

July 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.*

Dear Friends,

Summer is in full swing, and our Council on Aging continues to be a place where friendships are made, laughter is shared, and everyone is welcome.

We're excited to invite everyone to come see our new upgrades! Thanks to the support of our community and continued investment in our center, we've made improvements that create a brighter, more welcoming, and comfortable space for everyone to enjoy.

Keep an eye out for more information to come! The Nahant Council on Aging is in the process of expanding our programs and services to better meet the needs of our community. As we grow, we remain committed to reducing food insecurity through our meal programs, transportation services, community partnerships, and new opportunities that promote health, wellness, and social connection for all older adults.

Don't forget to sign up for our upcoming outings! From day trips and special events to local adventures, our outings are a wonderful way to explore new places, spend time with friends, and make lasting memories. Transportation is provided, so all you have to do is sign up and enjoy the day.

A heartfelt "thank you" goes out to our dedicated volunteers, staff, and community supporters. Your kindness, generosity, and countless hours of service make everything we do possible. You truly are the heart of our center.

If you haven't visited us in a while, I encourage you to stop by. Bring a friend, enjoy a meal, join an activity, or simply say hello. There's always a seat waiting for you.

Wishing everyone a safe, healthy, and happy month ahead. We look forward to seeing you soon!

Warmly,  
Kelly King  
Director of Nahant Council on Aging

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

*Happy  
Independence  
Day*

## July 2026 At A Glance



### Friday, July 3, 2026 - COA Closed for Independence Day!

Join the Nahant COA as we celebrate Independence Day on Thursday, July 2<sup>nd</sup>! Come enjoy a festive afternoon filled with good food, friendship, and patriotic spirit as we gather to honor our nation's 250<sup>th</sup> birthday. Lunch will be served for just \$5.00 per person. We hope you'll join us for this special celebration and share in the fun with friends and neighbors. All are welcome! Lunch will be served at 11:30 am. See page 8 for details. Sign up in the Tiffany Room.

Thursday, July 9<sup>th</sup> - Join us as the Nahant Council on Aging celebrates the Tall Ships! Come enjoy a fun cookout with friends and neighbors at the Knights of Columbus. All are welcome to join us for good food, great company, and a festive celebration of this special event. We hope to see you there! See page 7 for details. Sign up in the Tiffany Room.

Music After Lunch: Every other Wednesday in July. Music dates are July 8<sup>th</sup> and 22<sup>nd</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 July. The dates are July 16<sup>th</sup> and 23<sup>rd</sup> at 12:30 pm. See page 7 for details. Sign up in the Tiffany Room.



Tuesday, July 21<sup>st</sup> - The Nahant COA is planning a trip to the Revere Beach Sand Sculptures with lunch afterward at Belle Isle Restaurant. All are welcome - hope you can join us for a great day together! See page 8 for details. Sign up in the Tiffany Room.

Join us on Thursday, July 30<sup>th</sup>, for a fun shopping trip to the Big Blue Bargains Thrift Store in Swampscott! Afterward, we will enjoy lunch at Periwinkle's Sandwich Shop. The bus departs the COA at 9:30 am. All are welcome! 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.

**IMPORTANT**



**Food Shopping at Market Basket:**

Please note that our regular every-other-Monday trips to Market Basket will be suspended for the summer months. We hope to resume our shopping outings again in the fall.

**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, July 23rd.** 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, July 29<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. Call the COA at 781-581-7557 to schedule your appointment.

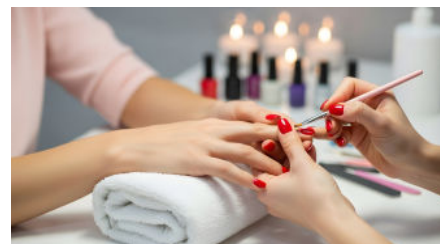
**Blood Pressure Clinic:**

Held in the Tiffany Room on one **Wednesday** of each month from 10:00-11:30 am. Next clinic is on **July 22<sup>nd</sup>.** No appointment is required.



**MANICURES ARE BACK!**

Manicures will be held on Tuesdays: **July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>**



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](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 (July 21<sup>st</sup>) at 11:00 AM**

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

**For more information,**

**Please call 781-581-7557 or  
email: [kking@nahant.org](mailto:kking@nahant.org)**

**Programs are made possible by:**

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



### **Cat Scratch Fever and Hand Infections**

Many of us have these little furry animals that we love dearly and give us so much enjoyment, but we should be aware of a couple of medical problems that they can cause us.

