

July 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 Van Meter - 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

Susan Downs Cripps - 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**

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. ★ One if by land two if by sea

GIVE ME Liberty, Thirteen colonies one union of states **STARS & STRIPES OR GIVE ME DEATH FOREVER** USA
Oh, say does that star-spangled banner yet wave **EST. 1776**
O'er the land of the free and the home of the brave?

★ ★ ★ **GOD BLESS AMERICA** ★ ★ ★

My country tis of thee, sweet land of liberty
I only regret that I have but one life to give for my country
We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

LIBERTY AND JUSTICE FOR ALL

Democracy is the government of the people, by the people, for the people

Where liberty dwells, there is my country

Ask not what your country can do for you, but what you can do for your country

I have not yet begun to fight! Oh, say can you see by the dawn's early light 4 JULY 2011
What so proudly we hailed at the twilight's last gleaming?
Let every nation know, whether it wishes us well or ill,
FREEDOM we shall pay any price, bear any burden, meet any hardship
★ support any friend, oppose any foe, to assure the survival and success of liberty

SHE'S A GRAND OLD FLAG, Independence Forever
SHE'S A HIGH FLYING FLAG, Star Spangled Banner
AND FOREVER IN PEACE MAY SHE WAVE. Red, White & Blue

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

**CLOSED THURSDAY, JULY 4 AND
FRIDAY, JULY 5**

JULY AT A GLANCE

Monday, July 8. Cookout. Join us as we celebrate Independence Day at the Tiffany Room. We will share an all American summer cook out complete with all the fixings. Festivities start at 11:30. There will be a \$5.00 charge. Seating is limited. Sign up at the Tiffany Room.

Wednesday, July 10. Mystery Ride. It's always a surprise when we take an excursion after lunch! Seating is limited. Sign up for fun at the Tiffany Room.



Friday, July 12. NVC, Community Breakfast. This month, our breakfast discussion will be on Community Preparedness of **Sea Level Rise** and **Coastal Resilience** presented by our Town Administrator, Tony Barletta, and **our** Emergency Management Department. Breakfast is served at 8 a.m. with the presentation beginning at 8:15, followed by the presentation. See page 5 for details.

Monday, July 15. Art with Erica. 1:00, Tiffany Room. Introduction to Decoupage! Come and learn the basics of decoupage. We will be taking beach shells and trying this technique on them. You'll also have the opportunity to use acrylic paints to enhance your shells. Sign up at the Tiffany Room.

Wednesday, July 17. Boathouse Restaurant, Essex. We will take a ride up to Essex and have lunch at the Boat House Restaurant. Opened since 2016, the Boat House features delicious seafood, steaks, raw bar, pasta, burgers homemade desserts and fun eats in a casual, relaxing atmosphere. Seating is limited. Sign up at the Tiffany Room by Tuesday, July 16.

Wednesday, July 24. Revere Sandcastles. We will take a trip to Revere to see the Sand Sculptures after lunch. If the weather is good the sculptures will still be in good condition, and we may even stop for an ice cream! Seating is limited. Sign up at the Tiffany Room.

Nahant Council on Aging is offering free transportation to Market Basket every other Friday. Seating is limited. Reservations are required.

Sign up at the Tiffany Room.

Check the events calendar for dates and times.



Dr. 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 every 3rd Wednesday of the month from 10:00-11:30.



Wednesday, July 17, 2024.

No appointment required.



Phone: 781-581-0306

email us at nahant.circ@gmail.com

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



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.

The Nahant Community Breakfast



**COASTAL
RESILIENCE &
PREPAREDNESS**



**With Town Administrator
Tony Barletta & Chief Furlong**

Friday, July 12th at 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, Council on Aging at (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

This program made possible by:

Nahant Council on Aging
Nahant Public Library

Nahant Village Church
Greater Lynn Senior Services

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

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**





Boat House Grille, Essex, MA features delicious seafood, prime cut steaks, pasta, salads, burgers, homemade desserts and fun eats in a casual atmosphere.

WEDNESDAY, JULY 17.

Bus will leave the Town hall at 10:00.

Sign up at the Tiffany Room by Tuesday, July 16.

