

November 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,

Here we have the lovely season of autumn! The leaves remind us the summer has wound down and we need to prepare for fall and the winter ahead. It is a time to gather with family and friends to celebrate the many abundances that life brings. This time of year people across the globe celebrate the harvest through rituals, song and, my favorite, food. In this country, we will gather with others on Thanksgiving and express our appreciation for life's abundance.

We also change the clocks on November 2nd. Please remember to set them an hour back the night before.

Some things worth noting:

There will be a luncheon taking place at Nahant Village Church, on Sunday November 16th, after church service honoring Maureen (Mo) Edison . Please see page 16 for details.

The COA will be closed on Tuesday, November 11th in observance of Veteran's Day. We will also be closed on the Friday, after Thanksgiving, November 28th . Please mark your calendars accordingly.

Please see inside for the many things happening here at the COA this month . The COA staff and volunteers, are thankful for each of you. Please know your participation at the Center makes it a welcoming and fun place to be. Thank you to all who come and all who serve.

Happy Thanksgiving!

~ Mary

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



November At A Glance

November 11th COA Closed



Thursday, November 13th Tiger's Den - The COA is heading to Lynn Vocational Technical High School for lunch made by students in the Culinary Arts program. The cost of lunch is \$20.00. Let's support our young chefs! Bus leaves the Tiffany Room at 11:00 am. See page 6 for details. Sign up at the Tiffany Room Desk.

Music After Lunch: On Wednesdays November 5th and November 19th at 12:30 pm. Join us for an afternoon of laughter and fun singing with Michele in the Tiffany Room. See page 15 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 November. Pokeno dates are Thursdays: November 6th and November 20th at 12:45 pm. See page 15 for details. Sign up in the Tiffany Room.



Wednesday, November 12th from 1:00-2:00 pm. Painting with Marty Taylor! Come enjoy an afternoon of fun and creativity! Marty will inspire and guide us in finding our hidden talents! \$20.00 per person. See Page 6 for details.

Friday, November 21st Thanksgiving Dinner. Join family, friends and neighbors as we share a festive luncheon with a traditional holiday meal that is sure to please! \$10.00 per person. Please sign up at the Tiffany Room Desk. See page 9 for details.



November 27th and 28th COA CLOSED



Food Shopping at Market Basket:

Nahant Council on Aging is offering free transportation to Market Basket every other **Monday**. Food Shopping dates are: **November 3rd** and **November 17th**. 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 visit will be on **Tuesday, December 16th**. Call 781-581-7557 for an appointment.



Foot Clinic:

Dr. Fernandez will be available in the Tiffany Room on a bi-monthly basis. The next visit will be **Wednesday, December 17th**. Call 781-581-7557 for an appointment.



Elder Law Consultations

with Brian Snell, Estate Attorney.



Brian Snell is offering initial **private consultations at no cost**. Brian specializes in **wills, estates, and trust planning** and is an advocate for people that need help navigating the probate process or any issue relating to estate planning. **Call the COA to schedule your appointment: 781-581-7557.**

Blood Pressure Clinic:

Held in the Tiffany Room on one **Wednesday** of each month from 10:00-11:30 am. Next clinic is on **November 19th**. No appointment is required.

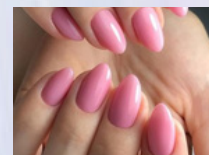


Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-7:00
Friday	10:00-5:00
Saturday	12:00-3:00
Sunday	Closed



Manicures:

Manicures will be available on **Fridays: November 7th and 21st**. Sign up for an appointment in the Tiffany Room.





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
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**

This program is made possible by:

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



UTIs and Pyelonephritis

Urinary Tract Infections (UTIs), which include bladder infections and Pyelonephritis, can present a significant problem for older adults. UTIs, usually bladder infections, occur when bacteria invade the bladder and cause infection. If left untreated, this bacteria can progress up the ureters to the kidneys and cause a kidney infection, or pyelonephritis.

