

October 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,

As I sit down to write this month's Director's letter, I find myself feeling incredibly grateful and excited about what is happening at the Nahant Council on Aging.

Our kitchen renovation is officially underway! After months of planning, paperwork, grants, conversations, and lots of hard work behind the scenes, we are finally seeing the project become a reality. It is truly exciting to watch it finally take shape.

For me, this renovation is about so much more than new floors, new equipment, and a new kitchen. It is about what that kitchen will allow us to do for our seniors in the years ahead. It will give us a safer, more functional space and the opportunity to grow our meal programs, provide more nutritious meals, and create even more reasons for people to come through our doors.

The COA has always been about more than a building. It is about the people who walk through those doors every day - the friendships, the laughter, the conversations over lunch, the activities, the celebrations, and sometimes simply having a place where someone knows your name.

While our kitchen is being renovated, we have temporarily moved many of our programs to the Nahant Village Church. I want to give a very special "thank you" to Reverend Emily and her staff for opening its doors to us and helping us continue to serve our community during this transition. Their generosity has meant so much.

I also want to thank all of you for your patience and understanding. Change is not always easy, and I know that temporarily being in a different location can take some getting used to. But you have continued to show up, participate, laugh, socialize, and make the best of it - and that is exactly what makes our senior community so special.

I am especially thankful to everyone who helped make this renovation possible - the Town of Nahant, the Friends of the Council on Aging, our grant supporters, volunteers, community partners, and everyone who has supported the COA in ways both big and small!

I would personally like to thank Ann and Maria for all of their hard work in making this possible. Truly, they have been amazing during this transition. My gratitude goes without saying, but just in case they don't know that, thank you!! Thank you also to our van drivers for the extra work you have done. It does not go unnoticed.

My hope is that when we finally walk back into our renovated space, we will all be able to look around and know that this was worth the wait. And I hope that it will be the beginning of an even more active, welcoming, and connected COA. I can't give a definitive date, but it is moving along.

Thank you for allowing me to be part of this journey with you. I am so proud of what we are building together, and I can't wait to welcome everyone home.

With gratitude and excitement,

Kelly King, Director
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



October 2026 At A Glance



MONDAY, OCTOBER 12, 2026 - NAHANT COUNCIL ON AGING IS CLOSED TO CELEBRATE BOTH COLUMBUS DAY AND INDIGENOUS PEOPLES DAY!



Join us for lunch at the Maple Street Bistro on Monday, October 5th! Enjoy a delicious, freshly prepared meal created and served by the talented students of Essex North Shore Agricultural & Technical High School. Our specially-tailored menu includes a salad, entrée, beverage, and dessert for \$20.00 - everyone is welcome! Sign up at the Nahant Village Church while our center is being renovated! See page 10 for details.

Music After Lunch: Every other Wednesday in October. Music dates are the 7th and 21st at 12:30 p.m. Join us for an afternoon of laughter and fun singing with Michele in the Nahant Village Church. See page 6 for details.



Come join us at the Nahant Village Church 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 dates are October 8th and 22nd at 12:30 p.m. See page 6 for details.



Friday, October 30, 2026 Halloween Party
Location to be determined (TBD)
\$10.00 per person
Sign up at the Nahant Village Church



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.



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 (October 20th) 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**



Food Shopping at Market Basket:

Please note that our regular every-other-Monday trips to Market Basket will be suspended temporarily. We hope to resume our shopping outings again soon.

Hearing Clinic:

Dr. Taylor 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, October 15th.** Call 781-581-7557 for an appointment.



Foot Clinic:

Dr. Fernandez will be available at the **Nahant Village Church** during the month of October while the COA is being renovated. **The next visit will be Tuesday, October 13th.** Call 781-581-7557 for an appointment.



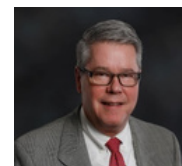
Blood Pressure Clinic:

Held in the **Nahant Village Church** on one **Wednesday** of each month from 10:30-11:30 a.m. Next clinic is on **October 21st.** No appointment is required.



Elder Law Consultations

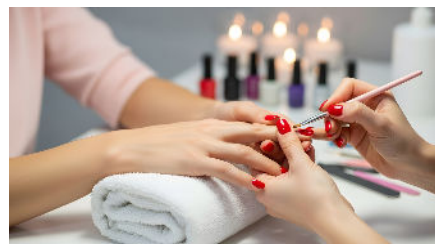
with Brian Snell, Estate Attorney.



