

March 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,

I can hardly believe it has been two months since I stepped into the role of Director! What a wonderful and welcoming start it has been. The dedication of our staff, volunteers, Boards, along with the active engagement of all that participate in our services and activities, makes this Council possible. I look forward to building on the super-strong foundation already in place and I am excited about the possibilities ahead. My goals include enhancing programming, improving the functionality of our space and ensuring that everyone feels welcome. I hope you all look forward to our upcoming events, activities, outings, and our delicious lunches served daily.

As always, please feel free to stop in to share your ideas or just to say "Hello"!

Warmly,
Kelly King

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



March 2026 At A Glance



Thursday, March 5th Century House Restaurant. Come join the Nahant Council on Aging on March 5th for a fun-field trip to the Century House restaurant. Enjoy a delicious meal, good conversation, and a relaxing outing with friends. We look forward to having you celebrate the day with us. See page 7 for details.

Music After Lunch: Every other Wednesday in March. Music dates are March 11th and 25th at 12:30 pm. Join us for an afternoon of laughter and fun singing with Michele in the Tiffany Room. See page 8 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 March. Pokeno dates are March 12th and 26th at 12:30 pm. See page 8 for details. Sign up in the Tiffany Room.



Tuesday, March 17th St. Patrick's Day Luncheon. Join us at the Nahant Council on Aging on Tuesday, March 17th to celebrate St. Patrick's Day with good company and a hearty meal. We'll be serving the traditional corned beef and cabbage, just the way you'd hope for on this festive day! Come enjoy the food, the laughter, and a little Irish cheer with friends! See page 7 for details.



Put on your dancing shoes and join us for Line Dancing for All Levels at the Town Hall Auditorium! This four-week session runs from 10:15-11:00 am on March 13, 20, 27 and April 3. The first class on March 13 is free, and the remaining classes are just \$3.00 each. Everyone is welcome, so come have some fun and get moving! See page 8 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: **March 2nd, March 16th and 30th**. 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 in April. 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, March 4th**. 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.**

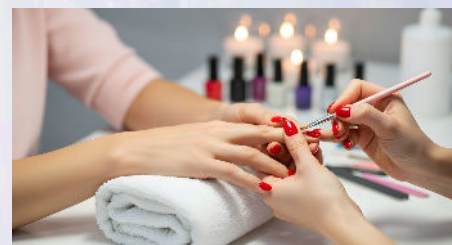
Blood Pressure Clinic:

Held in the Tiffany Room on one **Wednesday** of each month from 10:00-11:30 am. Next clinic is on **March 25th**. No appointment is required.



MANICURES ARE BACK!

Manicures will be held on **Tuesday March 10th and March 24th**



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





OUTREACH



In an effort to meet our Mission, the Nahant COA provides a variety of services to the members of our community and surrounding areas.

TRANSPORTATION OPTIONS: "THE RIDE."

Transportation to anywhere you want to go for any reason.

If you have a doctor-certified disability prohibiting you from using public transportation, you're eligible for affordable door-to-door service 365 days a year, throughout the North Shore and Greater Boston area, thanks to the MBTA's "THE RIDE."

For more information:

Visit the MBTA on line at www.mbta.com/the_ride or call the MBTA at: 617-337-2727 .



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

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

Phone: 781-324-7705 or online at

www.mves.org

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

Caregiver "Connections"

A place of welcome, to support those who care for people living with memory loss.



**Meeting every 3rd Tuesday
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: kking@nahant.org**

This program is made possible by:

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



Managing Gastritis

Gastritis is the inflammation of the stomach lining. It can be either “acute” or arising quickly and responding quickly, or it can be “chronic”, lasting a long time and more difficult to control and treat. Both types can be quite uncomfortable and if not treated can potentially become serious.

Inflammation of the stomach lining is frequently caused by H. Pylori, or *Helicobacter pylori*, bacteria, by the overuse of NSAIDs that irritate the stomach, by alcohol consumption, stress, smoking, and sometimes autoimmune disease. Symptoms include burning pain over the area of the stomach, sometimes worse after eating. It can cause nausea and vomiting, bloating or belching, and sometimes an early feeling of fullness or loss of appetite. Sometimes there is vomiting of blood; sometimes fresh blood that is bright red, or it can be older blood which looks like “coffee grounds”. Bleeding can also remain in the gut and show up as black, tarry stools. Bleeding should be urgently reported to your physician, or if significant may warrant a trip to the Emergency Department.

