

April 2026

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.*”

“From the Director”

Welcome to Spring!

April is not only the beginning of Spring but, most importantly, it is considered “Volunteer Appreciation Month.” Winston Churchill once said: “We make a living by what we get, but we make a life by what we give.” On behalf of the Council, I want to personally extend my heartfelt thanks to each and every one of you for the time, energy, and kindness you give to our Council. Your willingness to volunteer makes an incredible difference in the lives of the individuals we serve. There are too many people to thank in this letter and believe me not one of you goes unnoticed. Volunteering is truly the heart of a community and we are so fortunate to have such dedicated individuals who care enough to make Nahant a better place for our seniors and, because of you, our Programs run so smoothly.

Speaking of programs, we have been very busy! We have had some great “special” luncheons, outings to different restaurants, music, pokeno, and line dancing. This month we have our Easter luncheon and our trip to the Brook Casino in Seabrook, NH. We are always looking for ideas on what to do, so please drop in just to say hello and/or share your ideas.

**Warmly,
Kelly**

**Nahant Council on Aging
Monday-Friday 9:00am-1:00pm
Lunch will be served at 11:30am
Monday-Friday**

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



April 2026 At A Glance



Monday, April 20th the COA is closed for Patriot's Day!



Music After Lunch: Every other Wednesday in April. Music dates are April 8th and 22nd at 12:30 pm. Join us for an afternoon of laughter and fun singing with Michele in the Tiffany Room. See page 7 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 April. Pokeno dates are April 2nd and 16th at 12:30 pm. See page 7 for details. Sign up in the Tiffany Room.



Join the Nahant Council on Aging for our Easter Luncheon Celebration on Friday, April 10th in the Tiffany Room. Enjoy good food, great company and a festive afternoon together. Cost is \$10.00 per person. Everyone is welcome, so sign up and come celebrate with us! See page 9 for details.



Put on your dancing shoes and join us for Line Dancing for All Levels at the Town Hall Auditorium! April 3rd at 10:15-11:00 am is the last class of the four-week session which began in March. The fee for this class is \$3.00. Everyone is welcome, so come have some fun and get moving! See page 7 for details.

Thursday, April 30th join us for a fun-field trip to the Brook Casino in Seabrook, NH! Come enjoy a day out with friends, exciting games and great company. The COA bus will leave the Tiffany Room at 9:30 am. Everyone is welcome, so sign up and don't miss the fun! See page 9 for details.

Senior Center Trip Cancellation Policy

Please refer to each trip flyer for specific cancellation deadlines. Cancellations made after the posted deadline will only be refunded if a replacement participant can be found. No refunds will be issued for no-shows on the day of the trip.

Food Shopping at Market Basket:

Nahant Council on Aging is offering free transportation to Market Basket every other **Monday**. Food Shopping dates are: **April 13th and April 27th**. 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 **Thursday, April 9th**. 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, May 13th**. 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. **Brian's next visit will be in May. Watch for the date and call the COA to schedule your appointment: 781-581-7557.**

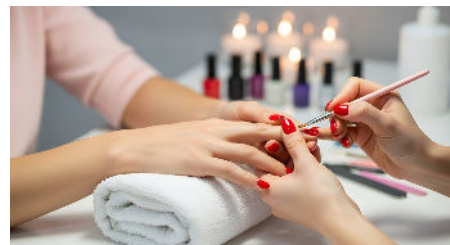
Blood Pressure Clinic:

Held in the Tiffany Room on one **Thursday** of each month from 10:00-11:30 am. Next clinic is on **April 16th**. No appointment is required.



MANICURES ARE BACK!

Manicures will be held on **Tuesday April 7th and April 21st**.



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 third Tuesday at 11:00 am.

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

Significant Other/Spouse Caregiver Support Group via Zoom:

Wednesdays, April 8th & 22nd at 11:00 am

Adult Children Caring for Parents Support Group via Zoom:

Tuesday, April 14th at 12:00 pm

Contact mparr@glss.net for Zoom link

**For more information,
Please call 781-581-7557 or
email: kking@nahant.org**

These programs are made possible by:

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



Vaccines Still in the News

I wish I did not need to bring it up again, but I feel I need to as vaccines are back in the news again, or should I say the diseases they can prevent are in the news. Measles has been on the evening news and in our local paper because of multiple cases arising in several states. Health experts are telling us this is because more people are not getting vaccinated.