Cat Scratch Fever, or Cat Scratch Disease, is described in an article by Bartonella Henselae as a bacterial infection caused by a bite, scratch, or saliva from a cat. Any scratch or bite should be promptly washed with soap and water in an attempt to avoid any infection. Cat Scratch Fever may first appear with a small blister or bump but symptoms may not appear for 3 -14 days after injury. Symptoms include fever, fatigue, redness around the site, swelling and tender lymph nodes near the site, sometimes headaches and flu-like aching. In most healthy persons, these symptoms usually resolve without treatment, but it may take up to 2-4 weeks. Persons with diabetes or other conditions should discuss their symptoms with their doctors to see if some treatment may be necessary. If conditions worsen, then a doctor's assessment is definitely warranted.

Scratches or bites can also cause skin infections that may actually be more serious than Cat Scratch Fever. These occur when a bacteria enters the skin through the scratch or bite. Infections of the fingers or hand can also occur from cuticles, hangnails, yard work or other work injuries. They can be mild or can become serious pretty rapidly. An infection of the skin is called cellulitis. It is characterized by redness, swelling, and tenderness and usually occurs within hours or a day after injury. Some very mild infections like cuticle infections, can be treated at home with warm water soaks. According to Web MD, if there is swelling in the fingers or hand, medical treatment should be sought emergently through Urgent Care or a hospital ED. Infections in the hands can be serious because the tissues in the hands, the muscles, tendons, nerves, and blood vessels, are packed tightly together so any swelling can decrease the circulation to the ends of the fingers and potentially cause permanent damage to the nerves and tendons or the loss of the fingers. If there is any red streaking from the swollen infected area going up into the arm, this is an indication that the infection is entering the blood stream and immediate treatment with antibiotics is necessary or septicemia can develop.

So, for all those hand and finger injuries, wash them immediately with soap and water, watch them closely for infection and get emergent treatment if significant redness or swelling appears, and keep your tetanus shots up to date.

Anna Marie Manzano, R.N.



# Volunteer Page



Nancy Nicosia

I am a retired Hospital Administrator, living in Nahant with my husband. I feel exceptionally lucky to be part of this very unique north shore community, and for the lifetime friends I have made here. I am a recent volunteer to the Council on Aging, and am greatly enjoying the group of people who participate here - the stories of their careers, accomplishments and families are unquestioningly entertaining and often astonishing! I have a lifelong love of horses and horseback riding, and also volunteer at Minis with a Mission, an organization that provides therapeutic equine interactions using rescued miniature horses and donkeys, at schools, nursing homes, hospices and community centers.

## VOLUNTEERS NEEDED

### 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 July. Pokeno dates are: July 16<sup>th</sup> and 23<sup>rd</sup> at 12:30 pm.



## MUSIC AFTER LUNCH!

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



## Nahant Council on Aging



**Thursday, July 9<sup>th</sup> @ 11:30 am  
Tall Ships Celebration Cookout!**

**Join us as we celebrate the arrival of the Tall Ships with a fun-filled cookout at the Knights of Columbus!**



**Great Food**



**Tall Ships Celebration**



**Good Friends & Good Times**

**All are welcome!**

**Come celebrate with us and enjoy a wonderful day of food, fellowship, and community. Price per person \$10.00.**

**We look forward to seeing you there!**

**Sign up in the Tiffany Room.**

# Happy Independence Day!

The Nahant Council on Aging is celebrating Independence Day on Thursday, July 2<sup>nd</sup>! Join us for a festive luncheon and good company as we celebrate together.

Lunch will be \$5.00 per person, and all are welcome!



## Nahant Council on Aging

Tuesday, July 21<sup>st</sup>

Revere Beach Sand Sculptures & Lunch Outing!

Join us for a fun summer day as we visit the spectacular Revere Beach Sand Sculptures and enjoy lunch afterward at Belle Isle Restaurant in Winthrop! (Lunch is on your own/Cash only.)



View the amazing sand sculptures created by talented artists



Enjoy a stroll along the beach and take in the sights



Lunch to follow at Belle Isle Restaurant



Spend the day with friends and neighbors

All are welcome!

Come enjoy a relaxing day of art, food, and fellowship. We hope you will join us for this special summer outing!

