

March 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.*”

Hi All,

March is here! Welcome spring!! We continue to keep chugging along at the COA. A reminder that clocks should be changed on Sunday March 9th for Daylight Savings Time. Spring forward – Fall back! We lose an hour and that can be a little disorienting. So remember to change your clocks back one hour before going to bed on Saturday night.

Speaking of change: reminder we are changing our daily hours here in April. We will start at 10 am and finish at 2pm. Lunch will be served at 12 noon. Please make note.

We continue this month with all our usual programs. Art with Erica continues on Monday March 10th. This month we will be making a greeting card from scratch with artwork that reflects your artistic style. Perhaps you could send it to a loved one later. We have lost the art of handwritten notes in this busy world. What a wonderful surprise it would be to receive a handmade note from you!! Please consider joining us on Monday March 10th at 1pm.

We also continue with Music after Lunch on March 12th. Please join us for lots of fun singing as a group old and new songs. Embrace your inner diva or Pavarotti and come sing!

The classic movie The Quiet Man will be shown on Friday March 14th after lunch. Come join us.

Come join us for St Patrick's Day with all the trimmings! We will celebrate on March 17th at lunch.

Also we welcome back Marty Taylor to guide us in an afternoon of painting and fun!

There's lots to do this month, so check out the board at the center and sign up!

We welcome spring and YOU!

Stay well ~ Mary

NEW HOURS

**Beginning April 1, 2025,
THE NAHANT COUNCIL
ON AGING
WILL BE OPEN FROM
10:00AM – 2:00PM,
MONDAY-FRIDAY.
LUNCH WILL BE SERVED AT
12:00 NOON.**

*Nahant Council
on Aging
March hours
Monday-Friday
9:00am-1:00pm*

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 com-

MARCH AT A GLANCE

Thursday, March 6, 2025. LEO, Fuel Assistance. 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 7 to prepare for your appointment.

Friday, March 7, 2025. Nahant Village Church Community Breakfast. This month's breakfast will feature a presentation on Citrus Farming in Portugal by Nahant Resident Kristin Lee. She will discuss the many challenges of farming in that region, including the irrigation system, and climate change effects causing alterations of the water table and heightened risk of vicious wild fires. Breakfast is served at 8 AM with the presentation beginning around 8:15. Please plan to come for an informative presentation, wonderful camaraderie and a hearty breakfast. And invite friends and family to join you. See page 8 for details.

Monday, March 10, 2025. Art with Erica. This month Erica will show us how to use watercolors to make our own greeting cards. Who needs Hallmark? See page 6 for details.

Wednesday, March 12, 2025. Music After Lunch. 12:30.

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! Tiffany Room, Town Hall.

Friday, March 14, 2025. Movie After Lunch. Sit back and take an afternoon trip to Ireland. Enjoy the classic film "The Quiet Man" as you snack on popcorn with friends. Sign up at the Tiffany Room. See page 6 for details.

Sunday, March 16, 2025. St. Patrick's Day Revue. Written by Frank McCourt with music and original music arrangements by Rusty Magee. McCourt's musical history of the Irish provides an amusing and thorough examination of how they got that way. Reduced ticket price of \$35.00 made possible by the Friends of Nahant COA. See page 6 for details.

Monday, March 17, 2025. St. Patrick's Day Luncheon. Join us and enjoy a traditional St. Patrick's Day dinner prepared by our leprechaun Brett Henry. Sign up at the Tiffany Room. \$15.00. See page 6 for details.

Thursday, March 20, 2025. Sip and Paint with Marty Taylor. 1:00. Sip and paint winter worries away. Marty will bring out the artist in us as we paint the afternoon away! Feel free to bring a beverage of your choice. \$20 materials fee. Sign up at the Tiffany Room. See page 7.

Thursday, March 27, 2025. Tiger's Den. Enjoy a lunch together at the Tiger's Den, located at Lynn Vocational Technical High School. 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 7 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 will be in **May**.

Call 781-581-7557 for an appointment.



Dr. Fernandez will be available in the Tiffany Room Wednesday, March 19, 2025.



Call 781-581-7557 for an appointment.



Attorney, Brian Snell will be available for legal consultation next month.

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, Mar. 19, 2025.

