

# September 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,

Welcome back from summer! It was a hot one so I'm hoping you found ways to stay cool! September is National Senior Center Month! So I am saluting all of you for coming and spending time with us, whether it's lunch or an event, or just coming and reading the newspaper and having a cup of coffee. We are happy to see and be with you!

I am also proud of all our volunteers. These are the behind-the-scenes people who keep this place up and running. Answering the phones, serving folks at lunch, cooking the food and washing those dishes! We could not do it without you! I also want to highlight our COA Board and Friends of the COA committee. These folks volunteer their time and talents in making sure we get the best information and services possible. So thank you all!

Changes to report: Changing the hours of operation to 10am to 2pm, met with mixed reviews. Most of them not positive. Starting this month, we are returning to our previous part-time schedule of Monday thru Friday 9am to 1pm. Lunch will be served at 12 noon. We will continue to offer chair exercises each day, as well as, a balance class on Fridays, here at the Town Hall. Please make note of the changes.

For consideration: This month, we welcome back our elder law expert, Brian Snell. Brian is an attorney with over 20 years' experience in estate planning and elder law concerns. We offer him appointment times once a month, here at the COA, to help answer any questions you might have. We have invited him to join us for lunch on Tuesday, September 16th. He will speak, briefly, after lunch about the governmental changes in home ownership in relation to nursing home placement for seniors. You are welcome to join us for lunch and ask him questions. In October, he will return for regularly scheduled times to answer any other questions you might have.

I invited Alison Nieto, our acting Town Administrator, to come and join us for lunch on Tuesday, September 23rd. She will share with us her responsibilities and what is happening in the town. She will also answer any questions you may have!

We have a busy month ahead! Please check inside for all the details!

See you at lunch!

Mary

## ATTENTION!

**BEGINNING SEPTEMBER 1, 2025**

The Nahant Council on Aging will be  
returning  
to their former hours of 9:00am to 1:00pm.

Nahant Council on Aging

Mon.-Fri. 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

# September At A Glance

**Monday, September 1st, NAHANT COUNCIL ON AGING IS CLOSED FOR LABOR DAY!**



**Thursday, September 4th, Gloucester Dahlia trip and lunch. Hop on the bus for a visit to the Gloucester Dahlia display along the oceanside. Lunch will be at the Lobstaland Restaurant (On your own). (Tiffany Room is closed.) Seating is limited. Sign up at the Tiffany Room. See page 9 for details.**

**Music After Lunch: On Wednesdays September 10<sup>th</sup> and September 24<sup>th</sup> at 12:30 pm. Join us for an afternoon of laughter and fun singing with Michele in the Tiffany Room. See page 11 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 September. Pokeno dates are Thursdays September 11<sup>th</sup> and September 25<sup>th</sup> at 12:30 pm. See page 11 for details. Sign up in the Tiffany Room.**



**Paint party with Marty Taylor on Wednesday, September 17<sup>th</sup> from 1:00-2:00 pm in the Tiffany Room. Come enjoy an afternoon of fun and creativity! Marty Taylor will inspire and guide us in finding our hidden talents! Details on page 9.**



**Thursday, September 18th, Salem Willows trip and lunch. (Tiffany Room is closed.) Let's visit Salem Willows to enjoy a walk in the park, a chop suey sandwich, an ice cream or just to sit under the trees and relax. The bus will leave the Tiffany Room at 10:30 am. Details on page 9.**

**Nahant Police Department vs. Nahant Fire Department**

**GREAT BBQ COOK OFF!**

**COMING IN OCTOBER! STAY TUNED!**

### Food Shopping at Market Basket:

Nahant Council on Aging is offering free transportation to Market Basket every other Monday. Food Shopping dates in September are **September 8<sup>th</sup> and September 22<sup>nd</sup>**. 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 coming up in October. **(Date to be announced)** Call 781-581-7557 for an appointment.

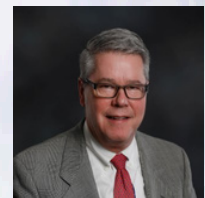


### Foot Clinic:

Dr. Fernandez will be available in the Tiffany Room in October. **(Date to be announced)** Call 781-581-7557 for an appointment.



Attorney, Brian Snell will be coming to the COA on Tuesday, **September 16<sup>th</sup>** to talk about estate planning and will answer questions.



