

July 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! Happy Summer! We have some fun things planned for this month so please come visit us and sign up! Come have lunch and visit friends or make new ones! Just remember to call us the day before so the cook has a head count!

Last month we said goodbye to our town administrator, Tony Barletta, and wished him good luck in his new position. We welcome Alison Neito as the interim administrator and know she will do a great job while the committee searches for a permanent person.

We also said goodbye to Penny Morse in her role of putting together the newsletter for the Council on Aging for many years. Penny has decided to pass that role onto someone else so she can be more available in helping out with her young grandchildren. Penny will continue to have a presence with the COA by making desserts and serving on the Friends of the COA committee. Thank you Penny for your service with the newsletter and continued support of the COA.

Change is not always easy, but we feel so fortunate to have worked with Tony and Penny, and I know that you join us in wishing them well in this next chapter of their lives.

Just a reminder the COA will be closed on July 3rd and 4th. Please enjoy the holiday and stay safe!

See you at the beach!

~ Mary



ATTENTION!

BEGINNING JULY 1, 2025

**IN ORDER TO MAINTAIN THE QUALITY OF
OUR LUNCH PROGRAM, THE COA WILL BE
INCREASING THE COST OF LUNCH FROM
\$4.00 TO \$5.00**



**Nahant Council on Aging
Mon.-Fri. 10am-2pm**

**CLOSED: Thursday, July 3rd and
Friday, July 4th, 2025**

**Nahant Senior Center is located at:
334 Nahant Road, Nahant, MA 01908
(Lower Level of Town Hall)
Tel.# 781-581-7557**

July At A Glance

July 2nd Wednesday, 11:30 am - 4th of July Cookout & Celebration:

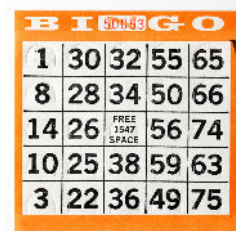
Celebrate Independence Day with friends at one of Nahant's most beautiful spots! Enjoy an All-American cookout menu and watch the seagulls and boats glide by. Sign up at the Tiffany Room in advance. \$15 per person. See page 9 for more details.



Music After Lunch: On Wednesdays July 9th and July 23rd at 12:45 pm. Join us for an afternoon of laughter and fun singing with Michele in the Tiffany Room. See page 9 for details. Sign up in the Tiffany Room.



It's Bingo Time! Join John and the rest of the crew for an exciting time playing BINGO! Every other Thursday in July. Bingo dates are Thursdays July 17th and July 31st at 12:45 pm in the Tiffany Room. See page 9 for details. Sign up in the Tiffany Room.



Let's Play Pokeno! Yah! Join Annemarie and a great and competitive group of Pokeno players every other Thursday in July. Pokeno dates are Thursdays July 10th and July 24th at 12:45 pm. See page 9 for details. Sign up in the Tiffany Room.



July 29th Tuesday, 10:30 am - Revere Beach Sand Sculptures and Lunch:

Join the COA as we head off to Revere Beach to see the annual sand sculptures. Lunch will follow at the Belle Isle Restaurant in Winthrop. The bus will leave the COA at 10:30 am. See Page 10 for more details. Please sign up in the Tiffany Room by Thursday, July 24th.

Food Shopping at Market Basket:

Nahant Council on Aging is offering free transportation to Market Basket every other Monday. Food Shopping dates in July are **July 14th** and **July 28th**. Sign up in the Tiffany Room.



Hearing Clinic:

Dr. Chabot from Atlantic Care, Inc. will conduct a hearing clinic at the Tiffany Room on a bi-monthly basis. The next appointment is **Thursday, July 10th** from 10:30 - 11:30 am. Call 781-581-7557 for an appointment.



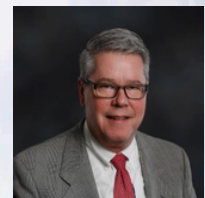
Foot Clinic:

Dr. Fernandez will be available in the Tiffany Room on **Wednesday, August 13th**. Call 781-581-7557 for an appointment.



Attorney, Brian Snell is available for legal Consultation.

Call 781-581-7557 to book an appointment.



