



August 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.*

Director's Note:

As we head into August, I want to take a moment to reflect on another busy and exciting month at the Nahant Council on Aging.

We enjoyed a wonderful cookout at the Knights of Columbus, where our seniors gathered for good food, friendship, and plenty of fun. We also enjoyed a beautiful day of sandcastles at Revere Beach and lunch at Belle Isle restaurant, along with music, Pokeno, manicures and our gourmet lunches here in the Tiffany Room. We continue to offer free hearing tests, blood pressure checks, and podiatry (insurance).

Our transportation program continues to be an important part of the services we provide. During the Town of Nahant's 250th Anniversary Celebration, our dedicated drivers, Pat and Annemarie, went above and beyond, shuttling more than 60 miles and 8 hours that evening to help make this special celebration accessible to our community.

I am incredibly proud of the staff, volunteers, and drivers who continue to make these programs and events possible. The Council on Aging is more than a place to receive services – it is a place to connect, enjoy new experiences, share meals, and build friendships. Please take note of our upcoming events as some of them happen early in the month. We encourage you to sign up early so you don't miss out!

Thank you to everyone who continues to support the Nahant Council on Aging. We look forward to another wonderful month filled with programs, activities, good food, and friendship. We hope to see you soon!

Best,
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



August 2026 At A Glance



Music After Lunch: Every other Wednesday in August. Music dates are August 5th and 19th at 12:30 p.m. 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! The date is Thursday, August 6th at 12:30 p.m. See page 7 for details. Sign up in the Tiffany Room.



Join us for a delicious lunch at the Century House in Peabody, MA on Thursday, August 13th! Come enjoy great food, good company, and a relaxing afternoon with friends. All are welcome. The COA bus departs at 10:30 a.m. promptly! We hope you will come along! Sign up in the Tiffany Room. See page 9 for details.

Thursday, August 27th COME 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 a.m. promptly! Everyone is welcome, so sign up and don't miss the fun! See page 9 for details.

Coming Soon! Monday, September 14th - Mystic Valley Aging Services will present a **MEDICARE WORKSHOP** for Medicare.gov. We will learn how to navigate the Medicare website, there will be discussions on how to set up a Medicare.gov account, and there will be a document handed out to help each of us navigate the website from home. Look for details in the upcoming September newsletter. Save the date!

SNEAK PREVIEW! Coming in September: The COA will take a trip to see the Dahlias in Gloucester; we will be going to the Greater Boston Stage Theater to see the play "Shear Madness"; and we will be holding our Labor Day luncheon at the Knights of Columbus in Nahant. Look for details in our upcoming September newsletter.

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:

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 in September.** 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 in September.** Call 781-581-7557 for an appointment.



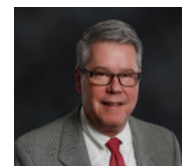
Blood Pressure Clinic:

Held in the Tiffany Room on one **Wednesday** of each month from 10:00-11:30 a.m. Next clinic is on **August 19th**. No appointment is required.



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.

MANICURES ARE BACK!

Manicures will be held on Tuesdays:
August 11th and 25th



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 in person every third Tuesday (August 18th) at 11:00 A.M.

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

For more information,

**Please call 781-581-7557 or
email: kking@nahant.org**

Programs are made possible by:

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



Ticks and Their Diseases

Summertime is the time that we are outdoors more and ticks are more active, though we can get tick bites anytime of year. Two common tick borne diseases are Lyme disease, and a new one, Alpha-gal syndrome.

Lyme disease, according to Web MD, most of us know, is carried by the deer tick, also known as the “black-legged tick.” Ticks are blood eating parasites so they pass on viruses, bacteria, and other things through their bite and the blood and saliva exchange. With the deer tick bite, transmission of the organisms does not happen immediately. It may start early, but is not complete for up to 24 hours. This means there is time to find the imbedded tick and remove it. Not all ticks carry diseases, about 20% are potential carriers, and the number of persons that get infected is less than that. Symptoms may not appear for 1-4 weeks. Of the persons that do contract Lyme disease, 80% get the characteristic “bulls eye rash” at the site. Other symptoms are fever, fatigue, flu-like aches, and chills. The fatigue and aching can last many months if not diagnosed and treated with antibiotics. If a person feels ill, and has tested negative for Lyme disease, they should also be tested for other parasitic diseases as there are several.