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 at the Nahant Village Church on Tuesdays: **October 13th & 27th**



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





Vaccination Time Again

It's time to think about our vaccinations again. Pharmacies are gearing up and PCP's are reminding us again that vaccinations can help us stay out of hospitals.

Flu shots are usually recommended yearly for older persons because the flu still causes a good number of hospitalizations and deaths every year. Because the Flu virus changes every year, the shot we had last year probably will not protect us this year. This year's Flu shot is again a Trivalent vaccine, or one covering three predominant flu strains. These are the A(H1N1) the A(H3N2) and influenza B Victoria Lineage. It is recommended that we get this shot some time between September and March.

The standard manufacturers are still producing flu vaccines, Fluzone is a brand frequently used. But as has been anticipated, mRNA technology is beginning to produce Flu vaccines. Moderna currently has a vaccine on the market in limited quantities. It is called mFLUSIVA. The advantages to the mRNA vaccines is that the targeted virus can be changed easily if needed. It is found to be 26.6% to 27% more effective in preventing the flu compared to the standard brands. Side effects are generally the same with headache, sore arm, and upset stomach, but as it is a new medication potentially serious side effects or allergic reactions are seen so patients may be asked to wait in the office or pharmacy for 15 minutes after receiving the injection. Our local CVS does have a limited number of these vaccines, so if you are interested, an early appointment is recommended.

The COVID vaccine is still recommended especially for persons with health issues like COPD or asthma, heart disease, and diabetes. This vaccine too, is targeted to the latest COVID virus found to be circulating now. Many people feel they no longer need yearly COVID shots, but others are still getting recommendations from their PCP to get a yearly COVID shot.

The Respiratory Syncytial Virus (RSV) is still causing severe respiratory symptoms among children and causes about 10,000 deaths in older adults yearly. This vaccine is recommended for persons over 60, and another form of the vaccine is available for infants and young children. The RSV Injection is currently a one-time shot according to the CDC.

The Shingles vaccine is also very important for persons over 60 as they are prone to getting Shingles which can be very painful. The Shingles vaccine comes in two shots, given two to six months apart, but is only required once.

The Pneumonia vaccine, Prevnar or Pneumovax, is also very important, especially in persons with respiratory problems like asthma or frequent colds, bronchitis, and pneumonia. It is recommended for persons over 65. This vaccine is currently recommended every 5 years in these persons.

These are the most common vaccines that are pertinent to our age group. It is certainly wise to discuss these with your doctor before getting a vaccine you have not had before, especially if you have had problems with vaccines. All of these are available at your local pharmacy that administers vaccines. They are an investment in your health.

Stay well, Anna Marie Manzano, R.N.

It's Pokeno Time!

Join Annemarie and a fun group of Pokeno players at the Nahant Village Church on October 8th and 22nd at 12:30 p.m.



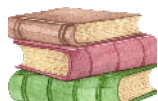
MUSIC AFTER LUNCH!

Join us for a fun afternoon of singing with Michele every other Wednesday in October. Music dates are the 7th and 21st at 12:30 p.m. at the Nahant Village Church.



NAVIGATE NAHANT

The Nahant Public Library in collaboration with the COA is pleased to provide a 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.



The Frivolous Old Gal

I have become quite a frivolous old gal.
I'm seeing five gentlemen every day.
As soon as I awake, Will Power helps me out of bed. When he leaves, I go see John. Then Charley Horse comes along and when he is here, he takes a lot of my attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and ready to go to bed with Ben Gay. What a day!

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

Roz' Corner

Thank you, Roz
for all your
delicious
Birthday cakes!



Sept. 12, 2026
CAR SHOW
Life Saving
Station



**LEO Fuel Assistance:
Thursday, October 29th**

NEED HELP PAYING YOUR ENERGY BILL?

APPLY FOR HOME HEATING

ASSISTANCE TODAY!



Get Ready for Winter!

Fuel assistance applications are coming!