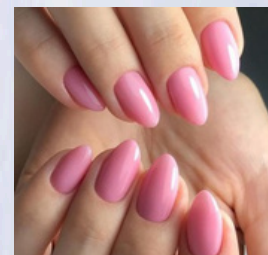
Blood Pressure Clinic:

Held in the Tiffany Room every 3rd Wednesday of the month from 10:00-11:30 am. Next clinic is on **July 16th**. No appointment is required.

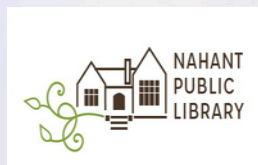


Manicures:

Manicures will be available on **Friday, July 11th** and **25th**. Sign up for an appointment in 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





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: "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 North 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 or call the MBTA at: 617-337-2727 .



If you have any **MEDICARE** questions, contact

Mystic Valley Elder Services, 300 Commercial St. #19, Malden, MA 02145.

Phone: 781-324-7705 or online at

www.mves.org

MEDICARE questions can be left by calling the above number and asking to speak with a Counselor on duty or leave a message. Counselors are not always available on a daily basis but calls are returned ASAP.

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



Managing Chronic Stress

I believe it is safe to say that many of us are experiencing some levels of chronic stress or anxiety. Our world is certainly in a state of turmoil. There are three wars being waged, as of this writing. We have significant economic uncertainty with numerous people laid off from work, and we have enormous changes in our own government leading to at least a feeling of uncertainty for most of us, and fear for some.

Chronic stress can certainly cause mental health issues. It can cause irritability, feelings of exhaustion, difficulty sleeping, and nervousness. It can progress to a generalized anxiety disorder, panic attacks, and worsen any existing emotional or psychological disorders. It makes it harder to function in our daily lives as we are not comfortable and not feeling secure. Chronic stress can also cause physical problems. An initial response is similar to a fight or flight situation in which the heart rate and blood pressure become elevated, there is a feeling of the heart pounding, and of shortness of breath. A person can have the feeling of an upset stomach, nausea, heartburn, and headaches. Over time, it can certainly worsen heart, or cardiovascular problems, asthma, COPD, and other preexisting conditions, and it can decrease your immune system.

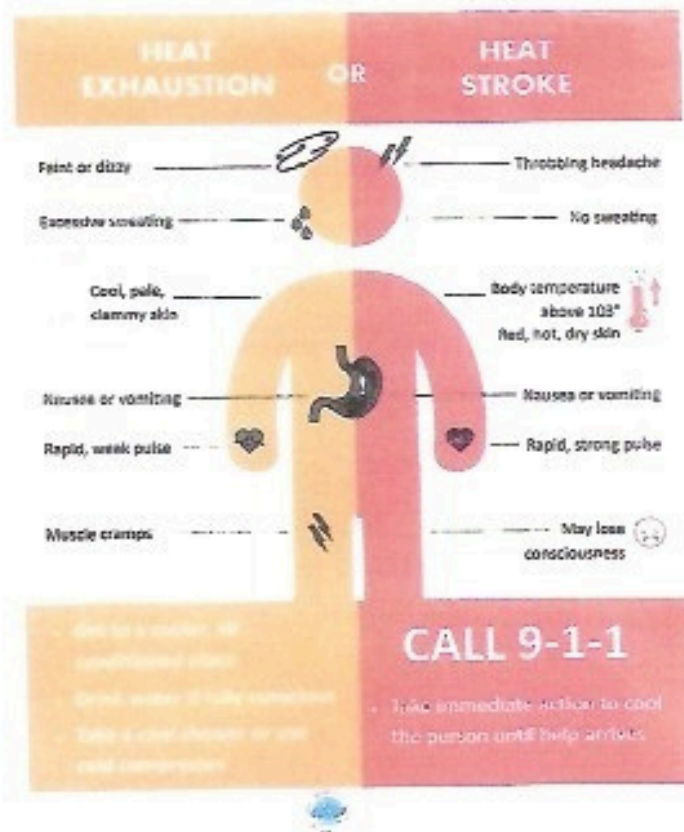
So what can we do to mediate some of the feelings of stress and anxiety. If you google it, most sources will tell you to minimize your exposure first, likely your screen time on the TV or computer. If you feel you have to worry, some sources suggest to let yourself worry for 10 or 15 minutes and then take yourself away from that. Sometimes there are things that you can do to actively react to the stress which can give you a feeling of some relief, and you can choose what and how much you feel you can do. You can provide yourself with some quiet time, try some meditation or practice mindfulness. Many people find prayer very comforting and meaningful and it is a form of meditation. Exercise is a good distraction and also improves your mental health. Going for walks or going to yoga classes are good examples. Other suggestions are to foster positive social relationships, calling friends, take time for yourself and read a good book or do some gardening.

