

JUNE 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

Annemarie Glowacz-Transportation

Scott Kirkland-Transportation

Nahant COA Board of Directors

Angela Bonin - Chairman

Farris VanMeter- Vice Chairman

Donna Steinberg-Secretary

Emily Potts - Treasurer

Lollie Ennis

Sheila Hambleton

Linda Jenkins

Roz Puleo

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

**nahant council on aging and senior
community center**

Hi All,

Welcome to summer! This month is a busy one! We start with the community breakfast at the Nahant Village Church on Friday June 7th at 8am. If you need a ride, please call us at the Tiffany Room, and let us know so we can make arrangements.

We honor the men in our lives on June 14th the Friday before Father's Day, with a classic favorite of meatloaf lunch and by wearing the color blue. Blue is designated as the color chosen to raise awareness about men's health and the need for more men to be more proactive in taking better care of themselves. So please wear blue as a sign of love and support for the men who matter to us!

On a national level, June celebrates many things as well. We live in a coastal community and June is National Oceans Month. Around 70% of the earth's surface is covered by oceans. The Pacific Ocean covers around 30% of the earth's surface making it the largest ocean in the world. It's amazing to think that the waters that flow alongside where we live, travel the earth and return back to us. We have a responsibility to take care of it now and for future generations to come!

June is also National Dairy month. Each day milk is served at the Tiffany Room during lunch. Milk contains nine essential nutrients that may help better manage weight and reduce a person's risk for high blood pressure, osteoporosis and certain cancers. Dairy products are a natural nutrient powerhouse. So please drink your milk and instead of "SAY (ing) CHEESE next time your picture is being taken – EAT the cheese instead!

And finally, June is Gay and Lesbian Pride Month! Throughout the year many gay and lesbian individuals have contributed, across the boards, in so many walks of life, in ways that enriched the lives of many of us both locally and nationally. Gay Pride month celebrates the rich diversity of the gay community, civil liberties and rights for all.

See you at the beach!

Mary

Nahant Council on Aging

Monday-Friday 9:00-1:00

CLOSED WEDNESDAY, JUNE 19, 2024

JUNE AT A GLANCE

FRIDAY, JUNE 7- Nahant Community Breakfast at Nahant Village Church will feature a presentation on Foster Care—a safe and loving home for children until they can be reunited with their families. The presentation will be given by Kashawn Little who is a foster parent recruiter for the MA Department of Children and Families. Plan to come for a hearty breakfast (served at 8 a.m.), an informative presentation, and wonderful camaraderie. Spread the word and invite family and friends. Breakfast is served at 8. Transportation of elders to and from the breakfast may be arranged by calling the Tiffany Room a few days in advance, 781-581-7557.

WEDNESDAY, JUNE 12, 26 - Organ Harmony Qigong. The Ancient Art of Self Healing Qigong can help you heal, strengthen and maintain health and wellness from the inside out. See page 7 for details.

Thursday, JUNE 13– Sip and Paint with Marty Taylor. Start the summer with a perfectly pleasant afternoon of painting with friends old and new. Marty will help you discover your hidden talent! Details on page 6.

Friday, JUNE 14– Father’s Day Lunch. We will celebrate the fathers in our lives with a traditional favorite of meatloaf and sides. A comfort meal that takes us back to a simpler time is always welcome. Join us! Wear blue! \$5.00 charge.

Monday, JUNE 17 - Art with Erica. Join us for a summer program of tie dye. We will have two different styles of bags for you to choose from. See page 5 for details.

Monday, JUNE 17 - Hong Net. City of Lynn, Councilor-at-Large, and candidate for State Representative Hong Net will be providing lunch for the guests at the Tiffany Room. Meet with Mr. Net, enjoy lunch and hear about his vision for our communities. Join us for lunch and conversation.

Thursday, JUNE 20 - JFK LIBRARY AND MUSEUM. Come visit the Museum which portrays the life, leadership, and legacy of President Kennedy. The Library and Museum conveys his enthusiasm for politics and public service, and illustrates the nature of the office of the President. See page 6 for details.

Sunday, June 23. GUYS AND DOLLS, Greater Boston Theatre Company, Stoneham. Hailed as the perfect musical comedy, this award-winning classic gambles with luck and love under the bright lights of Broadway. Enjoy an afternoon of music and laughter. Seating is limited. Sign up at the Tiffany Room. See page 5 for more 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

July 11, 2024

Call 781-581-7557 for an appointment.



