

December 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,

It's that magical time of year! Happy Holidays!

It is also a busy time of year and I hope you will be spending some of your time with us. We have lots of things on the calendar! There are also many events in the town worth looking into and attending. Please make sure to check things out and participate!

I wanted to tell you all that the lunch hours are returning to 11:30 am starting in January. We tried to move the time up to noon time recently, and it seems to not be working. So we are returning to our old start time beginning next month. Just a reminder to call the COA no later than 24 hours before to make a reservation for lunch! The earlier you call the better! If someone is not available, please leave your name and phone number to get a return call to confirm. Thanks!

Another thing worth noting: My time here at the Nahant COA is coming to a close! I am leaving my position here on December 31st to take on a full-time position in January at Manchester by the Sea. I have been here for four years and am most grateful for the time we have spent together. I am indebted to the staff and the many volunteers who are dedicated and committed to keeping things running. There have been many good times as well as sad. I will forever hold my Nahant experience here in my heart always. I know you will welcome whoever comes after me with the same warmth and love you have given to me. I thank you from the bottom of my socks, because from the bottom of my heart just does not seem deep enough!

Merry Christmas and Happy New Year!

~ 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

December At A Glance

Sunday, December 7th “An Irish Carol” Christmas spirits, Irish humor, and a holiday to remember! Join the COA for another trip to the Greater Boston Stage Company. Lunch will be at Evviva Trattoria prior to the show (lunch on your own). \$35.00 per person. Bus leaves the Tiffany Room at 10:45 am. See page 6 for details.

Maple Street Bistro - Tuesday, December 9th. The Maple Street Bistro is a student-run facility with fresh food prepared daily at the Essex North Shore Agricultural and Technical High School. The menu has been tailored to our group and includes a salad, an entrée, a beverage and a dessert for \$20.00. Sign up at the Tiffany Room Desk. See page 6 for more details. Bus will leave at 10:30 am.

Painting with Marty Taylor! Come enjoy an afternoon of fun and creativity! Marty will inspire and guide us in finding our hidden talents! The next painting class will be on Wednesday, December 10th from 1:00 - 2:00 pm. Materials fee of \$20.00. See Page 7 for details.

Holiday Boxwood Tree Workshop with Angela Bonin on Thursday, December 11th at 1:00 pm. Make a stunning and festive boxwood tree for your holiday table. Angela will guide you through the creative journey of turning nature into a holiday treasure! The fee is \$20.00. Bring your clippers/shears and have a great time! See page 7 for details.

Music After Lunch: On Wednesdays December 3rd and December 17th 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 December. Pokeno dates are Thursdays December 4th and December 18th at 12:45 pm. See page 15 for details. Sign up in the Tiffany Room.



COA Christmas Party at the Knights of Columbus on Friday, December 19th at 11:15 am. Tis' the season to be festive! Good food, friends, music and special guests. \$20.00 per person. See page 9 for details.

COA closure Wednesday, Thursday & Friday: December 24th, 25th and 26th.

COA New Year's Eve Party on Wednesday, December 31st at 12:00 pm. Ring in the New Year with friends and acquaintances at the Tiffany Room. Share your wishes for a healthy and joyous New Year! Sign up at the Tiffany Room desk. \$10.00 pp. See page 9 for details.

COA is closed for New Year's Day on January 1st, 2026.

Food Shopping at Market Basket:

Nahant Council on Aging is offering free transportation to Market Basket every other **Monday**. Food Shopping dates are: **December 8th** and **December 22nd**. 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 is on **Tuesday, December 16th**. Call 781-581-7557 for an appointment.



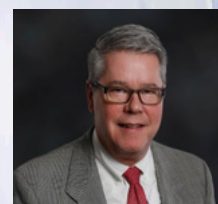
Foot Clinic:

Dr. Fernandez will be available in the Tiffany Room on a bi-monthly basis. The next visit is **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 **December 17th**. No appointment is required.

