

January 2025

# 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, Maria Flanagan  
Assistants to the Director

Pat Scanlon- Transportation

Annemarie Glowacz-Transportation

Scott Kirkland-Transportation

## Nahant COA Board of Directors

Angela Bonin - Chair

Farris VanMeter- Vice Chair

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

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**

Hi All,

Happy New Year! Can you believe we are a quarter of the way through the 21st century! Amazing!! We have lots to share this month! Manicures are back! Lisa Flannigan has agreed to do manicures on Fridays starting this month. We will start booking appointments once a month and if interest grows we will see if we can expand her time here. She will start on Friday January 17th, and her hours will be from 10:30 am to 1pm. Please call us to book an appointment at 781 581 7557.

Just a reminder: If you need help with paying your heating bill, please consider applying for Fuel Assistance here at the COA. A representative from LEO comes once a month to assist folks with the application. The appointment is held here and is confidential. Please call the COA and book an appointment.

Our Blood Pressure Clinic will be held on Friday January 10th starting at 10:45. That's a change from the usual Wednesday date that we hold the clinic on, so please make note! Also we will be continuing **Art with Erica** and **Singing After Lunch** in January. We will also be traveling to the Tiger's Den at Lynn Vocational Tech at the end of the month.

Just a reminder: Market Basket trips are every other Monday starting at 12:30 pm. Please call the center to sign up.

We also will be bringing back live entertainment on Wednesday January 29th at the Rose Marie room at the Community Center. It's an interactive murder mystery, **Mangia, Meatballs and Murder**, performed by our friends from the Delvena Theater Company of Lynn. Admission is free, thanks to a grant given from Nahant Cultural Council which is supported by the Massachusetts Cultural Council.

We have a busy start to the New Year! One of my resolutions is to explore ideas on how to increase the number of folks who come and visit the council on aging. We still offer, what I think are, the best lunches for any senior center around. We would encourage you to come join us! Just call ahead so the cook has a head count.

Please consider, stopping by for a cup of coffee, conversation and building community.

Please check inside the newsletter for more information about the programs mentioned above. We look forward to seeing and being with you. Happy New Year!

~ Mary

*Nahant Council on Aging*

*Monday-Friday 9:00-1:00*

*Closed*

*Martin Luther King Jr. Day,  
Monday, January 20, 2025*

## JANUARY AT A GLANCE

**Friday, Jan. 3, 2025. Nahant Village Church Community Breakfast.** This month, Senator Brendan Crighton and State Representative Sean Reid will join us. Get first hand updates on topics that affect or of concern to Massachusetts residents, as well as Nahanters and North Shore residents. Breakfast is served at 8:00am followed by our presentation. All are welcome. 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 6.

**Thursday, Jan. 9, 2025. 9:30-11:30am.** Representatives from LEO will be here at the Town Hall .Sign up at the Tiffany Room for your confidential appointment. Please see information on page 6 to prepare for your appointment.

**Monday, Jan. 13. Art with Erica. 1:00-2:00pm.** Erica will show us how simple object from nature can turn into beautiful show pieces. Join the group and see what your Mother Nature has in store for you! Tiffany Room. See page 5 for more information.

**Wednesday, Jan. 15, 2025. Music After Lunch. 1:00pm.**

*"I don't sing because I'm happy;*

*I'm happy because I sing."*- **William James**

We are always welcoming more voices! Come join us in song!

**Wednesday, Jan. 29, 2025. Mangia, Meatballs and Murder.** This show will not disappoint your appetite for mystery, fun and laughter. Fill your winter afternoon sharing a great show in your own backyard! See page 5 for details. See you there!

**Thursday, Jan. 30, 2025. TIGER'S DEN.** The Tiger's Den Restaurant is welcoming in the new year 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. Sign up in advance, please, at the Tiffany Room. See page 5 for more information.



Nahant Council on Aging is offering free transportation to Market Basket every other Monday. 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

**February 19, 2025.**

Call 781-581-7557 for an appointment.



