



# May 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.*

Hello!

Over the past month, the Council on Aging has continued to offer a variety of engaging and meaningful programs for our senior community. We are especially pleased with the success of our recent events, including our well-attended special luncheons. These gatherings provided wonderful opportunities for delicious food, celebration and, most importantly, socializing with new and old friends. It was great to see so many enjoying time together. Our regular programming, including fitness, social activities and outings, music programs, pokeno, exercise classes, manicures, trips to Market Basket and support services, also remain strong, with steady participation and continued interest from both familiar faces and new faces (which we are so happy about). Remember, adults 60 and better are welcome to attend anything and everything we offer. On a different note, I have been seeing so many text scams lately that I just want to remind everyone to please be wary of any texts you receive that are not in your contacts. Below are just a few that are out there now.

### Key Identifying Characteristics:

- Urgent or Threatening Language: Phrases like "your account will be suspended," "warrant out for your arrest," or "immediate action required" create fear and panic. "Your iCloud account is now due, please pay now". "Your UPS package cannot be delivered unless payment is made".
- Scammers may impersonate banks phone numbers and claim that there are fraudulent charges on your account. **Do not share your information, hang up and call your bank to verify the charges.**
- Requests for Personal/Financial Information: **Legitimate banks and government agencies will never ask for your PIN, password, or Social Security number via text, email, or phone.**
- Unusual Payment Methods: Requests to pay fees via gift cards, wire transfers, or cryptocurrency.
- Unsolicited "Friendly" Messages: Messages from unknown numbers acting like they know you. Just do not respond.
- Do not click links or call numbers provided in suspicious texts.
- Verify the message by going directly to the official website or calling the company directly.
- Block and delete the sender.....Don't panic if you get any of these - that's what they want you to do!

Warm regards,  
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



## May 2026 At A Glance



Friday, May 8<sup>th</sup> - Please join us for a special Mother's Day Luncheon at the Nahant Council on Aging. All are welcome - come enjoy good food, laughter, and great company. Let's celebrate together and make it a fun, memorable day! See page 8 for details. Sign up at the Tiffany Room.



Friday, May 8<sup>th</sup> at 1:00 pm in the Nahant Town Hall. Join us for Amelia Earhart: Beyond the Skies, presented by Margie Arnold, PhD. This event is hosted by the Nahant COA, Nahant Historical Society, and Nahant Public Library. All are welcome - come enjoy an inspiring and fascinating event! See page 7 for details.

Join us Tuesday, May 12<sup>th</sup> for a fun outing to the Maple Street Bistro! All are welcome - come enjoy great food, good company, and a time of laughter and celebration. Let's get together and make it a day to remember! See page 8 for details.



Music After Lunch: Every other Wednesday in May. Music dates are May 6<sup>th</sup> and 20<sup>th</sup> at 12:30 pm. Join us for an afternoon of laughter and fun singing with Michele in the Tiffany Room. See page 7 for details. Sign up in the Tiffany Room.



Come join us at the Council on Aging for a fun and lively game of Pokeno, where laughter and friendly competition go hand in hand. It's a great way to meet new people, enjoy some spirited games, and be part of a welcoming group that truly knows how to have a good time! Pokeno is every other Thursday in May. The dates are May 14<sup>th</sup> and 28<sup>th</sup> at 12:30 pm. See page 7 for details. Sign up in the Tiffany Room.



**COA CLOSED MAY 25TH:**

# MEMORIAL DAY



### 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: **May 4<sup>th</sup> and May 18<sup>th</sup>**. Sign up in the Tiffany Room.



### Hearing Clinic:

Dr. Chabot from Atlantic Care, Inc. will conduct a hearing clinic at the Tiffany Room on a bi-monthly basis. **The next visit will be Thursday, June 18<sup>th</sup>**. 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 13<sup>th</sup>**. 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 on Wednesday, May 27<sup>th</sup>**. Call the COA at 781-581-7557 to schedule your appointment.

### Blood Pressure Clinic:

Held in the Tiffany Room on one **Wednesday** of each month from 10:00-11:30 am. Next clinic is on **May 20<sup>th</sup>**. No appointment is required.

