

November 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."*

I want to take a moment to thank everyone who played a part in making this renovation possible. This project has been a true team effort, and I am incredibly grateful for the generosity, hard work, patience, and support we have received along the way.

First and foremost, thank you to all of our Town Hall employees, especially Alison, for your patience and understanding throughout all the construction. Your flexibility and support have meant so much. A huge thank you to the DPW for all your help, and to Bulldog Construction for the excellent work and dedication you brought to this project.

Thank you to the Nahant Lions for painting and helping make our space feel fresh and welcoming. To RJ Devereaux and Brian Sullivan from BVS, your contributions to this renovation have been tremendous. The donation of your labor and equipment was substantial, and we truly cannot thank you enough for being such an important part of making this happen.

To the Friends of the COA, thank you for your generous donations and continued support. To our Board members, thank you for trusting me to take on this project and see it through. Your confidence and support have meant a great deal to me.

To Rev. Emily and Chris from the Nahant Village Church, what can I say? Without your generosity in allowing us to relocate and essentially "take over" while this project was underway, this renovation would not have been possible. You opened your doors to us when we needed it most, and we thank you from the bottom of our hearts!

Ann and Maria, I cannot thank you enough for all your hard work. Your dedication and everything you have done throughout this process have been invaluable. Pat, Annmarie, and Scott, thank you for taking on so much extra work along the way. You are all amazing, and I appreciate each of you more than you know!

And finally, to our cooks and volunteers, who continue to be the heart and soul of our center: **THIS KITCHEN IS FOR YOU!!!** Your hard work, commitment, and care for our community are what makes the COA such a special place. We cannot wait for you to enjoy this new space!

I know I have inadvertently left out many people who helped make this project a success, but please know that every contribution, big or small, has made a difference. We are grateful to each and every one of you!

And now, the news we have all been waiting for!

Our plan is to reopen the COA on **MONDAY, NOVEMBER 9!** Of course, we know that unexpected things can happen, but I will send out an email if anything changes.

We are beyond excited to welcome everyone back to our center and to share this wonderful new space with all of you. This renovation has taken a tremendous amount of teamwork, patience, and heart, and I could not be prouder of what we have accomplished together.

Thank you all for believing in this project, supporting us along the way, and helping make it a reality.

We cannot wait to be back home!

With heartfelt gratitude,
Kelly



November 2026 At A Glance



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

Wednesday, November 11th COA Closed for Veterans Day!



Music After Lunch: Every other Wednesday in November. Music dates are the 4th and 18th at 12:30 p.m. Join us for an afternoon of laughter and fun singing with Michele in the Tiffany Room. See page 6 for details.



POKENO FUN!

Looking for a little excitement and good company? Join us for an afternoon of Pokeno, filled with laughter, friendly competition, and plenty of fun! Everyone is welcome. Pokeno dates are November 5th and 19th at 12:30 p.m. See page 6 for details.



WHEEL OF FORTUNE!

Come join us for a fun-filled afternoon of Wheel of Fortune, just like the popular TV show! Enjoy friendly competition, plenty of laughs, and a chance to solve the puzzles! Join us on Tuesday, November 10th at 12:30 p.m. at the Council on Aging. Come for the games and stay for the fun! See page 8 for details.

Thanksgiving Luncheon on Friday, November 20th. Join us in the Tiffany Room for a delicious Thanksgiving luncheon, fondly prepared and served by the Nahant COA staff and volunteers. Come enjoy good food, warm company, and the spirit of Thanksgiving! Please sign up at the Tiffany Room Desk. See page 11 for details.

Thursday, November 26th and Friday, November 27th COA closed for Thanksgiving!

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 (November 17th) 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**

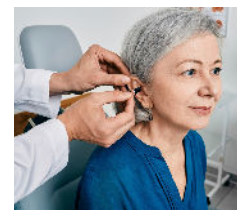


Food Shopping at Market Basket:

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



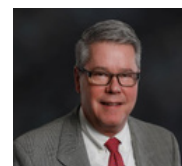
Foot Clinic:

Dr. Fernandez will be available at the **Tiffany Room on Wednesday, December 16th.** 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 will be at the COA on **Tuesday, December 1st.**

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 10:30-11:30 a.m. Next clinic is on **November 18th.** No appointment is required.



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



MANICURES ARE BACK!

Manicures will resume at the Tiffany Room in December!