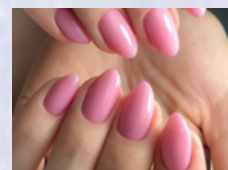


Monday	Closed
Tuesday	10:00-7:00
Wednesday	10:00-5:00
Thursday	10:00-7:00
Friday	10:00-5:00
Saturday	12:00-3:00
Sunday	Closed



Manicures:

Manicures will not be held in December. Next visit will be in January.





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.**



Holiday Joy and Holiday Stress

The holiday season is upon us. With Thanksgiving, just past, and Hanukkah and Christmas ahead of us, many of us know we will be experiencing some stress. Some of us may be feeling sadness at the loss of a loved one or the loss of friends, and some of us may be feeling the anxiety of having to do too many things in preparation for the holidays.

Stress can be physically harmful as well as mentally and emotionally harmful. Certainly, stress effects our blood pressure and our heart. It can cause loss of sleep which can cause irritability, memory loss, and decreased alertness. Stress can deplete our nutrients and vitamins, especially Vitamins A, C, and B complexes. These effects can contribute to falls or injuries and also predispose us to viral illnesses.

What can we do to decrease stress or the effects of stress. First, try to get adequate sleep at night. Try to maintain a regular sleep schedule, avoid the blue light of a computer before bedtime, and avoid eating before going to bed. A cool and dark bedroom is also highly recommended. Eating a nutritious diet can also help. A Mediterranean diet, low in fats, lean protein, unsaturated oils, and a good portion of vegetables is recommended. Exercising during the day, even mild exercise, is very helpful in managing stress. Physical activity releases “feel good chemicals and hormones” that help mediate stress. All movement counts. It’s good to run or walk three miles, but even getting up from your chair every hour and walking around a bit improves your circulation throughout your body and to your brain.

As to holiday stress specifically, plan ahead and start early, prioritize, set boundaries, avoid over scheduling yourself, and simplify tasks. Simplify your gift list, give tickets for experiences, or just give money. Go with a smaller tree or fewer decorations if you need to. And prioritize self-care. Get adequate rest and do things you enjoy. Spend time with family and friends but limit your commitments. Here’s a trick. Think of three things you can remove from your list and add three things that give you joy.

Wishing a Merry Christmas, Happy Hanukkah, Merry Winter Solstice, and good health to all.

Anna Marie Manzano, R.N.



*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



MAPLE STREET BISTRO - \$20.00/PER PERSON

TUESDAY, DECEMBER 9TH - BUS WILL LEAVE THE

TIFFANY ROOM AT 10:30 AM. PLEASE SIGN

UP AT THE TIFFANY ROOM DESK



Painting with Marty Taylor

**Wednesday, December 10th from
1:00 - 2:00 pm at the Tiffany Room
Materials Fee is \$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 at:
781-581-7557**



Boxwood Tree Decorating Workshop

Thursday, December 11th at 1:00 pm

At the Tiffany Room

Cost: \$20.00 per person

Must sign up by Monday, December 1st

**Please bring clippers/shears and any
personal decorations.**

Maximum 20 people.

**LEO Fuel Assistance
Thursday, December 11th.**

**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



Dear Friends,

Scammers are targeting seniors in Massachusetts by pretending to be utility companies such as Eversource or National Grid. These callers will make claims that your power will be shut off unless you pay immediately, often with gift cards or through unverified phone numbers. Please be aware: this is a scam. If you get a call like this, hang up the phone. Then check your bill or log into your account to find the real customer service number for your utility company and call them directly.

□ Eversource: 800-592-2000

□ National Grid: 800-322-3223

Scammers are relentless. Utility companies work to educate and protect their customers.

Please share this warning with family members and neighbors, especially older adults who may be less comfortable navigating these situations.

Let's look out for one another.

All the best,
Seth Moulton



COA CHRISTMAS PARTY

FRIDAY, DECEMBER 19TH

KNIGHTS OF COLUMBUS - 11:15 to 1:30 PM

SANTA WILL MAKE A GUEST APPEARANCE

\$20.00 PER PERSON



COME CELEBRATE!!