Seating is limited.



ART WITH ERICA

INTRODUCTION TO

DECOUPAGE

MONDAY, JULY 15

1:00

TIFFANY ROOM



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.

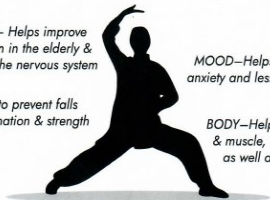
Some benefits of Qigong:

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



NAHANT FIREWORKS

THURSDAY

JULY 4, 2024

8:30

BAILEY'S HILL

**CELEBRATE
JULY 4TH
ON THE 8TH!**

**JOIN US FOR
AN ALL AMERICAN
COOKOUT !**

**MONDAY,
JULY 8, 2024
11:30AM**

**SIGN UP AT THE
TIFFANY ROOM.**

SUMMER MUSIC SERIES

July 11 - Scott Ouellette

July 18 - Marc Maccini

July 25 - Gian Carlo Buscaglia

August 1 - Lisa Haley w/ Timothy Gager

August 8 - Matt Tentindo

FREE, made possible by a generous donor

For more information :
781-581-0306
nahant.circ@gmail.com

on the library lawn weather permitting

LOCAL MUSICIANS THURSDAYS @ 6:30

NAHANT PUBLIC LIBRARY

Celebrate Nahant: Images Of Our Town, Past and Present
A Nahant Community Photography Exhibition

FRIDAY, JULY 5th, 1:00-4:00, Opening Reception
SATURDAY & SUNDAY, JULY 6th & 7th, 10:00-6:00
Serenity Room, Nahant Community Center

Free 🤪

<https://nahantarts.org/celebrate>

Sponsored by the Nahant Cultural Council which is supported by the Mass Cultural Council. Special thanks to the Nahant Preservation Trust and the Nahant Historical Society.

Have you seen these beautiful pots welcoming you to the COA?

We are so grateful to the Beautification Committee and the Garden Club for making our space more inviting.



Avoiding Heat Stroke

The weatherman announced that the past two months have been hotter than any on record. We should probably prepare for some hot days ahead. We need to be cautious and aware as heat stroke is very serious and does cause deaths if not treated.

True heat stroke is an emergency situation. According to WebMD, it is characterized by a core body temp of 104F or higher, throbbing headache, dizziness, hot dry skin with LACK of sweating, nausea, vomiting, confusion, rapid breathing and rapid heart rate, among other symptoms, and can progress to seizures and unconsciousness. This requires a 911 call. First aid before the EMTs arrive would consist of cooling the person's body with water in a cool tub or from a garden hose or wet cloths, giving cool water or sports drinks to drink, or applying ice to a person's arm pits, forehead, neck and groin areas.

Mild heat stroke, when treated early, can usually be managed without emergency personnel. Symptoms are fatigue, dizziness, headache, rapid heart rate and rapid breathing, and excessive sweating. With mild heat stroke, the person is still able to sweat. Treatment is similar to the first aid for severe heatstroke. Get the person out of the heat, into air conditioning preferably, or cool the body with cool cloths, cool mist spray, or cool bath, or ice to arm pits, forehead, and neck. Give the person cool liquids to drink, water or sports drinks are preferred. No alcohol.

Heat stroke is more common in infants and young children and in the elderly. The elderly frequently have conditions that make them more prone to heat and fluid fluctuations. Older people frequently don't drink enough fluids to hydrate adequately, and some medications can make them more sensitive to heat or sunlight. It is more common to have heat related problems in urban areas as they are "concrete deserts" where there is less air circulation and tighter spaces. Temperatures over 90F with a humidity over 60% is hot enough to produce heatstroke. Recent research suggests that a temperature of 87F and 100% humidity is enough to create a risk for heatstroke.

What can we do to avoid heat stroke? First, be sure to increase your fluids on hot days and avoid exercising or working in the sun during the hottest portion of the day. Do these activities before 11 or after 3. Having air conditioning in at least one room is almost a must. If you do not have any, be aware of areas you can go to cool off. The COA, open for lunches, is a good place to cool off and even get a meal. A pan of ice in front of an electric fan was the first form of air conditioning and can be easily setup at home if an air conditioner cannot be had. To help keep your house cool inside on a very hot day, close the curtains and close the windows if it is hotter outside, especially on the side facing the sun.