Medication Safety

Modern science has provided us with many medications that can be prescribed by a doctor or bought over the counter. These medications can be very helpful to us and prolong our lives, but they also can carry risks.

A few basic rules for the use of medications include: Do not take medications prescribed for someone else; Do not take expired medications; Take medications as directed or read the directions on the bottle; and adult medications are for adults and children's medications are for children. We should know the name of the medication we are taking, what it is for, the dose, and the frequency of taking it. We should know some of the medication's common side effects and report them to your doctor if you experience them. It is frequently advised that we carry an updated medication list with us in the event of an accident or illness or when seeing a new doctor.

Most prescribed medications need to be taken on a regular basis, for example once a day or three times a day. The effectiveness of the medication usually depends on its correct use. Doctors or nurses frequently recommend using a pill box to help you take medications regularly. These usually hold medications for a week, Sunday through Saturday. You can have more than one, using one for morning and one for evening. You can also have a large one with 4 rows for 4 times a day. I use one myself because I find it easier than opening several bottles every morning, and I can tell if I took them.

Some medications are considered High Risk medications and need to be used very cautiously. These include insulin or diabetes medications, heart medications, anticoagulants, narcotics, electrolytes, and chemotherapy meds, among others. These medications require careful dosage adjustment. Doctors need you to inform them of how you are responding to the medication so that changes can be made. Special caution needs to be taken with narcotics. These are usually not taken at regular times, but when the person experiences pain. It is recommended that you keep a written log of when you take the medication so that you do not take them too close together or forget what you took, a very real possibility when you are on pain medications.

Medical research has provided us with thousands of medications that help us live longer and better lives but they do need to be used correctly. And be aware, what is prescribed for your friend may not be good for you, and if one pill is good it does not mean that two are better.

Stay well.

Anna Marie Manzano R.N.

It's Pokeno Time!

Join Annemarie and a fun group of Pokeno players at the Tiffany Room on Thursday, November 5th and 19th at 12:30 p.m.



MUSIC AFTER LUNCH!

Join us for a fun afternoon of singing with Michele every other Wednesday in November. Music dates are the 4th and 18th at 12:30 p.m. at the Tiffany Room.



NAVIGATE NAHANT

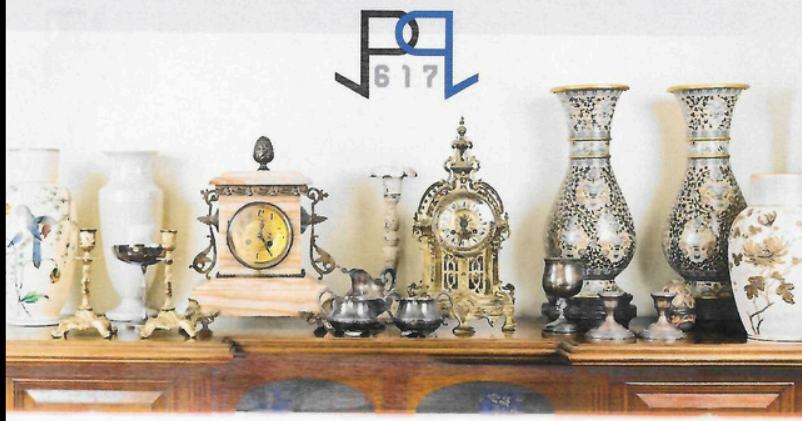
The Nahant Public Library in collaboration with the COA is pleased to provide a home delivery system to our library patrons. **Navigate Nahant** brings library materials to individuals who are unable to come to the library due to illness, disability or restricted mobility. This is FREE of charge and 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.



Ever wonder if your antiques, old baseball cards, or jewelry could be worth something?

The Nahant Public Library and the Nahant COA (Council on Aging) are hosting an "Antiques Roadshow" style appraisal program. Rick Keller from Perfect Pastime 617 will be at Nahant Town Hall on **Saturday December 5th from 10am-1pm**. Registration to participate in the appraisal program is required. There is only time for 18 appraisals. Register at the Nahant COA to be considered for the lottery by **Friday November 13th**. Photos of your collectibles must be sent ahead of time. We can help send the pictures in. Cost to be appraised is \$10 per person, only charged after lottery participants are notified.

Watching the event will be free and open to the public.