Symptoms of a UTI, or a bladder infection, most commonly include frequent urination and burning with urination. Sometimes pain over the pelvis is noted. If bladder infections advance to kidney infections the symptoms worsen and can include fever, chills, nausea and vomiting, and pain in the back or sides. Interestingly, with either a bladder or kidney infection, mental status changes can be noted in older adults. As a home care nurse, when an older person was found to have sudden changes in mental status, like confusion, irritability, balance problems, a urinary tract infection is frequently found to be the cause despite having no other clear symptoms. Kidney infections can progress to the bloodstream and cause septicemia, or sepsis, which is a life-threatening condition.

Some people are more at risk of developing a UTI. Women are more at risk than men are, as are diabetics and people with a history of urinary problems, like previous infections or kidney stones. People with a weakened immune system and pregnant women are also more susceptible. Diagnosis is made through physical exam, urinalysis and culture, sometimes blood tests are needed to check for sepsis, and ultrasounds or CT might be needed to confirm kidney infections.

Treatment consists of antibiotics, usually orally, but intravenous antibiotics may be needed for kidney infections. A person is told to increase fluid intake to flush the bacteria out of the system, and pain medication like Tylenol may be taken. Hospitalization may be required for serious kidney infection or pyelonephritis. Preventing UTI's included drinking plenty of fluids, urinating when needed and not holding it for too long. When wiping, women should wipe from front to back, rather than the other direction.

So Urinary Tract Infections can be a problem for us, but they are usually easy to treat, especially if we see our doctor early when symptoms appear. Meanwhile, remember to drink adequate fluids. It's important!

Anna Marie Manzano, R.N.

Painting with Marty Taylor

November 12th 1:00 - 2:00 pm at the COA - \$20.00

All supplies are provided.

All levels of painters are welcome! You will be guided by Marty and cheered on by this friendly group of budding artists!

Come by the COA or call to register: 781-581-7557



LUNCH AT THE TIGER'S DEN THURSDAY, NOVEMBER 13TH

BUS WILL LEAVE TIFFANY ROOM AT 11:00 AM

Price Per Person \$20.00

PLEASE SIGN UP AT THE TIFFANY ROOM DESK

(THE TIFFANY ROOM WILL BE CLOSED FOR LUNCH)

**LEO FUEL ASSISTANCE - THURSDAY,
NOVEMBER 13TH - 9:30-11:00 AM**

**NEED HELP PAYING YOUR
ENERGY BILL?**

**APPLY FOR HOME HEATING
ASSISTANCE TODAY!**



Get Ready for Winter!

Fuel assistance applications are coming!

- Get help paying a portion of winter heating bills: gas,
- oil & electric
- Find out about additional energy programs to make your home more efficient
- Use any heat source: gas, oil, propane, electric, wood, kerosene, coal
- Obtain help, even if heat is included with rent
- Renters and homeowners can apply
- Boiler needs service

If you received help from fuel assistance last year, you will receive an application in the mail soon. If you do not get an application, or you have any questions, call us. We are here to help!

781-581-7557

TOWN OF NAHANT/BOARD OF ASSESSORS
FISCAL YEAR 2026

The Board of Selectmen voted to maintain a single tax rate on September 23, 2025 at the Tax Classification Hearing. The fiscal year 2026 tax rate is \$8.99 and is down 16 cents from last year. The tax bills were mailed on October 1st and should be paid no later than November 1, 2025 to avoid fees and interest. Call the Treasurer/Collector for payment information.

Exemption and Abatement applications are available to pick-up in the Town Hall; lower level. Forms are located in a rack outside the Assessor's Office. If you received an exemption in the past, you must file again this year, and every year hereafter, because exemptions are not granted automatically.

Certain seniors and veterans may also be eligible for the Town's Work-Off Abatement program: work about 100 to 133 hours in exchange for a reduction of taxes from \$1,500.00 to \$2,000.00 maximum. This program officially started September 1, 2024 and ended August 31, 2025. The reduction affects this fiscal year 2026 real estate tax bill and will be reported on the final payment notice of April 1, 2026. Older taxpayers may apply this year, please see the Assessor for more information. Applications are required every year to make room for new employees.