Sign up in the Tiffany Room. Bus Leaves the COA at 10:30 am. Please sign up by Thursday, July 16<sup>th</sup>.

# NAHANT COUNCIL ON AGING DAY TRIP

Thursday, July 30th

Join us for a fun morning of bargain hunting at the **Big Blue Bargains Thrift Store** in Swampscott!

After shopping, we'll head to **Periwinkle's Sandwich Shop** for lunch and good company.



**Bus departs at 9:30 am**

**All are welcome!**

Come along for a great day of shopping, lunch, and friendship!



## HELP WANTED

### Nahant Council on Aging

#### COA Van Driver

The Nahant Council on Aging is seeking a dependable and friendly Van Driver to assist with senior transportation services.

#### Responsibilities:

- Transport seniors safely to shopping, COA programs, and local outings
- Assist passengers entering and exiting the van when needed
- Maintain a courteous and professional attitude
- Follow scheduled routes and safety procedures

#### Requirements:

- Valid driver's license with clean driving record
- Reliable, punctual, and patient
- Ability to assist senior passengers safely

#### Hours:

This position is currently a part-time paid position.

#### To Apply please contact:

Nahant Council on Aging  
334 Nahant Road  
Nahant, MA 01908  
Phone: 781-581-7557



## Medicare Advocacy Project

Northeast Legal Aid helps people who may have been unfairly denied Medicare. We provide free legal advice and in some cases representation for Medicare appeals.

*We may be able to help if you:*

- Are wrongfully charged a **late enrollment penalty** for Medicare;
- Lose or are denied **Medicare Savings Program** benefits;
- Are denied Medicare **coverage** for necessary medical care, equipment, or medication;
- Get **bills** for medical care, equipment, or medication you believe Medicare should have covered; or
- Are told you will be **discharged** from a hospital or skilled nursing facility too early (if Medicare should be covering your stay).

We assist with both Original Medicare and Medicare Advantage appeals.

To request help, call us at (978) 458-1465,  
apply online at [northeastlegalaid.org/get-legal-help](http://northeastlegalaid.org/get-legal-help),  
or visit one of our offices:

50 Island St. #203A  
Lawrence, MA 01840

35 John St. #302  
Lowell, MA 01852

181 Union St. #201A  
Lynn, MA 01901

LSC | America's Partner  
for Equal Justice  
LEGAL SERVICES CORPORATION



### Celebrating the Arts

"Music Surrounds Us"  
A Concerts Series Featuring Nahant Musicians

#### "Celtic and Scandinavian Traditional Music"

June 6, 2026, 7pm, Ellingwood Chapel, Nahant  
The Dashing Rock Celtic Trio  
North Sea Crossing: Step into Nahant's stone chapel and set sail with Dashing Rock Celtic Trio on a musical journey across the North Sea—full of lively tunes, great stories, and a few surprises along the way.

#### "Fifes and Drums" - Free event

Celebrating 250 years Independence of America  
July 3, 2026, 2pm, Nahant Life Savings Station  
The Music of Prescott's Battalion  
Step back to 1775 with the Music of Prescott's Battalion and experience the lively sounds of the American Revolution! With period music, stories, and authentic instruments, we'll bring to life how fifes and drums helped guide and inspire the soldiers of the Continental Army.

#### "A Million Dreams"

August 22, 2026, 7pm, Town Hall, Nahant  
Ute Gfrerer and her choirs "Seaside Sirens" and "Seaside Stars"  
A Million Dreams is a vibrant choral journey through the many faces of dreaming—where hope, longing, imagination, and even heartbreak find their voice in music across styles and stories.

Tickets are \$30 for adults, \$15 for students, and those 14 and under may attend free of charge. Please RSVP to [julie@nahanthistory.org](mailto:julie@nahanthistory.org) or call 781-581-2727. Space is limited.

## PICKLE BALL

### Free Introduction for Seniors!

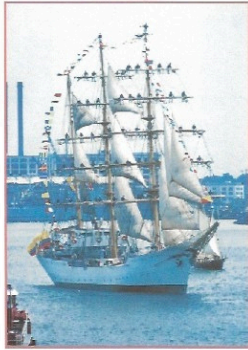
Come learn the basics of this fun and easy-to-play game in a relaxed, welcoming environment.