There is a quote from the Dalai Lama about worrying. He said, “If a problem can be solved, there is no use worrying about it. If it cannot be solved, then there is no use worrying about it.” Another quote from a young woman I admire, Christianne Manzano, “I have started meditating, working out and practicing mindfulness in the presence of beauty or joy. I am stockpiling joy.”

Anna Marie Manzano, R.N.

Here is some advice for what to do — and what not to do — during periods of extreme heat and humidity, from [mass.gov](https://www.mass.gov):

- Never leave children or pets alone in a closed vehicle. Even with the windows cracked open, interior temperatures can rise almost 20°F within 10 minutes.
- Slow down and avoid strenuous activity.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors reflect heat and sunlight and help maintain normal body temperature.
- Drink plenty of water — even if you are not thirsty. Avoid alcoholic beverages and liquids high in sugar or caffeine. If your doctor generally limits the amount of fluid you drink, ask how much you should drink during hot weather.
- Eat well-balanced, light, regular meals.
- Stay indoors as much as possible and limit exposure to the sun.
- Do not leave pets outside for extended periods of time.
- If you must be outdoors, limit your outdoor activity to the morning and evening hours.
- Try to rest often in shady areas so your body temperature will have a chance to recover.
- Use sunscreen with a high SPF and wear a wide-brimmed hat.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Use fans to stay cool and avoid using your stove and oven.
- Know the symptoms of and watch out for heat-related illnesses. Call 9-1-1 to report emergencies.
- Be a good neighbor. Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, those who may need additional assistance, and those who may not have air conditioning.



Thank You Town of Nahant

By Tony Barletta, Town Administrator

Being part of this community has a great influence on one's life. Growing up in the Town of Nahant will automatically induct you into a membership of unique connection with your town and the people within it. It has defined me in so many ways and for that I am extremely grateful.

I can remember attending Thursday School at the Village Church and forming unbreakable bonds with those that are still close friends today. I can recall an uncountable number of experiences with my peers at Johnson Elementary School, CCD at St. Thomas Aquinas, the Boy Scouts, playing soccer for the Nahant Gators, playing baseball in Nahant Little League, taking swim lessons at the Costin's, summer days at park league, fishing off the Back Rocks, exploring the tunnels, jumping off the Wharf, wiffle ball at the dump court, Fourth of July at Short Beach and now off Bailey's Hill, Short Beach vs Tudor Beach competitions, beach volleyball and horse shoe tournaments, the Earl Hanson One-Pitch Events, the K of C Striper Fishing Tournaments, selling Christmas Trees out of Marilyn Doolittle's yard, working at Nahant Fish and Lobster, working for the DPW in the summer, golfing at Kelley Greens, driving the loop....I could go on and on.

After college, I moved to Medford, started the next chapter of my life with my future wife and entered the professional world. It helped prepare me to eventually come back home and serve as Town Administrator. The past 7 years in Nahant has further helped to mold me as an adult, a parent, and a professional. It truly has been more than just a job. It is honestly hard to explain how grateful I am to the Town of Nahant for providing me this opportunity. There are so many residents that volunteer and contribute because of their love for Nahant. When difficult times have occurred, it has been remarkable to see how this community comes together. I have witnessed residents stepping up to help others through unfortunate tragedies, through the years of COVID, through the countless storms we have experienced and more. When we are facing a challenge, there is always a group of residents willing to volunteer and provide assistance. To the past, present, and future elected and appointed officials - thank you for all you do and for all your support.

The Town of Nahant is also extremely lucky to have so many dedicated and talented employees. So many of these jobs require the employee to wear multiple hats. Often times, the work load far exceeds the time available to complete all tasks. In a small Town with a limited budget and minimal staff, the quality and quantity of work being produced is extraordinary. These results are due to the commitment of our employees and the care they have for this Town. They work extremely hard to do what is right and what is best for the Town. I cannot thank them enough for putting the Town first, for their loyalty to the residents, and for their support over the years.