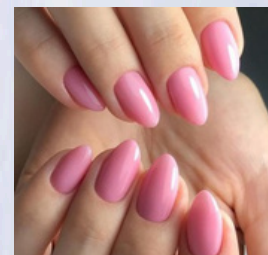
### Blood Pressure Clinic:

Held in the Tiffany Room on one Wednesday of each month from 10:00-11:30 am. Next clinic is on **September 24<sup>th</sup>**. No appointment is required.

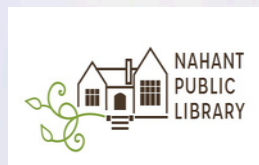


### Manicures:

Manicures will be available on Fridays, **September 12<sup>th</sup> and 26<sup>th</sup>**. 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](http://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](http://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 3<sup>rd</sup> Tuesday  
at 11:00 am - 12:00 pm**

**Nahant Village Church  
27 Cliff Street, Nahant, MA**

**For more information, or to RSVP,  
Please call 781-581-7557 or  
email: [mminer@nahant.org](mailto:mminer@nahant.org)**

**This program is made possible by:**

**Nahant Council on Aging  
Nahant Village Church, and  
Greater Lynn Senior Services.**



### Time for Those Yearly Shots Again

I was at a local pharmacy recently and on the counter they already had an information sheet out about currently available vaccines. Flu shots are available and we are encouraged to schedule early appointments for those. Other shots available were the RSV, pneumonia, and Shingrix for people over 50. Also available are the TDAP (whooping cough, tetanus, diphtheria, and pertussis), the Hepatitis B, HPV, MMR, Meningitis, Polio, and MPOX or Monkey Pox. Missing from this list was the Covid-19 vaccine. I asked the pharmacist why it was missing. He explained that this vaccine was not in the supply channel yet, but it was expected shortly and the information sheet would be updated. Based on recent information in the news, I also asked if this would be a new Covid-19 shot or the same as last year. He said it is a new Covid-19 variance, which was good news.

We have long known that the influenza virus can change strains rapidly. According to Dr. Angela Rasmussen in a recent article, “How are Flu Vaccine Strains Chosen Each Year,” a committee of experts with the FDA continuously tracks data from around the globe, including here in the US, to determine which strain is most prevalent and will be most effective in fighting the virus. COVID-19 has also shown itself to change rapidly and the FDA also tracks this virus carefully to assess which strains are most prevalent. The FDA then makes its recommendations of the flu and COVID strains to the manufacturers of the vaccine and the process is started.

In light of significant cutbacks in funding recently announced by RFK, our Director of Health and Human Services, much research around the mRNA vaccines, of which COVID is a major one, will be cancelled in favor of more traditional research methods. This mRNA technology has also been used in cancer research, development of faster flu shot production, and other research which we may no longer see.

For this year at least, we will have a new flu shot and a new COVID shot. They are still highly recommended by most PCP's (Primary Care Physicians) for older persons and those with compromising health conditions. Your choice to have the vaccination or not should be based on your personal needs and your doctor's recommendations. Flu shots are available now and COVID shots are on their way.

Stay Well,  
Anna Marie Manzano, R.N.



## Prepare for Extreme Heat Events

Adults aged 65+ are considered an at-risk population during extreme heat events. Households in Massachusetts may qualify for assistance with air conditioning costs. Find out if you qualify by exploring the programs below:



### Financial Rebates for Air Conditioners

- Households may apply for Mass Save rebates when purchasing an ENERGY STAR air conditioner. Visit [MassSave.com](https://www.mass.gov/info-details/mass-save) to learn more

### Discounted Energy Rate

- Find out if you qualify for discounted energy rates by visiting the following websites:
  - National Grid:** [www.nationalgridus.com/MA-Home/Bill-Help/Payment-Assistance-Programs](https://www.nationalgridus.com/MA-Home/Bill-Help/Payment-Assistance-Programs)
  - Eversource:** [www.eversource.com/content/residential/account-billing/payment-assistance/discount-rate](https://www.eversource.com/content/residential/account-billing/payment-assistance/discount-rate)

### Get Help Paying Energy Bills Due to Temporary Financial Difficulty

- The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. For more information, call **1-800-334-3047** or visit [www.magoodneighbor.org](https://www.magoodneighbor.org)

