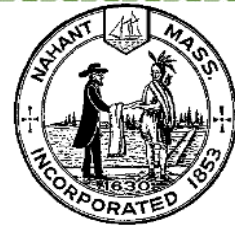


# MARCH 2024 Nahant Tiffany Times



*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

Pat Scanlon - Transportation  
Mark Lucantonio - Transportation

## Nahant COA Board of Directors

Angela Bonin - Chairman  
Farris Vanmeter- Vice Chairman  
Emily Potts - Treasurer  
Donna Steinberg-Secretary

Sheila Hambleton  
Linda Jenkins  
Lollie Ennis  
Carol Sanphy

## 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](http://www.nahantcouncilonaging.org)

"Daffodils, that come before the swallow dares, and takes the winds of March with beauty" - Shakespeare

Hi All,

Its official, Punxsutawney Phil emerged from his home and saw no shadow! We all know what that means-spring is to arrive early! And we all know how accurate he is!

This month is busy at the Nahant COA. You can still apply for Fuel Assistance through the month of April. Please call the front desk for information and to get an appointment.

On Sunday March 10th, we head to Stoneham for lunch and a matinee at the Greater Boston Stage Company. The musical Titanish is on the stage. It's a quasi-musical about the making of the famous Titanic movie. The production promises to be an over the top ridiculous spoof and bring lots of laughter. Please call the COA for ticket information and sign up.

We continue to go to Market Basket every other week. The annual St Patrick's Day luncheon will be on Friday March 15th. Our art class with Erica has been moved, this month, to Wednesday March 13th. The Music after lunch program is on March 20th. Come join us for both events!

A representative from National Grid will be here on Wednesday March 27, in the morning, to help answer any questions regarding your bill. There are different programs that they offer to help ease the cost. Please sign up to talk with the representative.

All information regarding activities here can be found on the inside pages of this newsletter.

Please be good to yourself as the days get longer and brighter. One of my favorite things to do in March is to buy some daffodils or shamrocks. I also enjoy making Irish soda bread and eating a slice with a cup of tea. Also taking a walk when the sun is shining is great to do! Take time to do something small that will brighten your day!

May the road rise to meet you all!

Mary

*Nahant Council on Aging  
Monday-Friday 9:00-1:00*

## MARCH AT A GLANCE

**Friday, March 1. Nahant Community Breakfast, Nahant Village Church.** Meet our new Librarian, Nori Morganstein. Breakfast is served at 8:00am followed by the presentation. Transportation for elders to and from the breakfast can be arranged by calling the Nahant Council on Aging at 781-581-7557 a few days prior to the breakfast. See page 5 for details.

**Thursday, March 7, 2024. LEO, 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 winter season. See page 6 for details. Sign up at the Tiffany Room for an appointment.

**Sunday, March 10, 2024. Greater Boston Stage Co.** presents "**TITANISH**" All aboard this bawdy and hilarious parody of the Oscar-winning *Titanic*! Filled with more jokes than third-class passengers, this Airplane!-inspired quasi-musical satire is 126.3% guaranteed to hit every comedic iceberg. See page 6 for details.

**Wednesday, March 13, 2024. Art with Erica. 1:00.** Create Your Own Flower Arrangement on Canvas! Make your canvas come to life. Join us for a fun floral arrangement on canvas. We will be using artificial flowers in this workshop. Sign up at the Tiffany Room. See page 8 for details.

**Friday, March 15. St. Patrick's Day Lunch.** Join us and enjoy a traditional St. Patrick's Day dinner prepared by our leprechaun Brett Henry. Sign up at the Tiffany Room. \$10.00

**Wednesday, March 20, 2024. Music After Lunch. 12:30.** We are getting ready for our Spring Debut! Join us and add your voice to the fun!

**Wednesday, March 27, 2024. National Grid. 10:00-1:00.** A representative from National Grid will be at the Tiffany Room to meet with you to provide you with options to manage your energy bills. See page 8 for details.

**Friday, March 29, 2024. Representative Pete Capano.** Representative Capano will join us for lunch and will follow up with a brief presentation and answer any of your questions. See page 6 for details.

**Monday, April 1, 2024. Easter Lunch.** We will be sharing a delicious Easter meal in our dining room. Come celebrate the coming of spring with friends. And a classic Easter menu. Please sign up at the Tiffany Room.

**Wednesday, April 3, 2024. Nun of This...** is an interactive, live comedy featuring two actresses. Now is the time for the 50th Class Reunion of St. Bartholomew's Parochial School. The "sisters" are excited to meet with their former students from the Class of 1957. The audience members, of course, are the reunion attendees. A good time will be had by all reminiscing about the old days and catching up with everyone. A fun, light-hearted comedy! See page 8 for details.

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. The next appointment is **Friday, March 22, 2024**

Call 781-581-7557 for an appointment.



Dr. Fernandez will be available in the Tiffany Room

**Wednesday, April 17, 2024**

Call 781-581-7557 for an appointment.



**Thursday,  
March 21,**

Attorney, Brian Snell is available for legal consultation.  
Call 781-581-7557 to book an appointment.