In summary, this Town, the volunteers, the employees, and the residents, mean the world to me and I will forever be appreciative. Thank you for taking a chance on me and please continue to support the efforts of the Town. I will continue to spend my free time in Nahant and be a part of this community in the future. Thank you.

Tony Barletta's Farewell Luncheon





PLEASE JOIN THE NAHANT COA
AS WE CELEBRATE INDEPENDENCE DAY
AT THE NAHANT DORY CLUB
ON WEDNESDAY, JULY 2ND!
FESTIVITIES WILL BEGIN AT 11:30 AM
PRICE PER PERSON: \$15.00
PLEASE SIGN UP BY FRIDAY, JUNE 27TH

MUSIC AFTER LUNCH

JOIN the COA for a fun afternoon of singing with Michele on Wednesdays July 9th and July 23rd in the Tiffany Room!



LET'S PLAY BINGO!

Come join us for a fun time playing Bingo with John every other Thursday during July. This month's Bingo is on July 17th and July 31st in the Tiffany Room!



It's Pokeno Time!

Join Annemarie and a fantastic group of Pokeno players on every other Thursday in July. Pokeno dates are July 10th and 24th!





**JOIN THE COA AS WE HEAD OFF TO REVERE BEACH TO
SEE THE ANNUAL SAND SCULPTURES
ON TUESDAY, JULY 29TH
LUNCH WILL FOLLOW AT
THE BELLE ISLE RESTAURANT IN WINTHROP
(LUNCH IS ON YOUR OWN)
BUS WILL LEAVE THE COA AT 10:30 AM
PLEASE SIGN UP BY THURSDAY, JULY 24TH**

SUMMER MUSIC SERIES

July 12 - Don Hammontree

on the library lawn weather permitting

July 19 - Marc Maccini

LOCAL MUSICIANS SATURDAYS @ 1:00

July 26 - Francesco Barone

August 2 - Lisa Haley

FREE, made possible by a generous donor

For more information visit: <https://nahantlibrary.org/events>



781-581-0306
nahant.circ@gmail.com

Nahant Community Breakfast



Mission for Hope
with founder
Leighton O'Connor

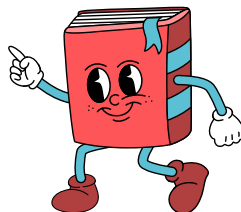
Friday, July 11, 2025 at 8 a.m.

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.

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.



VETERAN'S FOOD PROJECT
Life Saving Station 9:00-10:30 a.m.

July 9 Aug. 6 Sept. 10 Oct. 1 Nov. 5 Dec. 3

***PRE-REGISTRATION (FIRST TIME ONLY): ALL FIRST-TIME PARTICIPANTS
NEED TO PROVIDE VERIFICATION OF VETERAN STATUS***

Recipe Name

Smothered Sour Cream Chicken



Servings: Serves 4 Author: Kristy Norrell

INGREDIENTS

- 4 chicken breasts
- 1 cup sour cream
- 1 tablespoon cornstarch
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- Parsley, chopped, for garnish
- 4 slices mozzarella cheese
- 3/4 cup Parmesan cheese, freshly grated and divided
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper

PREPARATION

1. Preheat oven to 375°F and grease a 9x13-inch baking dish with nonstick spray.
2. In a small bowl, whisk together sour cream, 1/2 cup of the Parmesan, salt, pepper, oregano, basil, garlic powder, and cornstarch.
3. Arrange chicken breasts in baking dish, top each with a slice of mozzarella, and coat with the sour cream mixture.
4. Sprinkle remaining Parmesan over the top and bake until chicken is cooked through and sauce is bubbly, about 1 hour.

Please join us for a ceremony
to celebrate



Nahant

being designated a



Purple Heart Community

Thursday, August 7, 2025
5:00 p.m.