- 📍 Swampscott Middle School – Lower Courts
- 📅 Tuesday Mornings
- 🕒 9:00 AM – 11:00 AM

- ✅ No Registration Required
- ✅ Beginners Welcome
- ✅ Great Exercise & Social Fun

"60 or Better" Welcome! 🎉

## Nahant Community Breakfast



The Tall Ships  
are Coming!

A presentation by  
Selectman/Harbor Master  
Rob Tibbo & Hear about  
the Tall Ships from Town  
Administrator Alison  
Nieto



Friday, July 10, 2026 at 8 a.m.

Nahant Village Church  
27 Cliff Street

All are Welcome



**NAHANT  
MARKET  
BY THE  
SEA**

**SATURDAYS**

10AM-1PM @ FLASH ROAD PARK  
JUNE 27TH, JULY 18TH, AUGUST 15TH & SEPTEMBER 12TH

**LOCAL VENDORS AND ARTISANS**

JEWELRY & CLOTHING  
POTTERY, HOMEMADE WARES, PAINTINGS  
FOOD & REFRESHMENTS  
**AND SO MUCH MORE!**

TO BECOME A VENDOR EMAIL [KTAYLOR@NAHANT.ORG](mailto:KTAYLOR@NAHANT.ORG)  
OR VISIT THE MARKET PAGE AT [NAHANT.ORG](http://NAHANT.ORG)

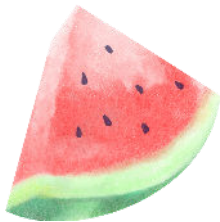
### NAVIGATE NAHANT

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.





  
**\$5.00 Unless**      **Tiffany Café Menu**      **781-581-7557**  
**otherwise**      **July 2026**  
**stated.      Reservations for lunch are required**  
**24 hours in advance.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu is subject to change.</b>		<b>1</b> Fruit Salad Cheese Steak Sub w/Peppers Tater Tots	<b>2 4TH OF JULY LUNCH</b> Reuben Sandwich Cole Slaw Potato Salad Pickle	<b>3 COA CLOSED FOR INDEPENDENCE DAY</b>
<b>6</b> Sorbet Chef's Salad Bread Sticks	<b>7</b> Cream of Spinach Soup Turkey Chili Rice	<b>8</b> Spaghetti & Meatballs Salad Garlic Bread	<b>9</b> <b>"TALL SHIPS" COOKOUT AT K OF C</b>	<b>10</b> Chicken Cordon Bleu w/Do-Ahead Potatoes Baby Carrots
<b>13</b> Shepherd's Pie w/Cuke, Tomato & Onion Salad	<b>14</b> Pumpkin Soup Poached Salmon Salad w/ Cucumber, Dill & Sour Cream Dressing	<b>15</b> Sausage Cacciatore w/ Pasta Caprese Salad	<b>16</b> Roast Pork Rosemary Potatoes Zucchini	<b>17</b> Sesame Chicken w/Basmati Rice Roasted Veggies
<b>20</b> Grilled Chicken Thighs & Legs Tortellini Salad Biscuit	<b>21 COA CLOSED FOR LUNCH</b> (Sand Sculptures & Belle Isle Rest.)	<b>22</b> Spaghetti Lasagna Garden Salad	<b>23</b> Hot Dogs Baked Beans Salad	<b>24</b> Quiche Veggie Salad
<b>27</b> Cuban Sandwich Potato Salad Cole Slaw	<b>28</b> Split Pea & Ham Soup Roasted Chicken Caesar Salad	<b>29</b> Haddock w/Light Cracker Crumbs Rice, Veggie & Salad	<b>30</b> Chicken Parm Caesar Salad Bread	<b>31</b> Chicken Noodle Soup Chef's Salad Bread