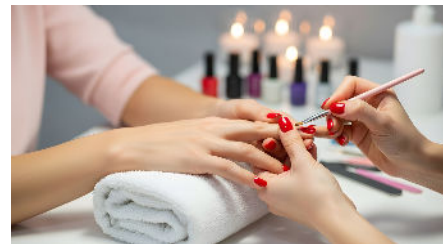


|                  |                    |
|------------------|--------------------|
| <b>Monday</b>    | <b>Closed</b>      |
| <b>Tuesday</b>   | <b>10:00-7:00</b>  |
| <b>Wednesday</b> | <b>10:00-5:00</b>  |
| <b>Thursday</b>  | <b>10:00-7:00</b>  |
| <b>Friday</b>    | <b>10:00-5:00</b>  |
| <b>Saturday</b>  | <b>12:00- 3:00</b> |
| <b>Sunday</b>    | <b>Closed</b>      |



### **MANICURES ARE BACK!**

Manicures will be held on Tuesdays:  
**May 5<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>**.





# OUTREACH



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

## TRANSPORTATION OPTIONS: "THE RIDE."

Transportation to anywhere you want to go for any reason.

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



For more information:

Visit the MBTA on line at [www.mbta.com/the\\_ride](http://www.mbta.com/the_ride) or call the MBTA at: 617-337-2727 .

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

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

**Phone: 781-324-7705 or online at**

**[www.mves.org](http://www.mves.org)**

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

## Caregiver "Connections"

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

Meeting in person every third Tuesday (May 19th) at 11:00 am @:

Nahant Village Church  
27 Cliff Street, Nahant, MA

Adult Children Caring for Parents Support Group via zoom:

**Tuesday, May 12<sup>th</sup> at 12:00 pm**

Significant Other/Spouse Caregiver Support Group via zoom:

**Wednesday, May 13<sup>th</sup> & 27<sup>th</sup> at 11:00 am**

Contact [mparr@glss.net](mailto:mparr@glss.net) for Zoom link

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

These programs are made possible by:

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



## **New Blood Pressure Guidelines**

In recent weeks you may have seen an article in the Lynn Item entitled “How Low Can You Go? The Shifting Blood Pressure Guidelines,” by Paula Span. This was a very interesting article for me as it informed me that what I had been taught years ago was no longer true.

For years a BP of 140 for the top, or systolic number, over 90 on the bottom was considered acceptable. In 2017, the American Heart Association/American College of Cardiology, (AHA/ACC) updated the guidelines based upon a study called the SPRINT trials. This study revealed that intensive treatment aimed at getting the BP down to 120/80 “reduced the risk of heart attacks, strokes, other cardiovascular illnesses, and overall mortality so substantially that the study was halted,” as it was felt to be unethical to hold back on treatment for study purposes. So the guideline now is to treat for a BP over 130 and aim for a BP of 120/80. Additionally, now the top number or systolic, is considered the more important number, whereas in the past the bottom number was more important.

But don't panic! As we age, our arteries naturally harden with time and this raises our BP. Currently, over 2/3 of persons over 65 have some high BP, or hypertension. Your physician is the best judge of what your blood pressure should be. Each person is different. Your doctor will take into consideration your other health issues, as well as your life style. She or he will probably want several readings of your blood pressure and may recommend other measures that affect BP, like a low salt diet, weight loss, or exercise before starting you on medication. If medication is needed, you will probably be started on a low dose and reevaluated. Your dosage could be increased and you may need two or three different medications to achieve the optimal blood pressure. Or your doctor may not want to drop your blood pressure too low as it could cause dizziness or loss of balance, especially in the elderly, that may be prone to not drinking enough fluids, or are also taking other medications that may interact. Remember, one size does not fit all. Don't assume that if you feel ill on a certain medication that you have no options. Inform your doctor if you do not feel right. The dosage or medication can be changed. He or she will never know you are having problems unless you tell them.

I checked this information with a little Web MD search, and yes, it did confirm it. I also found some helpful hints for achieving a low BP when you are having it checked. For the best possible reading, sit and rest for 5 minutes prior to the BP reading, avoid coffee or caffeine products at least 30 minutes before, do not talk during the reading, uncross your legs, use the right size cuff for you, at heart level, on a bare arm or very light clothing, and try not to be nervous. Rushing around, being nervous, etc. certainly raises the blood pressure.

Stay well.

Anna Marie Manzano, R.N.

