

# March 2022 Newsletter



**Join us for some Bingo Fun  
Tuesday, April 5  
7:00pm (doors open at 6:30)  
\$20.00 per person  
CASH PRIZES**



Message from Linda:

### **An Irish blessing:**

“May your troubles be less, and your blessings be more, and nothing but happiness come through your door.”

### **An Irish riddle:**

Why should you never iron a 4-leaf clover?

You don't want to press your luck.

The new season will **SPRING** up on March 20.

Remember will we be springing ahead on the

**evening**

of March 13.



## SPECIAL PROGRAMS

### Port Washington Adult Activities Center

80 Manorhaven Blvd,  
Port Washington, NY 11050  
**Phone:** 516-883-6656  
**Fax:** 516-883-8397  
**Email:**  
[pwseniorcenter@gmail.com](mailto:pwseniorcenter@gmail.com)

**Hours:**  
Monday - Friday  
8:00 am - 3:00 pm

Linda Livio,  
**Executive Director**

Julie Gamman,  
**Programming  
Coordinator**

Virginia Carroll  
**Administrative  
Coordinator**

**Board of Directors:**  
Kathy Levinson, President  
Jim Avena  
Sean Beckert  
Marianne Bortone Prince  
Barbara Faticone  
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Kathy Levinson  
Pam Monfort  
Jean-Marie Posner  
Warren Schein  
Jeff Stone  
Richard Tavarez  
Pat Valente  
Daryl Zimbardi

**Advisory Board:**  
Ken Magida  
Laura Sweeney  
Joel Ziev

Join our new walking group

Hosted by Ginny  
Monday & Wednesdays  
Beginning March 7  
12:30pm.

Please sign up in the office.



### Exercise Classes

**Chair Yoga w/Nicole-**  
**\$30.00\*\*Monday**

**3/7, 14, 21, 28, 4/4, & 11**

**Exercise w/Marylou- \$25.00**

**\*\*Monday 3/14, 21, 28 4/4/ & 11**

**Chair Yoga w/Patty- \$30.00\*\***

**Tuesday 3/8, 15, 22, 29, 4/5 & 12**

**Podiatrist, Dr. Butler  
Will be here to discuss  
Proper foot care and  
maintenance**

**Thursday, March 24  
10:00am**



# MARCH 2022 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FOOD PROVIDED BY:</b> <b>HINCK'S DELI</b> <b>GUM HOW CHINESE</b> <b>CARLOS PIZZERIA</b> <b>AMALFI PIZZERIA</b> <b>AYHANS SHISH KEBAB</b>	<b>1</b> Meatball Parmesan Hero, Side Salad, Dessert	<b>2</b> Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	<b>3</b> Slice of Sicilian Pizza, Side Salad, Dessert	<b>4</b> <i>All meals served with                      coffee or tea.                      Water bottles available                      \$1.00</i>
<b>7</b> Spinach Pie, Salad, Dessert	<b>8</b> Roast Beef on a roll, w/ Lettuce & Tomato, Potato Salad, Dessert	<b>9</b> Chicken Parmesan Platter, Side Salad, Bread, Dessert	<b>10</b> Sesame Chicken, Pork Fried Rice, Egg Roll, Dessert	<b>11</b> NO LUNCH
<b>14</b> Chicken Roll w/Side Sauce, Salad, Dessert	<b>15</b> Gyro Sandwich on Pita w/lettuce, tomato, onion & tzatziki sauce, Dessert	<b>16</b> Chicken Caesar Salad Wrap, Dessert	<b>17</b> Corned Beef on Rye, Cole Slaw, Dessert	<b>18</b> NO LUNCH
<b>21</b> Cheese Calzone, Side Salad, Dessert	<b>22</b> Turkey Sandwich on Roll w/Lettuce & Tomato, Cole Slaw, Dessert	<b>23</b> Eggplant Parmesan Platter, Side Salad, Dessert	<b>24</b> Chicken Kebab w/Rice, Salad, Pita, Dessert	<b>25</b> NO LUNCH
<b>28</b> Chicken Salad Sandwich on a roll, Macaroni Salad, Dessert	<b>29</b> Slice of Sicilian Pizza, Side Salad, Dessert	<b>30</b> Tuna Salad on Whole Wheat w/Lettuce & Tomato, Macaroni Salad, Dessert	<b>31</b> Penne ala Vodka, Bread, Side Salad, Dessert	<i>Reservations required                      daily by 2:00pm the day                      before.                      \$5.00 Members, \$6 Guest</i>

