baked Ham, Baked Beans Cole Slaw, Veggie	10 Closed 
13 Chicken Noodle Casserole, Salad	14 Lunch provided by Life Care of Lynn	15 Meatloaf, Potatoes, Veggie, Roll	16 NO Lunch Tiger's Den	17 Pasta with Sausage, Salad, Garlic Bread
20 Pork Marsala, Egg Noodles, Roasted Cauliflower	21  Friendsgiving Dinner	22 Tuna Noodle Casserole, Salad, Roll	23 Closed 	24 Closed
27 Cheese Ravioli with Roasted Pumpkin Sauce	28 Hearty Tuscan Soup, Cesar Salad, Garlic Knots	29 Beef Ramen Noodles, Salad, Roll	30 Bolognese Lasagna, Bruschetta Salad, Garlic Bread	



EVENTS CALENDAR

NOVEMBER 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 9:00Strength, RR 10:30 Chair exercise, TH	2 9:00 Yoga, RR 10:30-11:00 Meditation, TH Remembrance Ceremony	3 9:00Strength, RR 10:30 Balance Class, TH 12:30 NFD Fire Prevention 12:30-2pm Market Basket
6 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00-2:00pm Art with Erica	7 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	8 9:00Strength, RR 10:30 Chair exercise, TH 12:30 Music After Lunch	9 9:00 Yoga, RR 10:30-11:00 Meditation, TH 9:30-11:30am Fuel Assistance	10 COA CLOSED VETERAN'S DAY 8:00am NVC Community Breakfast
13 9:00 Strength, RR 10:30-Chair Exercise, TH	14 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH 11:30 Life Care Presentation and Lunch	15 9:00Strength, RR 10:30 Chair exercise, TH 9:00-12:30 Podiatrist, TH Blood Pressure Clinic 10:30-11:30	16 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:00am Atty Brian Snell 11:00 Tiger's Den	17 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
20 9:00 Strength, RR 10:30-Chair Exercise, TH	21 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH 11:30 Thanksgiving Dinner	22 9:00Strength, RR 10:30 Chair exercise, TH	23 COA CLOSED THANKSGIVING HAPPY THANKSGIVING	24 COA CLOSED THANKSGIVING HAPPY THANKSGIVING
27 9:00 Strength, RR 10:30-Chair Exercise, TH	28 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	29 9:00Strength, RR 10:30 Chair exercise, TH	30 9:00 Yoga, RR 10:30-11:00 Meditation, TH	

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.**

When one of our scheduled volunteers is unable to serve at the Tiffany Room, we are lucky to have these ladies fill in sometimes with short notice.

Jo- Ann Giuggio

Jo-Ann has been a volunteer at the COA for the past year. She and her husband have lived in Nahant for the past four years. Jo-Ann is always ready to lend a helping hand. She is a golfer as well as an avid reader, so watch for her on the golf course or at the Library. Welcome Jo-Ann.

Lorraine Dimuzio

Lorraine is able to substitute in many roles at the COA. You may also recognize her from exercise classes at the Community Center! She often brings dessert treats to our lunch bunch guests at the Senior Center. Thanks Lorraine.

If you are interested in joining the ranks of volunteers at the COA Senior Center, please contact Mary at 781-581-7557 or mminer@nahant.org.

Russell Orchards



Warm Cider Doughnuts!



Ipswich, MA



A fun afternoon!