ANCHOR FOOD PANTRY

WHO: ANY Swampscott or Nahant Resident

WHEN: Monday 11am-1PM, Wednesday 5pm-7pm

WHERE: 86 Burrill Street Swampscott, MA

- ★ Any visitor may come to the pantry once a week to shop
- ★ Anchor is a choice pantry, meaning you choose what and how many items are best for your household
- ★ First time visitors will be asked to show proof of residency and complete an intake form

For upcoming events and important information

Follow us on Facebook or check our website

www.anchorfoodpantry.org





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 RESOURCES CORPORATION

MLAC

Roz' Corner

Thank you, Roz
for the lovely
September
birthday cake
and for all your
delicious
birthday cakes!!
We are all very
grateful!



**LEO Fuel Assistance:
Thursday, November 19th**

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

**Maple Street Bistro
October 5, 2026**





**Join us for our Thanksgiving Luncheon on
Friday, November 20th in the Tiffany Room.**

\$15.00 per person

Catered by the Nahant COA staff and volunteers!!

Please sign up at the Tiffany Room desk.



**Happy
Thanksgiving**



The Nahant Community Breakfast



**What do you know about our town beaches
with Vi Patek**

Friday, November 6th at 8 a.m.

**Nahant Village Church
27 Cliff Street**

All are welcome!

WHAT DO YOU KNOW ABOUT NAHANT'S BEACHES?

This is the focus of the November 6th Nahant Community Breakfast. Vi Patek, President of S.W.I.M will lead a discussion about Nahant's beaches. She will ask those present what they know about our beaches which should generate interesting history for all to hear. So come and share your stories. Vi also will present information and talk about S.W.I.M.'s years of work cleaning the beaches and the results we can see today.

The free breakfast is served at the Nahant Village Church at 8:00 a.m. Please invite your friends and family for an interesting discussion and presentation, a hearty breakfast and wonderful camaraderie.

We look forward to seeing you there.

Cal and Marrit Hastings
Hosts and Coordinators of the
Nahant Community Breakfast

Please note that there is no breakfast in December due to our annual Holiday Fair which takes place on December 5th. Our next breakfast will be on January 8th with Senator Brendan Creighton and Representative Sean Reid. We are honored that they have accepted our invitation once again to kick off the new year in Nahant and engage in lively discussions about matters of concern to Nahant.

Mark your calendar for a Holiday Concert at the Nahant Village Church on December 9th -- more details to follow.



**\$5.00 Unless
otherwise
stated.**

**Tiffany Café Menu
November 2026**

781-581-7557



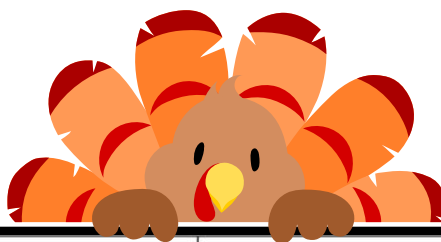
**Reservations for lunch are required
24 hours in advance.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meat & Veggie Lasagna Salad Bread	3 Carrot Soup Beef Stew	4 Spaghetti & Meatballs Garlic Bread Caesar Salad	5 Cheese Steak Sub Chips Pickle	6 Beef Stroganoff Over Noodles Garden Salad
9 Seafood Casserole Broccoli & Cauliflower Mix Cheesy Biscuits	10 Chicken Parm Polenta Caesar Salad	11 COA Closed for 	12 Chili Corn Bread Salad	13 Chicken Piccata w/Lemon Pasta Caesar Salad
16 Homemade Tomato Soup Grilled Cheese Sandwich	17 Pumpkin Soup Ham & Vegetable Mac n' Cheese	18 Chicken Pot Pie Mashed Potatoes Garden Salad	19 Roast Pork w/Applesauce Potato Veggie	20 Thanksgiving Luncheon
23 Sausage Cacciatore Salad Roll	24 Butternut Squash Soup Penne Pasta w/ Pesto Cream Sauce Garlic Bread	25 Chicken Salad Egg Salad Tuna Salad Garden Salad Roll	26 COA Closed for Thanksgiving	27 COA Closed for Thanksgiving
30 Chicken Ratatouille Roasted Potatoes Garlic Bread	Menu is subject to change.			