# ACTIVITY CALENDAR MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p>12:00 LUNCH 12:30 BINGO</p>	<p><b>2</b></p> <p>12:00 LUNCH <b>1:00 Ta'I Chi w/Joe</b></p>	<p><b>3</b></p> <p>12:00 LUNCH 12:30 BINGO</p>	<p><b>4</b></p> <p><b>10:00 Fitness Dance w/ Margaret</b> <b>11:00 Fitness Dance w/ Margaret</b></p>
<p><b>7</b></p> <p>9:30 Painting w/a Barbara <b>10:00 Chair Yoga w/Nicole</b> 12:00 LUNCH</p>	<p><b>8</b></p> <p><b>10:00 Stretch &amp; Tone w/ Patty</b> 12:00 LUNCH 12:30 BINGO</p>	<p><b>9</b></p> <p>12:00 LUNCH <b>1:00 Ta'I Chi w/Joe</b></p>	<p><b>10</b></p> <p>12:00 LUNCH 12:30 BINGO</p>	<p><b>11</b></p> <p><b>10:00 Fitness Dance w/ Margaret</b> <b>11:00 Fitness Dance w/ Margaret</b></p>
<p><b>14</b></p> <p>9:30 Painting w/a Barbara <b>10:00 Chair Yoga w/Nicole</b> 12:00 LUNCH 1:00 Aerobics w/Mary Lou</p>	<p><b>15</b></p> <p><b>10:00 Stretch &amp; Tone w/ Patty</b> 12:00 LUNCH 12:30 BINGO</p>	<p><b>16</b></p> <p>12:00 LUCH <b>1:00 Ta'I Chi w/Joe</b></p>	<p><b>17</b></p> <p>12:00 LUNCH 12:30 BINGO</p>	<p><b>18</b></p>
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We wish to thank all of our supporters for their continued generosity: The Donald and Barbara Zucker Family Foundation, The Laura B. Vogler Foundation, Inc, Kiwanis of Manhasset/Port Washington, Nassau County Bar Foundation, Inc. WE CARE Fund, & The Bahnik Foundation, Inc.

Special Thanks to the three organizations that enable us to operate each year:

- The Peter & Jeri Dejana Foundation
- The Town of North Hempstead
- The Community Chest of Port Washington



Our Senior Center is fortunate to be a Project Independence location that offers onsite nursing and social work services.

Nurse *Kelly Steinmann* provides services such as blood pressure screening, health information/education, medication counseling, and more.

Kelly's hours are Tuesday & Thursday 10-12, call to make appointment.

*Gail Selis* our social worker helps with things such as counseling, caregiver assistance, support groups, entitlement assistance and more. Gail is at the Center Monday-Thursday 9-3, call to make an appointment.

Did you know that Project Independence provides:

- Free taxi rides for grocery shopping and deeply discounted taxi fares for non-emergency medical appointments.
- Veterans Caseworkers
- Caregiver support Groups

For more information about Project Independence, call 311 or 869-6311

# PWAAC TRIVIA

## St. Patrick's Day Trivia

How well do you know St. Patrick's Day Trivia?

Take this fun trivia challenge and mail it back to the Center by March 31, for your chance to win a \$25.00 Visa gift card. All entries with correct answers will be entered to win.

1. Where was the first St. Patrick's day parade held in Ireland in 1903?
  - A. Dublin
  - B. Waterford
  - C. Galway
  - D. Cork
2. In what US city does the Plumbers Union dye it's river green?
  - A. Nashville, Tennessee
  - B. San Antonio, Texas
  - C. Boise, Idaho
  - D. Chicago, Il
3. Where is the home of the biggest St. Patrick's day celebration in South America?
  - A. Buenos Aires
  - B. Rio De Janeiro
  - C. Sao Paulo
  - D. Lima
4. Although it is a big drinking holiday now, St. Patty's day used to be a dry holiday up until what decade?
  - A. 1950s
  - B. 1960s
  - C. 1970s
5. To celebrate St.Patrick's Day in Ireland, Dublin hosts a huge festival that lasts how many days?
  - A. 2
  - B. 3
  - C. 4
  - D. 5
6. Where did the very first St. Patrick's Day Parade take place in 1762?
  - A. U.S.A.
  - B. Ireland

NAME \_\_\_\_\_