### Weatherization Assistance Program (WAP)

- Insulating and sealing homes can reduce energy bills. Massachusetts Weatherization Assistance Program (WAP) provides eligible households with full-scale home energy efficiency services including insulating and sealing homes. Learn more at [www.mass.gov/info-details/weatherization-assistance-program-wap](https://www.mass.gov/info-details/weatherization-assistance-program-wap)

## Extreme Heat Preparation Checklist

- ☐ Check that air conditioners are installed and functioning properly (clean/new filters, blowing air well, temperature controls work, etc.)
- ☐ Create a list of the information that you would need to report power outages and check when power might be restored
- ☐ Create a list of air-conditioned public spaces you can go to during the hottest parts of the day (movie theaters, gyms, libraries, community centers, shelters, etc.)
- ☐ Create a list of friends, neighbors, or family with air conditioning that you can visit in the event of a power outage
- ☐ Make a transportation plan to get to air-conditioned spaces
- ☐ Create a list of any medications that require refrigeration or medical equipment that requires electricity. To prepare for power outages, make a plan for how you will keep medications cool or find electricity for any necessary medical equipment
- ☐ List any dependents or pets you or those you care for may need to consider and how you would take care of them during a heat event
- ☐ Make a list of first responder phone numbers and display it in a prominent location in your home (Fire, Ambulance, Police)
- ☐ Make a list of medical providers and their phone numbers you would call if you were experiencing heat illness

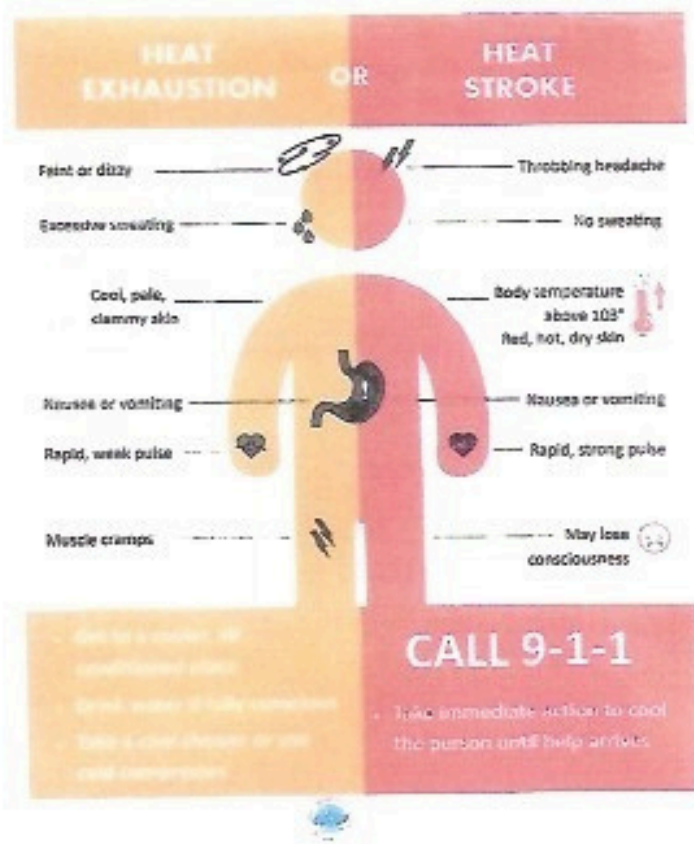


Learn more: [www.mass.gov/info-details/preparing-for-extreme-heat](https://www.mass.gov/info-details/preparing-for-extreme-heat)



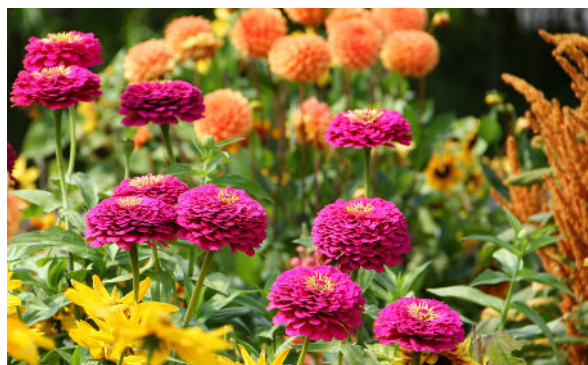
Here is some advice for what to do — and what not to do — during periods of extreme heat and humidity, from [mass.gov](http://mass.gov):

- 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.