No appointment required.

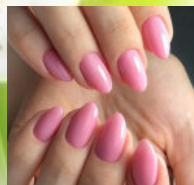
March 9, 2025

Spring Forward!
Daylight Saving Time



Manicures will be available on Friday, March 7 and 21 at Town Hall.

Sign up for an appointment at the Tiffany Room.



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



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.



WHAT IS VERTIGO?

According to WebMD, Vertigo is a feeling of being off balance, of the room spinning and being dizzy. It can be very short term and passing quickly or it can last up to days or even months and can be severe enough to be incapacitating.

It is different from routine dizziness. Regular dizziness is a feeling of lightheadedness or weakness and is usually associated with another condition. It is very often the result of a drop in blood pressure, possibly related to medication or dehydration. In dehydration, or not drinking enough fluids, the blood pressure will drop when you stand up, causing dizziness.

Vertigo is a spinning or feeling of being off balance that is usually related to an inner ear problem, or vestibular nerve and brain problem. There are two kinds of vertigo; peripheral and central. Central vertigo usually involves a problem in the brain and is usually more severe. It can be caused by a stroke, head injury, or infection in the brain. Treatment would consist of addressing the underlying health problem as the vertigo is just a symptom. Peripheral vertigo is usually an inner ear problem. It can be fluid buildup, as in Ménière's disease, or vestibular neuritis or labyrinthitis. These can be caused by viral infections in which the vestibular nerve to the brain gets inflamed.

Many cases of peripheral vertigo are Benign Paroxysmal Positional Vertigo, or BPPV, caused by the dislodging of the crystals in our inner ears which help to maintain our balance. When this occurs we can feel dizziness, sometimes severe, when we move our head either by turning or with bending over or looking up. The calcium crystals in our ears move and collect in the wrong places, causing us to become very off balance. We can also experience nausea and vomiting, sweating, headache, and difficulty walking due to the dizziness. Nystagmus, or jerky movement of the eyes will be noted on physical examination when turning or dizziness occurs. This feeling can come and go just with the movement or it can last hours or days.

There is a specific treatment for this peripheral vertigo in which the crystals are encouraged to move back to their usual locations. This is called the Epley Maneuver. Here, in this area, we are fortunate to have the Gordon College Center for Balance and Wellness, that specializes in treating this type of vertigo. The maneuver is performed by a physical therapist and the patient is taught to continue doing the maneuver at home three times a day for a week, or longer if needed. The therapist has equipment that helps him or her view the jerky movements of the eyes and allows them to determine which ear the problem is originating in. The maneuvers consist of lying down with your neck extended over a pillow and head turned to one side. This position is held for 1-2 minutes, then the head is turned 90 degrees for another 1-2 minutes, then turn to the other side now tucking your chin down, and eventually sitting up again. The maneuver can be found on U tube but having professional instruction is always advisable and more specific for you.

There are a few things you can do at home to help you manage vertigo. First, make sure you are well hydrated. Drink some extra fluids, avoiding caffeine and alcohol. Lie down in a quiet room and get some rest. Upon getting up, either from the bed or from a chair, move slowly and with some caution. If the feeling does not subside, go see a doctor. If the symptoms are mild it is usually not an emergency, but if there are any other symptoms like those of a stroke or heart attack, call 911.

Anna Marie Manzano R.N.



A Musical Tribute to Ireland

“The Irish and How They Got That Way” celebrates the vibrant history and indomitable spirit of the Irish people through a captivating blend of music, storytelling, and humor. From traditional folk tunes to contemporary hits, join us for unforgettable melodies, heartfelt stories, and plenty of Irish charm!

Sunday, March 16th, 2025

2:00 pm Matinee

Limited Seating. (Call COA to Reserve Ticket. 781-581-7557)
\$35.00 per person/Checks made payable to Town of Nahant.

PRICE DOES NOT INCLUDE LUNCH BEFORE SHOW.

VAN TO LEAVE COA AT 11:00 AM.



ART WITH ERICA

WEDNESDAY, MARCH 10 AT 1:00

Hand Painted and Cut Watercolor Card Making

Learn how to paint flowers that you will cut and collage on a homemade card.