Dr. Fernandez will be available in the Tiffany Room on

July 10, 2024

Call 781-581-7557 for an appointment.



Attorney, Brian Snell

will be available for legal consultation beginning again in **September.**

Call 781-581-7557 to book an appointment.

Blood Pressure Clinic at the Tiffany Room this month will be from 10:00-11:30.

Wednesday, June 26, 2024

No appointment required.



Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-7:00
Friday	10:00- 5:00
Saturday	10:00-3:00
Sunday	Closed

Phone: 781-581-0306

email us at 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

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

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.

Apollo Club of Boston

Annual Nahant Public
Library Benefit Concert

**NAHANT
TOWN HALL**

SUNDAY JUNE 2

3PM



UNIQUE HARMONY OF
MEN'S VOICES



FREE
ENTRY

DONATIONS
ACCEPTED
BENEFITTING
THE FRIENDS OF
THE NAHANT
PUBLIC LIBRARY



North Shore
Senior Citizens

60+

BBQ

**JUNE 22nd
10:00AM**

TICKETS ONLY \$8

Burgers, Dogs, Sausages & Sides

Tickets on sale weekends through May - 9:00 - 2:00.
Look for the SENIOR BBQ TICKETS card table on the
Salem Willows Lawn to purchase a ticket.

SALEM WILLOWS

Made with PosterMyWall.com



ART WITH ERICA

TIE DYE BAGS

MONDAY,

JUNE 17, 2024

1:00pm

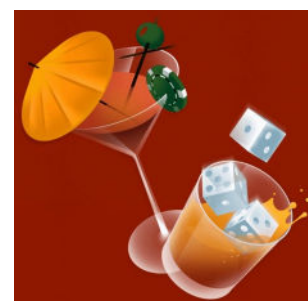
TIFFANY ROOM

Join us for a summer program of tie dye.
We will have two different styles of bags
for you to choose from.

Let's get messy!

“GUYS AND DOLLS”

**GREATER BOTON
THEATRE
COMPANY
STONEHAM**



SUNDAY, JUNE 23, 2024

2:00 MATINEE

TICKETS \$35.00

Bus departs from Town hall at 10:45.
Lunch on your own at
Evviva Trattoria, Stoneham prior to
the show.

Tickets are limited.
Sign up at the Tiffany Room.



JOHN F. KENNEDY

PRESIDENTIAL LIBRARY AND MUSEUM

THURSDAY, JUNE 20, 2024

TICKETS \$12.00

Please arrive at Town Hall at 9:45 for a 10:00 departure.

Museum visit, followed by lunch at Sullivan's at Castle island.

Reserve your seat at the Tiffany Room by June 14.



PAINT AND SIP

WITH

MARTY TAYLOR

THURSDAY, JUNE 13, 2024

1:00

TIFFANY ROOM

\$20.00 MATERIALS FEE.

NAHANT'S
MARKET BY THE SEA
SATURDAYS
10AM-1PM @ FLASH ROAD PARK
JUNE 22ND, JULY 20TH, AUGUST 17TH AND SEPTEMBER 14TH
LOCAL VENDORS AND ARTISANS
JEWELRY & CLOTHING
POTTERY, HOMEMADE WARES, PAINTINGS
FOOD & REFRESHMENTS
AND SO MUCH MORE!
TO BECOME A VENDOR EMAIL KTAYLOR@NAHANT.ORG
OR VISIT THE MARKET PAGE AT NAHANT.ORG



Nahant residents can sign up for smoke detectors and carbon monoxide detectors by visiting the Nahant Fire Department website.

Click on **GET ALARMED NAHANT.**

Residents can also sign up for the **GET ALARMED NAHANT** program by calling 781-581-0079 Monday through Friday, 8:30 a.m. to 6:00 p.m., or by emailing Chief Antrim at aantrim@nahantfire.org.

To donate to "The Benson Fund," checks can be sent to Nahant Town Hall, 334 Nahant Rd. Checks should be made out to the Town of Nahant with "The Benson Fund" written in the memo.