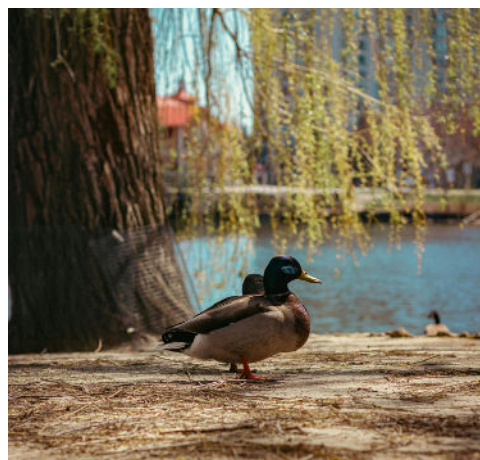
## **GLOUCESTER DAHLIAS & LUNCH!**



**THURSDAY, SEPTEMBER 4TH**

**COME TO GLOUCESTER WITH THE NAHANT COA AND SEE THE DAHLIAS! MILES OF DAHLIAS ALONG THE BEAUTIFUL GLOUCESTER OCEANSIDE! LUNCH WILL BE AT LOBSTALAND (ON YOUR OWN). BUS WILL LEAVE THE COA AT 10:00 AM. PLEASE SIGN UP AT THE COA.**

## **SALEM WILLOWS & LUNCH**

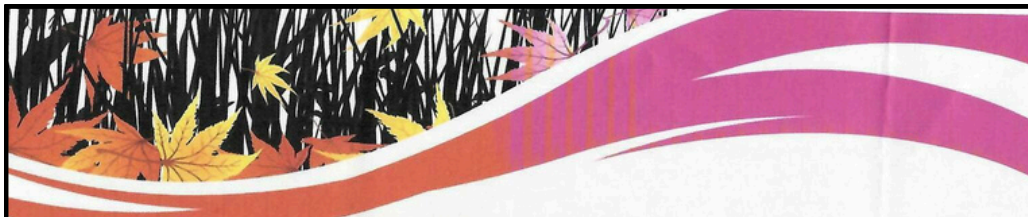


**On Thursday, September 18<sup>th</sup> we will visit Salem Willows to enjoy an afternoon of fun and relaxation! Take a walk in the park, eat a chop suey sandwich, have an ice cream or just sit under the trees and relax. The bus will leave the Tiffany Room at 10:30 am. Lunch is on your own. Sign up early as seating is limited.**

## **PAINT PARTY WITH MARTY TAYLOR**

**On Wednesday, September 17th, from 1:00-2:00 pm in the Tiffany Room. Join Marty Taylor and an awesome group of people for an afternoon of fun, creativity and painting! Materials fee is \$20.00.**






Friends of the  
Council on Aging

# TIDES FUNDRAISER

Thursday, September 25, 2025  
4:00 to 7:00 pm

We invite you to help support the Friends of the Nahant Council on Aging and enjoy a delicious dinner at the Tides! A portion of restaurant, takeout and bar proceeds will be donated to Friends of the COA and we appreciate the Tides' generosity.

**GREAT FOOD & GREAT PRIZES**




**Nahant Beaches Cleanup Day,  
Sunday, Sept. 28th, 2025 from  
11 a.m. to 2:00 p.m.** at Short Beach &  
Doggie Beach.

Park in the Lowlands Lot and pick up gloves and bags, or better still, bring your own gloves & a big bucket. Special event! "Come explore the Short Beach with US EPA Marine Biologist Phil Colarusso and while you're there pick up some trash. Learn about how the material that washes up on our beaches can harm marine life."

Sponsored by:  
Nahant Safer Waters in Massachusetts Inc.  
For more information, please contact us at:

[nahantswiminc@gmail.com](mailto:nahantswiminc@gmail.com)

Short Beach on Nahant watercolor by Adam S. Walker. Used with permission. All rights reserved.





## It's Pokeno Time!

Join Annemarie and a fantastic group of Pokeno players on every other Thursday in September. Pokeno dates are September 11<sup>th</sup> and September 25<sup>th</sup>!