- Get help paying a portion of winter heating bills: gas,
- oil & electric
- Find out about additional energy programs to make your home more efficient
- Use any heat source: gas, oil, propane, electric, wood, kerosene, coal
- Obtain help, even if heat is included with rent
- Renters and homeowners can apply
- Boiler needs service

If you received help from fuel assistance last year, you will receive an application in the mail soon. If you do not get an application, or you have any questions, call us. We are here to help!

781-581-7557



Volunteer Page



Pat Kavanagh



Patti is the newest member of The Friends of the Nahant Council on Aging serving as Treasurer. She brings her experience and commitment to our organization and we look forward to the knowledge and leadership she will bring to the team.

Patti has lived in Nahant for 14 years, close to her family, friends and the beach she loves! Her two children, along with six grandchildren, all live out of state and they come to visit when they can - they also love the beach! She keeps busy with exercise class, working with the St. Vincent de Paul Society, traveling with her girlfriends, and painting again. Please join us in welcoming Patti!

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.



Monday, October 5, 2026

Maple Street Bistro - \$20.00/per person

**The bus will leave the Tiffany Room at 10:30 am. Please sign up
at the Nahant Village Church while our Senior Center is being
renovated!**



HAPPY HALLOWEEN

JOIN US FOR A HALLOWEEN PARTY

ON FRIDAY, OCTOBER 30TH

LOCATION TBD

\$10.00 PER PERSON

Sign Up at the Nahant Village
Church while the COA is being
renovated!

**FRIENDS OF THE COA FUNDRAISER AT THE TIDES RESTAURANT
SEPTEMBER 24, 2026**





November 3, 2026

In Person Early Voting

Nahant Town Hall – Town Clerk's Office

(Handicapped Accessible)

Saturday, Oct. 17th and 24th 9:00 am – 1:00pm

Tuesday, Oct. 20th- Oct. 22nd 9:00 am 1:00 pm

Tues. Oct. 27th - 29th - 9:00 am – 1:00 pm

**Fridays, October 23rd & 30th 9:00 AM – 12
Noon**

Last Day to Register to Vote

October 24th - 9am– 5pm

Last Day to request Vote by-Mail Ballot

October 27th, 2026 @ 5pm

Questions: Please call Town Clerk's

Office – 781-581-0018 x 4

Email: ddunfee@nahant.org





Nahant Community Breakfast

The Town Administrator's Life as a Triathlete

Come hear Alison Nieto discuss how
she went from competitive
swimmer to coach to super athlete!

Friday, Oct. 2, 2026 at 8 a.m.
Nahant Village Church
27 Cliff Street

All Are Welcome!

Please join us on Friday, Oct. 2 for our next Nahant Community Breakfast. It will feature Town Administrator Alison Nieto. Unlike other presentations, she will talk about her life as a triathlete. She started off as a competitive swimmer in high school and college. Then, after college, she coached high school swimming for a number of years. One of her friends became a triathlete and encouraged her to try it. After her first race she was hooked. Find out what triathlons she has done and what is still on her bucket list.

Breakfast is served at 8. Please invite and bring family and friends for an interesting presentation, wonderful camaraderie, and a hearty breakfast.

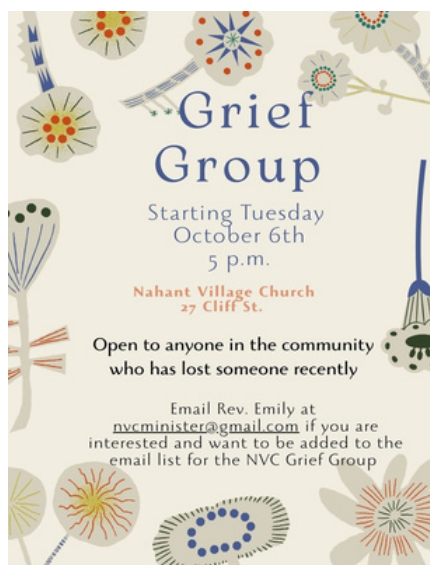
Other Events at Nahant Village Church

Saturday, Oct. 3 -- Flea Market from 9 to 1

Sunday, Oct. 4 -- Blessing of the Animals at Marjoram Park at 10 a.m.

The November breakfast will focus on our beaches in Nahant, presented by Vi Patek, President of SWIM. She will share some of her findings from the beach cleanups that SWIM has sponsored over the years. A not to miss event!