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



**March 20, 2024.**  
No appointment required.

**Sunday, March 10**



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](mailto:nahant.circ@gmail.com)



# 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](http://www.mbta.com/the ride)

Call the MBTA at:

617-337-2727

Podiatrist, Dr. Fernandez is available for appointments here at the Tiffany Room.

Check our monthly newsletter for dates and times, and call 781-581-7557 to make your appointment.

781-581-7557



Attorney, Brian Snell is available for legal consultation.

Call 781-581-7557 to book an appointment.

## **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](http://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.



**TUESDAY, MARCH 5, 2024**  
**PRESIDENTIAL PRIMARY**  
**ELECTION**



Polls open at Town Hall from  
7am-8pm.

**Nahant Community  
Breakfast**



**Meet & Greet  
with Nahant  
Public Library  
Director Nori  
Morganstein**

**Friday, March 1, 2024**  
**8 a.m.**

**Nahant Village Church, 27 Cliff Street**

**All are Welcome**

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

**Caregiver  
"Connections"**

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



Meeting every 3rd Tuesday

Beginning September 20

11:00 am — 12:00 pm

Nahant Village Church  
27 Cliff Street, Nahant

For more information or to RSVP,  
please call 781-581-7557  
or email [mminer@nahant.org](mailto:mminer@nahant.org)

This program made possible by:

Nahant Council on Aging  
Nahant Public Library

Nahant Village Church  
Greater Lynn Senior Services

**TECH HELP  
DROP-IN**

Tuesdays 2-3pm starting Jan 16

**RECEIVE FREE HANDS-ON  
ASSISTANCE WITH MOST OF  
YOUR TECHNOLOGY NEEDS**

Have your passwords on hand

We can help with: printing, emailing, using  
Microsoft Word, attaching documents and  
photos, copying, cell phone questions, tablet  
questions, eBook questions, and more

**We cannot repair broken devices or  
enter your private information (like  
credit card numbers) online**



## Greater Boston Stage Company Stoneham

### TITANISH

A combination of *SNL*, *Airplane!* and *Titanic*, this epically silly quasi-musical spoof of everyone's favorite movie is 126.3% guaranteed ridiculousness.



**SUNDAY, MARCH 10, 2024**

**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 ticket price.

## Lique Human Services Scholarship

The **Lique Human Services Scholarship** has been established by Greater Lynn Senior Services to support two high school seniors in the GLSS service area of Lynn, Lynnfield, Nahant, Saugus, & Swampscott who hope to explore an interest in a field of human/community service. The Scholarship thus seeks to continue Vince Lique's legacy of serving the needs of those in the greatest need in our communities and demanding that all people be treated with dignity and respect. The scholarship award is \$5,000, and it is hoped that this award will assist with the expenses of a first year of college.

**Applications due by  
end of day  
April 5th, 2024.**



For applications and more details, visit:

<https://www.glss.net/LiqueScholarship>

## 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



Representative  
Pete Capano

Friday,  
March 29, 2024

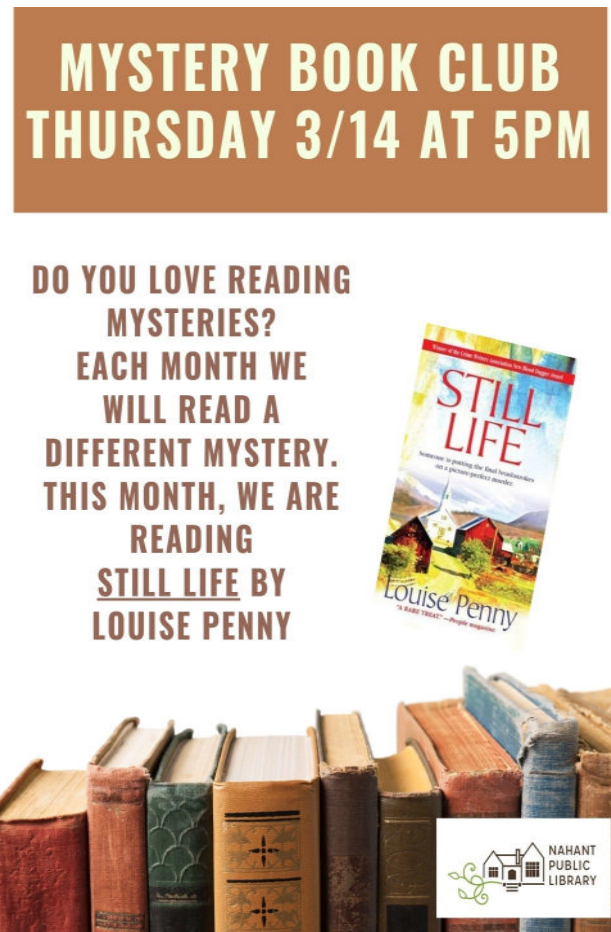
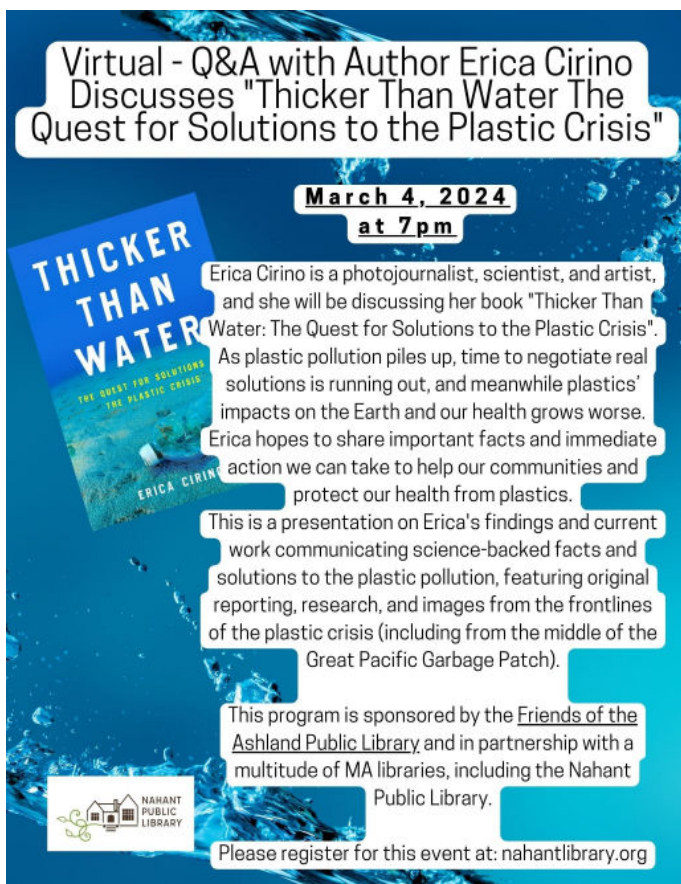
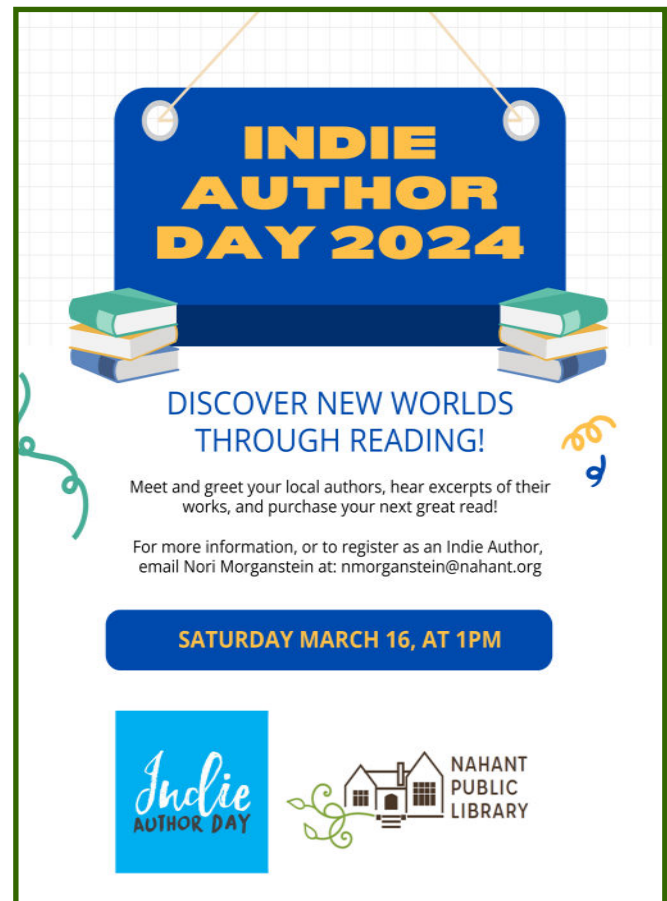
Nahant Town Hall, Tiffany Room

**Representative Capano is a  
dedicated community leader and  
co-founder of the  
New Lynn Coalition.**

**Join us for a meet and greet after  
lunch.**

**As our representative here in  
Nahant, Rep. Capano will be happy  
to meet with you and answer your  
questions.**







## ART WITH ERICA

Create Your Own Flower Arrangement on Canvas!

Wednesday, March 13, 2024

1:00

Make your canvas come to life. Join us for a fun floral arrangement on canvas. We will be using artificial flowers in this workshop.

Sign up at the Tiffany Room.

DELVENA THEATRE PRESENTS



## NUN OF THIS AND NUN OF THAT!

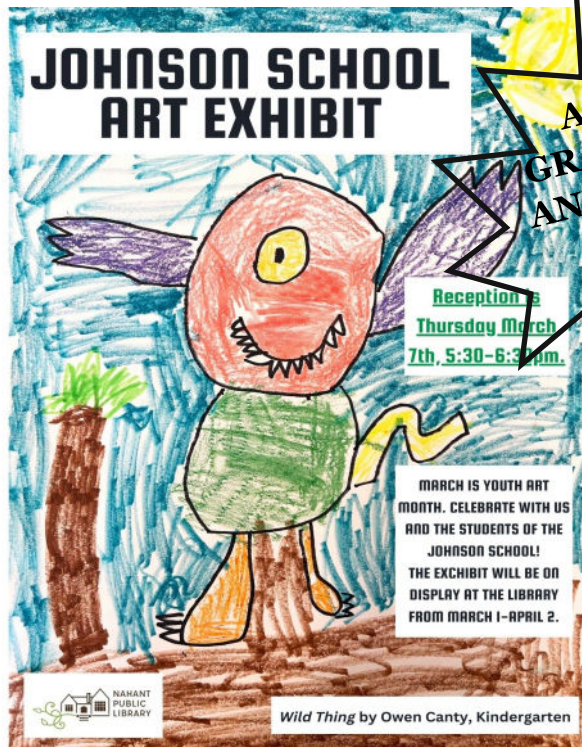
An interactive, live, comedy about a 50<sup>th</sup> parochial class reunion featuring two actresses. A good time will be had by all reminiscing about the good old days and catching up with everyone. A fun, light-hearted comedy!