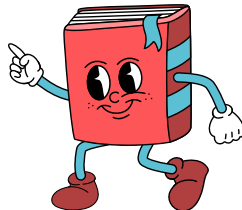


## MUSIC AFTER LUNCH

Join the COA for a fun afternoon of singing with Michele on Wednesdays: September 10<sup>th</sup> and September 24<sup>th</sup> in the Tiffany Room!



## 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.



# Nahant Community Breakfast



**Ever wonder about the real  
life impact  
of tariffs?**

**Come hear  
international trade  
expert**

**Linda Andros  
explain it all!**

**Friday, September 5, 2025**

**8:00 a.m.**

**Nahant Village Church, 27 Cliff Street**

**Join us for a great breakfast &  
even better camaraderie!**

**NAHANT COMMUNITY BREAKFAST - Friday, Sept. 5th at 8 a.m.**

You are cordially invited to the September 5<sup>th</sup> Community Breakfast which will feature a presentation on the IMPACT OF TARIFFS ON THE AMERICAN LABOR FORCE. It will be given by Linda Andros, a former Nahant resident who now resides in Swampscott. Understanding tariffs, how they work, and how they impact the American labor force is a subject worth knowing something about right now. Linda brings a substantial background on this topic, especially given her experience in the legal field of international trade with Europe and China. She understands the history and practice of putting tariffs in place and their consequences.

Linda started her career as a teacher in Lynn, then obtained a law degree, and became an Essex County Assistant DA. She moved on to the office of the MA Attorney General before moving to Washington to work for the US Department of Commerce and has experience in Eastern Europe and China. She then worked for a big DC law firm before completing her career as the legislative counsel for the United Steelworkers.

Breakfast is served at 8:00 a.m. at Nahant Village Church. Plan to come and invite family and friends to a hearty breakfast, an informative presentation and wonderful camaraderie. ALL ARE WELCOME!





All levels welcome

# Crafting Circle

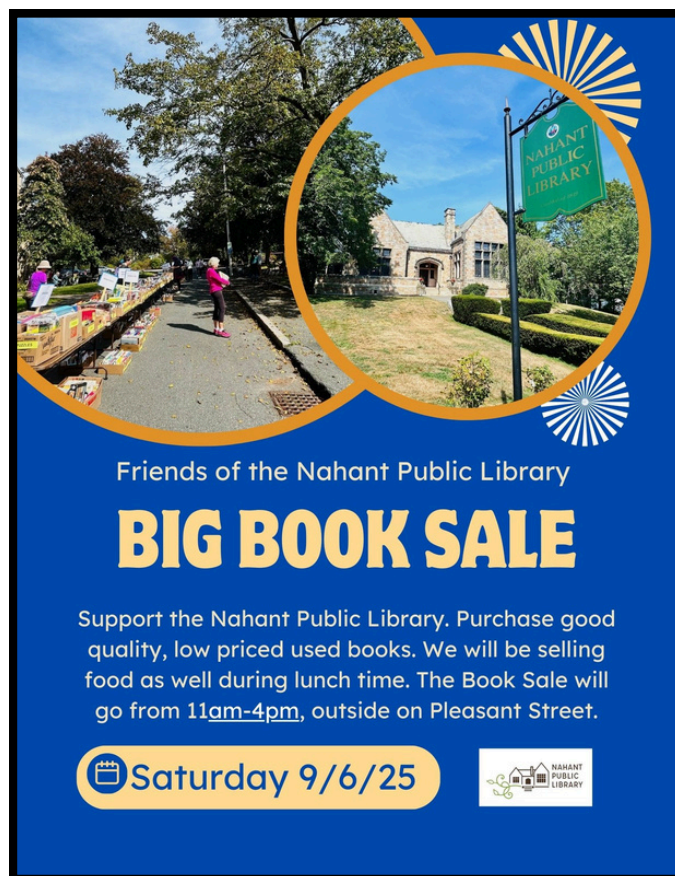
at the Library

knit, crochet, cross-stitch, sew, and more

1PM EVERY OTHER FRIDAY

CHECK DATES AT: [NAHANTLIBRARY.ORG/EVENTS](http://NAHANTLIBRARY.ORG/EVENTS)


NAHANT PUBLIC LIBRARY



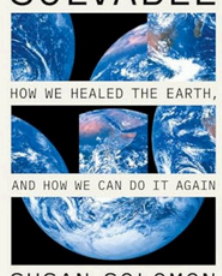
Friends of the Nahant Public Library

## BIG BOOK SALE

Support the Nahant Public Library. Purchase good quality, low priced used books. We will be selling food as well during lunch time. The Book Sale will go from 11am-4pm, outside on Pleasant Street.