Cal and Marrit Hastings
Hosts and Coordinators of
The Nahant Community Breakfast Program





**\$5.00 Unless
otherwise
stated.**

**Tiffany Café Menu
October 2026**

781-581-7557



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY HALLOWEEN		Menu is subject to change.	1 Barbecue Kielbasa Rice Broccoli	2 Chicken Stew Biscuits Salad
5 Maple Street Bistro	6 Eggplant & Chicken Parm. w/Spaghetti Salad Bread	7 Chicken Noodle Soup w/Half Chicken Salad Sandwich Chips	8 Chicken, Broccoli & Ziti Bread Salad	9 Beef Stew Roll Salad
12 COA CLOSED Columbus Day & Indigenous Peoples Day!	13 Pork Loin w/Root Veggies Applesauce Roasted Potatoes Fruit Salad	14 Stuffed Peppers Salad Roll	15 Vegetable Soup Chicken Salad Sandwich Pickle	16 Fresh Fruit Cup Sausage & Egg Breakfast Casserole Home Fries
19 Sheppard's Pie Salad Cornbread	20 Chicken Caccatore w/Pasta Salad Bread	21 Clam Chowder Tuna Sandwich Chips & Pickle	22 Roasted Chicken Potato Veggie	23 Minestrone Soup w/Grilled Ham & Havanti Cheese Sandwich
26 Italian Wedding Soup w/Half Sandwich	27 Shrimp Scampi over Linguini Bread Salad	28 Chili Con Carne w/Salsa & Chips Salad	29 Spaghetti w/Meat Sauce Garlic Bread Salad	30 Halloween Party



EVENTS CALENDAR

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH	2 9:00 Strength, RR 10:30 Balance, TH
5 9:00 Strength, RR COA Closed Maple Street Bistro Field Trip	6 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	7 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	8 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	9 9:00 Strength, RR 10:30 Balance, TH
12 COA CLOSED Columbus Day & Indigenous Peoples Day!	13 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Foot Clinic Manicures	14 9:00 Strength, RR 10:30-Chair Exercise, TH	15 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH Hearing Clinic	16 9:00 Strength, RR 10:30 Balance, TH
19 9:00 Strength, RR 10:30-Chair Exercise, TH	20 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	21 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure 12:30 Music	22 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	23 9:00 Strength, RR 10:30-Balance, TH
26 9:00 Strength, RR 10:30-Chair Exercise, TH	27 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicures	28 9:00 Strength, RR 10:30-Chair Exercise, TH	29 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH LEO Fuel Assist.	30 9:00 Strength, RR 10:30-Balance, TH Halloween Party

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.

(2026) Oct 7th, Nov 4th, Dec 2nd

(2027) Jan 6th, Feb 3rd, Mar 3rd, Apr 7th,

May 5th, Jun 2nd, Jul 14th, Aug 4th, Sep 1st



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



Recipe

Aunt Betty's Famous Chocolate Cake

Ingredients:

1 1/2 Cups Flour
1 1/4 Cups Sugar
1 1/4 Teaspoons Soda
1 Teaspoon Salt
1/2 Cup Cocoa
2/3 Cup Oil (Wesson)
1 Cup Buttermilk
1 Tsp. Vanilla
2 Eggs
2/3 Cup Milk
1/3 Cup Vinegar



Directions:

Add everything together and mix with an electric mixer.
Bake for 35-40 minutes at 350 degrees. ENJOY!

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:

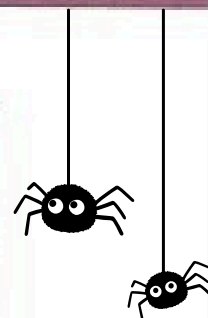
Mystic Valley Elder Services
300 Commercial St. #19, Malden, MA 02145
781-324-7705
www.mves.org

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.