Dr. Fernandez will be available in the Tiffany Room in **February, 2025.**

Call 781-581-7557 for an appointment.



Attorney, Brian Snell is available for legal consultation on a bi-monthly basis. Call 781-581-7557 to book an appointment.

**Blood Pressure Clinic** at the Tiffany Room every 3rd Wednesday of the month from 10:45-11:45.



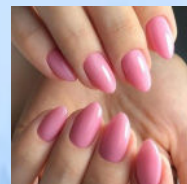
Friday, January 10, 2025  
No appointment required.



Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-7:00
Friday	10:00- 5:00
Saturday	12:00-3:00
Sunday	Closed

Phone: 781-581-0306  
email us at [nahant.circ@gmail.com](mailto:nahant.circ@gmail.com)

**ANNOUNCING!  
MANICURES  
ARE BACK!**



**FRIDAY, JAN. 17  
AT THE TIFFANY  
ROOM, 10:30-1:00.**

**\$10.00**

**APPOINTMENTS ARE  
REQUIRED.**

**PLEASE CALL  
781-581-7557.**



# 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.

**DELVENA THEATRE COMPANY**

**PRESENTS**



**MANGIA,  
MEATBALLS  
& MURDER**

Who dunnit? An exciting, live, comedic, interactive murder mystery performance set in Luigi's Ristorante. Come put your "super sleuth" on – having much fun along the way. Token prizes will be awarded.

**NAHANT COMMUNITY CENTER  
ROSE MARIE ROOM  
41 VALLEY ROAD, NAHANT**

**WEDNESDAY, JANUARY 29, 1:00 PM**

This performance is funded in part by a grant from the Nahant Cultural Council, which is supported by the Massachusetts Cultural Council, a state agency.



**ART WITH  
ERICA  
MONDAY,  
JAN. 13, 2025**

Learn how to create a winter scene using a shadow box, rocks and found objects.

**1:00 PM**

**Tiffany Room**

Please sign up at the  
**Tiffany Room** in advance.



**LUNCH AT THE TIGER'S DEN**

**THURSDAY, January 30th, 2025**

**BUS WILL LEAVE TIFFANY ROOM AT 11:00**

**Price per person \$15.00**

**\*TIFFANY ROOM CLOSED FOR LUNCH**



Calantha Sears and John Lowell, Grand Marshals, 150th Anniversary Parade, 2003.

The Nahant Historical Society  
cordially invites you to its  
**50th ANNIVERSARY  
KICKOFF CELEBRATION**

Sunday, January 19, 2025  
2 to 4 pm  
**TOWN HALL**

On January 19, 1975, the Nahant Historical Society was officially incorporated through the work of a dedicated group of volunteers. Please join us as we celebrate Nahant's past, with an eye towards the future. Music, poetry, literature, folklore and personal accounts will take us on this journey. Be a part of it as we continue to make history in Nahant!

Light refreshments  
RSVP by January 10, 2025  
[jube@nahanthistory.org](mailto:jube@nahanthistory.org)  
781-581-2727

*So that the future may know the past.*



# 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

## Nahant Community Breakfast



Have breakfast with State Senator Brendan Crighton & State Rep. Sean Reid

AND

Get first hand updates on topics that affect or interest Nahanters, the North Shore and the State. And bring your questions as well!

Friday, Jan. 3, 2025, 8 a.m.

Nahant Village Church, 27 Cliff Street

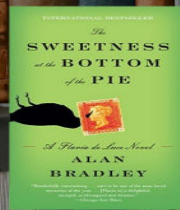
## All are Welcome

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.

*Do you love reading mysteries?*

*Come to our new Mystery Book Club starting Thursday, January 11th at 5pm*

Each month we will read a different mystery, and we will start with *Sweetness at the Bottom of the Pie* by Alan Bradley



The Friends of the Nahant Council on Aging wish to thank all our supporters of the past year.

We want to congratulate all the winners of the craft fair at Town Hall this past November.