**NAHANT COUNCIL ON AGING  
NAHANT COMMUNITY CENTER  
41 VALLEY ROAD, NAHANT**

**WEDNESDAY, APRIL 3**

**1:30 PM**

**SPONSORED BY THE FRIENDS OF  
Nahant COA**



**ATTENTION  
GRANDPARENTS  
AND CHILD CARE  
PROVIDERS!**

## NAHANT PUBLIC LIBRARY CHILDREN'S ROOM WEEKLY PROGRAMS



**LEGO BUILDERS  
TUESDAYS @ 5 P.M.**

**CRAFTERNOON  
WEDNESDAYS @ 3 P.M.**

**STORYTIME  
THURSDAYS @ 10:15 A.M.  
SECOND SATURDAY @ 11 A.M.  
FOURTH SATURDAY @ 2 P.M.**

MORE INFORMATION CAN BE FOUND AT [NAHANTLIBRARY.ORG](http://NAHANTLIBRARY.ORG)



nationalgrid

# Connect to Caring

Meet with a Customer Advocate

at **Nahant Town Hall ,  
Nahant COA**



On Wednesday, March 27, 2024, a Customer Advocate will be available to meet one-on-one to discuss options to manage your energy bill and help you find assistance, including:

- Discount rate
- Payment Plans
- Budget Billing
- Arrears Management Program (AMP)

If you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance letter to enroll in our Discount Rate Program.

**With higher energy prices expected this winter, we're here to help.**

For more information, please visit [ngrid.com/heretohelp](https://ngrid.com/heretohelp)

**Life can be hard but finding assistance shouldn't be.**

**Nahant Town Hall  
Tiffany Room**

**Wednesday,  
March 27, 2024**

**10:00am – 1:00pm**

**Reserve your appointment  
at the Nahant COA, or call  
781-581-7557**

## National Grid

This email was sent to EMAILADDRESS  
[Unsubscribe](#) | [Privacy Policy](#) | [Contact us](#)

**Please do not reply to this email as this email address is not monitored.**

170 Data Drive, Waltham, MA 02451  
©2023 National Grid. CM9107 (2/23)



**This is an important notice. Please have it translated.**

Este é um aviso importante. Quiera mandá-lo traduzir.

Este es un aviso importante. Sirvase mandarlo traducir.

Avis important. Veuillez traduire immédiatement.

Questa è un'informazione importante, si prega di tradurla.

Это очень важное сообщение. Пожалуйста, попросите чтобы вам его перевели.  
Đây là một thông báo quan trọng. Xin vui lòng dịch thông báo này.



## March is Brain Health Awareness Month

We all know how important our brain is. It is the source of our ability to move, to speak, to create thoughts, express emotions, solve problems, store memories, etc. Our brain is what makes us “us.” As a result, we want to keep it in good condition. Doctors have learned that there are several things we can do to help our brain remain healthy.

Heart health is very important to the brain as it supplies the constant blood flow that is critical. Various forms of heart disease, high cholesterol, high blood pressure, and diabetes can decrease the amount of blood flow and oxygen going to the brain, either by narrowing the arteries or creating an irregular supply. Smoking decreases blood flow to the brain as the nicotine constricts arteries in the body, like stepping on a water hose.

Physical activity is very good for your brain as it increases blood flow to the brain as well as all body organs. Even mild physical activity is helpful but the more active you can be the better your outcome will be. If you are limited by pain, check with your doctor. Sometimes medication or a round of physical therapy may be all you would need.

Getting plenty of sleep is important. Sleep allows your brain to rest and reset itself. It allows healing by clearing out toxins called beta-amyloids that can build up and potentially cause dementia.

Eating well is very important. Our brains require a large amount of protein to function well. It is suggested that older people eat more protein rather than less. According to one Google search, up to 75Gm of protein is recommended for older persons. Proteins help the neurons in the brain communicate with each other as the neurotransmitters are amino acids, or proteins. Most sources recommend a Mediterranean diet or a heart healthy DASH diet. The focus is on increasing vegetables in the diet, especially green leafy vegetables, berries, especially blueberries, nuts, seeds, legumes, whole grains, avocados, salmon for the Omega-3s, limited amount of lean red meat, and others.

Being social or getting involved in social activities is shown to be important in keeping our brain active. Playing games or doing crossword puzzles is helpful but having actual interactions with other people is more beneficial. It increases blood flow to the brain and also helps us to avoid depression.

Trying new activities, learning new things, traveling to new places, are all things that help keep our brains active by creating new connections and challenging the brain. Our cell phones now have thousands of games, but better yet, they have language learning apps.