I have also heard the statement, “ Well, we need to build up some natural immunity.” We have heard from health officials that we are using too many antibiotics and antibacterial products and by avoiding their overuse we can “build up our immunity”. This is true of antibiotic use for some common bacteria, but making the same assumption about serious viral infections can be very dangerous. Lets look at a couple of these diseases and their complications.

Measles was common when some of us were young, but it came with a high price for some. Measles is highly contagious, and its symptoms include a high fever, cough, and the typical red, blotchy rash. Complications include pneumonia, encephalitis, deafness, blindness, and potentially death. One in ten cases required hospitalization. These are a high price to pay for the theory of achieving natural immunity. That’s why a vaccine was created and the vaccine has, for many years now, been very effective.

Polio surprisingly is on the increase again, and again because of decreased vaccination rates. Its symptoms are high fever, fatigue, stiff neck, headache, and in 1% of the cases, polio causes paralysis. Not a high percentage, but a high price. Pertussis, also known as whooping cough, is another vaccine that is on the decrease. It is also called the 100-day cough because the cough, sometimes severe, can last a long time and it is also highly contagious. Its vaccine is the common DPT or TDap. Children have been given this routinely for years. It is combined with the tetanus and diphtheria vaccines and has certainly saved many lives over the years. It does wane over time, so tetanus is recommended every ten years, especially with a deep cut, etc. Pertussis is recommended for the elderly who have young grandchildren. It can protect them both. And let’s not forget the new vaccine for RSV. All of these can save us a lot of discomfort and potentially our lives. They also protect those around us, and by extension, the entire community.

Stay healthy,
Anna Marie Manzano, R.N.



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:

- **Dishwashing, one day a week for each month (4 times)**
- **Cooking and meal prep one day a week for each month (4 times)**
- **Desserts - provide one day a month**

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 or email: acallahan@nahant.org.

Janice Lewis, Volunteer



Janice is a retired teacher and has lived in Nahant with her husband, Jeff, for the past 10 years.

We are proud to recognize Janice for her outstanding dedication and service to our Senior Center. Since joining us, Janice has generously shared her time, energy, and compassion to help create a welcoming and supportive environment for all. Whether assisting with our daily lunches in the Tiffany Room, or simply offering a friendly smile, Janice goes above and beyond to make a difference. Her kindness and reliability has made a meaningful impact on both staff and participants alike. Volunteers like Janice are the heart of our center, and we are truly grateful for her commitment to enriching the lives of others.

Thank you, Janice, for all that you do!

It's Pokeno Time!

Join Annemarie and a fantastic group of Pokeno players in the Tiffany Room every other Thursday in April. Pokeno dates are: April 2nd and 16th at 12:30 pm.



MUSIC AFTER LUNCH!

Join the COA for a fun afternoon of singing with Michele every other Wednesday in April. Music dates are: April 8th and 22nd at 12:30 pm in the Tiffany Room!



Council on Aging - Nahant

LINE DANCING FOR ALL LEVELS!



♪ 4-Week Session! ♪

MARCH 13 • MARCH 20 • MARCH 27 • APRIL 3
10:15 AM - 11:00 AM
Town Hall Auditorium

Fun, Fitness & Friends!
First lesson March 13 FREE!
Then \$3 Each Class Thereafter



60 or Better! Welcome!

**LEO Fuel Assistance
will be held on Thursday, April 23rd**

**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 at 781-581-7557. We are here to help!

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.



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



**THE NAHANT COA INVITES YOU TO JOIN US FOR AN
EASTER LUNCHEON CELEBRATION
ON FRIDAY, APRIL 10TH, AT 11:30 AM
SIGN UP IN THE TIFFANY ROOM
\$10.00 PER PERSON**



The Brook Casino

Join the Nahant COA for a fun trip to the Brook Casino in Seabrook, New Hampshire on Thursday, April 30th. Sit back, relax and enjoy the ride as we spend the day out together at one of the area's most popular destinations. The bus will depart from the Tiffany Room at 9:30 am. Everyone is welcome - come along and enjoy a great day of fun and good company! Sign up in the Tiffany Room.