Colleen Collins

Joann Deiulis

Kim Guiney-Higgins

Ann O'Brien

Pam Wilson



## 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.**

Representatives from LEO will be here at the Town Hall. Sign up at the Tiffany Room for your confidential appointment.

### LEO 2024-2025 HOME ENERGY (FUEL) ASSISTANCE SEASON

ACCEPTING APPLICATIONS **10/1/2024-04/30/2025**

*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 2025 income eligibility guidelines are below.

# OF HOUSEHOLD MEMBERS	ANNUAL HOUSEHOLD INCOME (60% SMI)
1	\$49,196
2	\$64,333
3	\$79,470
4	\$94,608
5	\$109,745
6	\$124,882

#### **YOU CAN BEGIN YOUR APPLICATION ONLINE OR VISIT US IN PERSON**

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



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





## Weathering the Winter Again

Winter brings its usual increased incidence of viruses like colds, flu, RSV, and yes, COVID is still around. All these viruses take advantage of the fact that we are staying indoors and are closer together. Our holiday celebrations certainly provided a great opportunity for viruses to spread from one to another. As older adults, we are more susceptible to these viruses than younger persons. Making sure we get the available vaccinations will certainly improve our resistance. Remembering to wash our hands frequently or use hand sanitizer especially before eating or when returning from shopping. For some people, wearing a mask in public may be advisable.

Researchers have now learned that cold weather decreases or damages cells in our noses that work to fight viruses. They are part of our immune system. Most of us have on occasion felt that we caught a cold after being out in the cold weather. This research indicates that yes, that can happen. Cold weather can kill off the cells in our nose that fight off the viruses, thereby letting us get sick. Remember those nose warmers when we were teenagers?

Cold temperatures can also present some other risks. Wear hats, gloves, and scarves when it is cold outside. A cold temperature and the added windchill can cause frost bite to exposed skin in a relatively short period of time. But they are important just for our comfort as well. Our bodies lose a significant amount of heat through our heads, so hats are very important. If our gloves or socks and shoes get wet, put on dry ones as soon as possible to avoid extra heat loss.

Winter is also a time of increased falls. Because of ice and snow, Emergency Rooms see a large number of fall injuries. When stepping outside be aware of this fall risk. Walk slowly and keep one foot firmly planted while stepping forward with the other. Wear appropriate foot gear. Try to keep your sidewalk shoveled or at least front and back exits cleared so you can get out if need be.

Winter has always been a challenging time for humans but we have a lot of weapons to help us fight this beast. It is not too late to get Flu or Covid shots. Let's take advantage of them.

Stay well.

*Anna Marie Manzano R.N.*



## VETERAN'S FOOD PROJECT

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

Jan. 8      Feb. 5      Mar. 5      Apr. 2      May 7

June 4      July 9      Aug. 6      Sept. 10

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

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

### Turkey Biscuit Skillet



*This is a delicious use for leftover turkey during the holiday season. It also works well with chicken.*

*Warm winter comfort meal!*

### Directions

1. Preheat oven to 400°.
2. Melt butter in a 10-in. cast-iron or other ovenproof skillet over medium-high heat.
3. Add onion; cook and stir until tender, 2-3 minutes.
4. In a small bowl, mix flour, broth, milk and pepper until smooth; stir into pan.
5. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes.
6. Add the turkey and frozen vegetables; heat through.
7. Arrange biscuits over stew.
8. Bake until biscuits are golden brown, 15-20 minutes.

### Ingredients

- 1 tablespoon butter
- 1/3 cup chopped onion
- 1/4 cup all-purpose flour
- 1 can (10-1/2 ounces) condensed chicken broth, undiluted
- 1/4 cup fat-free milk
- 1/8 teaspoon pepper
- 2 cups cubed cooked turkey breast
- 2 cups frozen peas and carrots (about 10 ounces), thawed
- 1 tube (12 ounces) refrigerated buttermilk biscuits, quartered