EVENTS CALENDAR

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Strength, RR 10:30-Chair Exercise, TH	3 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	4 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	5 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	6 9:00 Strength, RR 10:30 Balance, TH
9 9:00 Strength, RR 10:30-Chair Exercise, TH	10 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Wheel of Fortune	11 COA Closed for Veterans Day 	12 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH	13 9:00 Strength, RR 10:30 Balance, TH
16 9:00 Strength, RR 10:30-Chair Exercise, TH	17 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	18 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure 12:30 Music	19 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH LEO Fuel 12:30 Pokeno	20 9:00 Strength, RR 10:30 Balance, TH Thanksgiving Luncheon
23 9:00 Strength, RR 10:30-Chair Exercise, TH	24 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	25 9:00 Strength, RR 10:30-Chair Exercise, TH	26 COA Closed for Thanksgiving	27 COA Closed for Thanksgiving
30 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.

(2026) 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



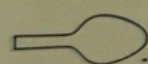
PIGGYBANK PORK BAKE

4 ounces uncooked fine
noodles
2 tablespoons shortening
2 cups cut-up cooked pork
1 can (10½ ounces)
condensed cream of
chicken soup

1 can (8 ounces) whole
kernel corn
1 can (2 ounces) sliced
pimiento
1 cup shredded sharp Cheddar
cheese (about 4 ounces)
1 medium green pepper,
finely chopped

Heat oven to 375°. Cook noodles as directed on package; drain. Melt shortening in large skillet; brown meat. Drain off fat. Stir in noodles, soup, corn (with liquid), pimiento (with liquid), cheese and green pepper.

Pour into ungreased 1-quart casserole. Bake uncovered 45 minutes, stirring occasionally. **6 servings.**



To make the saucy pimiento garnish (pictured), cut a canned whole pimiento into a piggybank shape and use a clove for an eye.

HEALTH AND WELLNESS

The following classes will be held at the Community Center on Valley Road:

Monday - 9:00 am	Strength Class with Sharon
Tuesday - 9:00 am	Chair Yoga with Lynda
Wednesday - 9:00 am	Strength Class with Sharon
Thursday - 9:00 am	Yoga Class with Lynda
Friday - 9:00 am	Strength Class with Lynda

*** Monday - 10:30 am Chair Exercise. Town Hall

*** Friday - 10:30 am Balance Class. Town Hall



Contact Greater Lynn Senior Services (GLSS): Senior Medical Transportation

8 Silsbee St Lynn, MA 01901 [7815990110](tel:7815990110)

Transportation

Greater Lynn Senior Services (GLSS): Senior Medical Transportation

Please make sure to contact Greater Lynn Senior Services (GLSS): Senior Medical Transportation to confirm details of their transportation services. Provides rides for only the following purposes: medical appointments. Also, you must meet at least one of these criteria: you are 60+ years old, or you have a disability. No membership is required.

The Medical Transportation Program offers convenient and reliable transportation services for older adults needing a ride to medical appointments and other health-related destinations. Transportation is provided through a network of vehicles, including cars and vans, ensuring that older adults can reach their appointments comfortably and on time. This program accommodates various payment options to make it accessible to all older adults. Payment can be made via insurance, Medicaid, check, credit card, or cash. In addition, donations are accepted to support the program's mission of assisting older adults in accessing necessary healthcare services. The program also allows for pre-payment, making it easier for older adults to budget for their transportation needs. Riders are encouraged to schedule their rides in advance to ensure availability and proper planning. Shared ride options are available, allowing older adults to share transportation with others going in the same direction. Door-to-door service is offered, providing older adults with personalized assistance from their pick-up location to their final destination. Overall, the Medical Transportation Program is a valuable resource for older adults in need of transportation for their medical needs.

Service Area

Lynn, Lynnfield, Nahant, Saugus, and Swampscott

Days of operation Monday **Open** Tuesday **Open** Wednesday **Open** Thursday **Open** Friday **Open**
Saturday **Closed**

If you have any **SHINE (Serving the Health Insurance Needs of Everyone)** questions, you can contact:

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

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

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

APPLES
BANANAS
BEANS
BEER
BREAD
BUTTER
CAKE
CARROTS
CEREAL
EGGS

FISH
FLOUR
HAM
MILK
NOODLES
PASTA
PIZZA
POTATOES
RICE
SALAD



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
Debra Croft - Secretary
Sheila Hambleton - Treasurer