In addition, taxpayers may dispute their new assessment by filing an abatement application that must be received in the Assessor's office no later than November 1, 2025. Others (seniors, veterans, blind) filing an exemption have until April 1, 2026 to file but, it is best to file by January 31, 2026. All exemptions and abatements of taxes will be applied to the final payment notice dated April 1, 2026.

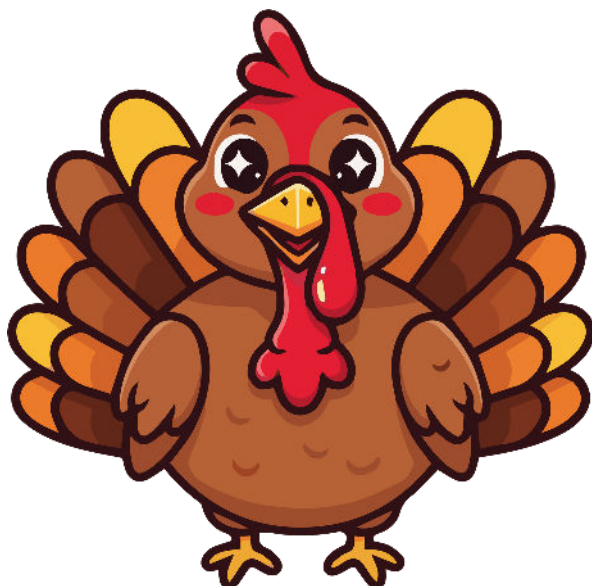
If you have any questions about your assessment, please call Sheila Hambleton, Town Assessor.

Regards,
Sheila Hambleton
Town Assessor
Ph. 781-581-0212; Fax 781-581-9849
email: shambleton@nahant.org

Computer Directions: Anyone can check their new assessments online at Nahant.org; under helpful Links, click GIS Maps & Property Data, click I Agree, click Allow, click Search (button is near top left side) - you can search by map/lot number, owner name, or address. A list of properties may pop up, then click your selection. A map highlighting the selected property will appear along with a small box containing a picture and links to property record card assessment information. In the Documents & Links tab you can find the current assessment in "Patriot Final FY Property Card" and last year's assessment in the CAI property Card link. These will be available for the month of October so you can compare assessment data.



**JOIN US FOR OUR THANKSGIVING LUNCHEON
ON
FRIDAY, NOVEMBER 21ST
IN THE TIFFANY ROOM
\$10.00 PER PERSON
CATERED BY THE COA STAFF AND VOLUNTEERS
PLEASE SIGN UP AT THE TIFFANY ROOM DESK**



The Friends of the COA would like to thank all those who supported our fundraising efforts at the Tides Restaurant on September 25th.

Congratulations to all those who won prizes!



COMING IN DECEMBER!

Boxwood Tree Decorating Workshop

Thursday, December 11th at 1:00 pm

In the Tiffany Room

Cost: \$20.00 per person

Must sign up by Monday, December 1st

Please bring clippers/shears and any personal decorations.





STUFF A CRUISER



**BOYS & GIRLS CLUB
OF LYNN**

**Please donate new, unwrapped gifts which will be
donated to local children at the Boys & Girls Club of Lynn
November 28th to December 15th 10:00 am**

GUEST SPEAKERS



Ed Locke is the Town of Nahant's Treasurer/Collector and has been in this position for the past three years. Prior to joining the Town of Nahant, Ed was a Vice President of Product Management at Bank of New York Mellon, responsible for multiple roles within Financial Services. Ed is a lifelong resident of Nahant and in his free time you can find him playing golf or spending time at the beach.

Volunteer News



Thank you Roz for the lovely September Birthday cake and for all the wonderful cakes you donate to the COA every month!

