

# August 2022 Newsletter



Join us on Thursday,  
August 11, 2022  
7:00pm  
(doors open at 6:30)  
\$20.00 per person  
Cash Prizes  
50/50



## Brain Games with Nurse Kelly of Project Independence

Join Kelly and the PI Nurses  
for a fun hour to exercise your  
brain. Enjoy brain teasers and  
puzzles to challenge your  
mind.

Wednesday  
August 10  
2:00pm  
Call 311 to  
register



## Message from Linda

**I hope you are enjoying your summer. As the weather gets warmer, please remember to stay hydrated. In extreme heat, remain in air conditioned buildings and avoid going out during the hottest part of the day. Come down and join us at the Center for some lunch and to relax in the air conditioning. Don't forget to bring a sweater in case it gets too cold.**



## 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 Coord.**  
[juliepwseniorcenter@gmail.com](mailto:juliepwseniorcenter@gmail.com)

Virginia Carroll  
**Admin. Coordinator**  
[ginnyywaac@gmail.com](mailto:ginnyywaac@gmail.com)

#### **Board of Directors:**

Kathy Levinson, President  
Sean Beckert  
Marianne Bortone Prince  
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Warren Schein  
Jeff Stone  
Richard Tavarez  
Pat Valente  
Daryl Zimbardi

#### **Advisory Board:**

Ken Magida  
Laura Sweeney  
Joel Ziev

### Port Salt Cave

Sue Sullivan from Port Salt Cave will be here speaking on the benefits of Halotherapy, and Dry Salt Therapy. Salt Therapy has been shown to relieve Respiratory Conditions including Allergies, Asthma, Sinusitis, Bronchitis, etc.

Thursday, August 25

10:00am

Call the office to reserve your spot.



## Farmer's Market Coupon Book Distribution

Thursday, September 1  
10:00am-12:00pm

A representative from Nassau County will be here to distribute Farmer's Market Coupons to those who qualify.



# AUGUST 2022 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO LUNCH	2 Stuffed Shells, Side Salad, Dessert	3 Sesame Chicken ,Pork Fried Rice, Egg Roll, Dessert	4 Chicken Kebab w/Rice, Salad, Pita, Dessert	5 NO LUNCH
8 NO LUNCH	9 Turkey Sandwich on Roll w/Lettuce & Tomato, Cole Slaw, Dessert	10 Chicken Roll, Salad, Dessert	11 Slice of Sicilian Pizza, Salad, Dessert	12 NO LUNCH
15 NO LUNCH	16 Eggplant Parmesan Platter, Salad, Dessert	17 Spinach Pie, Salad, Dessert	18 Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	19 NO LUNCH
22 NO LUNCH	23 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	24 Tuna Salad on Wholewheat, Chips, Dessert	25 Meatball Parmesan Hero, Side Salad, Dessert	26 NO LUNCH
29 <i>All meals served with coffee or tea. Water bottles available \$1.00</i>	30 Gyro Platter w/Rice, Salad, Pita, Dessert	31 Chicken Caesar Salad Wrap, Dessert	<i>Reservations required daily by 2:00pm the day before. \$5.00 Members, \$6 Guest</i>	<b>FOOD PROVIDED BY:</b> HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AMALFI PIZZERIA AYHANS SHISH KEBAB

# ACTIVITY CALENDAR AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>9:30</b> Walking Club	<b>2</b> <b>10:00</b> Stretch & Tone w/ Patty <b>10:00</b> Games w/Julie <b>12:00</b> LUNCH <b>12:30</b> BINGO	<b>3</b> <b>9:30</b> Art w/Friends <b>9:30</b> Walking Club <b>12:00</b> LUNCH <b>1:00</b> Tai Chi w/Joe <b>\$5.00</b>	<b>4</b> <b>12:00</b> LUNCH <b>12:30</b> BINGO	<b>5</b>
<b>8</b> <b>9:30</b> Walking Club	<b>9</b> <b>10:00</b> Stretch & Tone w/ Patty <b>10:00</b> Games w/Julie <b>12:00</b> LUNCH <b>12:30</b> BINGO	<b>10</b> <b>9:30</b> Art w/Friends <b>9:30</b> Walking Club <b>12:00</b> LUNCH <b>1:00</b> Tai Chi w/Joe <b>\$5.00</b>	<b>11</b> <b>12:00</b> LUNCH <b>12:30</b> BINGO	<b>12</b>
<b>15</b> <b>9:30</b> Walking Club	<b>16</b> <b>10:00</b> Stretch & Tone w/ Patty <b>10:00</b> Games w/Julie <b>12:00</b> LUNCH <b>12:30</b> BINGO	<b>17</b> <b>9:30</b> Art w/Friends <b>9:30</b> Walking Club <b>12:00</b> LUNCH <b>1:00</b> Tai Chi w/Joe <b>\$5.00</b>	<b>18</b> <b>12:00</b> LUNCH <b>12:30</b> BINGO	<b>19</b>
<b>22</b> <b>9:30</b> Walking Club	<b>23</b> <b>10:00</b> Stretch & Tone w/ Patty <b>10:00</b> Games w/Julie <b>12:00</b> LUNCH <b>12:30</b> BINGO	<b>24</b> <b>9:30</b> Art w/ Friends <b>9:30</b> Walking Club <b>12:00</b> LUNCH <b>1:00</b> Tai Chi w/Joe <b>\$5.00</b>	<b>25</b> <b>12:00</b> LUNCH <b>12:30</b> BINGO	<b>26</b>
<b>29</b> <b>9:30</b> Walking Club	<b>30</b> <b>10:00</b> Stretch & Tone w/ Patty <b>10:00</b> Games w/Julie <b>12:00</b> LUNCH <b>12:30</b> BINGO	<b>31</b> <b>9:30</b> Art w/ Friends <b>9:30</b> Walking club <b>12:00</b> LUNCH <b>1:00</b> Tai Chi w/Joe <b>\$5.00</b>	For classes in BLUE, you must be registered with the office for the class.	



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 John Michael Marino Foundation Inc. & 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



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

## Ice Cream Trivia

How well do you know Ice Cream Trivia?

Take this fun trivia challenge and mail it back to the Center by July 28, for your chance to win a \$25.00 Visa gift card. All entries with correct answers will be entered to win.

1. How many pounds of milk does it take to produce one gallon of ice cream?
  - A. 1
  - B. 5
  - C. 8
  - D. 12
2. After the United States, what country consumes the most ice cream?
  - A. Japan
  - B. Norway
  - C. Australia
  - D. England
3. What is the most popular ice cream flavor?
  - A. Chocolate
  - B. Strawberry
  - C. Vanilla
  - D. Butter Pecan
4. The popular phrase "I scream, you scream, we all scream for Ice Cream" was written in what year?
  - A. 1927
  - B. 1928
  - C. 1935
  - D. 1936
5. What President declared the month of July to be National Ice Cream month?
  - A. Jimmy Carter
  - B. Ronald Regan
  - C. Bill Clinton
  - D. George W. Bush
6. At which World's Fair was the Ice Cream cone invented?
  - A. The 1901 World's Fair –Buffalo
  - or
  - B. The 1904 World Fair– St.Louis

NAME \_\_\_\_\_