Treatment of mild stomach irritation can be started at home by taking antacids, like Tums and Maalox, and eating smaller frequent meals. It is also recommended to avoid spicy or greasy fried foods, and foods high in acid, like citrus juices and coffee, avoid alcohol and stop smoking. Whole milk and cream should also be avoided as it contains Lactic acid. If this does not resolve symptoms, your doctor will probably prescribe some medications. These medications maybe H2 blockers, or Histamine blockers, like Famotidine, which reduce the amount of acid released by the stomach. Another commonly prescribed medication is Omeprazole which is a PPI, or Proton Pump Inhibitor, which blocks acid production by the stomach. Yes, the stomach does produce its own acid, HCl, as part of the process that breaks down food for absorption. If tests indicate that you have H. pylori, you will be prescribed an antibiotic to kill the bacteria. Some foods can be helpful in soothing gastritis. These include bland foods, bananas, sweet potatoes, oatmeal, yogurt, kefir, and mild herbal teas. Rather than frying foods, try steaming or baking. There are some helpful spices as well, like ginger and turmeric. Sleep positioning can become important, like sleeping on your left side or having the head of your bed elevated to avoid reflux of gastric fluid.

Certainly, if your mild gastritis is not quickly resolved, see your doctor and get some professional assistance before it becomes serious. Stay well.

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:

- **Cooking and meal prep every Friday during each month; plus others to make**
- **Desserts - 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.



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 - NAHANT TIDES

FUNDRAISER

THURSDAY, MARCH 26, 2026

4:00 TO 7:00 PM

Join us for an evening of great food, great raffles and a great cause! The Tides will generously donate a portion of all dine in, take out and bar proceeds - all to help our neighbors in need.

Thank You, Tides!

**Please call for reservations
781-593-7500 Ext. 2**



JOIN THE COA ON THURSDAY, MARCH 5th, FOR A TRIP TO THE CENTURY HOUSE FOR LUNCH!! THE LUNCHEON WILL INCLUDE YOUR CHOICE OF ONE OF THE FOLLOWING THREE OPTIONS:

- BAKED STUFFED CHICKEN
- BAKED HADDOCK
- ROASTED TURKEY

EACH MEAL WILL INCLUDE A SALAD, DINNER ROLL, POTATO, VEGETABLE, AND DESSERT. ALSO INCLUDED WILL BE SOFT DRINKS, AS WELL AS COFFEE OR TEA. PRICE PER PERSON IS \$20.00 BUS WILL LEAVE THE COA AT 11:15 AM



COME JOIN US ON TUESDAY, MARCH 17th FOR OUR ST. PATRICK'S DAY LUNCHEON AT THE TIFFANY ROOM.

A TRADITIONAL CORNED BEEF AND CABBAGE MEAL WILL BE SERVED. PRICE IS \$10.00 PER PERSON

It's Pokeno Time!

Join Annemarie and a fantastic group of Pokeno players in the Tiffany Room every other Thursday in March. Pokeno dates are: March 12th and 26th at 12:30 pm.



MUSIC AFTER LUNCH!

Join the COA for a fun afternoon of singing with Michele every other Wednesday in March. Music dates are: March 11th and 25th 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!

A pair of brown cowboy boots and a brown cowboy hat with a rope are shown at the bottom of the poster.

Nahant Community Breakfast



***Did you know there is a growing number of unhoused young adults in Lynn?**

*** Come meet Tracey Friedman, Executive Director of The Haven Project, and hear what they are doing to address the issue**

*** & What you can do, too!**

Friday, March 6, 2026

8:00 a.m.

Nahant Village Church, 27 Cliff Street

All are Welcome

Invite your friends and neighbors to come! The breakfast is always hardy and the camaraderie warm!



Winter Music Series

February 7 - Gian Carlo Buscaglia
Latin Music

March 7 - The Emanon Seven
7-piece Jazz Ensemble

April 4 - Scott Ouellette
Classical Guitar

*First Saturday of Each Month
1:30 at the Library*

For more information :
nahantlibrary.org/events
781-581-0306 | nahant.circ@gmail.com

Mass Cultural Council

This program is made possible by funding from the Nahant Cultural Council and a generous donor.