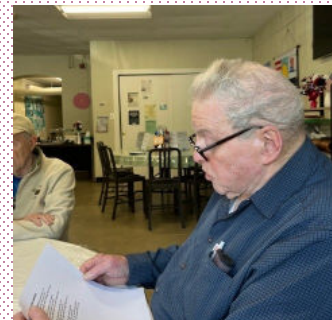
As the summer is in full swing, let's all be aware of the potential to get overheated and take measures to avoid it. Stay hydrated and stay cool. Have a great summer and Happy 4th.

Stay safe.

Anna Marie Manzano R.N.



LUNCH WITH CANDIDATE
FOR STATE REPRESENTATIVE,
HONG NET



OLDIES BUT STILL GOODIES SINGERS

Adjoining Rooms



Linda L Peterson

Linda Peterson, a volunteer cook and supporter of the Nahant COA has just released her novel, *Adjoining Rooms*, available on Amazon. We are so excited for her. Make this one of your summer reads!



Linda Peterson is a collector of single malt whisky and author of the books *Whisky Tales: Testings and Temptations* and *100 Friday Night Cocktails*. She has written twelve children's books for her much loved grandchildren.

As an older lesbian, Linda wanted to tell the story of the brave LGBT people who gallantly lived their lives though demeaned and persecuted by society and archaic laws.

VETERAN'S FOOD PROJECT

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

June 5 July 10 Aug. 7 Sept. 11

PRE-REGISTRATION: (FIRST TIME ONLY)

ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF VETERAN STATUS

Italian Garden Sauté Elsie Davis

Summer's bounty of fresh vegetables are begging to be added to your summer menu. Here is a recipe from Elsie Davis' kitchen that will add freshness and compliment any summer dinner favorite. Elsie was well known in town for her blue-ribbon skills in the kitchen. Simple and delicious.



- 1/4 Cup Butter
- 2 Cups Sliced Zucchini
- 1Cup corn, fresh, frozen, can
- 3/4 Cup Sliced Green or Red Pepper
- 1/3 Cup chopped Onion
- 1tsp. Sugar
- 1/2 tsp. Each: Salt, Garlic Powder,
- 1/2 tsp. Each: Basil Leaves, Oregano Leaves (fresh is preferred but dried can be substituted)
- 1/8 tsp. pepper
- 1 Cup (2 small) Tomatoes, coarsely chopped

In a heavy 10 inch skillet, melt butter. Add zucchini, corn, pepper, onion and seasonings. Sauté over medium heat, stirring frequently until vegetables are tender and extra liquid has evaporated (8-10 minutes). Gently stir in tomatoes.

Continue cooking just until hot yet firm (2-3minutes).

Makes 4-6 servings.

Tiffany Café Menu July 2024

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



Monday	Tuesday	Wednesday	Thursday	Friday
1 Ravioli, Salad, Bread	4 Arugula Feta Salad, Meatball Sub, Chips	3 Chicken Pasta Caesar Salad, Rolls		
8 July 4th Cookout!	9 Watermelon Gazpacho, Grilled Chicken and Grape Salad Plate	10 Kielbasa, Mac & Cheese, Cornbread	11 Baked Haddock, Mashed Potato, Veggie	12 Steak and Cheese Sub, Chips, Fruit
15 Grilled Chicken Caesar Salad	16 Chilled Potato Soup, Seafood Salad Plate	17 Pizza & Salad	18 Tuna Sandwich, Potato Salad, Fruit Salad	19 Breakfast for Lunch, Egg & Cheese Casserole, Potatoes, Sausage
22 Chicken Salad, Served on top of Veggies, Roll	23 Gazpacho, Chicken Enchiladas	24 Shrimp Scampi, Salad, Roll	25 Reuben Sandwich, Potato Salad, Pickle	26 Fish Chowder, Crackers, Salad
29 Meatloaf, Mashed Potato, Veggie	30 Lemon Chicken Soup, Pork chili Verde Rice	31 Heavenly Chicken, Rice, Salad, Rolls	Please inform your server if you or anyone in your party has a food allergy.	Menu is subject to change.