The Compost Area will open on Saturday, April 4th
Hours: Wednesdays & Saturdays 9:00 am-3:00 pm
2026 RESIDENT STICKER REQUIRED



Acceptable materials: leaves, grass clippings, garden waste, weeds, hedge clippings and small brush.

NO Tree stumps, trees and tree limbs, **no** larger than 8” in diameter. Leaves and other yard waste **must** be in biodegradable bags. NO plastic bags.

Please keep compost materials **free of** plastic, glass, cans, bottles, stones, metals, trash or other debris.





**METAL/WHITE GOODS/TV/COMPUTER
RECYCLING DATES:**

**LAST SATURDAY OF EACH MONTH
STARTING APRIL 25th - OCTOBER 31st**

**8:00 AM - NOON BEHIND DPW GARAGE
40 FLASH ROAD
RESIDENT STICKER REQUIRED**



CERTAIN FEES MAY APPLY:

**No Charge for whitegoods, metal, propane tanks,
computer towers**

\$25.00 for first TV/MONITOR **\$15** for each additional

**NO CASH - CHECKS ONLY made out to the
Town of Nahant**

Nahant Community Breakfast



Patty Karras
30-years of proven financial
management leadership &
Strategic leader/advisor
School Com. Chair
MBA/BS in Accounting from
Bentley University.



David Wilson
50 years service to the town
40 years Call Firefighter
37 years DPW
12 years SchoolCom.
12 ConservationCom.
10 years HousingAuthority

Come Meet Your Candidates for Selectmen!

Nahant Village Church
27 Cliff Street

All are Welcome

Century House & Farewell to
Linda "Whiskey" Peterson
March 5, 2026





Line Dancing



St. Patrick's Day Luncheon



Tiffany Café Menu April 2026

**\$5.00 Unless
otherwise
stated.**

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

781-581-7557

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti & Meatballs Salad Roll	2 Chicken Noodle Casserole Salad	3 Caesar Salad Sausage Cacciatore w/Peppers & Onions over Pasta Italian Bread
6 Texas Hash w/Peppers, Onions & Beef over Rice Salad	7 Tomato Soup Apple Cider Braised Pork with Cabbage and Carrots	8 Caesar Salad Pasta in Broccoli Cream Sauce	9 Chicken Pasta Fagioli Salad Bread	10 <p style="text-align: center; color: magenta;">EASTER LUNCHEON</p> 
13 Chicken Marsala w/Mushrooms & Scallions Rice Pilaf Garden Salad	14 Roasted Root Vegetable Soup Chicken Cacciatore with Rice	15 Shepherd's Pie Salad Roll	16 Baked Ham Potato Veggies	17 Potato Leek Soup Quiche w/Broccoli & Cheese Side Salad
20 <p style="color: red;">Patriot's Day</p> <p style="color: red;">COA Closed</p>	21 Green Salad Pot Roast Mashed Potato	22 American Chop Suey Salad Roll	23 Split Pea Soup Chicken Salad Sandwich Pickle	24 "Breakfast For Lunch" Fruit Egg & Cheese Casserole French Toast Bake
27 Herb Crusted Pork Loin Mashed Potatoes Green Beans Almondine Baby Dill Carrots	28 Minestrone Soup Baked Pasta Bread	29 Chicken Scampi over Rice Salad Roll	30 <p style="text-align: center; color: purple;">BROOK CASINO</p> <p style="text-align: center; color: purple;">Tiffany Room Closed</p>	<p style="text-align: center;">Menu is subject to change</p>



EVENTS CALENDAR

April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Strength, RR 10:30 Chair Exercise, TH	2 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	3 9:00 Strength, RR 10:30 Balance, TH 10:15 Line Dancing
6 9:00 Strength, RR 10:30-Chair Exercise, TH	7 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicures	8 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	9 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH Hearing Clinic	10 9:00 Strength, RR 10:30 Balance, TH 11:30 Easter Luncheon
13 9:00 Strength, RR 10:30-Chair Exercise, TH Market Basket	14 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	15 9:00 Strength, RR 10:30-Chair Exercise, TH	16 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno Blood Pressure	17 9:00 Strength, RR 10:30-Balance, TH
20 COA Closed for Patriot's Day	21 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicures	22 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Music	23 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH LEO Fuel Assis.	24 9:00 Strength, RR 10:30-Balance, TH
27 9:00 Strength, RR 10:30-Chair Exercise, TH Market Basket	28 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	29 9:00 Strength, RR 10:30-Chair Exercise, TH	30 BROOK CASINO Tiffany Room Closed	