All levels welcome

Crafting Circle

at the Library

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

1PM EVERY OTHER FRIDAY

NAHANT PUBLIC LIBRARY

CHECK DATES AT: NAHANTLIBRARY.ORG/EVENTS

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

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

Congo Bars - Tenney Lehman (Linda Lehman's Aunt)

INGREDIENTS

3/4 Cup Butter - melted
1 3/4 Cup light brown sugar
3 Eggs
2 Cups Flour
2 tsp. Baking Powder
Pinch of Salt
12 oz. Pkg. semi-sweet chocolate chips
1/2 Cup chopped nuts



DIRECTIONS

- Set the oven to 350°.
- Grease a 9x13 baking pan.
- Combine melted butter, brown sugar, and beat until thoroughly mixed.
- Add the eggs a little at a time.
- Sift together flour baking powder and salt.
- Add to the batter and mix thoroughly.
- Stir in Chocolate Chips and walnuts.
- Spread batter in a pan.
- Bake 20 minutes for moist bars - 25 minutes for drier version.

**\$5.00 Unless
otherwise
stated.**

Tiffany Café Menu March 2026
Reservations for lunch are required
24 hours in advance.

781-581-7557

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Stuffed Shells Garden Salad	3 Chili Salad Cornbread	4 American Chop Suey Salad Roll	5 Century House Restaurant Tiffany Room Closed	6 “Breakfast For Lunch” Egg & Cheese Casserole French Toast Bake Fruit
9 Texas Hash w/Peppers, Onions & Beef over Rice Salad	10 Broccoli Soup Penne Pasta Tomato Sausage Sauce Garlic Bread	11 Heavenly Chicken w/Rice Veggies Roll	12 Roast Pork Mashed Potatoes Veggies	13 Chicken Pot Pie w/Veggies Salad
16 Homemade Meatballs w/Italian Sausages Pasta Tomato & Cuke Salad	17 St. Patrick's Day Luncheon 	18 Pasta Fagioli Soup Egg Salad or Grilled Cheese Sandwich	19 Baked Ham Potato Veggies	20 Cheese Pizza Salad
23 Chicken & Veggie Stew Roll	24 Beet Salad w/ Orange Vinaigrette Pork Stroganoff w/Egg Noodles Broccoli Raab	25 Hot Dogs w/ Baked Mac & Cheese Cornbread	26 Split Pea & Ham Soup Chicken Salad Sandwich	27 Vegetable Soup Quiche Salad
30 Chicken Piccata w/Spaghetti Caesar Salad	31 Waldorf Salad Finnan Haddie Potatoes Asparagus	Menu is subject to change		Happy St. Patrick's Day



EVENTS CALENDAR

March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Market Basket	3 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	4 9:00 Strength, RR 10:30 Chair Exercise, TH Podiatrist	5 Century House Restaurant Tiffany Room Closed	6 9:00 Strength, RR 10:30 Balance, TH
9 9:00 Strength, RR 10:30-Chair Exercise, TH	10 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	11 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	12 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	13 9:00 Strength, RR 10:30 Balance, TH 10:15 Line Dancing
16 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Market Basket	17 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH St. Patrick's Day Luncheon	18 9:00 Strength, RR 10:30-Chair Exercise, TH	19 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH	20 9:00 Strength, RR 10:30-Balance, TH 10:15 Line Dancing
23 9:00 Strength, RR 10:30-Chair Exercise, TH	24 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	25 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Music Blood Pressure	26 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	27 9:00 Strength, RR 10:30-Balance, TH 10:15 Line Dancing
30 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Market Basket	31 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH			APRIL 3rd 10:15 Line Dancing

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

*** 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


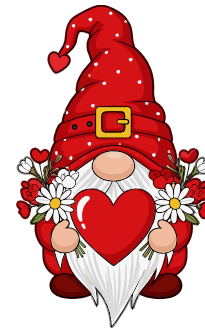
Shine questions can be left for the program by calling the number above and asking to speak with a counselor on duty or leaving a message for the next available counselor on duty. Counselors are not always accessible on a daily basis but calls are returned ASAP.

**Essex Tech North Shore
Culinary Arts
Maple Street Bistro
February 10, 2026**





**Valentine's Day Luncheon
February 13, 2026**

**Great Job Ladies! It was an
awesome time! Happy
Valentine's Day to you!
Thank you!**



March Puzzle

WORDSEARCH 210

SIX-LETTER WORDS ENDING IN "H"

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

AMBUSH
BLEACH
BRANCH
CHURCH
CRUTCH
DRENCH
ENOUGH
FRENCH
HEALTH
LAUNCH

POLISH
RELISH
SEARCH
SKETCH
STARCH
SWITCH
TRENCH
TWITCH
VANISH
WRETCH

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:

Dick Fox

Betty Babin

Edwin Peterson, III

Albert Olson, Jr. (Lana Mogan's Son)