EVENTS CALENDAR



July 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>2 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>3 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>4 COA CLOSED </p>	<p>5 </p>
<p>8 9:00 Strength, RR 10:30-Chair Exercise, TH 11:30 Cookout, TH</p>	<p>9 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>10 9:00Strength, RR 10:30 Chair exercise, TH 9:00-11:30 Podiatrist, TH 1:00 Mystery Ride</p>	<p>11 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:30 Hearing Clinic, TH</p>	<p>NVC Breakfast 12 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket</p>
<p>15 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Art with Erica, TH</p>	<p>16 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>17 9:00Strength, RR 10:30 Chair exercise, TH 10:00 Boathouse Lunch, Essex 10:00-11:30 Blood Pressure Clinic</p>	<p>18 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>19 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>22 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>23 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>24 9:00Strength, RR 10:30 Chair exercise, TH 1:00 Sand sculptures</p>	<p>25 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>26 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket</p>
<p>29 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>30 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>31 9:00Strength, RR 10:30 Chair exercise, TH</p>		

TH = Town Hall

RR = Rose Marie Room, Community Center

HEALTH AND WELLNESS

The following classes will be held at the Community Center on Valley Road.

- Monday – 9:00am Strength Class with Sharon
- Tuesday – 9:00am Chair Yoga with Lynda
- Wednesday – 9:00am Strength Class with Sharon
- Thursday – 9:00 am Yoga Class with Lynda
- Friday—9:00am Strength Class with Lynda

*** Mondays - 10:30 Chair Exercise. Town Hall

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

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



**IT IS SO IMPORTANT TO KEEP YOURSELF HYDRATED,
ESPECIALLY DURING THESE HOT SUMMER MONTHS!**



PAINT AND SIP -

- with Marty Taylor!

FUN!



TIE DYE with ERICA



OLYMPIC THEME WORD SEARCH

Find and circle all of the Summer Olympic events that are hidden in the grid.
The remaining letters spell a secret message.

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

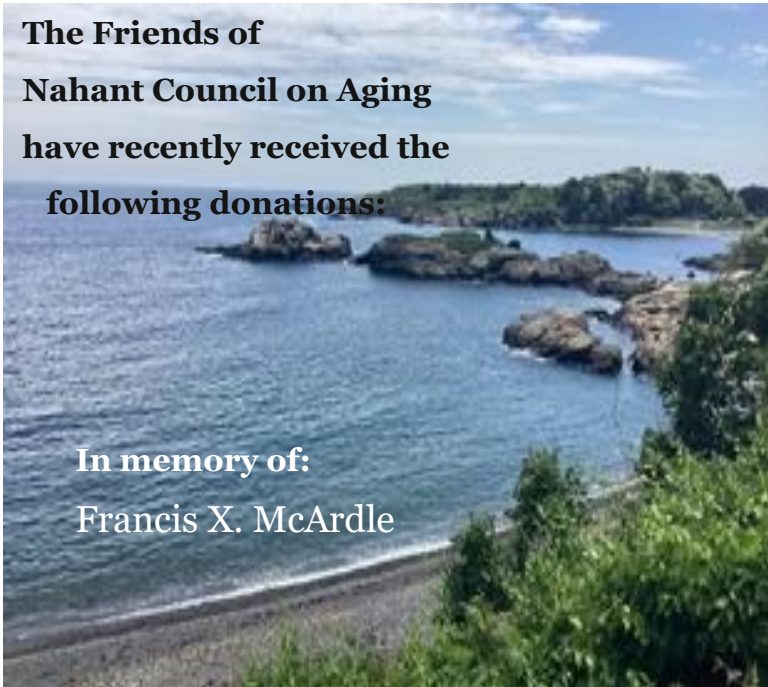
G	T	T	H	E	A	T	H	L	E	T	I	C	S	F	I	R	J	M	S
T	N	R	W	E	I	G	H	T	L	I	F	T	I	N	G	U	O	S	B
L	T	I	L	Y	M	G	N	I	T	O	O	H	S	P	D	I	C	I	A
L	G	A	L	L	A	B	Y	E	L	L	O	V	Y	O	M	N	A	N	S
A	G	T	B	C	S	T	R	A	M	P	O	L	I	N	I	N	G	A	K
B	N	H	T	L	Y	T	A	O	F	O	O	T	B	A	L	L	N	I	E
Y	I	L	G	Y	E	C	A	E	C	H	G	G	I	H	L	G	I	R	T
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V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