Nahant Community Breakfast



LEARN ABOUT FOSTER PARENTING & ADOPTING FROM FOSTER PARENTS

PRESENTED BY KASHAWN MCRAVION-LITTLE
FOSTER PARENT RECRUITER FOR THE MA DEPARTMENT OF CHILDREN AND FAMILIES

All are Welcome

Friday, June 7, 2024, 8 a.m.
Nahant Village Church, 27 Cliff Street

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 Village Church

Nahant Public Library

Greater Lynn Senior Services



The Nahant Cultural Council

presents

ORGAN HARMONY QIGONG

with Master DeGuang He, Lic. Ac., TCM, CH

DeGuang He is a licensed acupuncturist, herbalist and was a medical doctor in China. He graduated from Anhui College of Traditional Chinese Medicine and China Academy of Traditional Chinese Medicine. He is the first person to receive a masters degree in medical Qigong and acupuncture.

The Nahant Community Center
41 Valley Road in the COA room on the first floor

Wednesdays: June 12, June 26 *, July 10 & July 17

* June 26 will have special demonstrations of the three popular Chinese healing modalities Qigong, Taichi & Acupuncture

11am – Noon

FREE!

This offering of the Ancient Art of Self Healing Qigong can help you heal, strengthen and maintain health & wellness from the inside out. Qigong is a form of moving meditation without the need to remember many steps. Simple guided movements encourage blood flow and open pathways to wellness making this practice possible for anyone to enjoy.

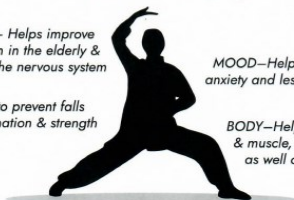
Some benefits of Qigong:

BRAIN— Helps improve cognition in the elderly & balance the nervous system

MOOD— Helps relieve anxiety and lessen stress

BALANCE— Helps to prevent falls by improving coordination & strength

BODY— Helps strengthen connective tissue & muscle, reduce inflammation in joints as well as improve immune function



You are cordially invited to
Nahant Village Church's

Children & Youth Hogwart's Family Fun Day Sunday June 23, 4 p.m. - 6 p.m.

- Come dressed as your favorite character!
- Enjoy pumpkin juice, butter beer and pizza from Nagrid's House of Pizza!
- Go on a search for snitches, galleons and other treasures
- & Get sorted by the Sorting Hat!
- Decorate a wand
- (Make a potion

PLEASE RSVP (SO WE CAN PLAN!)

TO
SECRETARY@NAHANTVILLAGECHURCH.ORG,
JEN MCCARTHY AT 781-316-7309 OR
CHRIS STEVENS AT 781-581-1202
BY JUNE 16, 2024



It's going to be Brilliant!!

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

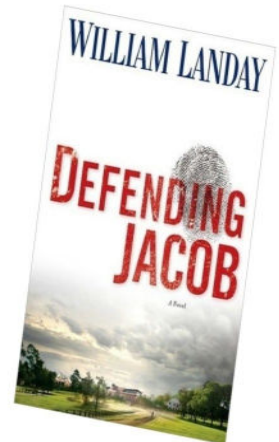
We can help with: printing, emailing, using
Microsoft Word, attaching documents and
photos, copying, cell phone questions, tablet
questions, eBook questions, and more

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



MYSTERY BOOK CLUB THURSDAY 6/13 AT 5PM

DO YOU LOVE
READING MYSTERIES?
EACH MONTH WE
WILL READ A
DIFFERENT MYSTERY.
THIS MONTH, WE ARE
READING
DEFENDING JACOBY
BY WILLIAM LANDAY



HONG NET, CANDIDATE FOR STATE REPRESENTATIVE

I am running for State Representative of the 11th Essex District of Massachusetts representing the people of West Lynn and Nahant because I believe I can bring a fresh outlook to the legislature. There are important issues facing our district and I want to add my voice and experience to our current delegation to help achieve the best solutions. As a chairman of the Ways and Means Committee for over eight years, I have tackled tough policy and budgeting decisions for the benefit of Lynn's residents. My knowledge of resolving city priorities during my seven terms as Councilor-At-Large will be carried over to enhance the wellbeing of the entire 11th Essex District .

**On Monday, June 17,
Mr. Net will be providing lunch for the guests at the
Tiffany Room. He will share his vision for our
communities and discuss your concerns.**





Summer Travel Precautions

You may be planning some summer traveling; I know I am hoping to do some. In addition to grabbing sun hats and sun screen, there is something else we should be aware of. Whether you travel by plane or by car, being sedentary for a long time can make us at risk for blood clots.