Sometimes our ability to focus on a task can be lacking. This is common as we age. We may need to intentionally concentrate on a task, remove distractions, set a goal, and have a plan. Keeping our brain fueled with a snack of nuts or berries can be helpful, as is a cup of coffee or dark chocolate.

If you think your mental capacity is slowing down, talk to your doctor about it. Your doctor may order some tests, including an MRI and possibly cognitive testing. If these tests do show a problem, your doctor may be able to order medication or therapy to help slow the progress. There are things that can be done to help, so reach out. And isn't it wonderful that our COA provides so many things to help us. Thank you, Nahant COA!

*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](http://www.nahantpolice.org)

### **The Police Report**

In this version of the Police Report I would like to discuss coyotes. There have been numerous conversations / debates over this topic. Coyote interactions decreased significantly from 2022-2023. None-the-less, they still occur. We encourage all residents to remain vigilant while outside as spring will soon be upon us.

March is the month of spring. The weather warms up enough that we are not confined to our homes, bundled under blankets, and seated in front of our fireplaces. As we venture outside, we must be mindful of our furry counterparts. Coyote attacks on humans are uncommon and rarely cause serious injuries. Coyotes lose their fear of people when they are fed either intentionally or unintentionally. The best defense from a coyote is hazing the animal. Unfortunately, this does not always work. Nahant residents have become inventive with their ways of fending off coyotes. Interesting methods from carrying a golf club or a baseball while out walking is notable.

Please consider refraining from feeding all wildlife. This includes the "harmless" act of feeding birds. What might seem like a harmless thing, might be just the opposite. This may lure coyotes to that area to either prey on the birds or eat the food left out for the birds. As we all know too well, once these animals are desensitized to humans, they become very difficult to deal with.

The Town has a plan to deal with aggressive coyotes. Our top priority is public safety. March is also the end of the mating season for coyotes. During this time, they can become aggressive towards our pets and other animals. Coyotes are also attracted to unsplayed or unneutered animals. It is important to have to dog or cat spayed or neutered for this reason, amongst others.

I could go on ad nauseum on this topic. I would like to reiterate that the Town's priority is public safety. Safety talks with wildlife experts were held to teach the residents to coexist with the coyotes through education. Should you have any further questions or concerns about coyotes, please feel free to contact the Nahant Police Department at (781) 581-1212 and we will connect you with our Animal Control Officer.

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



## VETERAN'S FOOD PROJECT

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

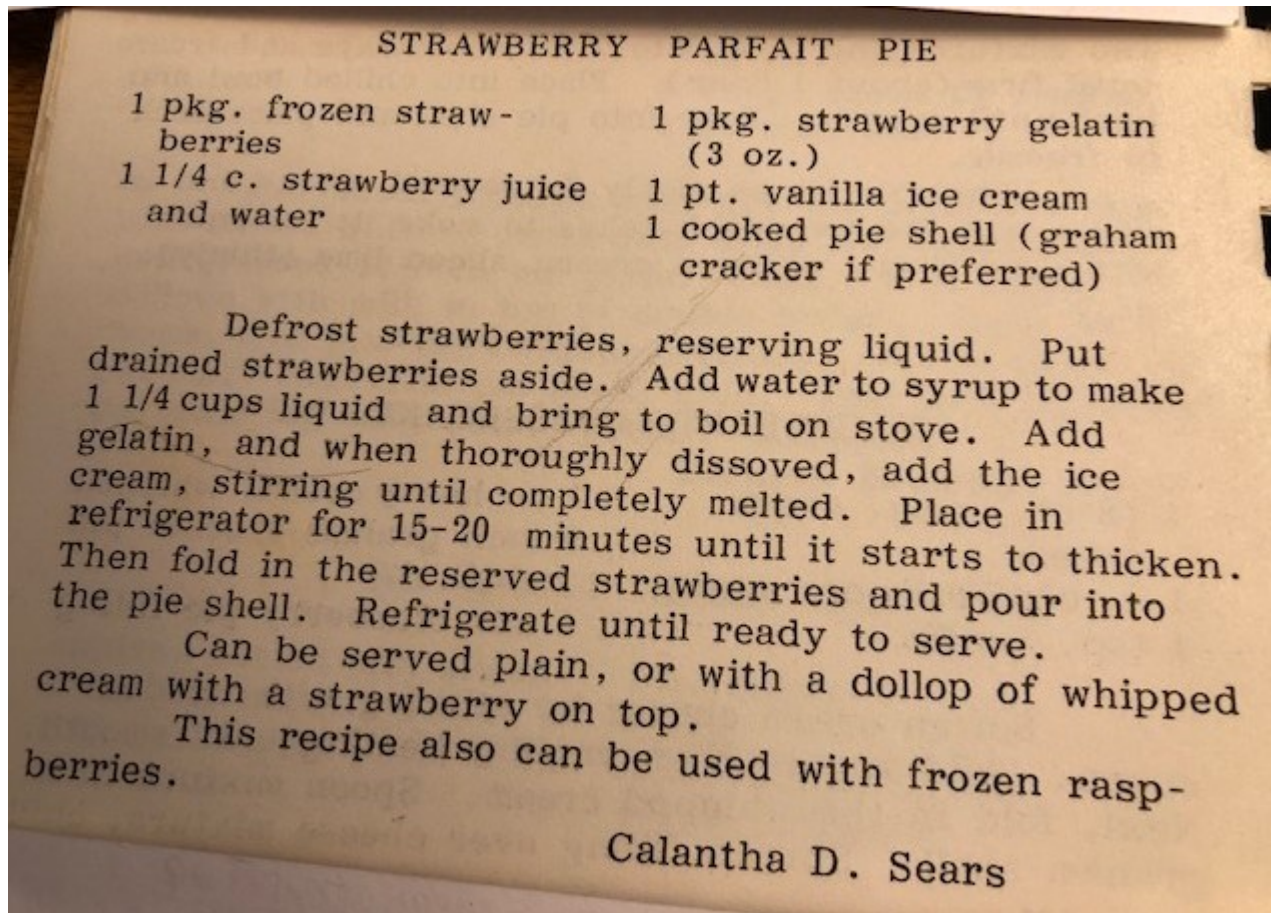
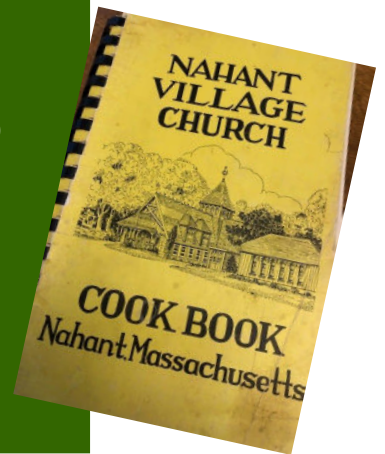
Mar. 6      Apr. 3      May 1      June 5