ARCHERY
ATHLETICS
BADMINTON
BASEBALL
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOEING
CYCLING
DIVING
EQUESTRIANISM
FENCING

FOOTBALL
GYMNASTICS
HANDBALL
HOCKEY
JUDO
MODERN PENTATHLON
RHYTHMIC GYMNASTICS
ROWING
SHOOTING
SOFTBALL
SWIMMING
SYNCHRONIZED SWIMMING

TABLE TENNIS
TAEKWONDO
TENNIS
TRAMPOLINING
TRIATHLON
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
WRESTLING
YACHTING

Solution page 16.



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

July 1 - Sharon Miller, Timothy Smith, Lynda Fields
July 2 - James Ward, Pamela Oesterlin
July 3 - John Delaney, Ryszard Wabno, Charles Pritchard, Albert Russo
July 4 - Stephen Lermond, Paul Jamgotchian, Julie Forgione, Helene Rossert, Diane Surgue, Pamela Strong, John McDonough
July 5 - Jeanne Savage, Adele Zelck, Kathleen Moshella, Achilles Bryanos
July 6 - Claire Flebbe, Lawrence Lutch
July 7 - Helen Clements, Walter Goode Jr., Stephen Bulpett, Gary Mutler
July 8 - Judith Ryan, Sharon Germana, Dena Kivett, Fregorio Procopio, Raymond Volper
July 9 - Carol Sedlier, Elizabeth Antrim, George Mastoras
July 10 - Charles Messina, Leslie Light, Janet Taylor, Marsha White
July 11 - Daniel O'Connor, Mauel Santos, Peter Oeur
July 12 - Michael Meyer, David Walsh, Linda Castetter
July 13 - Anne Marie Liston, Karen Marshall, Nancy Casey, Lorraine St.Pierre, LarryDeFillippo
July 14 - Thomas Walsh, Scott Kirkland, Debra Dewing, Martha Cox
July 15 - William Mantzoukas, Rex Antrim, Daniel McMackin, Patricia Doucette
July 16 - Norma Smith
July 17 - Calvin Hastings, Margaret Silva, Anthony Caloggero, Patricia Ohara,
July 18 - Robert Sullo, John Anderson, Nancy Smith, Martha Stevenson, Ilona Connor
July 19 - Joyce Joyce O'Leary
July 20 - Julie Bryanos
July 21 - Anne O'Brien, Gerard Alimenti, Richard Capozzi, Patricia Sullivan, Karen Guthrie, Lisa Eaton, Jonathan Richardson, Robert Devereaux
July 22 - Paul McCormack, Kosta Daras, Paul Delaney, Richard Gallagher, Valeriy Kostenko
July 23 - Peter Foukal, Valerie King, Linda DiBenedetto, Robert Hunt, Mark Murphy
July 24 - William Mogan, Jeanne Adamo, Donna Levin, Loretta Bessette, Melinda Noonan
July 25 - Deborah Cashman, Alber Divenuti, Marc Maccini
July 26 - Elizabeth Johnson, Elizabeth Quinn, Joanne Bryanos, Richard Behen Kiki Hanson, Elaine Price, Scott Elliott, Sui Li
July 27 - Rita Mitchell, John Nichols, Josephine Harris, Clifford O'Neill, Cynthia Fiducia, Deborah Masone, Bruce Bennett
July 28 - John Ryan, Emma Greene
July 29 - Sean Antrim
July 30 - Diane Desmond, Dianne Young, Jayne Deslauriers, Kathleen Eaton
July 31 - Katherine Carter, Katherine Irvine

The hidden sentence is:

THE FIRST OLYMPIC GYMNAST TO ACHIEVE A PERFECT SCORE OF TEN WAS NADIA COMANECI