\$4.00

# Tiffany Café Menu January 2025

781-581-7557

Unless otherwise stated.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please inform your server if you or anyone in your party has a food allergy.</b></p>	<p><b>Menu is subject to change.</b></p>	<p><b>1 COA CLOSED</b></p> 	<p><b>2</b></p> <p>Baked Chicken, Potato, Squash</p>	<p><b>3</b></p> <p>Ham and Cheese Quiche, Salad</p>
<p><b>6</b></p> <p>Spaghetti and Meatballs, Salad, Bread</p>	<p><b>7</b></p> <p>Cheeseburger, Pickles, Chips, Salad</p>	<p><b>8</b></p> <p>Chicken with Orzo, Salad, Roll</p>	<p><b>9</b></p> <p>Vegetable Soup, Pork Scallopini, Polenta with Spinach and Peas</p>	<p><b>10</b> "Breakfast for Lunch" Egg and Cheese Casserole, Potatoes, Sausage</p>
<p><b>13</b></p> <p>Roast Chicken Dinner, Veggies, Dinner Roll</p>	<p><b>14</b></p> <p>Pork Chili, Rice and Beans, Salad</p>	<p><b>15</b></p> <p>Tuna Noodle Casserole, Salad, Dinner Roll</p>	<p><b>16</b></p> <p>Baked Fish, Rice Pilaf, Veggie</p>	<p><b>17</b></p> <p>Chicken Parmesan, Pasta, Salad</p>
<p><b>20</b> Martin Luther King, Jr. <b>COA CLOSED</b></p> 	<p><b>21</b></p> <p>Ramen Soup, Chicken Stir Fry</p>	<p><b>22</b></p> <p>Seafood Salad Sandwich, Clam Chowder</p>	<p><b>23</b></p> <p>Pork Tenderloin, Mashed Potato, Veggie, Applesauce</p>	<p><b>24</b></p> <p>Barley Soup, Grilled Cheese Sandwich, Chips, Pickle</p>
<p><b>27</b></p> <p>American Chop Suey, Salad, Cornbread</p>	<p><b>28</b></p> <p>Broccoli Cream Soup, Ham, Potato, Cheddar Casserole</p>	<p><b>29</b></p> <p>Chicken Scampi over Pasta, Dinner Roll</p>	<p><b>30</b></p> <p><b>TIGER'S DEN</b> Tiffany Room Kitchen Closed</p>	<p><b>31</b></p> <p>Turkey Pot Pie, Salad</p>



# EVENTS CALENDAR

## 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 <b>COA CLOSED</b></p> 	<p>2 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>3 9:00Strength, RR 10:30 Balance Class, TH</p> <p><b>NVC Breakfast</b></p>
<p>6 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>7 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>8 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>9 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>9:30-11:30am LEO Fuel Assist, TH</p>	<p>10 9:00Strength, RR 10:30 Balance Class, TH</p> <p>Blood Pressure Clinic 10:45-11:45</p>
<p>13 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>1:00 Art with Erica, TH</p> <p>12:30-2:00pm Market Basket</p>	<p>14 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>15 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>16 9:00 Yoga, RR <b>No Meditation</b></p>	<p>17 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>20 Martin Luther King, Jr.</p> <p><b>COA CLOSED</b></p> 	<p>21 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>22 9:00Strength, RR 10:30 Chair exercise, TH</p> <p><b>Music After Lunch 12::30</b></p>	<p>23 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>24 9:00Strength, RR 10:30 Balance Class, TH</p> <p><b>Manicure 10:30 am to 1:00pm</b></p>
<p>27 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>12:30-2:00pm Market Basket</p>	<p>28 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>29 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>1:00 pm Mangia, Meatballs, and Murder. RR</p>	<p>30 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>11:00am Tiger's Den, LVTI</p>	<p>31 9:00Strength, RR 10:30 Balance Class, TH</p>

**TH = Town Hall**

**RR = Rose Marie Room, Community Center**

MUSIC AFTER LUNCH



ART WITH ERICA

LOOKING BACK AT

2024

IT WAS A GREAT YEAR!



BOATHOUSE GRILLE, IPSWICH



TIGER'S DEN



ST. PATRICK'S DAY LUNCH



ARNOLD ARBORETUM



NUN OF THIS...