# EVENTS CALENDAR

## July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 Strength, RR 10:30 Chair Exercise, TH	<b>2</b> 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH  <b>July 4<sup>th</sup> Lunch</b>	<b>3</b>  <b>COA CLOSED FOR INDEPENDENCE DAY</b>
<b>6</b> 9:00 Strength, RR 10:30-Chair Exercise, TH	<b>7</b> 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH  <b>Manicure</b>	<b>8</b> 9:00 Strength, RR 10:30 Chair Exercise, TH  <b>12:30 Music</b>	<b>9</b> 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH  <b>11:30 Tall Ships Cookout at KofC</b>	<b>10</b> 9:00 Strength, RR 10:30 Balance,TH
<b>13</b> 9:00 Strength, RR 10:30-Chair Exercise, TH	<b>14</b> 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH  <b>Manicure</b>	<b>15</b> 9:00 Strength, RR 10:30-Chair Exercise, TH	<b>16</b> 9:00 Yoga, RR 10:30-11:00 Chair Exercise,TH  <b>12:30 Pokeno</b>	<b>17</b> 9:00 Strength, RR 10:30 Balance,TH
<b>20</b> 9:00 Strength, RR 10:30-Chair Exercise, TH	<b>21</b> 9:00-Chair Yoga,RR 10:30-Chair Exercise, TH <b>COA CLOSED FOR LUNCH</b> <b>Sand Sculptures Belle Isle Rest.</b> <b>Manicure</b>	<b>22</b> 9:00 Strength, RR 10:30-Chair Exercise, TH  <b>Blood Pressure</b> <b>12:30 Music</b>	<b>23</b> 9:00 Yoga, RR 10:30-11:00 Chair Exercise,TH  <b>Hearing Clinic</b> <b>12:30 Pokeno</b>	<b>24</b> 9:00 Strength,RR 10:30-Balance, TH
<b>27</b> 9:00 Strength, RR 10:30-Chair Exercise, TH	<b>28</b> 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH  <b>Manicure</b>	<b>29</b> 9:00 Strength, RR 10:30-Chair Exercise, TH  <b>Podiatrist</b>	<b>30</b> 9:00 Yoga, RR 10:30-11:00 Chair Exercise,TH  <b>9:30 Big Blue Bargains Thrift Store</b>  <b>Periwinkle's Sandwich Shop</b>	<b>31</b> 9:00 Strength,RR 10:30-Balance, TH

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



Veteran's Food  
Volunteers

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

July 1 Aug. 5 Sep. 2



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



## Recipe

*Microwavable spinach cuts down on time*

**15 MIN.**

**PORK CHOP PICCATA**

PREP TIME 3 MIN. — COOK TIME 12 MIN.  
READY IN 15 MIN. — SERVINGS 4

- > 4 boneless pork chops (about ½-inch-thick each)
- > ½ cup all-purpose flour
- > 2 tbsp olive oil
- > 1 (9 oz) bag ready-to-microwave spinach
- > ½ cup low-sodium chicken broth
- > 2 tbsp lemon juice
- > 3 tbsp capers, rinsed

**STEP 1** Season the pork chops with salt and pepper, then dredge in the flour until lightly coated on all sides.

**STEP 2** In a 12-inch nonstick skillet, heat the oil on medium-high. Add pork chops in a single layer and cook 4 min. per side, until cooked through. Meanwhile, microwave the spinach according to package directions until wilted. Transfer cooked pork chops to a serving platter.

**STEP 3** Add the chicken broth to the pan, stirring to scrape up any browned bits. Cook 2–3 min., until reduced. Stir in the lemon juice and capers.

**STEP 4** Serve pork chops over spinach, topped with pan sauce.

## 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

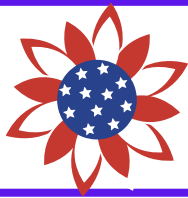
Lynn, Lynnfield, Nahant, Saugus, and Swampscott

**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.



# July Puzzle



## LAND OF THE FREE WORD SEARCH

- |                  |              |                 |
|------------------|--------------|-----------------|
| Reign            | Emancipation | Equality        |
| Washington       | Suffrage     | Opportunity     |
| Independence     | Civil Rights | American Dream  |
| Democracy        | Patriot      | Unity           |
| Republic         | Allegiance   | Resilience      |
| Constitution     | Flag         | Spirit          |
| Revolution       | Anthem       | Honor           |
| Founding Fathers | Sacrifice    | Duty            |
| Pioneers         | Valor        | Service         |
| Frontier         | Heroism      | Heritage        |
| Manifest Destiny | Veteran      | Colony          |
| Civil War        | Statesman    | Settlement      |
| Union            | President    | Declaration     |
| Confederacy      | Congress     | Bill of Rights  |
| Abolition        | Justice      | E Pluribus Unum |



# Newburyport Harbor Cruise June 4, 2026



## **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 Vanmeter - Vice Chair  
Andrea Murphy - Secretary  
Sheila Hambleton - Treasurer