PUZZLE OF THE MONTH

FreeDailyCrosswords.com

10th October

ACROSS

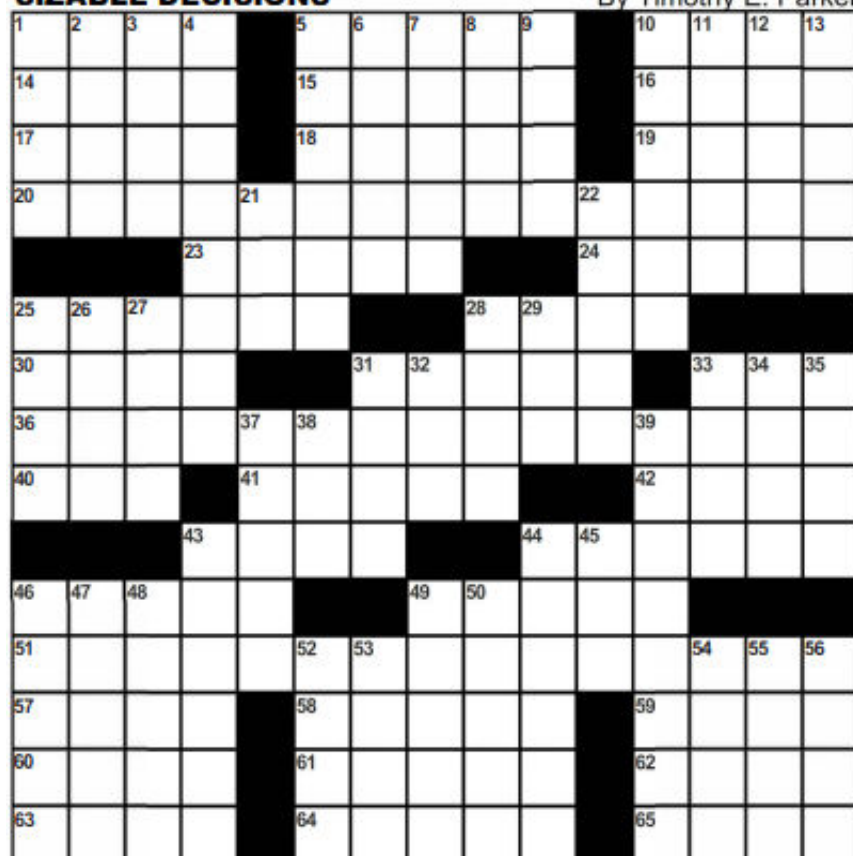
- 1) ___ and crafts
- 5) Blew it
- 10) Hawaiian tuber
- 14) Booty
- 15) Eccentric
- 16) Eurasia's ___ Mountains
- 17) O. Henry's "The Gift of the ___"
- 18) Fussy director's order
- 19) Split apart
- 20) Fractional amount
- 23) Certain bridge players
- 24) Type of wrench
- 25) Attire
- 28) Stride
- 30) "___ it the truth!"
- 31) Word with "case" or "well"
- 33) Lingerie item
- 36) Cassette, videotape or CD-R, e.g.
- 40) Expected any second
- 41) Related maternally
- 42) Thing on a list
- 43) Micronesian island
- 44) City on the Rio Grande
- 46) Utah lilies
- 49) To the rear, at sea
- 51) Parts of the digestive system
- 57) All worked up
- 58) The hard stuff
- 59) Continental cash
- 60) Blue hue
- 61) One taking it easy
- 62) Bypass
- 63) Raptor over the coast
- 64) Successfully persuades
- 65) Their job is ball bearing

DOWN

- 1) Money for the poor
- 2) Wander
- 3) Forum wear
- 4) Kind of heel
- 5) Go by, as time
- 6) His work had many meanings
- 7) Lion's calls
- 8) Beyond grand
- 9) Fraction of a newton
- 10) Snapping creature
- 11) "It's been ___ pleasure"
- 12) Place for testing missiles
- 13) From days of yore
- 21) "Well, ___-di-dah!"
- 22) Abalone shell lining
- 25) It may say "I'm sorry"
- 26) In ___ of (replacing)
- 27) "___ bitten, twice shy"
- 28) It may come over a PA
- 29) Order between "ready" and "fire"
- 31) "Anna and the King" country
- 32) Blockbusting producer?
- 33) Angler's hope
- 34) Felt bad about
- 35) Bullets and such, briefly
- 37) Employ again
- 38) Fingerprint alternative, to a detective
- 39) Most in need of a nice bath
- 43) Stare with amazement
- 44) Some sci-fi weaponry
- 45) Astern
- 46) List of candidates
- 47) Avid
- 48) Reveal that one's in pain
- 49) Lagoon surrounder
- 50) Gemstone mounting
- 52) African wading bird
- 53) Lymph bump
- 54) Cook on a turntable, in slang
- 55) Name of a noted canal or lake
- 56) Absorbs (with "up")

SIZABLE DECISIONS

By Timothy E. Parker



Solution page 16.