 **Saturday 9/6/25**

NAHANT PUBLIC LIBRARY



**SOLVABLE**

HOW WE HEALED THE EARTH,  
AND HOW WE CAN DO IT AGAIN


SUSAN SOLOMON

**THURSDAY  
9/25/25  
4 PM**

**AT THE NAHANT  
PUBLIC LIBRARY**

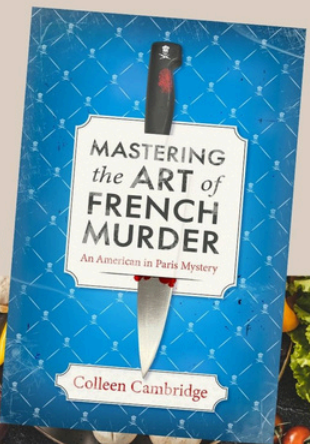
As part of **Climate Prep week**, Nobel Prize Winner, Nahant author, MIT professor and founding director of the MIT Environmental Solutions Initiative, and award winning scientist, Susan Solomon, will speak on her book *Solvable: How we Healed the Earth and How we Can Do It Again*. Solomon is known for her pioneering work on the Antarctic ozone. She won the National Medal of Science in 1991 and served on the Intergovernmental Panel on Climate Change.

NAHANT PUBLIC LIBRARY

 **CLIMATE PREPAREDNESS WEEK**

## MYSTERY BOOK CLUB THURSDAY 9/18 AT 5PM

Do you love reading mysteries?  
Join us each month as we read a different mystery. This month we are reading **Mastering the Art of French Murder** by Colleen Cambridge



MASTERING the ART of FRENCH MURDER  
An American in Paris Mystery  
Colleen Cambridge

NAHANT PUBLIC LIBRARY

# FLEA MARKET

Nahant Village Church,  
27 Cliff St.

Drop off donations  
welcome after Sept. 2  
(no clothes please!)



**SEPT. 20**

**9 AM-  
2 PM**

HOUSEWARES  
HOLIDAY DECOR  
TREASURES  
GALORE!



& A BAKE TABLE TOO!

FOR MORE INFORMATION CALL 781-581-1202



**NAHANT POLICE DEPARTMENT  
VS.  
NAHANT FIRE DEPARTMENT**

**THE GREAT BARBEQUE COOK-OFF  
IS COMING IN**

**OCTOBER!**

**YOU BE THE JUDGE!**

**DECIDE WHICH OF OUR FIRST  
RESPONDER TEAMS**

**CAN DISH UP THE BEST BARBECUE!**

**STAY TUNED!**



**Roz Puleo's July Birthday Cake.**

**Thank you Roz for all the delicious  
birthday cakes throughout the year!!!!**



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

**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**



**\$5.00 Unless  
otherwise  
stated.**

## **Tiffany Café Menu September 2025**

**781-581-7557**

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>  <b>LABOR DAY</b>  <b>COA CLOSED</b>	<b>2</b> Baked Cod Veggie Cornbread	<b>3</b> Chicken Scampi over Pasta Garlic Bread Caesar Salad	<b>4</b> <b>Gloucester Dahlia Trip</b> <b>(Tiffany Room Closed)</b>	<b>5</b> Tomato Stuffed with Tuna Garden Salad Roll
<b>8</b> Chicken Cutlets Mashed Potatoes Veggie Salad	<b>9</b> Chicken Soup Pork Scallopini Grits	<b>10</b> American Chop Suey Salad Bread	<b>11</b> Ratatouille Roll	<b>12</b> “Mary’s” Sour Cream Chicken Roast Potatoes Green Beans
<b>15</b> Spaghetti & Meatballs Salad Bread	<b>16</b> Pumpkin Soup BBQ Turkey Loaf Warm Slaw	<b>17</b> Roast Pork Loin Coconut Pineapple Rice Veggie Roll	<b>18</b> <b>Salem Willows Trip</b> <b>(Tiffany Room Closed)</b>	<b>19</b> “Breakfast for Lunch” Egg & Cheese Casserole Baked French Toast Fruit
<b>22</b> Steak & Cheese Sub with Peppers & Onions French Fries	<b>23</b> Split Pea Soup Bratwurst Warm Potato Salad	<b>24</b> “Loaded Chicken Salad” Sandwich Pasta Salad	<b>25</b> Stuffed Peppers Salad	<b>26</b> Meatloaf Potato Veggie
<b>29</b> Turkey Dinner w/Stuffing Mashed Potatoes Veggie Cornbread	<b>30</b> Fruit Salad Corned Beef Hash Poached Eggs	<b>Menu is subject to change.</b>	<b>Please inform your server if you or anyone in your party has a food allergy.</b>	