NEW YEAR'S EVE PARTY

WEDNESDAY, DECEMBER 31ST

AT THE TIFFANY ROOM 12:00 PM

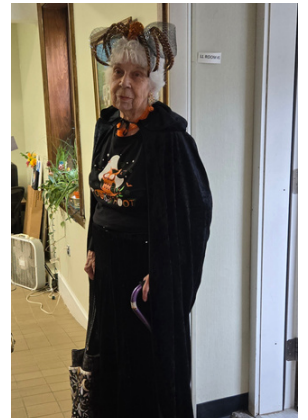
\$10.00 PER PERSON

GUEST SPEAKER



Attorney Brian Snell, Elder Law Attorney is coming on Tuesday, December 2nd to have lunch at the COA. Brian specializes in wills, estates, and trust planning and is an advocate for people that need help dealing with the probate process or any issues relating to estate planning. Please join us!

HALLOWEEN PICTURES OCTOBER 31, 2025



Painting with Marty Taylor November 12, 2025



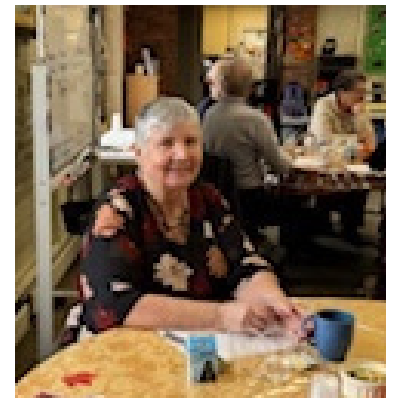
**Eviva Trattoria
November 2, 2025**



**Tiger's Den
November 11, 2025**



Thanksgiving Dinner November 21, 2025



Volunteer News



Thank you, Eddie Roland, for your years of service volunteering and helping with the COA meals and functions! We are truly grateful!



Thank you, Lisa Flanagan, for your delicious desserts. We enjoy and appreciate having you volunteer to make desserts for the COA seniors on a monthly basis.

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, please contact Ann Callahan at the COA at 781-581-7557.

It's Pokeno Time!

Join Annemarie and a fantastic group of Pokeno players in the Tiffany Room on every other Thursday in December. Pokeno dates are: December 4th and December 18th at 12:45 pm.

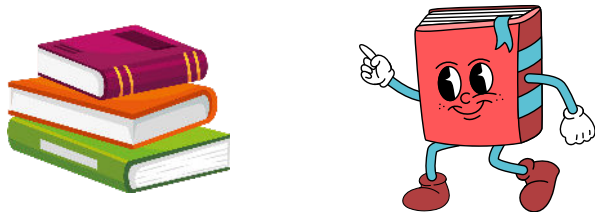


MUSIC AFTER LUNCH!

Join the COA for a fun afternoon of singing with Michele on Wednesdays: December 3rd and December 17th 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.

St. Vincent de Paul of Nahant presents our Salvation Army Christmas Gift Drive

Drop Off
Sunday, December 7, 2025 — 8:30 to 10:30 a.m.
St. Thomas Parking Lot, 248 Nahant Rd.

New, unwrapped gifts are needed for children ages newborn to 12.
Toys | Dolls | Games | Craft Kits etc.
Pajamas - all sizes including larger sizes for husky kids.

"For it is in giving
that we receive."
-St. Francis of Assisi



Donations are tax deductible.