## Volunteer Page



I am Annette Davis Jacoby and it is my pleasure to support the COA for lunches. I began my life in Nahant when I was an infant and my Uncle Dick Davis and beloved Aunt Elsie of Winter Street welcomed my mum and I into their home with their family when my father was drafted. My family spent many summers here and I have the fondest memories of sailing in the Tudor Cove with my brother .

I have three married children in their thirties, all thriving. We raised them in the small community of Hollis, NH - an apple tree farming town. It was simply lovely!

I love my current babies: three rescue cats and my pup, Sophie - you probably know her.

I worked for more than 30 years as a Programs Financial Director.

I have volunteered for many causes: Math tutor for middle school students, Environmental teacher for Nashua Fisheries, Director for Nashua Senior Center, Women's Development Leader.

I love my forever home here since I moved in 2020 and I look forward to supporting the Nahant Council on Aging.

**VOLUNTEERS  
NEEDED**

*We ♥ our  
Volunteers*

### 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
- Cooking and meal prep, one day a week
- 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 by phone: 781-581-7557 or email: [acallahan@nahant.org](mailto:acallahan@nahant.org).

## It's Pokeno Time!

Join Annemarie and a fun group of Pokeno players in the Tiffany Room every other Thursday in May. Pokeno dates are: May 14<sup>th</sup> and 28<sup>th</sup> at 12:30 pm.



## MUSIC AFTER LUNCH!

Join the COA for a fun afternoon of singing with Michele every other Wednesday in May. Music dates are: May 6<sup>th</sup> and 20<sup>th</sup> at 12:30 pm in the Tiffany Room!



## Amelia Earhart: Beyond the Skies

Presented by Margie Arnold, Ph.D.

Dr. Margie Arnold has retired from a thirty-year career in higher education as a faculty member and as an academic administrator. Margie has published two textbooks, published over twenty articles and delivered over one hundred professional presentations during her time in higher education. Margie has been a longtime advocate for Amelia Earhart's life and legacy and gives complimentary talks about the famous aviator.

Most people know that Amelia Earhart was a pioneering pilot who disappeared somewhere over the Pacific Ocean in 1937 and to date her plane has never been found. But did you know that she worked in Boston as a social worker and was engaged to someone from Marblehead, MA? Did you know she fought for women's rights and equality? Did you know she developed her own line of clothing and luggage? Amelia Earhart succeeded because she knew what she wanted and did not let anyone stand in the way of her dreams.

Hosted by:  
the Nahant  
COA, the  
Nahant  
Historical  
Society, and  
the Nahant  
Public Library



Nahant Town Hall  
Friday May 8 at 1pm  
Tea and refreshments  
will be provided.

**Happy  
Mother's  
Day**

**JOIN US IN THE TIFFANY ROOM  
FOR A MOTHER'S DAY LUNCHEON  
ON FRIDAY, MAY 8th  
AT 11:30 AM**

**MAPLE STREET BISTRO**



**MAPLE STREET BISTRO  
\$20.00/PER PERSON  
TUESDAY, MAY 12th  
BUS LEAVES THE TIFFANY ROOM AT 10:30 AM**

## Nahant Community Breakfast

**Town Finances & Warrant  
Articles with  
Town Administrator,  
Alison Nieto**

**Friday, May 1, 2026 at 8 a.m.  
Nahant Village Church  
27 Cliff Street  
All are Welcome  
Bring friends and family!**



**LET'S  
EAT  
OUT!**

**Fundraiser at  
The TIDES**

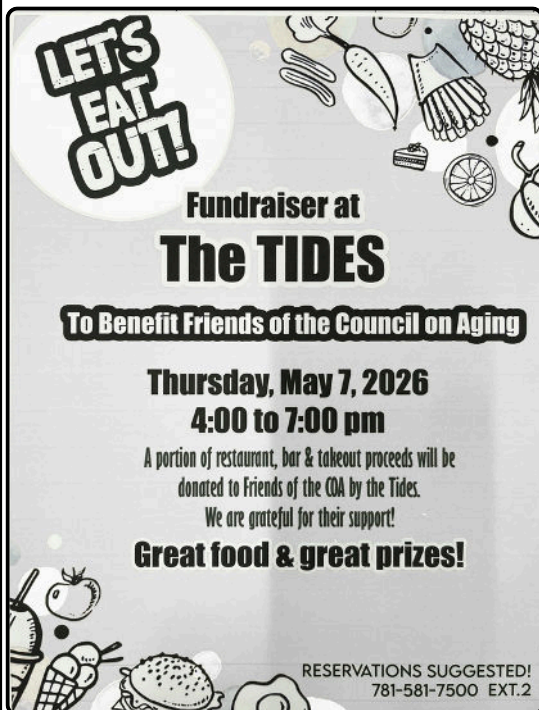
**To Benefit Friends of the Council on Aging**

**Thursday, May 7, 2026  
4:00 to 7:00 pm**

A portion of restaurant, bar & takeout proceeds will be  
donated to Friends of the COA by the Tides.  
We are grateful for their support!