Volunteers Needed at the Nahant Council on Aging

Do you enjoy giving back to the community and lending a helping hand? The Council on Aging is looking for friendly, reliable volunteers to assist with:

- **Desserts - once a month; Cooking and meal prep**
- **Serving food to seniors**
- **Dishwashing and general cleanup**

Your time and effort will help create a warm, welcoming environment for the people we serve. Whether you have a few hours once a week, or more to give, your support makes a real difference.

No special skills required - just a willing heart and a positive attitude. Training and guidance will be provided.

For more information, or to sign up, contact Ann Callahan at the COA at 781-581-7557.

Coming December 7th



*Christmas spirits, Irish humor
and a holiday to remember.*

**GREATER BOSTON STAGE COMPANY
SUNDAY, DECEMBER 7TH**

PRICE PER PERSON IS \$35.00

LUNCH ON YOUR OWN

BUS WILL LEAVE TIFFANY ROOM AT 10:45 AM

PLEASE SIGN UP AT THE TIFFANY ROOM DESK

It's Pokeno Time!

Join Annemarie and a fantastic group of Pokeno players in the Tiffany Room on every other Thursday in November. Pokeno dates are: November 6th and November 20th at 12:45 pm!

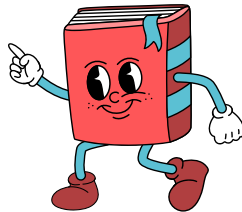


MUSIC AFTER LUNCH!

Join the COA for a fun afternoon of singing with Michele on Wednesdays: November 5th and November 19th at 12:30 pm in the Tiffany Room!

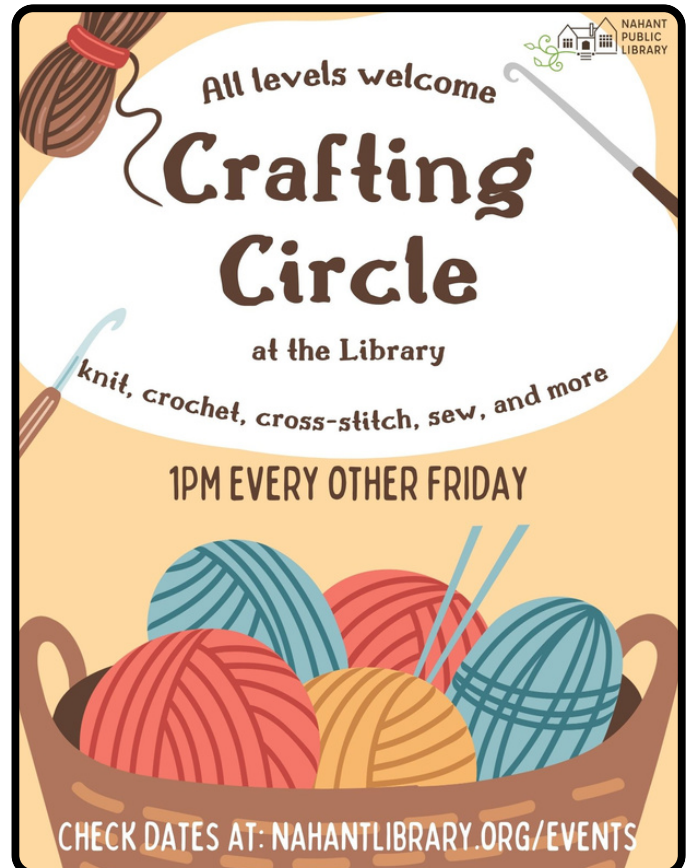


NAVIGATE NAHANT



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 Village Church



NAHANT COMMUNITY BREAKFAST

The NCB is taking a break until January . Until then, we wish you all the best and memorable holiday seasons.

**Cal and Marrit Hastings
NCB Coordinators and Hosts**

A LUNCHEON FOR MAUREEN

On Sunday, November 9, a potluck luncheon will take place for Maureen (Mo) Edison who moved to Exeter, NH a few months ago. This is an opportunity to reminiscence about her many contributions to our town and express our thanks. Please join us for this luncheon to express our thanks and wish her all the best in NH. The luncheon will be held at Nahant Village Church, starting around 11:15 following the 10 o'clock worship service.