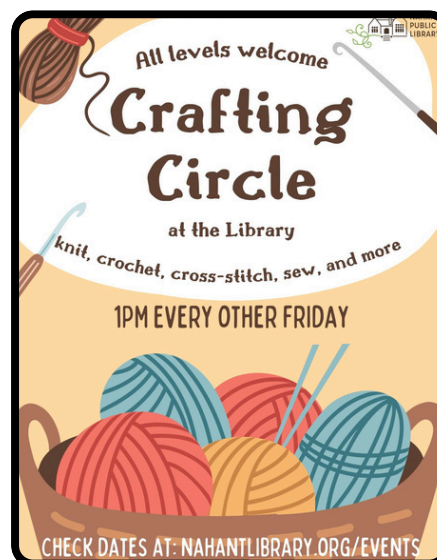


HOLIDAY CONCERT IN NAHANT UTE PRESENTS WHERE THE LIGHT BEGINS

PERFORMED BY
THE SEASIDE SIRENS &
THE SINGING SEA STARS

WED, 12/10, 7PM
VILLAGE CHURCH
SUN, 12/14, 4.30PM
COMMUNITY CENTER

DONATIONS APPRECIATED



VETERAN'S FOOD PROJECT

Life Saving Station 9:00-10:30 am

Dec. 3 Jan. 7 Feb. 4 Mar. 4 Apr. 1
May 6 June 3 July 1 Aug. 5 Sep. 2

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

Recipe

SPAGHETTI WITH FRESH TOMATO SAUCE

PREP TIME 5 MIN. • COOK TIME 25 MIN.
READY IN 30 MIN. • MARINATING TIME • SERVINGS 4

- > 2 lbs large ripe tomatoes
- > ¼ cup olive oil
- > 2 tsp red wine vinegar
- > 2 cloves garlic, minced
- > ½ tsp dried oregano
- > ¼ [16 oz] box spaghetti
- > ½ cup shredded part-skim mozzarella
- > ½ cup torn basil leaves

STEP 1 Place a box grater in a medium bowl. Halve the tomatoes and coarsely grate over the bowl, starting with cut sides. Stir in the oil, vinegar, garlic, and oregano. Season with salt and pepper. Marinate at room temperature for up to an hour or refrigerate for up to 8 hours.

STEP 2 Bring a large pot of salted water to a boil on high. Cook the pasta according to package directions. Drain and return pasta to pot. To pot, add the crushed tomato sauce, mozzarella, and basil, tossing to coat pasta. Season with salt and pepper and serve immediately.

PER SERVING: 527 CALORIES, 18G FAT, 4G SATURATED FAT, 9MG CHOLESTEROL, 12MG SODIUM, 74G CARBOHYDRATE, 6G FIBER, 1G SUGAR, 17G PROTEIN