SIGN UP AT THE TIFFANY ROOM



MOVIE AFTER LUNCH

FRIDAY,

MARCH 14, 2025

12:30PM.

SIGN UP AT THE TIFFANY ROOM.

HAPPY
St. Patrick's
DAY

**COME JOIN US ON MONDAY,
MARCH 17, 2025**

**FOR OUR
ST. PATRICK'S DAY LUNCHEON
AT THE TIFFANY ROOM.**

**TRADITIONAL CORNED BEEF
AND CABBAGE DINNER WILL BE
SERVED.**

\$15.00 PER PERSON.

**PAINT PARTY
TIFFANY ROOM
THURSDAY, MARCH 20, 2025
\$20 MATERIALS FEE.**



**LUNCH AT THE TIGER'S
DEN
THURSDAY,
MARCH 27, 2025
BUS WILL LEAVE
TIFFANY ROOM AT
11:00.**

**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



**TOWN OF NAHANT
UPCOMING EVENTS**

Saturday April 5th (rain date Sunday April 6th) 3:00PM – PTO Easter Egg Hunt @ Flash Road Park

Sunday April 13th – 2:00PM – Cultural Council Concert “The Smackdabs” @ Town Hall

Spring Soccer Starts: Saturdays - April 26th – June 21st (excluding Memorial Day) 8:00AM @
Flash Road Park

Saturday April 26th – 7:00AM-8:00PM – Annual Town Election @ Town Hall

Sunday May 4th – 11:00AM – SWIM Spring Beach Clean-Up @ Short Beach and Doggie Beach

Saturday May 10th – 8:00AM – Demakes Family YMCA 5K Road Race @ Lowlands

Saturday May 17th – 12:30PM – Annual Town Meeting @ Town Hall

Sunday June 8th – 3:00PM – Apollo Club of Boston Concert @ Town Hall

Nahant Community Breakfast



Image by jump on Freepik

Explore Citrus
Farming
In Portugal
with
Kristin Lee

Friday, March 7, 2025 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 (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

EXTEND A HELPING HAND TO THE HOMELESS

Nahant Village Church will be collecting sleeping bags, blankets, gently used clothing (shirts, pants & jackets), shoes (sneakers & boots), backpacks, tarps, hats, gloves, and socks for distribution to the homeless in surrounding communities. The items will be given to Mission for Hope, a non-profit organization established in 2018 by Leighton O'Connor, who is a resident of Nahant. Once a month, O'Connor and his team put the items in a Jeep or truck and drive to a specific location. Recently they made a stop outside My Brother's Table in Lynn. In addition to the items listed above, they also provide hygiene kits with money donated to the organization. If you'd like to participate in this way, you can send a check to Nahant Village Church (PO Box 77) with Mission of Hope in the memo line, or directly to Mission for Hope (20 Castle Road).

Donations of clothing, blankets, etc. may be dropped off starting March 1 through April 4 at the Village Church. The church is open from 9-12 and 1-3 Monday through Thursday and from 9-12 on Fridays. The items will be picked up at the April 4 th Nahant Community Breakfast which will feature a presentation by the founder of Mission for Hope Leighton O'Connor. Questions regarding this drive for the homeless should be directed to O'Connor who can be reached at 978-985-9121.

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

VETERAN'S FOOD PROJECT

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

Mar. 5 Apr. 2 May 7 June 4

PRE-REGISTRATION: (FIRST TIME ONLY)

ALL FIRST TIME PARTICIPANTS NEED TO PROVIDE VERIFICATION OF VETERAN STATUS

Tuscan Chicken



This creamy skillet dinner is easy enough for a weeknight dinner but elegant enough for guests. Don't let the directions below scare you from making this delicious meal. It really comes together quickly. I substitute chicken thighs for breasts. Serve with your favorite pasta or mashed potato. A green salad or garlic asparagus finishes the dish. Don't forget some crusty Italian bread! Buon appetito!