The new disease in the news is Alpha-gal Syndrome (AGS). It is caused by the Lone Star Tick which is most frequently found in the South and East coast of the U.S. Alpha-gal Syndrome is a red meat allergy where none existed before. Most mammalian animals (cows, sheep, pigs) carry the alpha-gal sugar molecule. The Lone Star Tick picks up the sugar molecule from the animal it feasted on and then transmits it to humans through another bite. There is no bacteria or virus, only a sugar molecule. Humans develop the allergy when their immune system creates antibodies to the sugar molecule. This allergy may take weeks or months to develop, but when it does, a person can develop stomach distress, diarrhea, and even anaphylaxis when eating red meat, dairy products, and sometimes even gelatin capsules in medications. These reactions can take 2 to 10 hrs. to develop so it, too, can be hard to diagnose. The treatment is avoiding all the items that trigger the allergy so it is a serious condition that causes a huge life-style change.

Avoiding tick bites with repellent and checking yourself after walks is the best way to prevent these diseases. Your doctor or Urgent Care is always available to help you remove them and get a diagnosis and treatment started.

Anna Marie Manzano, R.N.



Volunteer Page



Susan Edwards:

Sue has lived in Nahant her whole life! She has been married to her husband, Warren, for 57 years and they have four lovely daughters - three still live in Nahant and we are sure many of you know them!!! She has been blessed with thirteen grandchildren. Sue and her husband were commercial lobstermen in Nahant for 24 years. Even though they are now retired, they are very busy keeping up with their grandchildren and all their activities. In her spare time, Sue volunteers at the Nahant Council on Aging, helping in all capacities, as well as serving on the Board of the Friends of the Council on Aging. Sue really enjoys seeing people at the Senior Center, many of whom she has known over the years, and also making new friends while volunteering!

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.

It's Pokeno Time!

Join Annemarie and a fun group of Pokeno players in the Tiffany Room on Thursday, August 6th at 12:30 p.m.



MUSIC AFTER LUNCH!

Join the COA for a fun afternoon of singing with Michele every other Wednesday in August. Music dates are: August 5th and 19th at 12:30 p.m. in the Tiffany Room!



Nancy Hodgson Smith, 89, of Nahant, MA, died peacefully at her son's home in Overland Park, KS on July 2, 2026. The Memorial Service will be held on Sunday, September 6th, at 1:00 p.m. at the Nahant Village Church.

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



Northeast
Legal Aid

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,
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

MLAC

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 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! 🎉



The Brook Casino

Join the Nahant COA for a fun trip to the Brook Casino in Seabrook, New Hampshire on Thursday, August 27^h. Sit back, relax and enjoy the ride as we spend the day out together at one of the area's most popular destinations. Everyone is welcome - come along and enjoy a great day of fun and good company! Sign up in the Tiffany Room.

The bus will depart from the Tiffany Room at 9:30 a.m. promptly!!



Join the COA on Thursday, August 13th for a trip to the Century House restaurant for lunch!

The luncheon will include “one” of the following options:

- Baked Stuffed Chicken
- Baked Haddock
- Roasted Turkey

All meals include salad, dinner rolls, potato, vegetable and dessert.

Also included are soft drinks, as well as coffee or tea.

The price per person is \$20.00.

The bus will leave the COA at 10:30 a.m. promptly!!

Nahant Community Breakfast



DID YOU KNOW:

In Massachusetts, an
estimated
600+ teen & young
adults
experience homelessness on
any given night

The Haven Project is a Lynn based nonprofit rooted in appreciation, respect, and acclamation. Come hear Director of Development Megan Collins talk about the work they do to give homeless youth homes and opportunities & how you can help too!

Friday, Aug. 7, 2026 at 8 a.m.

Nahant Village Church
27 Cliff Street

All are Welcome

12 step Sermon Series

Nahant
Village
Church
UGG

NAHANTVILLAGECHURCH.ORG

Sunday Aug. 2 - Steps 1-3

Powerlessness, Higher Power, and Surrender

Sunday Aug. 9 - Steps 4-6

Resentments

SUNDAY AUG. 16 --NO SERMON SERIES

"HYMN SING"

Sunday Aug. 23 - Steps 7-9

Making Amends

Sunday Aug. 30 - Steps 10-12

Carrying the Message

27 CLIFF STREET
NAHANT

781-581-1202



SERVICES 10 A.M.
SUNDAYS

**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
OR VISIT THE MARKET PAGE AT 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
otherwise
stated.