**\$5.00 Unless
otherwise
stated.**

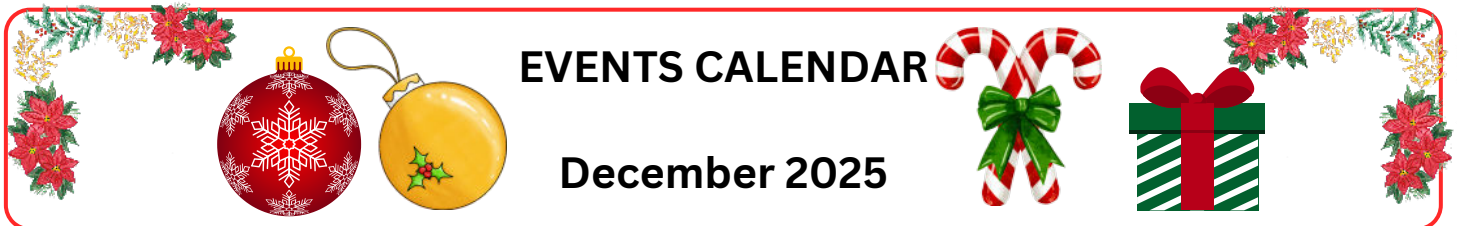
Tiffany Café Menu December 2025

781-581-7557

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Shepherd's Pie Cornbread Salad	2 Cesar Salad Penne Pasta w/Sweet Pea Cream	3 Beef Stew Cornbread Salad	4 Shrimp Scampi over Angel Hair Pasta Salad Roll	5 Soup Grilled Cheese Sandwich Chips
8 Spaghetti & Meatballs Salad Roll	9 COA CLOSED Field Trip to the Maple St. Bistro	10 Chicken Scampi over Pasta Garlic Bread Salad	11 Baked Ham Mashed Potatoes Veggie	12 "Breakfast for Lunch" Egg & Cheese Casserole Baked French Toast Fruit
15 French Onion Soup Ham & Cheese Sandwich Pickle	16 Tomato Soup Roasted Pork Au Gratin Potato Veggie	17 Chicken Pot Pie Noodles Salad Roll	18 Hot Ham & Cheese Sandwich Pasta Salad Pickle	19 Christmas Party at the K of C
22 American Chop Suey Cheesy Biscuits Salad	23 Green Salad Braised Fish in Tomato, Pepper, Onion & Capers Rice	24 	25 	26 
29 Chicken Parm Mashed Potatoes Veggie Salad	30 Lasagna Salad Garlic Bread	31 New Year's Eve Party at the Tiffany Room	Please inform your server if you or anyone in your party has a food allergy.	Menu is subject to change.

COA CLOSED FOR CHRISTMAS HOLIDAY



EVENTS CALENDAR

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Strength, RR 10:30-Chair Exercise, TH	2 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Atty. Snell	3 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	4 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:45 Pokeno	5 9:00 Strength, RR 10:30 Balance, TH
8 9:00 Strength, RR 10:30-Chair Exercise, TH 12:45 Market Basket	9 COA Closed for lunch Maple Street Bistro	10 9:00 Strength, RR 10:30 Chair Exercise, TH 1:00 Marty Taylor/Painting	11 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 9:30 LEO Fuel Assis. 1:00 Boxwood Tree Workshop	12 9:00 Strength, RR 10:30 Balance, TH
15 9:00 Strength, RR 10:30-Chair Exercise, TH	16 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	17 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure 10:00-11:30 12:30 Music Foot Doctor Diane Dunfee, Lunch Speaker	18 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:45 Pokeno	19 9:00 Strength, RR 10:30-Balance, TH 11:15 Christmas Party at K of C
22 9:00 Strength, RR 10:30-Chair Exercise, TH 12:45 Market Basket	23 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	24 	25 	26 
29 9:00 Strength, RR 10:30-Chair Exercise, TH	30 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	31 9:00 Strength, RR 10:30 Chair Exercise, TH 12:00 New Year's Eve Party	COA CLOSED FOR NEW YEAR'S DAY JANUARY 1, 2026	

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

If you have any **SHINE (Serving the Health Insurance Needs of Everyone)** 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 the number above and asking to speak with a counselor on duty or leaving a message for the next available counselor on duty. Counselors are not always accessible on a daily basis but calls are returned ASAP.



December Puzzle



U CAN SOLVE IT!



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.

UGLY	UNITED
ULCER	UNZIP
UMBER	UPKEEP
UNDER	UPLIFT
UNEQUAL	UPPER
UNGULATE	UPWARD
UNHAPPY	URANUS
UNICORN	URBAN
UNIFORM	USHER
UNION	UTAH
UNIQUE	UTENSILS
UNISEX	UTILIZE