SAVE THE DATE

Nahant Village Church will host a holiday concert on Wednesday, December 10 at 7 p.m. It will feature music by the Seaside Sirens, the Singing Sea Starts, the Village Ringers and more. This is a not-to-miss event. Admission is free; donations appreciated.

VETERAN'S FOOD PROJECT
Life Saving Station 9:00-10:30 am

Nov. 5

Dec. 3

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

Recipe



SOUTHWESTERN Pasta Salad

This vibrant, flavor-packed dish is ideal for potlucks, easy weeknight dinners or summer cookouts.

SOUTHWESTERN PASTA SALAD

PREP TIME: 10 MIN. — READY IN 15 MIN. — MAKES 10 CUPS

2-3 tbsp extra virgin olive oil, divided	1/2-1 cup fresh cilantro, chopped
4 cups corn	Sliced jalapeños, optional
1 tsp kosher salt, divided	4 cups cooked whole grain rotini pasta
1 (15-oz) can black beans, rinsed and drained	5-6 tbsp lime juice
1 red bell pepper, finely diced (about 1 cup)	1 tsp chili powder
1 red onion, finely diced (about 1 cup)	1/2 tsp smoky paprika
	1 tsp cumin
	1/2 cup crumbled feta cheese, optional

STEP 1 Warm 1 tsp of oil in a large skillet over medium-high heat. Add corn and cook for about 7 min., stirring occasionally, until the kernels are slightly charred. Sprinkle in 1/4 tsp salt near the end, remove from heat and let the corn cool completely.

STEP 2 In a large mixing bowl, combine cooled corn with black beans, bell pepper, red onion, cilantro, and jalapeños. Give everything a good toss to mix.

STEP 3 Add in the cooked pasta and toss again. Drizzle on the lime juice and remaining olive oil. Sprinkle in seasonings and mix well. Taste and adjust with extra lime juice, salt, or pepper.

STEP 4 Scoop the salad onto a serving platter and sprinkle optional feta over the top. Enjoy it chilled or at room temp.

PER 1 CUP SERVING: 220 CALORIES, 4.5G FAT, 0G SATURATED FAT, 2MG CHOLESTEROL, 30MG SODIUM, 40G CARBOHYDRATE, 8G FIBER, 8G SUGAR (6G NATURAL, 0G ADDED), 10G PROTEIN



Scan here for Joy's free newsletter with tasty recipes and exciting giveaways! Or visit JoyBauer.com

JOY BAUER
MS, RD, CDN



Nutrition/health expert for NBC's TODAY show and #1 New York Times bestselling author. For more tasty recipes, follow her on social media.

[@JoyBauer](#) [@JoyBauer](#) [@JoyBauer](#)

**\$5.00 Unless
otherwise
stated.**

Tiffany Café Menu November 2025

781-581-7557

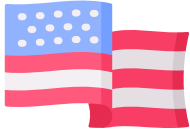
**Reservations for lunch are required
24 hours in advance.**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Penne Pasta w/Eggplant Sauce w/Onions & Mushrooms Salad Italian Bread	4 Turkey Soup Pork Marsala w/Noodles and Peas	5 Chicken & Orzo Garlic Bread Salad	6 Lasagna Salad Bread	7 Soup Quiche Veggie
10 Chicken <u>or</u> Pork Cutlets w/Gravy Rice Pilaf Veggie Roll	11 COA Closed 	12 Baked Ziti w/Meatballs Garlic Bread Caesar Salad	13 Tiger's Den COA Closed for Lunch	14 "Breakfast For Lunch" Egg & Cheese Casserole Baked French Toast Fruit
17 Quiche Fruit Salad Small Pastries	18 Spinach Salad w/Roasted Apples Maple Pecan Vinegrette Red Wine Chicken Veggie	19 Baked Ham Cheesy Potatoes Veggie Roll	20 Baked Cod Mashed Potatoes Veggie	21 Thanksgiving Dinner At the Tiffany Room
24 Cheese Steak Sub w/Peppers & Onions French Fries	25 Haddock Chowder Braised Fish Brown Rice Veggie	26 American Chop Suey Salad Roll	27 COA Closed 	28
			Please inform your server if you or anyone in your party has a food allergy.	Menu is subject to change.