**HAPPY BIRTHDAY, MARY.
THANK YOU FOR YOUR
SERVICE TO THE SENIORS
AND THE NAHANT
COMMUNITY.**

FRIENDS

Friends of Nahant COA Executive Board

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

CORNER

Help Support the Friends of the Nahant Council on Aging

Please accept my tax-deductible donation as a supporting member:

___ Individual \$10.00 ___ Good Friend \$25.00 ___ Great Friend \$50.00 \$___ Other

Name _____ Address _____

Phone _____ Email _____

_____ In Honor/Memory/Appreciation of _____

Please send gift notification to: _____

Donor name: _____

Address: _____

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

BIRTHDAYS

November 1—Margaret Dragon, Ronachai Banchongmanie, Deborah Vanderslice, James Devereaux
 November 2—Scott Murphy, Mary Rizzo, Anthony Moschella, Thomas Parciak,
 Kevin McManus
 November 3 -Brenda Gaynor, Paula Koehler, Barbara Ducharme, Patricia Long , Wilson Tibbo
 November 4—Harold Blank, Mark Cullinan, Louis Koutroubis, Donna Gramolini
 November 5—Neal Sullivan, Kevin Donovan, Mary (Molly) Conlin,
 November 6—Susan Sherry, Charles Frauenholz
 November 7—Patricia Dunn, Charles Bolthrunis, Kenneth Bibber, Linda Bleau, Lynne Tyler-Malone,
 Julia Cort
 November 8—Edward Mahoney, Loretta Norcross
 November 9—Deborah Warren, Patricia Girard
 November 10—Albert Masone, John Roy, Thomas Campanella, Colleen Munnely, Pamela Shurtlef
 November 11—Linda Pivacek, John Brew
 November 12—Robert Scigliano, Daniel Perepelitza, Michele Dougherty, Robert Vanderslice, Mickey Long,
 Cynthia Lynch
 November 13—Barbara Desmarais, Margaret Pelley, Robert Davis, Thomas Famulari, Sara Riley
 November 14- Joseph Ayers, William Spallina, Susan Pillsbury
 November 15— Mario Forgione, Michael Carr, Steven McDonough
 November 16- Barbara Deines, John Mackey, Alan Barbacoff, Fran Michaels, Andrea Murphy, Carl Aloupis,

 November 17—William Pivacek, Harry Detrich, Pamela Wilson, Annette Merlino-Rogers
 November 18—Edgar Babin, Edward Tarlov, Anne-Marie Grady, Mary Anne Lombard, Robert Rizzo,
 Nildacy Gallagher, Dean Locke
 November 19- Bruce Reeh, Roberta Lerman, Fred Jonas, Isabel Diaz
 November 20- Ronald Cameron, Susan Edwards, Dana Sheehan, Peter Speridakos, Evelyn Crotty
 November 21- Frank Deiulis, Robert Gaynor, James Dolan, Douglas Breithaupt, Karen Vail, Joseph Straccia,
 Richard Stevens, Thomas Ambrosino, Roseann Manning
 November 22—Virginia Kane, Robert Dickenson, Edward Goodrich, Karen Wakefield, Richard Pelletier, Jean
 Walsh, Steven Pritchard, Hassan Bolourchi, Lech Gorecki, Luis Pedraza
 November 23- Lorraine Dimuzio, Edward O'Neil
 November 24— Alessandro Massaro, Janice Weiskel, Deborah Waters, Joseph Bertorelli, Robert Allard,
 Thomas Greenwalt
 November 25—Barry Wooten, Patricia Cronin, James Caccivio, Lori Denisco
 November 26- Charles Koehler, Rita O'Donnell, Linda Tanfani, Sis Oliver, Anna Manzano, Peter Gawlocki,
 Kalomoira Speridakos, Dianne Locke, Jon Rajunas, John Condon
 November 27- Paul Girard, Sherry Cardile, John Mahoney, Loreen Tirrell-Wallach, Gregory DeMakis,
 Celeste Cohen
 November 28- Wayne Terminello, Keith Arnold, Waida Castellanos, Richard Lawrence, Gregory Keane
 November 29- Maria Flanagan, Eric Kirton, Joshua Antrim, Jacqueline Forster
 November 30- William Coffey, William White

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.**