Veterans Memorial Park
96 Nahant Road - Nahant
Parking at Lowlands Lot

National Purple Heart Day

Donations gratefully accepted, payable to Town of Nahant
Memo note: "Purple Heart Committee"

**\$5.00 Unless
otherwise
stated.**

Tiffany Café Menu July 2025
**Reservations for lunch are required
24 hours in advance.**

781-581-7557

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change	1 Broccoli Soup Meatballs with Pasta	2 July 4th BBQ at Dory Club 	3 COA Closed 	4 COA Closed 
7 Beer Can Chicken Potato Veggies	8 Mixed Greens BBQ Chicken Meatloaf Potato Salad	9 Tuna Noodle Casserole Salad Roll	10 Stuffed Peppers Salad	11 Trio Chef Salad: Egg Salad Chicken Salad Tuna Salad Rolls
14 Steak & Cheese Subs Chips Pickles	15 Chilled Pea Soup Turkey Rueben Chips	16 Chicken Salad Sandwich Fruit Salad Chips	17 Burritos Rice Beans	18 Hot Dogs & Rolls Baked Beans Salad
21 Eggplant Parm Spaghetti Salad	22 Gazpacho Chopped Salad	23 Pulled Pork Sandwich Pasta Salad	24 Pizza and Salad	25 Meatloaf Potato Veggie
28 Turkey Pot Pie with Veggies Tomato Salad	29 Sand Sculptures in Revere and Belle Isle Rest. COA Closed	30 Kielbasa Baked Beans Cornbread	31 Cheeseburgers Potato Salad Pickle	Please inform your server if you or any- one in your party has a food allergy.



EVENTS CALENDAR

JULY 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	2 July 4 th BBQ at Dory Club 	3 COA Closed	4 COA Closed 
7 9:00 Strength, RR 10:30-Chair Exercise, TH	8 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	9 9:00 Strength, RR 10:30 Chair Exercise, TH 12:45 Music	10 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH Hearing Clinic 10:30-11:30 12:45 Pokeno	11 9:00 Strength, RR 10:30-Balance Class, TH 10:30 Manicurist
14 9:00 Strength, RR 10:30-Chair Exercise, TH Market Basket	15 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	16 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure 10:00-11:30am	17 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:45 Bingo	18 9:00 Strength, RR 10:30-Balance Class, TH
21 9:00 Strength, RR 10:30-Chair Exercise, TH	22 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	23 9:00 Strength, RR 10:30 Chair Exercise, TH 12:45 Music	24 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:45 Pokeno	25 9:00 Strength, RR 10:30-Balance Class, TH 10:30 Manicurist
28 9:00 Strength, RR 10:30-Chair Exercise, TH Market Basket	29 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH 10:30 Sand Sculptures & Lunch	30 9:00 Strength, RR 10:30-Chair Exercise, TH	31 9:00 Strength, RR 10:30-Chair Exercise, TH 12:45 Bingo	

TH = Town Hall

RR = Rose Marie Room at Community Center

HEALTH AND WELLNESS

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

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

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

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

Contact Greater Lynn Senior Services (GLSS): Senior Medical Transportation

8 Silsbee St Lynn, MA 01901 [7815990110](tel:7815990110)

Transportation

Greater Lynn Senior Services (GLSS): Senior Medical Transportation

Please make sure to contact Greater Lynn Senior Services (GLSS): Senior Medical Transportation to confirm details of their transportation services. Provides rides for only the following purposes: medical appointments. Also, you must meet at least one of these criteria: you are 60+ years old, or you have a disability. No membership is required.

The Medical Transportation Program offers convenient and reliable transportation services for older adults needing a ride to medical appointments and other health-related destinations. Transportation is provided through a network of vehicles, including cars and vans, ensuring that older adults can reach their appointments comfortably and on time. This program accommodates various payment options to make it accessible to all older adults. Payment can be made via insurance, Medicaid, check, credit card, or cash. In addition, donations are accepted to support the program's mission of assisting older adults in accessing necessary healthcare services. The program also allows for pre-payment, making it easier for older adults to budget for their transportation needs. Riders are encouraged to schedule their rides in advance to ensure availability and proper planning. Shared ride options are available, allowing older adults to share transportation with others going in the same direction. Door-to-door service is offered, providing older adults with personalized assistance from their pick-up location to their final destination. Overall, the Medical Transportation Program is a valuable resource for older adults in need of transportation for their medical needs.