# EVENTS CALENDAR

## SEPTEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>COA CLOSED</b>  	<b>2</b> 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	<b>3</b> 9:00 Strength, RR 10:30 Chair Exercise, TH	<b>4</b> <b>Gloucester Dahlia &amp; Lunch</b> <b>(Tiffany Room Closed)</b>	<b>5</b> 9:00 Strength, RR 10:30 Balance, TH
<b>8</b> 9:00 Strength, RR 10:30-Chair Exercise, TH <b>Market Basket</b>	<b>9</b> 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	<b>10</b> 9:00 Strength, RR 10:30 Chair Exercise, TH <b>12:30 Music After Lunch</b>	<b>11</b> 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH <b>12:30 Pokeno</b>	<b>12</b> 9:00 Strength, RR 10:30 Balance, TH <b>Manicure</b>
<b>15</b> 9:00 Strength, RR 10:30-Chair Exercise, TH	<b>16</b> 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH <b>Atty. Brian Snell after lunch.</b>	<b>17</b> 9:00 Strength, RR 10:30-Chair Exercise, TH <b>1:00 Paint with Marty Taylor</b>	<b>18</b> 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH <b>Salem Willows &amp; Lunch</b> <b>(Tiffany Room Closed)</b>	<b>19</b> 9:00 Strength, RR 10:30-Balance, TH
<b>22</b> 9:00 Strength, RR 10:30-Chair Exercise, TH <b>Market Basket</b>	<b>23</b> 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH <b>Alison Nieto at lunch.</b>	<b>24</b> 9:00 Strength, RR 10:30 Chair Exercise, TH <b>Blood Pressure 10:00 - 11:30</b> <b>12:30 Music After Lunch</b>	<b>25</b> 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH <b>12:30 Pokeno</b>	<b>26</b> 9:00 Strength, RR 10:30 Balance, TH <b>Manicure</b>
<b>29</b> 9:00 Strength, RR 10:30-Chair Exercise, TH	<b>30</b> 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH			

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 am Chair Exercise. Town Hall**

**\*\*\* Friday - 10:30 am 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



# July 29th Revere Beach Sand Sculptures





# July 29th Revere Beach Sand Sculptures continued





## Sylvan Street Grille August 22nd



# September Puzzle

## HUNTING FOR NAMES

Every name listed is contained within the group of letters. Names can be found in a straight line horizontally, vertically, or diagonally. They may read either forward or backward.

HADLEY	HECTOR
HAILEY	HEIDI
HAKIM	HELEN
HALLE	HELMUT
HAMISH	HENRY
HANK	HERBERT
HANNA	HERNANDO
HANNIBAL	HILDA
HAROLD	HOLLY
HARPER	HONOR
HARRIS	HOPE
HARVEY	HORACE
HATTIE	HUEY
HAZEL	HUGH
HEADLEY	HUGO
HEATHER	HUNTER

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



**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 Vanmeter - Vice Chair  
Mary Miner - Secretary  
Sheila Hambleton - Treasurer

Angela Bonin  
Lollie Ennis  
Linda Jenkins  
Emily Potts  
Roz Puleo  
Carol Sanphy