TH = Town Hall RR = Rose Marie Room at Community Center

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

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



**SPINACH-FETA
BREAKFAST WRAPS**

PREP TIME 10 MIN. - COOK TIME 17 MIN.
READY IN 27 MIN. - SERVINGS 6

> 6 oz reduced-fat cream cheese, room temperature	> ½ cup crumbled feta cheese
> ⅓ cup julienne-cut sun-dried tomatoes in olive oil	> 1 tbsp olive oil
> 12 large eggs	> 1 (5 oz) pkg Nature's Promise® Baby Spinach
	> 6 (8-inch) whole-wheat tortillas

STEP 1 In a medium bowl, mix the cream cheese, sun-dried tomatoes, salt, and pepper until smooth. Set aside.

STEP 2 In a large bowl, beat the eggs until smooth. Season with salt and pepper and stir in the feta. In a 12-inch nonstick skillet, heat the oil on medium. Add the spinach and cook 1–2 min., until just wilted, stirring occasionally. Add egg mixture and cook 6–8 min., until desired texture, stirring often with a wooden spoon or rubber spatula. Remove from heat.

STEP 3 Divide cream cheese mixture among tortillas and spread down the center of each tortilla. Divide eggs and spinach among centers of tortillas. Fold bottom of each tortilla up toward center over filling. Fold sides in toward center and tightly roll up to close wrap.

STEP 4 Wipe out skillet and heat skillet on medium. In batches, add wraps seam-side down and toast 4–5 min., until golden brown, flipping halfway through.

TIP If making ahead, let wraps cool to room temperature after Step 3, then wrap individually in plastic or parchment. Freeze until firm, then store in a resealable plastic bag. To reheat, unwrap frozen wrap and wrap in a damp paper towel. Place on a plate and microwave 1–3 min., until warmed through, flipping halfway through.

PER SERVING: 477 CALORIES, 25G FAT, 10G SATURATED FAT, 446MG CHOLESTEROL, 706MG SODIUM, 29G CARBOHYDRATE, 5G FIBER, 2G SUGAR, 73G PROTEIN

Eggs add protein to these make-ahead wraps

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

*** Monday - 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.

April Puzzle

WORDSEARCH 208

VITAMINS AND MINERALS

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

ASCORBIC ACID
BIOTIN
CALCIFEROL
CALCIUM
COBALAMIN
FLUORIDE
FOLIC ACID
IODINE
IRON
MAGNESIUM

NIACIN
PHOSPHORUS
POTASSIUM
PYRIDOXINE
RETINOIDS
RIBOFLAVIN
THIAMINE
TOCOPHEROL
VITAMIN K
ZINC

Nahant Council on Aging

Meet Your Staff

Kelly King, 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
Debra Croft - Secretary
Sheila Hambleton - Treasurer

Angela Bonin
Lollie Ennis
Andrea Murphy
Emily Potts
Roz Puleo
Carol Sanphy

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

In Memory Of:

**Joe and "Pinky" Sherber
Elizabeth "Betty" Babin**

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 9:00 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