Angela Bonin  
Lollie Ennis  
Emily Potts  
Roz Puleo

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

**In Memory Of:**

**Marianne Moore**

# FRIENDS CORNER

## Friends of Nahant COA Executive Board

**Linda Lehman - President**

**Susan Downs Cripps - Vice President**

**Patricia Kavanagh - 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**



JULY 1 FIELDS LYNDA, HAYES CAROL, MILLER SHARON, SMITH TIMOTHY  
JULY 2 OESTERLIN PAMELA, WARD JAMES  
JULY 3 DELANEY JOHN, PRITCHARD CHARLES, WABNO RYSZARD  
JULY 4 FORGIONE JULIE, JAMGOTCHIAN PAUL, LERMAN STEPHEN, MCDONOUGH JOHN,  
ROSSERT HELENE, STRONG PAMELA, SUGRUE DIANE  
JULY 5 BRYANOS ACHILLES, DALTON JUSTICE JEANNE, MOSCHELLA KATHLEEN, SAVAGE JEANNE,  
ZELCH ADELE  
JULY 6 FLEBBE CLAIRE, LUTCH LAWRENCE  
JULY 7 BULPETT STEPHEN, CALLAHAN GREGG, CLEMENTS HELEN, DUNCAN DIANA, GOODE WALTER,  
MUTLER GARY, REISER ERIC  
JULY 8 GERMANA SHARON, KIVETT DENA, PROCOPIO GREGORIO, VOLPER RAYMOND  
JULY 9 ANTRIM ELIZABETH, GAUDET JEFFREY, GLAVAS IOANNIS, MASTORAS GEORGE, SEDLIER CAROL  
JULY 10 LIGHT LESLIE, MESSINA CHARLES, TAYLOR JANET, VALERI GLEN, WHITE MARSHA  
JULY 11 HAMMOND VIRGINIA, NOAH DEBORAH, O'CONNOR DANIEL, OEUR PETER, SANTOS MANUEL  
JULY 12 CASTETTER LINDA, MAURER MARYELLEN, MEYER MICHAEL, WALSH DAVID  
JULY 13 CASEY NANCY, DEFILLIPPO LARRY, LISTON ANNE, MARSHALL KAREN, RIGANO JAMES  
JULY 14 COX MARTHA, DEWING DEBRA, KIRKLAND SCOTT, WALSH THOMAS  
JULY 15 ANTRIM REX, DOBBYN RICHARD, DOUCETTE PATRICIA, MANTZOUKAS WILLIAM,  
MCMACKIN DANIEL  
JULY 16 BAUDER RAINER, DEPAULIS-FEINGOLD LISA, SMITH NORMA  
JULY 17 CALOGERO ANTHONY, HASTINGS CALVIN, MARTIN LESLIE, O'HARA PATRICIA, SILVA MARGARET  
JULY 18 ANDERSON JOHN, CONNOR ILONA, SMITH NANCY, STEVENSON MARTHA, SULLO ROBERT  
JULY 19 O'LEARY COLLEEN  
JULY 20 BRYANOS JULIE, FEINGOLD DAVID  
JULY 21 ALIMENTI GERARD, CAPOZZI RICHARD, EATON LISA, GUTHRIE KAREN, O'BRIEN ANNE,  
RICHARDSON JONATHAN, SULLIVAN PATRICIA, VENTURA VALERIE  
JULY 22 DELANEY PAUL, DOHERTY BRIAN, GALLAGHER RICHARD, KOSTENKO VALERIY, MCCORMACK PAUL  
JULY 23 DIBENEDETTO LINDA, FOUKAL PETER, HUNT ROBERT, KING VALERIE, MURPHY MARK  
JULY 24 ADAMO JEANNE, BESSETTE LORETTA, CHANDRA ANUT, LEVIN DONNA, NOONAN MELINDA  
JULY 25 CASHMAN DEBORAH, DIVENUTI ALBERT, MACCINI MARC  
JULY 26 BEHEN RICHARD, BRYANOS JOANNE, HANSON KIKI, LI SUI, QUINN ELIZABETH  
JULY 27 BENNETT BRUCE, FIDUCIA CYNTHIA, HARRIS JOSEPHINE, MASONE DEBORAH, MITCHELL RITA,  
NICHOLS JOHN, O'NEILL CLIFFORD  
JULY 28 GREENE EMMA, RYAN JOHN  
JULY 29 ANTRIM SEAN  
JULY 30 DESLAURIERS JAYNE, EATON KATHLEEN, YOUNG DIANNE  
JULY 31 CARTER KATHARINE, HURD RAYMOND, IRVINE KATHERINE