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

**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 Appreciation of:

All The Volunteers At The COA

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



DECEMBER 01	RODRIGUEZ AUSTRIA, DELANEY CATHERINE, WARD DIANE, ROGERS CHRISTOPHER, CLARKE PAUL
DECEMBER 02	MAYO HELEN, FRANGULES SANDRA, VIKESLAND LYNN, MCCARTHY EDWARD, MC DEVITT THOMAS, MCCARTHY PETER
DECEMBER 03	LOCKE EDMOND, WILSON ROBERT, SAMPSON-REISER MARY
DECEMBER 04	RUSK IRVINE, GAUDET ROBERT, BROWNLIE HELEN, CANTY KATHLEEN
DECEMBER 05	PANOS ALEXANDER, MCARDLE REGINA, DOCKEN WILLIAM, LAZZARO CHRISTINE, FRARY ROBERT, LIEBMAN ROBERT, WALTON JOHN
DECEMBER 06	CURRAN MARGARET, DUNN MICHAEL, ZAHORA GREGORY, SCHUNDLER RODNEY, PATTISON JEANNE
DECEMBER 07	LERMOND MARY, CUNNINGHAM JAMES, DEMAKIS JOAN, FLAHERTY PETER, THOMPSON DANIEL, BRIEN GRETCHEN
DECEMBER 08	KANE SUSAN, COMITO RICHARD, DALPE GERARD, KLEE GREGORY
DECEMBER 09	DOWLING MARGARET, BONGIORNO DORIS, ZIRPOLO VANDA, MASON LINDA EVANS BEVERLEY, KEENAN MARTIN, MALATESTA VITTORIA, KENDALL CHRISTINE, CARMODY KAREN, KEANE LISSA
DECEMBER 10	WHITE PAULINE, KHATSERNOV GENNADIY, TARMY JULIE, RENZELLA PAUL, FLAHERTY THOMAS, HALL GORDON, CASTER COLEEN
DECEMBER 11	PRINCIP LUCIA, WHITLOCK CHRISTOPHER, PETROPOULOS DEBORAH
DECEMBER 12	TIRRELL ROSEMARIE, MANNING MICHAEL, MACONE LINDA, GOODWIN TIMOTHY, COLE EILEEN, HYDE FREDERICK, SCOVELL JOHN
DECEMBER 13	NELSON ABIGAIL, SHORE VICKI, KOSCIELECKI EDWARD, BAILEY CALVIN, COLIN BARRY, COLWELL JOANNE, SMITH STEPHEN, CATERINO ELIZABETH
DECEMBER 14	DORLANDO RICHARD, GAVIN JOHN, BALL JEAN
DECEMBER 15	VONASCHWEGE TIMOTHY, FLAHERTY DAVID
DECEMBER 16	VOUKYDIS WILMA, BIRD GAIL, JACOBBER CAROL, SCAGLIONE MARK, GOODE MICHAEL
DECEMBER 17	HALL S, ENGLISH MARY, CROWLEY MARY, HOULIHAN ALICE
DECEMBER 18	ALESSI GOODWIN MARY ELLEN, FITZGERALD JUDITH, SHULTZ MAUREEN
DECEMBER 19	FLYNN JUDITH, MOCCIA JUDI, ANTRIM ELLEN, BIGLER JEFFREY
DECEMBER 20	MORSE WILLIAM, MACKIN KATHRYN, CARANGELO KENNETH
DECEMBER 21	SPINNEY-COSTIN NOEL, PETERSON LINDA, DONAIS SALLY, POULIN LAURA
DECEMBER 22	WYNNE JOHN, DEVENS BARBARA, BATES CHRISTINE, CALOGGERO JAMES, SULLIVAN LISA, ZAGNOLI SALLY
DECEMBER 23	PELLEGRINI ORLANDO, DANIELS ANNMARIE, GOGUEN NICOLE
DECEMBER 24	USANOV ALEKSANDR, KENYON SHEILA, BLANK MARGARET, MICHAUD FRANCIS, PELLERIN JOHN
DECEMBER 25	PETERSON ROGER, MASON JOHN, HAGGERTY SUSAN
DECEMBER 26	POLIA MARY, BENNETT JANICE, POWER PAUL, STUBBS ELIZABETH, COMPTON BRUCE, ORZALLI JOHN, MACLONE STEPHEN, GERE BRIGITTA
DECEMBER 27	MARCELLINO TOMASSO, SIDWELL BARRY, WHITE GARY
DECEMBER 28	MAGUIRE SUSAN, MANZANO EDWIN, KEENAN JUDITH, QUINN JANICE, LOSPENNATO KAREN
DECEMBER 29	SIGOURNEY FLORA, SINGER JACQUELINE, CANTY EUGENE, ALEXANDER CHRISTINE, MCCARTHY SUSAN
DECEMBER 30	OCONNOR RICHARD, SIMPSON MARK, NICKETAKIS DENISE, OSBAHR CAROLYN, HIGGINS DAVID
DECEMBER 31	HATHAWAY PRISCILLA, MATHIAS CHRISTOPHER, SAMSON HUGH, LEBLANC ROBIN KASPER STACEY