INGREDIENTS

- 1 small yellow onion
- 3 cloves garlic
- 1/2 cup drained oil-packed sun-dried tomatoes (2 1/2 ounces)
- 1 ounce Parmesan cheese (1/2 cup firmly packed freshly grated or 1/3 cup store-bought grated)
- 2 large boneless, skinless chicken breasts (1 1/2 to 2 pounds total)
- 1 1/2 teaspoons kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 2 to 3 tablespoons olive oil, divided
- 2 teaspoons dried Italian seasoning
- 5 ounces baby spinach (about 5 packed cups)
- 1 1/4 cups heavy cream

DIRECTIONS

1. Dice 1 small yellow onion (about 2/3 cup).
2. Mince 3 garlic cloves.
3. Thinly slice 1/2 cup drained oil-packed sun-dried tomatoes.
4. Finely grate 1 ounce Parmesan cheese if needed (about 1/2 cup lightly packed), or measure out 1/3 cup store-bought grated.
5. Cut 2 large boneless, skinless chicken breasts in half horizontally (also known as butterflying).
6. Pat dry with paper towel.
7. Season all over with 1 tsp. of kosher salt and 1/2 tsp. black pepper.
8. Heat 1 Tsp. olive oil on a large skillet over medium high heat until shimmering.
9. Sear until browned, 3-5 minutes per side. Work in batches, adding olive oil as needed. Do not overcrowd the pan.
10. Transfer to a plate. (chicken will not be cooked through).
11. Reduce heat to medium.
12. Add remaining olive oil.
13. Add onion and cook until softened, 2-3 minutes.
14. Add garlic, sundried tomatoes and 2 tsp. dried Italian seasoning.
15. Cook until fragrant, 30 seconds to 1 minute.
16. Add 5 ounces baby spinach a handful at a time.
17. Cook, stirring regularly until just wilted.
18. Add Parmesan, 1 1/4 cups heavy cream, and remaining 1/2 tsp. Kosher salt.
19. Bring to a simmer, scraping any browned bits from the bottom of the pan.
20. Reduce the heat to maintain a gentle simmer.
21. Return chicken to the pan and cook until chicken is cooked through (165°F), 4-7 minutes.

\$4.00

Tiffany Café Menu March 2025

781-581-7557


Unless otherwise stated.

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Shepherd's Pie, Salad	4 Hot and Sour Soup, Chicken Stir Fry, Lo Mein Noodles	5 American Chop Suey, Salad, Roll	6 Sour Cream Chicken, Potato, String Beans	7 Super Grilled Cheese Sand- wich, Tomato Soup
10 Spaghetti with Meat Sauce, Salad	11 Cucumber, Tomato and Onion Salad, Chicken Pot Pie	12 Tuna Noodle Casserole, Salad, Roll	13 Mexican Chicken, Rice and Beans	14 Quiche, Salad
17  St. Patrick's Day Lunch \$15.00	18 Salad, Pork Schnitzel, Mashed Potato, Spinach	19 Pasta Fagi- oli Soup, Egg Salad Sandwich, Chips	20 Baked Cod, Potato, Veggie	21 Breakfast for Lunch
24 Meatloaf, Mashed Potato, Veggie, Roll	25 Tortilla Soup, Pork and Bean Chili, Rice	26 Chicken Cacciatore over Noodles, Roll	27 Tiger's Den COA KITCHEN CLOSED	28 Pad Thai Noodles and Dumplings
31 Chicken Marsala, Pasta, Salad	Please inform your server if you or any- one in your party has a food allergy.		Menu is subject to change.	

EVENTS CALENDAR

MARCH 2025

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 10:30-11:00 Meditation, TH 9:30-11:30 LEO Fuel Assist, TH</p>	<p>7 NVC Breakfast 9:00Strength, RR 10:30 Balance Class, TH 10:00 Manicures, TH</p>
<p>10 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Art with Erica, TH 12:30-2:00pm Market Basket</p>	<p>11 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>12 9:00Strength, RR 10:30 Chair exercise, TH 12:30 Music After Lunch, TH</p>	<p>13 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>14 9:00Strength, RR 10:30 Balance Class, TH 12:30 Movie After Lunch, TH</p>
<p>17 9:00 Strength, RR 10:30-Chair Exercise, TH 11:30 St. Patrick's Day Luncheon, TH</p>	<p>18 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>19 9:00Strength, RR 10:30 Chair exercise, TH 9:00-12:00 Podiatrist, TH Blood Pressure Clinic 10:45-11:30</p>	<p>20 9:00 Yoga, RR 10:30-11:00 Meditation, TH 1:00 Paint Party, TH</p>	<p>21 9:00Strength, RR 10:30 Balance Class, TH 10:00 Manicures, TH</p>
<p>24 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30-2:00pm Market Basket</p>	<p>25 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>26 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>27 9:00 Yoga, RR 10:30-11:00 Meditation, TH TIGER'S DEN TIFFANY ROOM CLOSED FOR LUNCH</p>	<p>28 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>31 9:00 Strength, RR 10:30-Chair Exercise, TH</p>		<p>Sunday, Mar. 16. St. Patrick's Day Revue Stoneham, MA Purchase tickets in advance at the Tiffany Room.</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.