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

**In Appreciation of:  
The Nahant Council On Aging  
All The COA Volunteers**

**In Memory of:  
Jim Konowitz  
Bill Mogan  
Jean Cleary**

# 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



SEPTEMBER 01	BARANEK JEANNE, GRAUL ANNE, TAYLOR MARTHA
SEPTEMBER 02	FISKE FERDINAND, SPINELLI WALTER, CORT MARYLIZ, KETUDAT ELIZABETH
SEPTEMBER 03	COMEAU DONALD, MESSINA H
SEPTEMBER 04	NAGLE RICHARD, MAZZAFERRO THOMAS, FOTI-SCOVELL DONNA, CAPOBIANCO ROCHELLE, PETERSON WILLIAM, DELANEY CAROL, HUDSON ANN
SEPTEMBER 05	WILSON JENNIFER, RUIZ CARLOS
SEPTEMBER 06	CALLAHAN ANN, MELLEN MAUREEN, INGLIS JOAN, INGLIS JEAN, CAGGIANO ROBERT
SEPTEMBER 07	MARTELLI ARTHUR, MACCARIO CARL, ONOS JULIE, BYRON ROBIN
SEPTEMBER 08	COSTIN MORGAN, SLAGER NANCY
SEPTEMBER 09	OCONNOR CATHERINE, CHRISTENSEN JOHN, CHAMPIGNY SHEILA, MARSHALL BRUCE, AMARI-FAULKNER FRANCINE
SEPTEMBER 10	BRIGGS CHARLES, MANTZOUKAS CYNTHIA, CARROLL KATHLEEN
SEPTEMBER 11	BORYS KAROL, DUNFEE MICHAEL
SEPTEMBER 12	ROWEN NORINA
SEPTEMBER 13	SCHROEDER STEVEN, LOCANTORE ROGER, MURPHY SUSAN, MICHAUD JOHN
SEPTEMBER 14	CONLEY MICHAEL, PULEO ROSAMOND, MAZAREAS PETER, DUNION DIANNE, DOHERTY DANIEL, CADIGAN DIANNE, O'SHEA JUDY, BENTGEN LOUIS, COOKINGHAM THEODORE, NISHIMOTO KAZUYO, COOKINGHAM TAMARA
SEPTEMBER 15	KANE PATRICIA, HERNANDEZ OSCAR, PETRUCCI MARIE, DUNFEE DIANE
SEPTEMBER 16	HODGES WINIFRED, KAVANAGH PATRICIA, MALAAB SUSAN
SEPTEMBER 17	HOWARD CHRISTINE, COLE RONALD, WILSON JAMES, CHUCK CLIFFORD, HAWKO KAREN, SNYDER AMY BETH, DESMARAIS JULIE, EATON DOUGLAS
SEPTEMBER 18	MACONE ANTHONY
SEPTEMBER 19	CANTY KAREN, MCDONOUGH LAWRENCE, CAMPBELL GAIL, FANTASIA PETER, COSTIN THOMAS, HAEFNER DONALD, JARRELL DARLENE
SEPTEMBER 20	GAUCHER DIANE, FITZGERALD W, LUDKE MARYJO, BALDINI LINDA, POTH COLLEEN, DEWING ROBERT, STERITI ANTONIA, BELAIR JAMES
SEPTEMBER 21	HENDRICKSON MATTHEW, STEINBERG ROBERT, BREITHAUPT DONNA
SEPTEMBER 22	BROWNLIE BARBARA, DOLHUN KATY, DOWNS CRIPPS SUSAN, FORTINO VICTORIA
SEPTEMBER 23	SOLEYMANI ABBAS, SANCHEZ JOSE, FLAHERTY JUDITH
SEPTEMBER 24	BALDWIN KATHLEEN, SILVA JOHN, BOONTONG VANNARAT, MCCARTHY FRANCIS, PETERSON LINDA, MALAAB GHASSAN, CASTETTER KIRK, MELANSON DANIEL
SEPTEMBER 25	NELSON CAROL, MICALIZZI STEPHEN, JORDAN BETH, JARRELL MARK, MAZAREAS, CYNTHIA
SEPTEMBER 26	BUTLER THOMAS, OBRIEN STACEY, SNOW SUSAN, KROL MARY, DUFFY PAUL, MUNNELLY DANIEL
SEPTEMBER 27	BELLIVEAU MICHAEL, MCGILLOWAY BRYAN, CAMPBELL JOCELYN
SEPTEMBER 28	DORAN EDNA, MARKOS GEORGE, ROSEN LESLIE, PRINCIPE LUCY
SEPTEMBER 29	LOCKE NANCY, STEVENSON KERRY
SEPTEMBER 30	SICARD MARIA, LOSPENNATO PAUL, WORTMAN DONNA