**Great food & great prizes!**

RESERVATIONS SUGGESTED!  
781-581-7500 EXT.2



### 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.




**\$5.00 Unless  
otherwise  
stated.**

**Tiffany Café Menu May 2026**

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

**781-581-7557**

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <b>Menu is<br/>subject to<br/>change</b>   |        |  |  | <b>1</b> Cheesy Bacon<br>Ranch Chicken<br>Roasted Potatoes<br>Sauted Carrots<br>Broccoli w/Cheese<br>Sauce |
| <b>4</b><br>Chicken Salad<br>Sliders<br>Potato Salad<br>California<br>Crunch Salad | <b>5</b> “Cinco de Mayo”<br>Tortilla Soup<br>Pork Chili<br>Enchiladas<br>w/Rice & Beans | <b>6</b><br>Heavenly<br>Chicken<br>Rice<br>Salad<br>Roll       | <b>7</b><br>Roast Pork<br>Potato<br>Veggies<br>Applesauce                          | <b>8</b><br>“Mother’s Day”<br>Fruit Parfait<br>Eggs Benedict<br>w/ Asparagus<br>Danish                     |
| <b>11</b><br>Pepper Steak &<br>Cheese Subs<br>Cole Slaw<br>Chips                   | <b>12</b><br><b>COA CLOSED</b><br><b>MAPLE STREET<br/>BISTRO</b>                        | <b>13</b><br>Meatloaf<br>Potato<br>Veggies<br>Roll             | <b>14</b><br>Spaghetti &<br>Meatballs<br>Salad<br>GarlicBread                      | <b>15</b><br>Chicken &<br>Broccoli Alfredo<br>Caesar Salad   |
| <b>18</b> Beer Can<br>Chicken<br>Mashed Potatoes<br>Veggie<br>Salad                | <b>19</b><br>“Memorial<br>Luncheon<br>For<br>Diane Desmond”                             | <b>20</b><br>Hamburgers<br>Fries<br>Baked Beans<br>Fruit Salad | <b>21</b><br>Pecan-Chicken<br>Salad Sandwich<br>Pierogies<br>Pickle                | <b>22</b><br>Baked Ham<br>Scalloped<br>Potatoes<br>Corn<br>Cole Slaw                                       |
| <b>25</b><br><b>COA CLOSED</b><br><b>MEMORIAL<br/>DAY!</b>                         | <b>26</b><br>POT LUCK!<br>Peter’s Choice  | <b>27</b><br>Stuffed<br>Peppers<br>Orzo Salad                  | <b>28</b><br>BBQ Kielbasa<br>Rice<br>Salad   | <b>29</b><br>Pepperoni Pie<br>Italian Antipasto<br>Melon Medley  |