We enjoyed a wonderful Valentine's Day buffet at the Maple St. Bistro.

The Bistro is part of the Essex North Shore—Agricultural and Technical School in Danvers.

The students always treat their guests with professionalism and delicious food.

We  them!
Thank you!



MANGIA,



MEATBALLS,



AND MURDER!



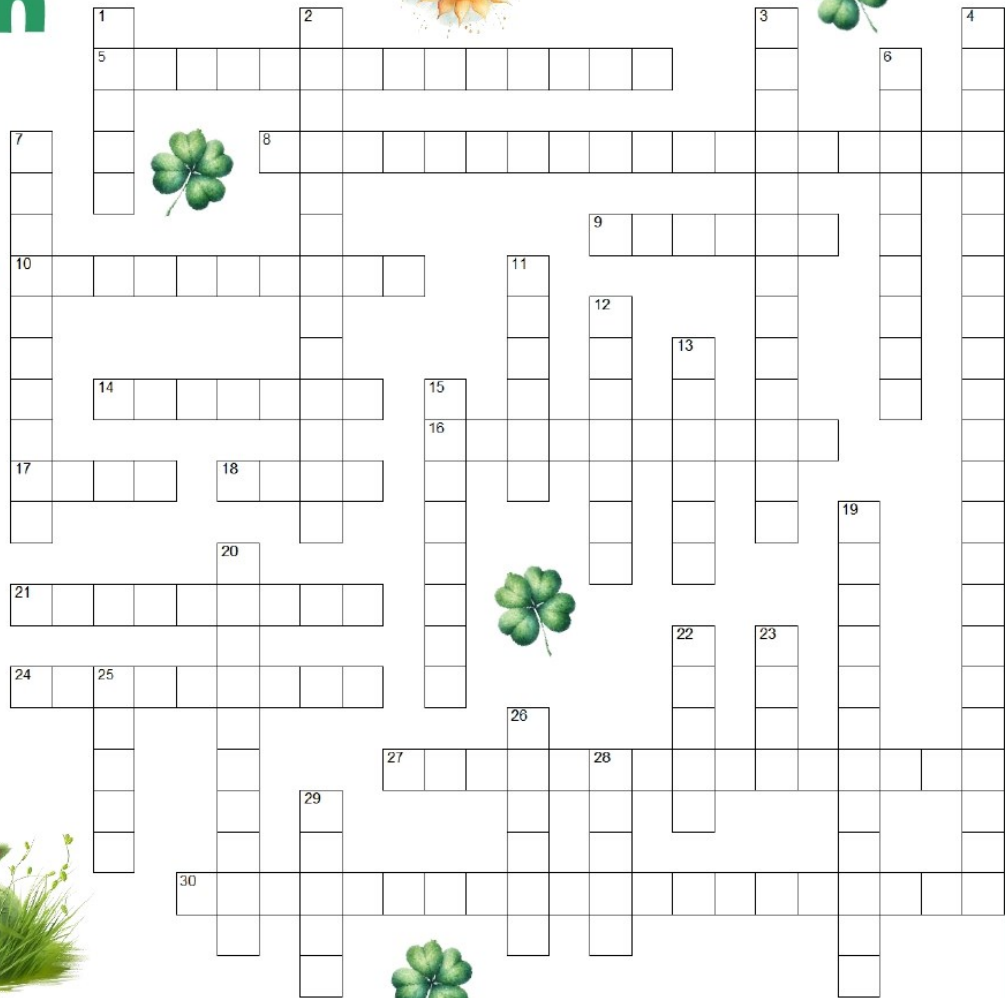
It was a great afternoon!