Blood clots, or by their medical term, Deep Vein Thrombosis, or DVT, usually occur in the lower legs, sometimes in the arms or in areas where circulation is slowed down. Muscle movement helps to pump blood around thereby giving the circulation an extra push. When your muscles are not moving, sometimes the circulation gets more sluggish and clots can develop. Much of the time these clots dissolve on their own. Others are more significant and produce mild problems or even very serious problems.

A typical blood clot in the leg can produce a painful spot in the calf, tender to the touch, swelling in the leg, and redness. If you develop any of these symptoms, see a physician or go to the ED as soon as possible. An Ultrasound is usually done to determine if there is a clot and then the appropriate treatment can be started, usually medications that can be taken at home.

DVT, or blood clots, become dangerous when they break loose. A clot floating around in the circulation becomes an emergency when it gets stuck in the smaller veins, especially in the lungs. This becomes a Pulmonary Embolism, or PE. Symptoms of a PE are shortness of breath, chest pain, increased heart rate and anxiety, a feeling that something is very wrong. Experiencing these are a 911 emergency situation. Early treatment produces the best outcome. Heart attacks and strokes can also be caused by clots, possibly from a DVT but more likely from clots in the arteries.

Some people are at greater risk of developing blood clots. They are people over 40, those with history or family history of blood clots, obesity, varicose veins, pregnancy, recent delivery, or estrogen use. Also, those with decreased mobility from illness, surgery, broken bone, or IV Catheter in place.

You can reduce your risk of developing blood clots when you travel by doing a few easy things. When driving, make roadside stops at least every two hours. Get out of the car and walk around. If you are flying, stand up and walk in the aisle when you can, but you can also wiggle your toes or walk in place. Remaining well hydrated is important. Wearing mild compression stockings, like those you can see in travel magazines, can be beneficial. For some people, taking a low dose Aspirin can be beneficial. You will need to check with your doctor about both of these measures as they may not be safe for you. Many people are on anticoagulants, or blood thinners. These people need to check with their doctors for any recommendations.

Maybe these little hints will help you have a safe and pleasant vacation. Enjoy the summer.

Anna Marie Manzano R.N.

VETERAN'S FOOD PROJECT

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

June 5 July 10 August 7 Sept. 11

PRE-REGISTRATION: (FIRST TIME ONLY)

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

A RECIPE FROM BOB STEEVES: FEEDING THE TOWN!



Bob Steeves was a fixture in our Town for decades. As a member of the Lions, the Housing Authority, the Historical Society, the Council on Aging, the Nahant Preservation Trust, Superintendent of the DPW and Selectman, it is no surprise that his recipe for cole slaw could feed the entire Town.



Ingredients

30 lbs. cabbage	22 large carrots
4-6 green peppers	3 large onions
2 qt. white vinegar	2 qt. salad dressing (mayonnaise or Miracle Whip)
4 tsp pepper	8 Cups sugar
4 tsp. paprika	

Directions


Shred cabbage, carrots, dice peppers and mix well. Set in brine (above vinegar, salt, pepper and sugar) for 4 hours before serving. Do not soak for too long or slaw will wilt. Thin the 2 quarts salad dressing slightly with brine drawn from slaw. Mix with drained cabbage mixture. Garnish with paprika.



Tiffany Café Menu June 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
	Menu is subject to change.	Sunday, June 16 	Please inform your server if you or anyone in your party has a food allergy.	 Thurs., June 20
3 Pork Cutlets, Mashed Potato, Veggie	4 Caesar Salad, Penne Pasta with Broccoli Cream Sauce	5 Heavenly Chicken, Potato, Veggie	6 Reuben Sandwich, Potato Salad, Pickle	7 Sweet and Sour Pork, Rice, Veggie
10 Burgers, Baked Beans, Macaroni Salad	11 Tomato Bean Soup, Grilled Sausage, Mac & Cheese	12 Chicken Broccoli Ziti, Salad, Garlic Bread	13 Slow Cooked Ribs, Mashed Potato, Veggie, Salad	14 Father's Day Lunch Meatloaf, Mashed Potato, Veggie
17 Chinese Food Courtesy of Hong Net	18 Vegetable Soup, Pulled Chicken Grain Bowl	19  COA CLOSED	20 Cannellini Bean and Tuna Salad over Romaine, Focaccia Flatbread	21 Everything Bagel Spice Fish, Veggie, Salad
24 Chicken Cacciatore, Salad, Bread	25 Pot Roast, Mashed Potato, Veggie, Green Salad	26 Seafood Salad Sandwich, Pasta Salad, Potato Chips	27 Chicken Thighs, Mashed Potato, Veggie, Salad	28 Chicken Rice Soup, Spinach Quiche, Salad