# EVENTS CALENDAR

## May 2026

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
|   |  |                          |   | <b>1</b><br>9:00 Strength, RR<br>10:30 Balance, TH   |
| <b>4</b><br>9:00 Strength, RR<br>10:30-Chair Exercise, TH<br><b>Market Basket</b>  | <b>5</b><br>9:00-Chair Yoga, RR<br>10:30-Chair Exercise, TH<br><b>Manicures</b>  | <b>6</b><br>9:00 Strength, RR<br>10:30 Chair Exercise, TH<br><b>12:30 Music</b>                           | <b>7</b><br>9:00 Yoga, RR<br>10:30-11:00 Chair Exercise, TH                         | <b>8</b><br>9:00 Strength, RR<br>10:30 Balance, TH<br><b>11:30 Mother's Day Luncheon</b><br><b>1:00 Amelia Earhart</b> |
| <b>11</b><br>9:00 Strength, RR<br>10:30-Chair Exercise, TH                         | <b>COA CLOSED</b><br><b>MAPLE STREET BISTRO</b>                                  | <b>13</b><br>9:00 Strength, RR<br>10:30-Chair Exercise, TH<br><b>Podiatrist</b>                           | <b>14</b><br>9:00 Yoga, RR<br>10:30-11:00 Chair Exercise, TH<br><b>12:30 Pokeno</b> | <b>15</b><br>9:00 Strength, RR<br>10:30-Balance, TH  |
| <b>18</b><br>9:00 Strength, RR<br>10:30-Chair Exercise, TH<br><b>Market Basket</b> | <b>19</b><br>9:00-Chair Yoga, RR<br>10:30-Chair Exercise, TH<br><b>Manicures</b> | <b>20</b><br>9:00 Strength, RR<br>10:30-Chair Exercise, TH<br><b>12:30 Music</b><br><b>Blood Pressure</b> | <b>21</b><br>9:00 Yoga, RR<br>10:30-11:00 Chair Exercise, TH                        | <b>22</b><br>9:00 Strength, RR<br>10:30-Balance, TH  |
| <b>COA CLOSED</b><br><b>MEMORIAL DAY</b>   | <b>26</b><br>9:00-Chair Yoga, RR<br>10:30-Chair Exercise, TH<br><b>Manicures</b> | <b>27</b><br>9:00 Strength, RR<br>10:30-Chair Exercise, TH<br><b>Brian Snell, Atty.</b>                   | <b>28</b><br>9:00 Yoga, RR<br>10:30-11:00 Chair Exercise, TH<br><b>12:30 Pokeno</b> | <b>29</b><br>9:00 Strength, RR<br>10:30-Balance, TH  |

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



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



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



**SMOTHERED CHICKEN SKILLET WITH SPINACH AND POTATOES**

PREP TIME 5 MIN. – COOK TIME 30 MIN.  
READY IN 35 MIN. – SERVINGS 4

- > 1 (1.5 lb) pkg boneless, skinless chicken breasts
- > 3 tbsp olive oil, divided
- > 1 (24 oz) bag Steam Easy Fingerling Potatoes
- > 2 medium shallots, thinly sliced
- > 3 cloves garlic, minced
- > 2 tbsp all-purpose flour
- > 2 cups low-sodium chicken broth
- > 1 tbsp Dijon mustard
- > 1 lemon
- > 3 sprigs fresh thyme
- > 1 (6 oz) pkg baby spinach

**STEP 1** Pat the chicken dry and season with salt and pepper. In a 12-inch skillet, heat 2 tbsp oil on medium-high. Add chicken and cook 4–6 min. per side, until golden brown (chicken will not be fully cooked through). Transfer to a plate and set aside. Meanwhile, microwave the potatoes 8 min. in packaging, until tender.

**STEP 2** Reduce heat to medium. To the same skillet, add remaining 1 tbsp oil and shallots. Cook 1–2 min., until beginning to soften, stirring frequently. Add the garlic and flour and cook 1 min., stirring frequently and adjusting heat as necessary to prevent burning. Stir in the broth, mustard, juice from the lemon, and thyme sprigs. Season with salt and pepper. Bring to a simmer and cook 2–3 min., stirring occasionally, until flavors meld together.

**STEP 3** Return chicken (and any juices) to skillet. Cover with lid, reduce heat to medium-low, and cook 12–14 min., until chicken is fully cooked. Remove and discard thyme sprigs. Add the spinach, cover with lid, and cook 1–2 min., until wilted. Add potatoes, gently stirring to coat everything in sauce. If desired, slice chicken breasts and return to skillet. Serve immediately.

## 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](http://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.



# May Puzzle



## WORDSEARCH 201 "E" AFTER "I"

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

- |          |          |
|----------|----------|
| ACHIEVE  | OBEDIENT |
| ANCIENT  | PIECE    |
| BELIEVE  | QUIET    |
| CASHIER  | RELIEF   |
| FIELD    | SCIENCE  |
| FIERCE   | SHRIEK   |
| FRIEND   | SOCIETY  |
| GLACIER  | THIEF    |
| GRIEF    | TIER     |
| MISCHIEF | YIELD    |