WORDSEARCH 199



THE FUTURE



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

APPROACHING
 COMING UP
 DESTINED
 DOWN-THE-LINE
 EVENTUAL
 FATED
 FORECAST
 FORTHCOMING
 IMMINENT
 IMPENDING

INEVITABLE
 LATER
 LIKELY
 NEXT
 PLANNED
 PREDICTED
 PROSPECTIVE
 SCHEDULED
 SUBSEQUENT
 UNFOLDING

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
donation:**

In Memory of Norma Hayes

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



October 1	CANALI ALICIA, CAPANO MARION, DIAZ ANGEL, FOLEY ELLEN, HORNIG JOHN, KING WILLIAM, O'CONNOR ANTONINA, PETERSON TRACY, ZIRPOLO RICHARD
October 2	BERMAN DANIEL, BISIGNANI ANDREW, DEVILLE DEIRDRE, GRAUL JOSEPH, KUTCHER BRUCE, PASICHNY JANE, WELLINGTON TIMOTHY
October 3	MURRAY MICHAEL, SMITH SHERRY
October 4	DEGEORGE JOSEPH, DOBBYN ERIC, FLYNN CAROLYN, MURPHY DEBORAH
October 5	CARLSON ELIZABETH, HANSELL CHARLES, LENZI MICHELLE, SHEPPARD WALTER
October 6	CHANDRA LOTIKO, MITRANO GIOVANNA
October 7	BENNETT BART, COSTELLO MICHAEL, FRARY EDWARD, GAGLIONE MAUREEN, JOHNSON ELLEN, PASINSKI MARIE, RESNICK JACK
October 8	CAPERAN HORACIO, HEFLER FREDERICK, JACOBBER MARK, LEE GAIL, MCLAUGHLIN JOHN
October 9	KENWORTHY PATRICIA, MACDONALD GREGORY
October 10	LANG DONALD, WHITE JACQUELINE
October 11	ALDER JACCI, DAVIS GAIL, FANTASIA RENA, HENDRICKSON SUSAN
October 12	DOBBYN DYLAN, FAWCETT STEVEN, MCDEVITT PATRICIA, SWAINE DANIEL
October 13	BROOKS ALAN, CHANG REGINA, GRUZDEVA LYUDMILA
October 14	ALLARD KEVIN, HAYNES JOYCE, RECIO GLADYS, WAITE WILLIAM
October 15	BILLIAS DEBBIE, DESMOND ELIZABETH, FLYNN MICHAEL, MANOS ANNE, ROTIROTI MARY
October 16	DESMOND DANIEL, DESMOND KERRY, SMITH KENNETH, STERITI JUDY, TIBBO MEREDITH
October 17	DAMICO JOSEPH, HYDER JAMES, SHORE WARREN
October 18	GIUGGIO JO ANN, ILLONA MONIQUE, NICHOLLS BEVERLY, OSBAHR ELIZABETH, PATELLA JOHN, WARD MAUREEN
October 19	CARR JOHN, URANY DENNIS
October 20	HARDY DONALD, PROUDIAN JOHN, SPEARE EMMANUEL, WACHTEL MARY
October 21	CHRIST CYNTHIA, LEJA FRANK, TOOMAJIAN PATRICIA, WLADKOWSKI JOHN
October 22	CULLINAN MICHAEL, PECORARO NICOLA, RICCIO JOSEPH
October 23	HOLDCRAFT THERESE, STANLEY FREDERICK
October 24	AMIRAULT-LEFAVE CHERYL, CAVALLARO SANDRA, GRIMM LUCY, HUNTER JOANNE, KOURKOULIS ATHAS, STAWSKA EVA
October 25	LEBLANC THOMAS, MAHONEY MARILYN
October 26	BERKOWITZ LYNNE, CHAISSON ERIC, GOODMAN ANITA, GREGERSEN SUSAN, LIPPAY ROBIN, NOONAN WAYNE
October 27	CLEMENTS THOMAS, FAMULARI PETER, STOLLER JULIE, WHITMAN NANCY
October 29	DICOSTANZO ANTONIO, IRVINE MARK, LOGAN LORRAINE, MARTIN NANCY, OSBAHR WILLIAM, RECCHIA GARY, REYES EDUARDO, SCANLAN HEATHER, WALLACH LOUIS
October 30	CONIGLIARO RICHARD, CORMIER KENNETH, CUNNINGHAM LINDA, DOLCE THERESA, LACLAIR VALERIE, NARDIZZI STACIE, OHARA SEAN, SCOURTAS LISA
October 31	ABRAHAM YVONNE, COLLINS JANE, DALPOZZAL VICTOR, GLAVIN VICTORIA, MAHONEY SUSAN, ORZALLI JOANNE