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



MARCH 1 BROWN JOHN, CULLITON ELLEN, MERRELL MARGARET, PIAZZA MICHAEL
MARCH 2 BARNES DEVEREAUX, BENKERT GRETCHEN, CHRISTY ELLEN, COLLINS JANET, FORSTER WILLIAM,
MCDONOUGH JOHN, MURPHY RONALD, PALOMBO DIANE
MARCH 3 BONNER SUSAN, DAMICO BARBARA, MCCARTHY VALERIE, ROSS PENELOPE, SMITH PAUL,
STEVENS CHRISTINE
MARCH 4 BENNETT PAULA, BRADLEY JANET, COSTA JANICE, CRAWFORD CAROL, EDSON JOIC,
JALAL ADAM, ONEIL DEIRDRE, PATRICK LEONARD
MARCH 5 AVEDISIAN PAMELA, BABIN ELIN, CRAFTS PETER, DAMICO ROBERT, EATON ALEXANDER,
KELLER CAROLE, ROLAND EDITH
MARCH 6 ATKINSON KATHLEEN, KESSLER-CODY WENDY, PILOSI GAIL
MARCH 7 BEATTY BARBARA, BUTERA CHARLES, DAVIS PETER, KOSTENKO LARISA, LOWELL ANGELA,
POMPEO MAUREEN, SARDONE JOSEPH, SMALL LISA
MARCH 8 CECERE LOUIS, EDWARDS WARREN, GARNER RONALD, POMPEO SUZANNE
MARCH 9 KLEE AMY, LEWIS JANICE, MARTIN DANIEL, PERELLA LISA, PETERSON THOMA
MARCH 10 MARKHAM BARRY, POPP DIANE
MARCH 11 CLOUTIER ANNE-MARIE, GAUDET H, JARZYLO KAREN, LANZILLI CARL, REENSTIERNA MARIE
MARCH 12 BURKE JAMES, DEIULIS JOANN, GREEN SUSAN, TOM WILSON
MARCH 13 GALLO NANCY, TRENTSCH LEE, WONG EDWARD
MARCH 14 ARZILLO STEVEN, MOLONEY MARY ELLEN, MONTEFUSCO LUCIANO
MARCH 15 SILVA SHEILA
MARCH 16 BURCHELL PATRICIA, CALOGERO BARBARA, CAREY KATHRYN, COMFORT JOYCE,
DEVEREAUX PAULA, FRENETTE JEAN, KENNEDY RICK, LINCOLN IRENE, MAHONEY PAULINE,
STANFORD JOSEPH
MARCH 17 APRIL SHERRI, CROFT DEBRA, FOUKAS JAMES, IOVEN MARY, NAUTA MARRIT, SHURTLEFF WILLIAM,
WINN KATHLEEN
MARCH 18 BONIN ANGELA, BURNS KATHLEEN, RICCIARDELLI ENRICHETTA
MARCH 19 CUSACK MARY JANE, LIMA JOSE, MARINI JOSEPH, PASSANISI ANN, WHEELER WILLIAM
MARCH 20 ANGERSBACH PAUL, HOLLENBACH CORNELIS
MARCH 21 CATOGGIO PAUL, EMBERLEY PATRICE, FARAHABADI FAKHROLSADAT, MONTAGUE JENNIFER
MARCH 22 ROSSERT JEROME, SAINATO PAUL, SPIRN PAUL
MARCH 23 BUTLER BERNADETTE, EARLEY JAQUELINE, LEBLANC KENNETH, MIHOVAN MARYLOU,
TAYLOR PAULA
MARCH 24 CONWAY KIM, WILSON TODD
MARCH 25 CASTOLDI A, CORNU THOMAS, CUSACK ROBERT, FLAHERTY PATRICIA, GAVIN MARY,
REENSTIERNA MARK
MARCH 26 ANDERS LOUISE, FINKENAU CAROL, SCHUNDLER ELIZABETH, VONASCHWEGE MARNY
MARCH 27 ANDERSON ROBERT, CAIRA PAUL, ESAKI SUELLY, MULKERN JOHN, SULLIVAN SHARON
MARCH 28 CADIGAN RICHARD, CARDILE EVA, COMITO CARRIE, GILBERT SUSAN, LETOURNEAU CATHERIN,
SANPHY CAROL
MARCH 29 ANTRIM NANCY, BABIN PAUL, CARLSON LAWRENCE, FOX MAYRA
MARCH 30 FIORE JEANNE
MARCH 31 GIARDELLA LAURIE, IRWIN DELYNN, JARZYLO DAN, MELLEN JOSEPH