**PRE-REGISTRATION: (FIRST TIME ONLY)**

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



Our recipe this month will be the first in a series of recipes taken from collections of years past. Linda Lehman was eager to share her precious cookbook relics from the past with us. We hope these recipes bring back fond memories of good food and good friends.



## Tiffany Café Menu March 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please inform your server if you or anyone in your party has a food allergy.</b>		<b>Menu is subject to change.</b>		<b>1</b>  Clam Chowder, Hot Dog, Chips
<b>4</b>  Minestrone Soup, Homemade Bread, Salad	<b>5</b> Potato Cheddar Soup, Baked Fish, Tomato Couscous	<b>6</b> Sweet and Sour Pork with Butter Garlic Rice, Veggies, Rolls	<b>7</b>  Chicken Cacciatore, Salad, Garlic Bread	<b>8</b>  Meatloaf, Mashed Potato, Veggie
<b>11</b>  Chicken Noodle Casserole, Salad	<b>12</b> BBQ Turkey Tenders, Potato Salad, Veggie, Salad	<b>13</b>  American Chop Suey, Salad, Rolls	<b>14</b>  Chicken and Dumplings	<b>15</b> St. Patrick's Day Lunch  
<b>18</b>  Barley Soup, Grilled Cheese and Tomato Sandwich	<b>19</b>  Cesar Salad, Chicken Pot Pie	<b>20</b> Heavenly Chicken, Potato, Veggies, Roll	<b>21</b>  Chicken Soup, Tuna Sandwich, Chips	<b>22</b>  Quiche, Salad
<b>25</b>  Ham, Roasted Potatoes, Veggies	<b>26</b> Country Vegetable Soup, Baked Pesto and Vegetable Lasagna	<b>27</b>  Chicken Penne Casserole, Salad, Rolls	<b>28</b>  Vegetarian Lasagna, Bruschetta, Salad	<b>29</b> Baked Haddock, Steamed Veggies, Mashed Potato

# EVENTS CALENDAR

## MARCH 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>Sunday, March 10</b></p> <p><b>Titanish Stoneham Theatre</b></p>	<p><b>Sunday March 10</b></p>  <p>SPRING FORWARD SET YOUR CLOCKS AHEAD AN HOUR</p>	<p><b>Sunday March 17</b></p>  <p>St. Patrick's Day</p>	<p><b>Sunday March 31</b></p>  <p><b>Easter</b></p>	<p>1 9:00Strength, RR 10:30 Balance Class, TH</p> <p><b>NVC Breakfast</b></p>
<p>4 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>5 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p> <p><b>Vote!</b></p> <p><b>Presidential Primary</b></p>	<p>6 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>7 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>9:30-11:30 am Fuel Assistance, TH</p>	<p>8 9:00Strength, RR 10:30 Balance Class, TH</p> <p><b>12:30-2:00pm Market Basket</b></p>
<p>11 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>12 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>13 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>1:00 Art with Erica, TH</p>	<p>14 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>15 9:00Strength, RR 10:30 Balance Class, TH</p> <p>11:30 St. Patrick's Day Luncheon, TH</p>
<p>18 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>19 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>20 9:00Strength, RR 10:30 Chair exercise, TH</p> <p><b>Blood Pressure Clinic 10:30-11:30</b></p> <p>12:30 Music After Lunch, TH</p>	<p>21 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>10:00-11:30am Atty Brian Snell</p>	<p>22 9:00Strength, RR 10:30 Balance Class, TH</p> <p>10:30am Hearing Clinic</p> <p><b>12:30-2:00pm Market Basket</b></p>
<p>25 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>26 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>27 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>10:00-1:00 am National Grid, TH</p>	<p>28 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>29 9:00Strength, RR 10:30 Balance Class, TH</p> <p><b>11:30 Rep. Pete Capano, TH</b></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.