**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 two generous  
donations -**

**In Appreciation Of:**

**The Nahant Council On Aging**

# 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 Road, Nahant, MA 01908**



MAY 1 GAUDET LINDA, MURPHY JUDITH, MUSER MARTIN, OSBAHR JOHN  
MAY 2 BEATRICE CARMINE, DUNN JOANNE, HARNEY PAUL, VERNAM PETER  
MAY 3 CULLINAN DALE, LEGUERN CHRISTIAN, MCGRANAHAN MARY, NEWELL WILLIAM, ZAMEJTIS SHEILA  
MAY 4 CANTY MARYLOU, CORINHA MARYANN, CULLIN MARY, DALPE CYNTHIA, DARMANCH EVA,  
DELISLE CHERYL, FIORE PAUL, PALLOTTA PAUL  
MAY 5 ASWAD RICHARD, DESMOND MICHAEL, HAMILL DANIEL, HILL MALCOLM, LEWIS DAVID  
MAY 6 GAUVAIN DANIEL, HALL LINDA  
MAY 7 BILLIAS GAYLE, CAHILL CANDACE, CALLAN KEVIN, CAMPANELLA LOUISE, CHAILLE WARREN,  
DUFOUR JACQUELYN, HOLLAND JAMES, PRICE CAROL ANN  
MAY 8 DIPRIMIO BRUNO, FIELDS-HITCH DENISE  
MAY 9 MCCURDY JAMES, MONTANA CHERYL, MUSMAN JEFFREY, ROZENBAUM BIBA  
MAY 10 FALAT KAREN, LANE ANDREA, RICHARDSON EDITH, RIZZO BARBARA, STEINBERG DONNA  
MAY 11 ARENA CHARLES, BENKERT JOSEPH, HARRIS TIMOTHY, SAWIN ROBERT, WILLIAMS CATHERINE  
MAY 12 CHAMPION JEANETTE, DOYLE KENDRICK, FUCILE JOANNE, KOUTROUBIS JAMES,  
MICHAELSON JAMES, MIHOVAN GEORGE, MOLETI RICHARD, NARDIZZI JOHN  
MAY 13 FANNON ROBERT, KAPLAN MICHAEL  
MAY 14 CENTORRINO FRANCA, MATTHEWS MICHAEL, SANPHY CARON  
MAY 15 CALAVRITINOS ARTHUR, HORNIG DEBORAH, MACISAAC STEPHANIE,  
MAY 16 WARREN HOWLAND  
MAY 17 ANDERS ARTHUR, CLEMENTS WILLIAM, HAWKO JOHN, MALTACEA ANTHONY, SMITH MARGARET  
MAY 18 CROWLEY JOHN, DER KAZARIAN MARTIN, DONOVAN MARY, HOLLAND LAURA, NUGENT KEVIN,  
PASSANISI JAMES  
MAY 19 CARROLL LYNOR, DICKENSON MARY IRENE, WALTON CATHERINE  
MAY 20 CLARK TERESA, FARR ANNE, SCHEPENS HESTER, SWITZER STEVEN  
MAY 21 ALIFF DEBORAH, LOYND GEOFFREY, MALONE JAMES, PLACET JOSEPH, PRICE JEFFREY,  
WALDRON JOSEPH  
MAY 22 CAMPBELL JOANNE, FLANDERS KEVIN, ST AMOUR LYNN, STUBBS ANNE  
MAY 23 BARBA PETER  
MAY 24 SWITZER RUTHANNE  
MAY 25 MACKENNA KEVIN, PIOLI SUSAN, WALSH JAMES  
MAY 26 BERKOWITZ ROGER, JENKINS LINDA, MARTIN JOHN, REIS MARYANN, THOMPSON ELIZABETH,  
THORNTON CANDACE  
MAY 27 DICARLO DENISE, FARR FRANCIS, ILYEVSKAYA YEVA, VOUKYDIS PANOS  
MAY 28 CHAMPAGNE DAWN, COX LOUISE, STANLEY MARIA, WARD CHRISTOPHER  
MAY 29 ANDERSON SARAH, CLARK PRISCILLA, FIORE DANIEL, SZCZAWINSKI MARGARET  
MAY 30 BELL TIMOTHY, BURCHELL WILLIAM, GIARDELLA JOSEPH, HARDY WESTON, HARDY LESLIE,  
LOGUERCIO JOY, PODRUG PATRICIA, TURINO KENNETH  
MAY 31 CUDDY-CORMIER MARY, GEIGER GAD, KOSCIELECKI MARTHA, MARKOS EVA, MORSE ELLEN,  
TRACY SUSAN