JFK MUSEUM AND CASTLE ISLAND







**ESSEX RIVER CRUISE**



**DAHLIA DRIVE,  
GLOUCESTER**



**THE MAPLE STREET  
BISTRO**



**HAPPY  
HALLOWEEN**



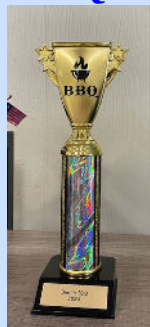
**MEMORIAL  
DAY**



**AT THE DORY  
CLUB.**



**1ST ANNUAL BBQ COOKOFF!**



**DREAM DINER,  
TYNGSBOROUGH**







**CHRISTMAS  
PARTY  
2024**







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

**In memory of:  
Polly and Larry Bradley  
Dean Locke, Sr.  
Lillian and Peter Scapicchio,**

**Friends of Nahant COA Executive Board**

Linda Lehman - Co-President  
Susan Downs Cripps -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

- January 1- Kim Yannetty, Alasoadi Anisah, Thomas Silva, Victor Rose
- January 2 - Pamela Szostakowski, Jason Angiulo, Diane Mitrano, Agostino Capobianco, Rebecca Fisher
- January 3 - Rudolf Zuckerstatter, Peter Hasak, Wesley Chandler, Frank Lamacchia, Yan Chen, Albert Russo
- January 4—Helen Sisk
- January 5—Kathryn Elbel, Anthony Alessi, Mark Harrell
- January 6—Robin Destefano, Yocasta Bencosme
- January 7—Stephanie Diprimio
- January 8 - Lauren Lacey, Christopher Billias
- January 9—Stojan Maksimovic
- January 10-Richard Beaton, Leonard Kavanagh, Joseph Mack, Carol Hanson
- January 11-Frances Ahern, David Carter, Sean Canty, Ana Cunha-Martin, William Durland, Marshall Shore, Kevin McCarthy, Moira Pelligrino
- January 12-Nancy Sullivan Pantano, Christine Blaski, Debra Duffy-O'Connor
- January 13-Gail Guiney, Richard Eriksen, Anna McGovern
- January 14-Edith Hunnewell, Jean Sigourney, Deborah O'Connor
- January 15-Mary Myers, Robert Scanlan, Susan Jones, Kathryn West, David Desmond
- January 16-Kalliope Koukounaris, Gloria Barbacoff, Susan Snow, Elaine O'Connor
- January 17-Maureen Palangi, John Cammarata
- January 18-John Flebbe, Michael Tufts, David Horrigan
- January 19-John Dorlando, Russell Gale, Christine Johnson-Liscio, Susan Solomon, Karen Gordinas, Ann Wachtel
- January 20-William Hatfield, Joan Kavanagh, Kenneth Champion, Thomas Scanlon, Edward Brochu
- January 21-Rosa Melanson, Richard Lombard, Robert Gilbert, Norman Cole, Sura Derkautsan
- January 22-Alison Connolly, Speros Frangules
- January 23-Bonnie Bishop, Christina Priftakis, Joseph Dowling, Barbara Rossi, Debra Baldwin
- January 24-Frances Moleti, Cynthia Costin
- January 25- Emily Potts, Richard Arzillo
- January 26-Susan Arzillo, Marie Esler-Abbott, John Caprio, John Collins, Maureen Sinewski, James Walsh
- January 27-Frank Pitzi, Lawrence Mason, Alice Cort
- January 28-Norma Brooks, Alexander Morrison, Gayle Poulin, Michael Gomperts
- January 29- Edward Poulin, Maria Rynne , Eileen Peterson, Gary Prochorchik, Donna Ventura, Bernadette McCaffre
- January 30- Patricia Caproni, Wayne Papagelis, Gary Simons, Luke Tsokanis, Maureen Foster, Marcia Simon, Juilia Simpson
- January 31-Edwin Peterson, Bonnie Dorlando, Mark Conway, Paul Nardone, Colleen Collins,