Everyone enjoyed their dinner! We can't wait to go back!

### Maple Street Bistro February



Doggie bags for everyone!



Recently, an article in the Wall Street Journal asked the question “Where have all the Linda’s gone?” The article stated that one out of 18 newborn baby girls in 1947 were named Linda. Maybe the song “Linda” from the WWII era was a big influence.

Well, we know where some of them are. Many can be found at the Nahant Senior Center at Nahant Town Hall. If someone calls out “Linda”, a couple of people might respond.

You can find **Linda Lehman** at the desk every Monday and Tuesday answering the phone and perhaps bringing some banana bread to the dining room.

On Wednesdays you can find **Linda Paoletta** cooking up a storm in the kitchen. Her Heavenly chicken is a big hit.

Also on Mondays and Wednesdays, you will find **Linda Spinucci Peterson** conducting exercise classes for seniors at Town Hall. As the former COA director, she has a passion for keeping our seniors strong and fit.

### WHERE HAVE ALL THE LINDA’S GONE?



We have two Linda Petersons at the COA! **Linda L. Peterson** is the cook in our kitchen on Fridays. On occasion, she makes breakfast for lunch which is a favorite with our lunch bunch crowd.

**Linda Jenkins** is on our Board of Directors and **Linda Connaughton** is a weekly exercise instructor.

Hats off to all the other Linda’s in Nahant!

# Crossword #1

## Across

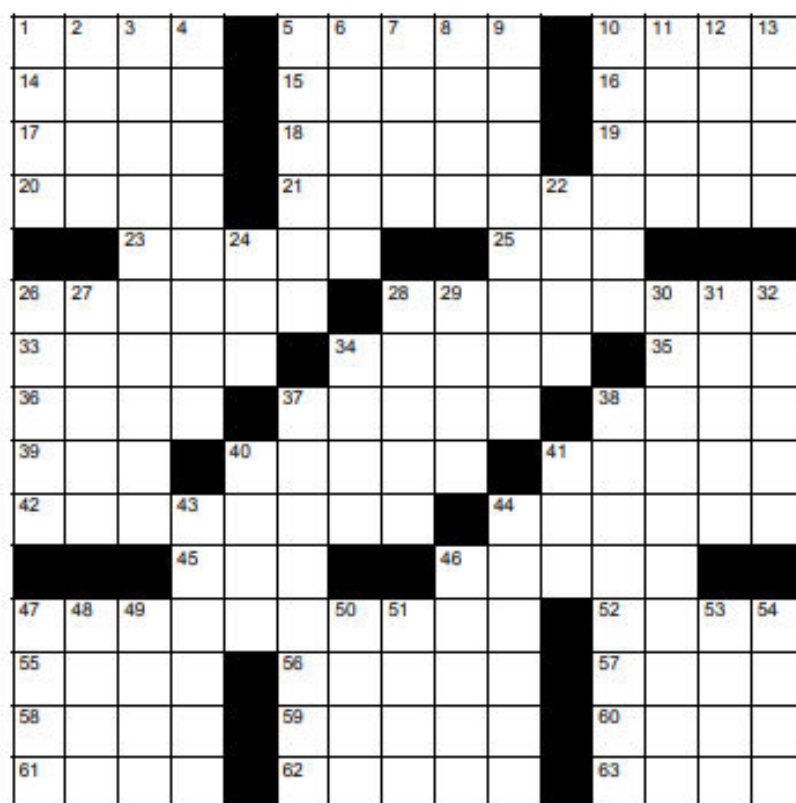
1. Peter I, for one
5. Border plant
10. Call to a mate
14. Altar locale
15. Gibson garnish
16. Ice cream treat
17. Quarterback's option
18. Girder material
19. Comedienne Imogene
20. "Halt!"
21. Verse of four measures
23. Show fear
25. Dead letters?
26. Kind of cord
28. Chill out
33. Unrefined
34. Energize (with "up")

35. Block
36. Hourly charge
37. Stake
38. Look after
39. Chowd down
40. Neglected boy
41. Abstain
42. From the age of chivalry
44. Plow's trail
45. "Gosh!"
46. Heart line
47. Smelly pranks
52. Desire
55. Fashion designer Chanel
56. Circa
57. Showy flower

58. Unpleasant emanation
59. Hangman's knot
60. Air show stunt
61. Strengthen, with "up"
62. Dissuade
63. Kitty starter

## Down

1. Last call?
2. Cross words
3. Kind of press
4. Answer
5. Inexpensive lodging
6. Script direction
7. South Beach, for one
8. Suffix with theater



9. Darkroom apparatus
10. Click the OK button
11. Knee-slapper
12. Enough, for some
13. Academic period
22. Personal air
24. Is no longer
26. "Beat it!"
27. Go on and on
28. Watch
29. Square
30. Mental lapse
31. Ballroom dance
32. Fund
34. Buddhist leader
37. Range of frequencies
38. Tex-Mex staple
40. Nerdy one
41. PETA peeve
43. Slight, in a way
44. Encourage
46. Bullying, e.g.
47. Kilt wearer
48. Type of list
49. Desktop feature
50. Double-reed instrument
51. Kind of court
53. Congeal
54. Hoopla