EVENTS CALENDAR

JUNE 2024





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>4 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>5 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>6 9:00 Yoga, RR NO MEDITATION</p>	<p>7 9:00Strength, RR 10:30 Balance Class, TH NVC Breakfast</p>
<p>10 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>12 9:00Strength, RR 10:30 Chair exercise, TH 11:00 Organ Harmony, RR</p>	<p>13 9:00 Yoga, RR NO MEDITATION 1:00 Sip and Paint, TH</p>	<p>14 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket</p>
<p>17 9:00 Strength, RR 10:30-Chair Exercise, TH 11:30 Hong Net, TH 1:00 Art with Erica, TH</p>	<p>18 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>19  COA CLOSED</p>	<p>20 9:00 Yoga, RR 10:30-11:00 Meditation, TH JFK Library</p>	<p>21 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>24 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>25 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>26 9:00Strength, RR 10:30 Chair exercise, TH 10:30-11:30 Blood Pressure Clinic, TH 11:00 Organ Harmony, RR 12:30 Music After Lunch, TH</p>	<p>27 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>28 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket</p>
<p>SUNDAY, JUNE 23 GUYS AND DOLLS Stoneham Theatre 10:45</p>				

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.



ARNOLD ARBORETUM



MEMORIAL DAY
MAY 27, 2024





**MEMORIAL DAY
MAY 31, 2024
DORY CLUB**



TV SHOWS YOU MAY REMEMBER!

Find and circle all of the TV shows that are hidden in the grid.
The remaining letters spell the name of an additional TV show.

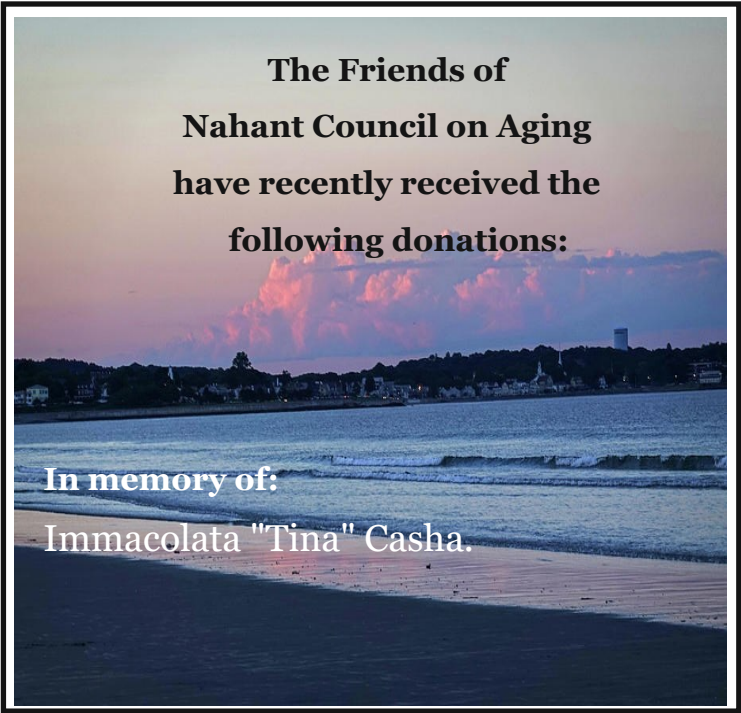
F	A	L	L	G	U	Y	T	I	C	N	I	P	S	L	A	R	T
I	N	P	E	R	R	Y	M	A	S	O	N	A	T	A	D	O	N
T	E	L	O	U	G	R	A	N	T	B	G	A	D	L	O	L	U
L	M	B	A	N	A	C	E	K	A	E	L	E	E	L	H	O	H
L	A	R	A	M	I	E	H	Y	V	I	H	K	A	Y	R	C	A
O	Y	U	G	E	S	I	W	I	E	C	C	O	R	M	K	G	E
S	T	Y	L	I	M	A	F	N	C	O	U	S	J	C	T	N	S
T	R	P	E	Y	T	O	N	P	L	A	C	E	O	B	S	I	S
I	A	E	E	C	O	A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