Angela Bonin
Lollie Ennis
Andrea Murphy
Emily Potts
Roz Puleo

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

**“In Appreciation Of All The Workers
at the COA”**

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



NOV 1	BANCHONGMANIE RONACHAI, DEVEREAUX JAMES, DRAGON MARGARET, VANDERSLICE DEBORAH
NOV 2	MOSCHELLA ANTHONY, MURPHY SCOTT, RIZZO MARY
NOV 3	GAYNOR BRENDA, HOLMES SCOTT, KOEHLER PAULA, LONG PATRICIA, TIBBO WILSON
NOV 4	BATTINELLI PETER, BLANK HAROLD, CULLINAN MARK, GRAMOLINI DONNA, KOUTROUBIS LOUIS
NOV 5	CONLIN MARY, DONOVAN KEVIN, GALLAGHER MICHEAL, SULLIVAN NEAL
NOV 6	FRAUENHOLZ CHARLES, SHERRY SUSAN
NOV 7	BIBBER KENNETH, BLEAU LINDA, BOLTHRUNIS CHARLES, CORT JULIA, OEUR MALIN, PELLERIN TARA, TYLER-MALONE LYNNE, WORNHAM WENDY
NOV 8	HILL TERESA, NORCROSS LORETTA
NOV 9	GIRARD PATRICIA, MULKERN BARBARA, WARREN DEBORAH
NOV 10	CAMPANELLA THOMAS, MASONE ALBERT, MUNNELLY COLLEEN, ROY JOHN, SHURTLEFF PAMELA
NOV 11	PIVACEK LINDA
NOV 12	DOUGHERTY MICHELE, LONG MICKEY, PEREPELITZA DANIEL, SCIGLIANO ROBERT, SEE CONCHITA, VANDERSLICE ROBERT
NOV 13	DAVIS ROBERT, FAMULARI THOMAS, OLSON PETER, PELLEY MARGARET, RILEY SARA
NOV 14	AYERS JOSEPH, DOYLE MARY, SERINO ROBERT, SPALLINA WILLIAM
NOV 15	CARR MICHAEL, FOLEY SEAN, FORGIONE MARIO, RYAN KATHLEEN, TELLO JOSEPH
NOV 16	ALOUPIS CARL, BARBACOFF ALAN, DEINES BARBARA, MACKEY JOHN, MICHAELS FRAN, MURPHY ANDREA
NOV 17	CRIFO DARLENE, MERLINO-ROGERS ANNETTE, SHILAS DALIA, WILSON PAMELA
NOV 18	BISHOP CATHERINE, GALLAGHER NILDACY, GRADY ANNE-MARIE, HOWARD CHRISTIAN, JAMALI KHALIL, LOCKE DEAN, LOMBARD MARY ANNE, RIZZO ROBERT, TARLOV EDWARD
NOV 19	JONAS FREDERICK, LERMAN ROBERTA, REEH BRUCE
NOV 20	CAMERON RONALD, CROTTY EVELYN, EDWARDS SUSAN, MOYNIHAN JOHN, SHEEHAN DANA, SPERIDAKOS PETER
NOV 21	AMBROSINO THOMAS, BREITHAUPT DOUGLAS, DEIULIS FRANK, DOLAN JAMES, MANNING ROSEANN, STEVENS RICHARD, STRACCIA JOSEPH, VAIL KAREN
NOV 22	BOLOURCHI HASSAN, DICKENSON ROBERT, GOODRICH EDWARD, GORECKI LECH, PEDRAZA LUIS, PELLETIER RICHARD, PRITCHARD STEVEN, WAKEFIELD KAREN, WALSH JEAN
NOV 23	DIMUZIO LORRAINE, JEURI TEMINA, WAYMOUTH ANNE
NOV 24	ALLARD ROBERT, BERTORELLI JOSEPH, MASSARO ALESSANDRO, WATERS DEBORAH, WEISKEL JANICE
NOV 25	CACCIVIO JAMES, COOKE PATRICK, CRONIN PATRICIA, PARISH HAN, RUSSELL PETER, WOOTTEN BARRY
NOV 26	CONDON JOHN, GAWLOCKI PETER, LOCKE DIANE, MANZANO ANNA, O'DONNELL RITA, OLIVER SIS, SPERIDAKOS KALOMOIRA, TANFANI LINDA
NOV 27	CARDILE SHERYL, COHEN CELESTE, DEMAKIS GREGORY, GIRARD PAUL, MAHONEY JOHN TIRRELL-WALLACH LOREEN, WEISKEL JAMES
NOV 28	KEANE GREGORY, LAWRENCE RICHARD, TERMINELLO WAYNE
NOV 29	ANTRIM JOSHUA, BARBA LINDA, FLANAGAN MARIA, KIRTON ERIC
NOV 30	LAMANDO PATRICIA, WHITE WILLIAM