Service Area

Lynn, Lynnfield, Nahant, Saugus, and Swampscott

Days of operation Monday **Open** Tuesday **Open** Wednesday **Open** Thursday **Open** Friday **Open**

Saturday **Closed**

ACROSS

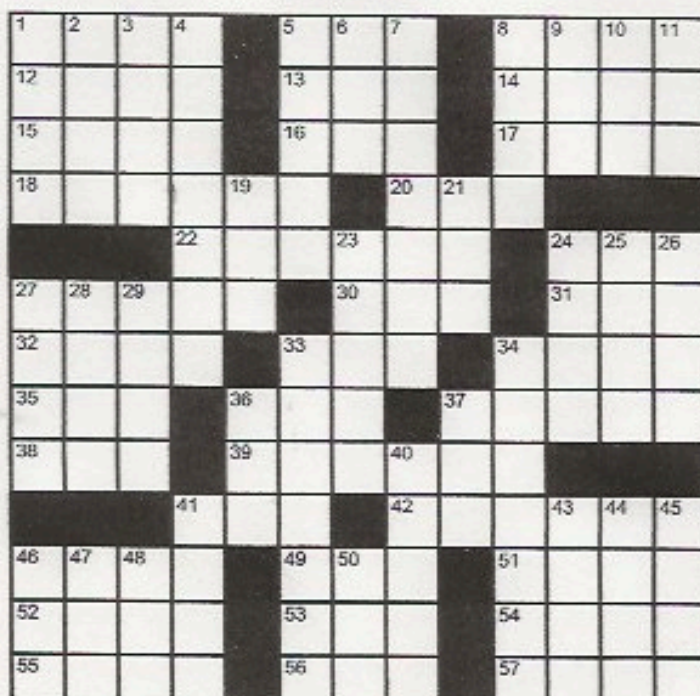
- 1 Delivery org.
 5 Lungful
 8 Crunchy sandwiches, for short
 12 Horse hoof sound
 13 Whisper sweet nothings
 14 "... so shall ye ____"
 15 Lois of the Daily Planet
 16 Daiquiri base
 17 Artist Warhol
 18 Exact retribution for
 20 Brokeback Mountain director Lee
 22 Vegas attraction
 24 Dine
 27 "____ Without a Cause"
 30 Actress Ullmann
 31 From point ____ point B
 32 Finished
 33 Espionage org.
 34 Englishman, for short
 35 Pod occupant
 36 Arrived lifeless, briefly
 37 Shuts tightly
 38 Stately tree
 39 Confer holy orders on
 41 Duet number
 42 Tax-____ (like municipal bonds)
 46 "Drinks are ____!"
 49 CD predecessors
 51 Price of a ride
 52 ____ Mountains: Europe/Asia border range

- 53 Author Buscaglia
 54 "I have ____ good authority"
 55 Peacock's pride
 56 PC program
 57 Trial run

DOWN

- 1 The Bruins of the N.C.A.A.
 2 Czech or Croat
 3 Cornmeal bread
 4 Actor Tracy
 5 Land measures
 6 Debt acknowledgment
 7 Bucharest's land
 8 Be boastful
 9 Football great Dawson
 10 Small amount
 11 Work under cover
 19 Four qts.
 21 Election mo.
 23 Homer epic
 24 Gilbert of "Roseanne"
 25 Power co.
 26 Flower holders
 27 You can skip it
 28 Stunt biker Knievel
 29 Smile widely
 33 Popular Toyota
 34 Fund-raising event
 36 ____ Jones industrials
 37 Half a dozen
 40 Fable writer

Puzzle 1



- 41 Poker giveaway
 43 Spouse
 44 Paid players
 45 Camp shelter
 46 Publicly gay
 47 Gun enthusiast's org.
 48 Chiang ____ (Thai city)
 50 Kind of rally or talk

Nahant Council on Aging Meet Your Staff

Mary Miner, Executive Director
Ann Callahan and Maria Flanagan,
Assistants to the Director

Pat Scanlon - Transportation
Annemarie Glowacz - Transportation
Scott Kirkland - Transportation

Nahant COA Board of Directors

Donna Steinberg - Chair
Farris Van Meter - Vice Chair
Vacant - Secretary
Angela Bonin - Treasurer

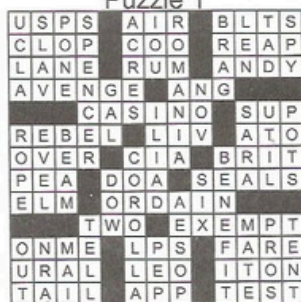
Sheila Hambleton
Linda Jenkins
Roz Puleo
Carol Sanphy

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

**In Honor of:
Anne O'Brien's Birthday**

**In Memory of:
Jean Cleary**

Puzzle 1



FRIENDS CORNER

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 second Wednesday of each month.