Name: _____

Date: _____

March

Crossword



Across

- 5. Famous scientist born on March 14th, known for his theory of relativity
- 8. Time when clocks are moved forward an hour, occurring in March
- 9. Traditional color of Mardi Gras celebrations, which sometimes occur in March
- 10. Common March activity involving kites
- 14. Famous children's author born on March 2nd, known for "Green Eggs and Ham"
- 16. Birthstone associated with March
- 17. Common phrase related to March weather: "In like a ___ out like a lamb."
- 18. Common activity during March: filling out ___ brackets
- 21. Common March tradition: wearing ___ for good luck
- 24. Common March activity involving planting seeds
- 27. U.S. territory that celebrates its Transfer Day on March 31st
- 30. Holiday celebrated on March 2nd in Texas

Down

- 1. This month has the first day of spring
- 2. Famous Irish holiday celebrated on March 17th
- 3. Celestial event that marks the beginning of spring, occurring around March 20th
- 4. Day set aside for women's rights, observed on March 8th
- 6. Number of days in March
- 7. Popular sport often played in March
- 11. Holiday celebrated on March 21st, known as the Persian New Year
- 12. U.S. state that celebrates its statehood on March 4th
- 13. Term for the warmth that begins to return in March
- 15. Flower commonly associated with March
- 19. NCAA college basketball tournament held in March
- 20. Traditional meat served on St. Patrick's Day
- 22. Animal often associated with Easter, which sometimes falls in March
- 23. Ancient Roman festival celebrated at the end of March, honoring the god of war
- 25. Bird known for its return in March, signaling spring
- 26. Zodiac sign that begins in March
- 28. Color often associated with St. Patrick's Day
- 29. Popular spring break destination for many students

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Solution page 13.

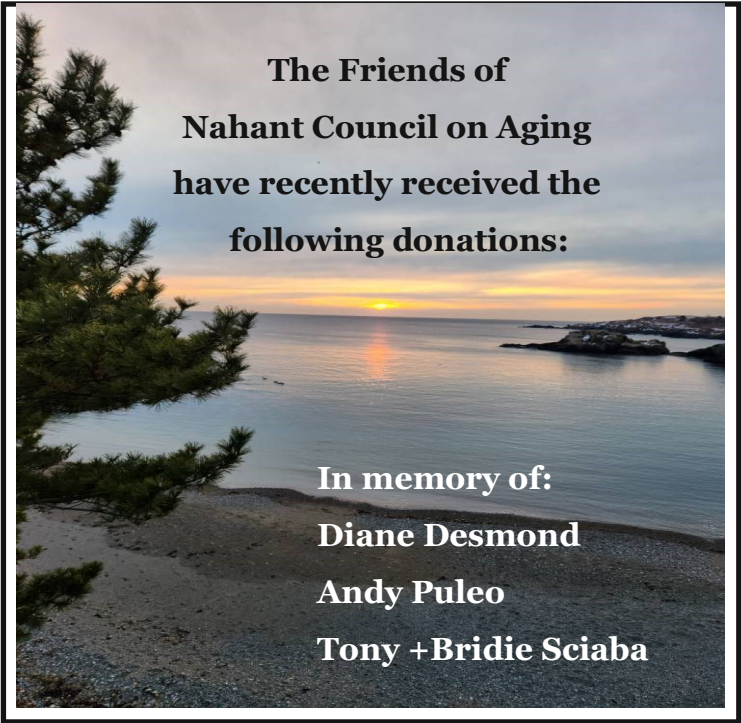
NAHANT COUNCIL ON AGING

Meet Your 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 Van Meter- 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

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, 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, Charles Sanphy
- 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 Piloni
- 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, 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, Susan Green, James Burke
- March 13 - Nancy Gallo, Edward Wong, Lee Trentsch
- March 14 - Steven Arzillo, Luciano Montefusco, MaryEllen Moloney
- March 15 - 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 - 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 - 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, Carol Finkenaur
- 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, Lawrence Carlson, Mayra Fox
- March 30 - Jeanne Fiore
- March 31 - Dan Jarzylo, Joseph Mellen, Laurie Giardella