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

781-581-7557

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sausage, Peppers & Onions Sub Cold Spaghetti Salad Strawberry Salad	4 Cream of Spinach Soup Grain Bowl Salad w/Salmon & Miso Dressing	5 Chicken Tenders Loaded Tater Tots Cole Slaw	6 B.L.T. Potato Salad Pickle	7 Meatloaf w/Gravy Mashed Potatoes Veggie
10 Southwestern Salad with Chicken Cheesy Biscuit	11 Turkey Veg. Soup Pot Roast Potato Veggie	12 Roast Pork Roasted Potatoes String Beans	13 COA CLOSED CENTURY HOUSE REST. LUNCHEON	14 Baked Ham Potato Salad Cole Slaw
17 Spaghetti & Meatballs Caesar Salad Bread	18 Tomato Mozzarella Baked Fish Roasted Corn Sauce Arugula	19 Chicken Parm. with Pasta Cuke & Tomato Salad	20 Beef Burritos with Rice & Beans	21 Beer Can Chicken Rice Veggie Tomato Salad
24 Open-Faced Turkey Sandwich Stuffing, Gravy, Corn & Cranberry Sauce	25 Tomato, Corn, Red Onion Salad Tuna Poke Bowl	26 Chicken Alfredo & Broccoli over Fettucine Salad	27 COA CLOSED FOR LUNCH BROOK CASINO TRIP	28 Chicken Cutlets Roasted Potatoes Veggie Salad
31 Cheeseburger Subs French Fries Fruit Salad	Menu is subject to change.			



EVENTS CALENDAR

August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Strength, RR 10:30-Chair Exercise, TH	4 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	5 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	6 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	7 9:00 Strength, RR 10:30 Balance, TH
10 9:00 Strength, RR 10:30-Chair Exercise, TH	11 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	12 9:00 Strength, RR 10:30 Chair Exercise, TH	13 9:00 Yoga, RR COA CLOSED FOR LUNCH 10:30 Century House Restaurant	14 9:00 Strength, RR 10:30 Balance, TH
17 9:00 Strength, RR 10:30-Chair Exercise, TH	18 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	19 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure 12:30 Music	20 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH	21 9:00 Strength, RR 10:30 Balance, TH
24 9:00 Strength, RR 10:30-Chair Exercise, TH	25 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	26 9:00 Strength, RR 10:30-Chair Exercise, TH	27 9:00 Yoga, RR COA CLOSED FOR LUNCH 9:30 Brook Casino	28 9:00 Strength, RR 10:30-Balance, TH
31 9:00 Strength, RR 10:30-Chair Exercise, 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 a.m.

Aug. 5 Sep. 2



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



Recipe

Baked Teriyaki Chicken Thighs



No ratings yet

Course: Dinner, Main Course Cuisine: American Prep Time: 15 minutes
Cook Time: 1 hour Total Time: 1 hour 15 minutes Servings: 6

Ingredients

- 1 tablespoon cornstarch
- 1 tablespoon cold water
- ½ cup white sugar
- ½ cup soy sauce
- ¼ cup cider vinegar
- 1 garlic clove, minced
- ½ teaspoon ground ginger
- ¼ teaspoon ground pepper
- 12 skinless, boneless chicken thighs

Instructions

1. Preheat the oven to 350F. Dissolve cornstarch in cold water and combine all ingredients, except chicken thighs in a small saucepan over low heat. Cook sauce until thickened and bubbly
2. Place chicken thighs in a 9 x 13 baking dish and brush with sauce on both sides
3. Bake for one hour, basting with the sauce every 10 minutes, and flipping them once at the 30 min mark

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

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:

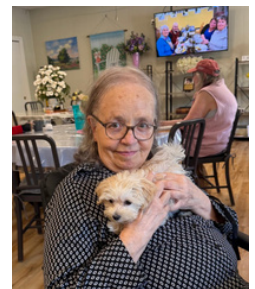
Mystic Valley Elder Services
300 Commercial St. #19, Malden, MA 02145
781-324-7705
www.mves.org

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.

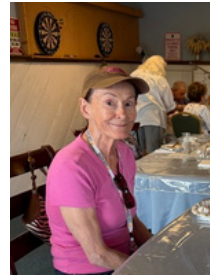
Stoneham Theater
June 28, 2026



**Thank you, Roz for your awesome
monthly birthday cakes!**



**Say Hello to Annemarie's
new puppy, Frankie!**



Tall Ships BBQ July 9, 2026



Sand Sculptures @ Revere Beach July 21, 2026





August Puzzle



BAKE

BATTER

BEEF

BINDER

CARROT

CELERY

CHICKEN

CHUNKY

CRUST

CUBE

FIBER

FILLING

FOOD

FREEZER

GARLIC

GRAVY

LARDER

MEAL

MICROWAVE

ONION

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

PASTRY

PEAS

POTATO

RACKS

RECIPE

ROUND

SALT

SAVORY

TOMATO

VEGETABLES

VENT

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:

Norma Hayes

Kate Mahoney

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



AUGUST 1	BRADLEY N SCOTT
AUGUST 2	KIM YOUNG JA, PARISI ANGELO, VAN METER FARRIS
AUGUST 3	DOLAN JANET, KERSHAW ROBERT
AUGUST 4	COOK BRENDA, DOUGHERTY MARK, DOYLE THOMAS, LANDRY STEVEN, WILSON ELLEN
AUGUST 5	MEDWEDEFF NATASHA, TALBOTT SHERI
AUGUST 6	CASEY JOHN, ENNIS BARBARA, WADE BRUCE
AUGUST 7	DICOSTANZO MARIO, MAGNER PATRICIA, O'CONNOR RICHARD
AUGUST 8	FALAT JOHN, LEADER JAMIE, MALATESTA RICHARD, MOLETI SUSAN, WARD LAURENCE
AUGUST 9	DRISCOLL KAREN, HASKELL JOSEPH, PICCOLA MARGARET
AUGUST 10	BROWN LINDA, CIMONO DOLORES, MASON DIANE
AUGUST 11	CARMODY KIM, DELISLE RICHARD, FULLAM SUSAN, HODGES BARBARA, O'CONNOR LEIGHTON, SIMPSON TRACY, WALLACE ARLENE
AUGUST 12	CANTELMO NANCY, O'BRIEN NANCY
AUGUST 13	GERACOU LIS STEPHANIE, LIMA MARIA-LUCIA, MACCORMACK BRIAN, SPINUCCI MARIO
AUGUST 14	COMEAU ROBERT, EASTON CARL, FERRAGAMO PAUL, GUTOWSKI ROBERT, MANCUSO JOSEPH, PRATT MOLLY, QUEENAN SHARLENE, DAGA SANJEEV
AUGUST 15	DEMIT PATRICIA, DESMOND KATHRYN, GRANT CHARLES, JOHNSON ESTHER, MUNRO WENDY, PALOMBO DEAN, RIKUN LIUDMILA
AUGUST 16	BABUSHKINA JULIA, CLARK JAMES, FINLEY JENNIFER, NEWTON RICHARD, SANSONE ANGELA
AUGUST 17	CONNOLLY JOHN, GEANEY DIANNE, GRANT JANE, KENNEDY JOHN
AUGUST 18	FIELDS ROBERT, LEESHA CAROL, LUE NIYOM, MANNIX CLAUDIA, PATEK VIOLA
AUGUST 19	CHAMPIGNY LINDA, CROFT LISA, O'CONNOR DIANE, PEARSON MARY, VALLIEREGAWLOCKI JULIE, WLADKOWSKI MAUREEN
AUGUST 20	BLYDELL BONNIE, COLE EVERETT, DEANGELIS STEPHEN, MURPHY FREDERICK, SCOURTAS RICHARD, SPARR DAVID, WORTMAN SCOTT
AUGUST 21	CONNOR MICHAEL, GREGERSEN HAL, MAKSIMOVIC MIRJANA, SAMPSON SALLY, SAVAGE ROBERT
AUGUST 22	RUSK LOUISE, WHEELER ELLEO
AUGUST 23	ALLEN BLANE, ANDERSON RITA, BEHEN MARY, BREWER CLAIRE, DEDOMINICIS ANTHONY, FIDUCIA FRED, FIDUCIA FREDERICK, MORIN DAVID, VECCHIA CHRISTOPHER
AUGUST 24	BOLTHRUNIS MARGARET, BURNS WILLIAM, CONNOR JOHN, DIVOLL MARCIA, PASINSKI ROGER
AUGUST 25	CHRISTIE ROSANNA, KETUDAT TONYTIP, LORIEN DUNCAN, MCCORMACK CARLA
AUGUST 26	DECOSTA GILBERT, HANSELL KAREN, HUNT BARBARA, LAMANDO THOMAS, MADOR PAUL, MOTLEY PAMELA, O'DONNELL RENEE, SHEEHAN PATRICIA
AUGUST 27	BARTON JAMES, BERTRAND FRANCES, CAHALIN PHILIP, NANSTAD DIANE
AUGUST 28	HAMBLETON SHEILA, MORSE PAUL, PAPAGELIS GEORGE
AUGUST 29	ALDRICH DAVID, BRIENZE ROBERT, LUNDBERG KATHERINE, REIS SCOTT, SPINUCCI EMILY
AUGUST 30	HUNT DAVID, KENWORTHY SCOT, LOMBARD JOHN, NICOSIA NANCY
AUGUST 31	CONLIN DAVID, DAY RONALD J, KAMEN DIMITRY