TIFFANY ROOM, TOWN HALL at 9:30 am

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 (circle one):

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 Rd., Nahant, MA 01908



BIRTHDAYS



JULY 01 SHARON MILLER, TIMOTHY SMITH, LYNDA FIELDS
JULY 02 JAMES WARD, PAMELA OESTERLIN
JULY 03 JOHN DELANEY, RYZARD WABNO, ALBERT RUSSO, CHARLES PRITCHARD
JULY 04 STEPHEN LERMAN, PAUL JAMGOTCHIAN, JULIE FORGIONE, DIANE SUGRUE,
HELENE ROSSERT, PAMELA STRONG, JOHN MCDONOUGH
JULY 05 ACHILLES BRYANOS, JEANNE SAVAGE, ADELE ZELCH, KATHLEEN MOSCHELLA
JULY 06 CLAIRE FLEBBE, LAWRENCE LUTCH
JULY 07 HELEN CLEMENTS, WALTER GOODE, STEPHEN BULPETT, GARY MUTLER
JULY 08 JUDITH RYAN, SHARON GERMANA, DENA KIVETT, GREGORIO PROCOPIO,
RAYMOND VOLPER
JULY 09 CAROL SEDLIER, ELIZABETH ANTRIM, GEORGE MASTORAS
JULY 10 CHARLES MESSINA, LESLIE LIGHT, JANET TAYLOR, MARSHA WHITE
JULY 11 PETER OEUR, DANIEL OCONNOR, MANUEL SANTOS
JULY 12 MICHAEL MEYER, DAVID WALSH, LINDA CASTETTER
JULY 13 LORRAINE ST PIERRE, ANNE LISTON, NANCY CASEY, KAREN MARSHALL,
LARRY DEFILLIPPO
JULY 14 THOMAS WALSH, MARTHA COX, SCOTT KIRKLAND, DEBRA DEWING
JULY 15 RICHARD DOBBYN, WILLIAM MANTZOUKAS, REX ANTRIM, PATRICIA DOUCETTE,
DANIEL MCMACKIN
JULY 16 NORMA SMITH
JULY 17 CALVIN HASTINGS, MARGARET SILVA, ANTHONY CALOGGERO, PATRICIA OHARA
JULY 18 MARTHA STEVENSON, ROBERT SULLO, JOHN ANDERSON, NANCY SMITH,
ILONA CONNOR,
JULY 19 COLLEEN OLEARY
JULY 20 JULIE BRYANOS
JULY 21 ROBERT DEVEREAUX, ANNE OBRIEN, GERARD ALIMENTI, RICHARD CAPOZZI,
JONATHAN RICHARDSON, PATRICIA SULLIVAN, KAREN GUTHRIE, LISA EATON
JULY 22 PAUL MCCORMACK, PAUL DELANEY, VALERIY KOSTENKO,
RICHARD GALLAGHER
JULY 23 PETER FOUKAL, VALERIE KING, ROBERT HUNT, MARK MURPHY,
LINDA DIBENEDETTO
JULY 24 WILLIAM MOGAN, JEANNE ADAMO, DONNA LEVIN, LORETTA BESSETTE, MELINDA NOONAN
JULY 25 DEBORAH CASHMAN, ALBERT DIVENUTI, MARC MACCINI
JULY 26 ELIZABETH JOHNSON, ELIZABETH QUINN, ELAINE PRICE, JOANNE BRYANOS, SCOTT ELLIOTT,
RICHARD BEHEN, KIKI HANSON, SUI LI
JULY 27 RITA MITCHELL, JOHN NICHOLS, CHARLES SHILAS, JOSEPHINE HARRIS, CYNTHIA FIDUCIA,
CLIFFORD ONEILL, DEBORAH MASONE, BRUCE BENNETT
JULY 28 JOHN RYAN, EMMA GREENE
JULY 29 SEAN ANTRIM
JULY 30 DIANNE YOUNG, JAYNE DESLAURIERS, KATHLEEN EATON
JULY 31 KATHARINE CARTER, KATHERINE IRVINE