ALIEN NATION
ALLY MCBEAL
AMEN
BANACEK
BAYWATCH
BLOSSOM
CHICAGO HOPE
CHINA BEACH
COACH
DEAR JOHN

DUE SOUTH
ELLEN
EMPTY NEST
F TROOP
FALL GUY
FAMILY
FELICITY
FRAGGLE ROCK
HART TO HART
HAZEL

HERE'S LUCY
IN LIVING COLOR
LARAMIE
LOST IN SPACE
LOU GRANT
MAJOR DAD
MARTIN
MATLOCK
MR BELVEDERE
NASH BRIDGES

PERRY MASON
PEYTON PLACE
RHODA
RYAN'S HOPE
SEA HUNT
SPIN CITY
THE ROOKIES
VEGAS
WISEGUY
ZORRO



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, Na-

BIRTHDAYS

June 1 - Mary Maccario, Chris Kourkoulis, Jeanne Buckley
June 2 - David Lazzaro, Joel Marie, Janet Flaherty, Stephen Kasper, David Quinn, Anthony Scali
June 3 - Joseph Brugman, Thomas DiBenedetto, Heather Johnson, Jane Dantona
June 4 - Mary Donahue, Gretchen Henry, Kathy O'Connor, Judith Shanahan, Kevin Shanahan, Margaret Ackerman, Brenda Perroni, Samuel Fisher
June 5 - Katherine DiVittorio, Colleen Sheppard, Frank Dunion, Owen Kane, Dale Warren, Florence McDonough, Sarah Murray, Elaine White, Lorraine Sanphy
June 6 - Robert Cass, Thomas Parrott, Stephen O'Malley, Michael Davis, Gregory Gore
June 7 - Craig Mosher, Ellen Newlands
June 8 - James Savino, Anne Senk, David Wilson, Lizette Marrero, Katherine Jenkins, Susan Hooper Raymond Desmarais, Michael Caruso
June 9 - Barbara Mackey
June 10 - Roger Beckert, George Dagas, Sean Coffey
June 11 - Lawrence Bradley, Gretchen Sterenberg, Richard Fox, Robert Cronin, Carmel Trentsch
June 12 - Anne Cote, Judith Larkin, Elisabeth Foukal, Carl Ingrao, Domenica Mancuso
June 13 - Dorothy Vitale, David Hussey, Shirley Sarpi-Brahm, Patricia Aldrich, Carol Aloupis, Roger Williams Stephanie Angiulo-Costa, Christopher Black,
June 14 - Jeannette White, Darleen Terminello, Barbara Lebow, Amarilio Rodrigues, Janet Rogalski, Lisa Paton, Lisa Mogan-O'Keefe
June 15 - Daniel Droukis, Conrad Squires, Lynne Spencer
June 16 - Pauline Marra, Michael Lutch
June 17 - Barbara Stamos, Lana Mogan, Sheldon Sevinor, Janina Wabno, Kristina Etter, Sean Campbell, Susanne Meninger
June 18 - Mary Magner, Thomas Neilson
June 19 - Anne Spirn, Alice Volk-Roy, James Clements, Edward Morrissey, Martha Chepeleff
June 20 - Susan DePaolo, Charles Marino, Richard Senk, Dolores Costello, Jeanne Farrow, Mary Dill, Barbara Cantalini, Sirabhorn Muntarbhorn
June 21 - Jane "Bonnie" Lombard
June 22 - Donna Damico
June 23 - Susan Gomperts, Gregory Poth, Anne Hiland
June 24 - Martin Samuels, Paul Wilson
June 25 - Roger Peladeau, Irene Purdy, Mark Melanson, Margaret Hinrichs, Mark Ciolo, Samantha McGilloway
June 26 - Robert Guiney, Jean Mullen, Robert Tibbo, Douglas Babin
June 27 - Kenneth Taylor, William Mahoney, John Stephen Cody, William O'Connor, Bettie Richardson, Eric Leja, Paul Bertorelli, Erasmo Mitrano
June 28 - Frank Pesco, Teresa Newell, Eileen Simons, Laurie Allard, Brian Murphy
June 29 - Christie Stamos, Laurel LaLiberte, Dolores Merlino, Gary Deines, Mary Marino, Francis Barile, Virginia Burke, Katherine Locke
June 30 - William Burton, Maria Brooks



The hidden TV
show is:
**LITTLE HOUSE ON
THE PRAIRIE**