HAPPY
BIRTHDAY



- APRIL 1 BROMER ANNE, MANNING CYNTHIA, RILEY MICHAEL, ROGERS KAREN, SCALZI MARIO,
STANFORD LINDA
- APRIL 2 HOULIHAN JAMES, PETERSON ANN, TAYLOR CHESLEY
- APRIL 3 BELAIR LISA, CLEMENTS PATRICIA, GOGOLOS ANDREA, KANE LINDA, KILEY JAMES, SCOTT GRACE
- APRIL 4 BAILEY KEVIN, DUMAN KLAUDIIA, MCCARTHY SCOTT, MORSE PAMELA, TAYLOR MARK,
WALSH JUDITH, WALSH MARY
- APRIL 5 CARR BEVERLY, COONEY MARI, CORSON ROBERT, FERRARA VINCENT, JUNDZILO-COMER CAROLYN,
LIVINGSTON DAVID, MAZZAFERRO JEAN
- APRIL 6 GILBERT VIRGINIA, LOWELL WILLIAM, MARINI KATHRYN, MITCHELL LEONARD
- APRIL 7 CALLAHAN NEIL, DANTONA JOSEPH, LEWIS SUSAN
- APRIL 8 CONNOLLY JAMES, DWYER CHRISTOPHER, MARIE PAULETTE
- APRIL 9 BROWN TERRY, CADIGAN JULIE, HILL JAMES, ROGERS BEATRICE, ROGERS BRINA,
WHITCHER VALERIE
- APRIL 10 GEANEY MICHAEL, LACLAIR KENNETH, LANDRY LINDA, LEE-URANY DIANNE,
MCDONOUGH SUZANNE, MCNULTY ANN, MEYER CHRISTOPHER, PATRICK KAREN,
SZCZAWINSKI WILLIAM, TARMY LESLIE
- APRIL 11 CADIGAN SUSAN
- APRIL 12 COOKE VERONICA, FRENETTE SYLVIA, KELLER ROBIN, ONEILL ARLENE
- APRIL 13 CONNORS DALE, DILL DANIEL, DOLHUN JOHN, WOODWORTH RICHARD, ZUCKERSTATTER DONNA
- APRIL 14 MACNAUGHTON N, POULIN RICHARD
- APRIL 15 EAGAR LYNNE, LASS DAVID, LISCIO DAVID, LOCKE JOSEPH, MILLER SUSAN
- APRIL 16 BRANGA ROBERT, BURKE STEPHANIE, GERSTENHABER JEAN, HOOPER JEFFERSON,
PARISH DAVID
- APRIL 17 BRANDI DIANA, DOWD THOMAS, GOODE MARGARET, PETERSON ERIC, WELCH KATHLEEN
- APRIL 18 GREENSTEIN ADAM, MCCARTHY FRANK, WALKER BRUCE
- APRIL 19 BALL DENNIS, LEE SUK, LIRANZO MAGALY, TARLOV SUZANNE, WALD UTE
- APRIL 20 CACCIVIO SUSAN, DORFMAN WILLIAM, OESTERLIN PHILIP, RUSSINOV LYUDMYLA,
URENA ROSA
- APRIL 21 DAVIS WENDE, GALLAGHER PAUL, MERULLO LEANNE
- APRIL 22 COOPER SUZANNE, INTOPPA LESLIE, LIVINGSTON MARY, PICARIELLO ANTHONY, SCALZI ELLEN
- APRIL 23 DORGAN DAWN, GERSTENHABER RONALD, KUTCHER ELLEN, MARCELLINO-REIS JOSEPHINE
- APRIL 24 JENKINS CARL, KOURKOULIS ANGELIKI, MOCCIA JOSEPH, PECHINSKY SPINELLI JOY,
TWISS-ONEILL ALLISON
- APRIL 25 HAMBLETON THOMAS, HOSKER THOMAS, MACDONALD PATRICIA, SHISHIDO MANAMI
- APRIL 26 BELLOFATTO LINDA, BROWN MARGARET, GOODING ELIZABETH, LEE KRISTIN, PALMER KIRK,
PARISI MARGARET
- APRIL 27 ALEXANDER ROBERT, BARTLETT FREDERICK, LITRIO FRANCINE, NOVELLO LINDA
- APRIL 28 CALOGGERO SOFIA, HITCH PHILLIP, KANE RICHARD, KAUTZ KAREN, LEFKER BRUCE,
MCDUFF MARIE, OKEEFE LORRAINE, PAWELSKI RONALD
- APRIL 29 ARCHER MARYLOU, CARDILE FRANK, FAMULARI KATHRYN, MCCARTHY TRACY
- APRIL 30 BARR DE DOMINICIS ALISA, COX ROBERT, DECASTRO EMORY, KOUGIAS KATHRYN,
LEHMAN LINDA, SAMMARCO PAULA, SILAS CHARLES, WHITNEY SAVINA