EVENTS CALENDAR

November 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Strength, RR 10:30-Chair Exercise, TH 12:45 Market Basket	4 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	5 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	6 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:45 Pokeno	7 9:00 Strength, RR 10:30 Balance, TH Manicurist
10 9:00 Strength, RR 10:30-Chair Exercise, TH	11 COA CLOSED  VETERANS DAY	12 9:00 Strength, RR 10:30 Chair Exercise, TH 1:00 Marty Taylor/Painting	13 COA CLOSED for Lunch Tiger's Den 9:30 LEO Fuel Assistance	14 9:00 Strength, RR 10:30 Balance, TH
17 9:00 Strength, RR 10:30-Chair Exercise, TH 12:45 Market Basket	18 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Ed Locke, Speaker	19 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure 10:00-11:30 12:30 Music	20 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:45 Pokeno	21 9:00 Strength, RR 10:30-Balance, TH Thanksgiving Dinner Manicurist
24 9:00 Strength, RR 10:30-Chair Exercise, TH	25 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	26 9:00 Strength, RR 10:30 Chair Exercise, TH	27 COA CLOSED HAPPY THANKSGIVING DAY	28
				

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**



Fire Department Cook-Off BBQ October 7, 2025





**Police Department Cook-Off BBQ
October 15, 2025**



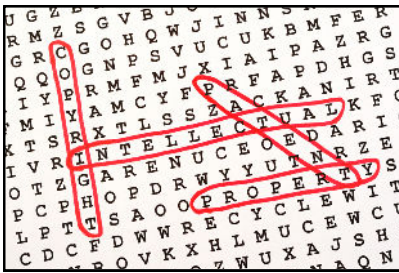
WINNERS!
Congratulations
to the Nahant
Police
Department who
won the BBQ
Cook-Off!!!!
YAH!!!





Police Department Cook-Off BBQ October 15, 2025 Continued





November Wordsearch



Q WORDS

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

QUADRATIC

QUADRICEPS

QUADRIVITUM

QUADROON

QUANTIFY

QUANTITY

QUARANTINE

QUARREL

QUARTERLY

QUATERNARY

QUERULOUS

QUESADILLA

QUICKSAND

QUILL

QUINACRINE

QUINIDINE

QUINTILE

QUINTUPLET

QUIZMASTER

QUIZZICAL

QUOTA

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

**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
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 Memory of:
Dean Locke, Sr.
Antonette “Toni” Spinucci**

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:

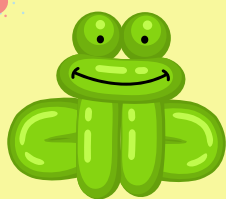
In Appreciation of:

Name: _____

Please send gift notification to: _____

Please make checks payable to:

“Friends of Nahant Council on Aging”, 334 Nahant Rd., Nahant, MA 01908



NOVEMBER 01	BANCHONGMANIE RONACHAI, DRAGON MARGARET, VANDERSLICE DEBORAH, DEVEREAUX JAMES, MURPHY SCOTT, RIZZO MARY, MOSCHELLA ANTHONY, MCMANUS KEVIN
NOVEMBER 03	GAYNOR BRENDA, LONG PATRICIA, KOEHLER PAULA, DUCHARME BARBARA, TIBBO WILSON, HOLMES SCOTT
NOVEMBER 04	BLANK HAROLD, CULLINAN MARK, KOUTROUBIS LOUIS, GRAMOLINI DONNA
NOVEMBER 05	CONLIN MARY, SULLIVAN NEAL, DONOVAN KEVIN
NOVEMBER 06	SHERRY SUSAN, FRAUENHOLZ CHARLES
NOVEMBER 07	BOLTHRUNIS CHARLES, BIBBER KENNETH, WORNHAM WENDY, BLEAU LINDA, TYLER-MALONE LYNNE, CORT JULIA, PELLERIN TARA
NOVEMBER 08	NORCROSS LORETTA
NOVEMBER 09	MULKERN BARBARA, GIRARD PATRICIA, WARREN DEBORAH
NOVEMBER 10	MASONE ALBERT, ROY JOHN, SHURTLEFF PAMELA, CAMPANELLA THOMAS, MUNNELLY COLLEEN
NOVEMBER 11	PIVACEK LINDA
NOVEMBER 12	SCIGLIANO ROBERT, LYNCH CYNTHIA, PEREPELITZA DANIEL, DOUGHERTY MICHELE, VANDERSLICE ROBERT, LONG MICKEY
NOVEMBER 13	RILEY SARA, PELLEY MARGARET, DAVIS ROBERT, FAMULARI THOMAS, OLSON PETER
NOVEMBER 14	AYERS JOSEPH, SPALLINA WILLIAM, PILLSBURY SUSAN, DOYLE MARY
NOVEMBER 15	FORGIONE MARIO, CARR MICHAEL, RYAN KATHLEEN
NOVEMBER 16	DEINES BARBARA, MACKEY JOHN, MICHAELS FRAN, BARBACOFF ALAN, MURPHY ANDREA, ALOUPIS CARL
NOVEMBER 17	PIVACEK WILLIAM, DETRICH HARRY, WILSON PAMELA, MERLINO-ROGERS ANNETTE, CASEY DARLENE
NOVEMBER 18	TARLOV EDWARD, GRADY ANNE-MARIE, LOMBARD MARY ANNE, RIZZO ROBERT, GALLAGHER NILDACY, BISHOP CATHERINE
NOVEMBER 19	DIAZ ISABEL, JONAS FREDERICK, REEH BRUCE, LERMAN ROBERTA
NOVEMBER 20	SPERIDAKOS PETER, CAMERON RONALD, MOYNIHAN JOHN, EDWARDS SUSAN, CROTTY EVELYN, SHEEHAN DANA
NOVEMBER 21	DEIULIS FRANK, GAYNOR ROBERT, DOLAN JAMES, BREITHAUPT DOUGLAS, VAIL KAREN, STRACCIA JOSEPH, STEVENS RICHARD, AMBROSINO THOMAS, MANNING ROSEANN
NOVEMBER 22	DICKENSON ROBERT, GOODRICH EDWARD, WAKEFIELD KAREN, BOLOURCHI HASSAN, PELLETIER RICHARD, WALSH JEAN, GORECKI LECH, PRITCHARD STEVEN, PEDRAZA LUIS
NOVEMBER 23	DIMUZIO LORRAINE, ONEILL EDWARD
NOVEMBER 24	MASSARO ALESSANDRO, WEISKEL JANICE, BERTORELLI JOSEPH, WATERS DEBORAH, ALLARD ROBERT, GREENAWALT THOMAS, O'NEILL COLLEEN
NOVEMBER 25	WOOTTEN BARRY, CRONIN PATRICIA, CACCIVIO JAMES, DENISCO LORI, COOKE PATRICK, PARISH HAN
NOVEMBER 26	KOEHLER CHARLES, TANFANI LINDA, O'DONNELL RITA, OLIVER SIS, SPERIDAKOS KALOMOIRA, MANZANO ANNA, LOCKE DIANE, RAJUNAS JON, CONDON JOHN, GAWLOCKI PETER
NOVEMBER 27	COHEN CELESTE, GIRARD PAUL, CARDILE SHERYL, DEMAKIS GREGORY, MAHONEY JOHN, TIRRELL-WALLACH LOREEN
NOVEMBER 28	LAWRENCE RICHARD, TERMINELLO WAYNE, KEANE GREGORY
NOVEMBER 29	FLANAGAN MARIA, KIRTON ERIC, ANTRIM JOSHUA
NOVEMBER 30	WHITE WILLIAM