*May love and laughter light your days,  
and warm your heart and home.  
May good and faithful friends be yours,  
wherever you may roam.  
May peace and plenty bless your world  
with joy that long endures.  
May all life's passing seasons  
bring the best to you and yours!*

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

**In memory of:**

Youngae Benson

John Benson

Andrew Carruth

Thomas Mitchell

**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

**FRIENDS**

**CORNER**

**Help Support the Friends of Nahant Council on Aging**

Please accept my tax-deductible donation:

Donor Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

I would like my donation to be

In Memory of:

In Honor of:

In Appreciation of:

Name: \_\_\_\_\_

Please send gift notification to: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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



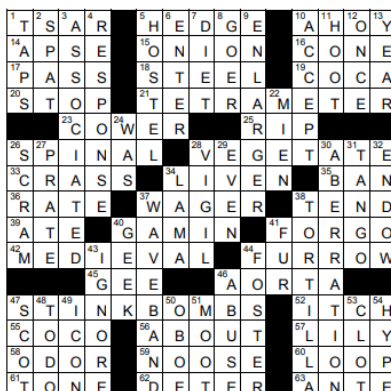
## BIRTHDAYS

March 1 - Margaret Merrell, John Brown, Michael Piazza, Ellen Culliton  
 March 2 - Ronald Murphy, William Forster, Janet Collins, Judith Zahora, Gretchen Benkert, Devereaux Barnes, John McDonough, Diane Palombo, Ellen Cristy  
 March 3 - Susan Bonner, Penelope Ross, Barbara Damico, Paul Smith, Valerie McCarthy, Christine Stevens  
 March 4 - Carol Crawford, Leonard Patrick, Deidre O'Neil, Paula Bennett, Adam Jalal, Janet Bradley, Janice Costa, Nicholas Strange, Salvatore Airo Farulla  
 March 5 - Edith Ann Roland, Robert Damico, Carole Keller, Elin Babin, Peter Crafts, Pamela Avedisian, Alexander Eaton  
 March 6 - Kathleen Atkinson, Wendy Kessler-Cody, Gail Pilosi  
 March 7 - Charles Butera, Barbara Beatty, Joseph Sardone, Peter Davis, Angela Lowell, Maureen Pompeo, Lisa Small, James Wishart, Larisa Kostenko  
 March 8 - Warren Edwards, Ronald Gardner, Sharon Hawkes, Louis Cecere  
 March 9 - Lisa Perella, Thomas Peterson, Janice Lewis, Amy Klee, Dorothy DiLisio  
 March 10 - Barry Markham, Diane Popp  
 March 11 - Joyce Gaudet, Carl Lanzilli, Karen Jarzylo, Marie Reenstierna  
 March 12 - JoAnn Deiulis, Lina Wasemskaja, Susan Green, Tracy Keily, James Burke  
 March 13 - Nancy Gallo, Edward Wong, Lee Trentsch  
 March 14 - Steven Arzillo, Luciano Montefusco  
 March 15 - Arlene Connor, Sheila Silva  
 March 16 - Pauline Mahoney, Kathryn Myatt Carey, Joseph Stanford, Barbara Caloggero, Joyce Comfort, Paula Devereaux, Patricia Burchell, Jean Frenette, Rick Kennedy  
 March 17 - Ida Nannini, Marrit Nauta, Debra Croft, Kathleen Winn, William Shurtleff, James Foukas  
 March 18 - Enrichetta Ricciardelli, Angela Bonin, Kathleen Burns  
 March 19 - Mary Jane Cusack, Ann Passanisi, William Wheeler, Jose Lima, Joseph Marini  
 March 20 - Cornelis Hollenbach  
 March 21 - Paul Catoggio, Fakhrolsadat Farahabdi, Patrice Emberly, Jennifer Montague  
 March 22 - Clancy Asselin, Paul Spirn, Jerome Rossert, Paul Sainato  
 March 23 - Bernadette Butler, MaryLou Mihovan, Paula Taylor, Martine Purple, Kenneth LeBlanc, Jaqueline Earley  
 March 24 - **Rayford Quinn, Kim Conway, Todd Wilson**  
 March 25 - **Robert Cusack, Thomas Cornu, Peter Castoldi, Mary Jo Gavin, Mark Reenstierna**  
 March 26 - **Louise Anders, Marny Vonaschwege, Elizabeth Schundler**  
 March 27 - **Paul Caira, John Mulkern, Robert Anderson, Sharon Sullivan, Suelly Esaki**  
 March 28 - **Eva Cardile, Carol Sanphy, Catherine Letourneau, Susan Gilbert, Carrie Comito, Richard Cadigan**  
 March 29 - **Nancy Antrim, Paul Babin, Sheila Christensen, Lawrence Carlson, Mayra Fox**  
 March 30 - **Jeanne Fiore**  
 March 31 - **Dan Jarzylo, Joseph Mellen, Laurie Giardella**

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](mailto:mminer@nahant.org)  
 or drop it off at the office.



**March 10, 2024**



*Spring Forward*  
 DAYLIGHT SAVING TIME