

July 2022 Newsletter



**Join us for a tour of the
John S. Phipps Estate
and gardens.
(Old Westbury Garden)**

Friday July 22

Departs the Center at 10:00am

**\$50.00 per person based on 20
people. If we get 30 or more, the
price will be reduced.**

Reserve your spot in the office.

Please join
Joseph Velotti of Roslyn Heights
Funeral Home and James Galante
of Nassau Knolls Cemetery for a
**complimentary continental
breakfast on Thursday, July 28 at
10:00am.**

The program will provide valuable
information about the many
different choices available for
funeral planning as well as
cemetery options. Their goal is to
provide you with an opportunity to
ask questions in a relaxed setting.

Please reserve your spot in the office.

Message from Linda:

Happy 4th of July! Please join the ToNH for their annual Funday
Monday Activities down at the
North Hempstead Beach Park.
Festivities begin at 11:00am.

Monday's; July 11, 18, & 25
August 1, 8, 15, & 22

Transportation will be provided.
Call 311 to find a pick up location
near you



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

Hours:

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

Linda Livio,
Executive Director

Julie Gamman,
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juliepwseniorcenter@gmail.com

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ginnypwaac@gmail.com

Board of Directors:

Kathy Levinson, President

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Barbara Faticone

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Donna Rice

Warren Schein

Jeff Stone

Richard Tavarez

Pat Valente

Daryl Zimbardi

Advisory Board:

Ken Magida

Laura Sweeney

Joel Ziev

Save the DATE!



Saturday, September 17, 2022

7:30pm

Jeanne Rimsky Theatre

Spring Birthday Babies Celebration County Legislator

Delia DeRiggi

Whitton

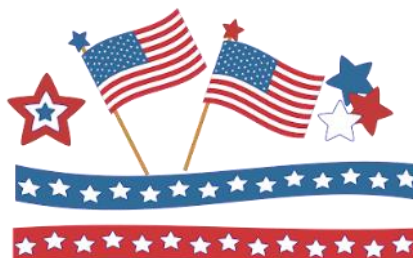
Will be here to

help celebrate

Tuesday, July 12

11:50am

Happy Birthday!



4th of July BBQ

Thursday, July 14

12:00noon

Hamburgers, Hot Dogs, Corn on the Cob, Potato Salad, Dessert

Reservations required by

July 7 or until we reach capacity.

\$8.00 pp

JULY 2022 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AMALFI PIZZERIA AYHANS SHISH KEBAB GUEST CHEF	<u>Reservations required daily by 2:00pm the day before.</u> \$5.00 Members, \$6 Guest	<i>All meals served with coffee or tea.</i> Water bottles available \$1.00	1 NO LUNCH
4 CLOSED INDEPENDENCE DAY	5 Turkey Sandwich on Roll w/Lettuce & Tomato, Cole Slaw, Dessert	6 Chicken Roll, Salad, Dessert	7 Sesame Chicken, Pork Fried Rice, Egg Roll, Dessert	8 NO LUNCH
11 NO LUNCH	12 Eggplant Parmesan Platter, Salad, Dessert	13 Chicken Kebab w/Rice, Salad, Pita, Dessert	14 Hamburger & Hot Dog, Potato Salad, Corn on the Cob, Dessert	15 NO LUNCH
18 NO LUNCH	19 Slice of Sicilian Pizza, Salad, Dessert	20 Ham on a Roll, Chips, Dessert	21 Meatball Parmesan Hero, Side Salad, Dessert	22 NO LUNCH
25 NO LUNCH	26 Gyro Platter w/Rice, Salad, Pita, Dessert	27 Chicken Caesar Salad Wrap, Dessert	28 Roast Beef on a roll, w/Lettuce & Tomato, Potato Salad, Dessert	29 NO LUNCH

ACTIVITY CALENDAR JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: red;">For classes in RED, you must be registered with Project Independenc</p>	<p>For classes in BLUE, you must be registered with the office for the class.</p>			
<p>4</p> <p style="text-align: center;">CLOSED INDEPENDENCE DAY</p>	<p>5</p> <p>10:00 Stretch & Tone w/ Patty</p> <p>10:00 Games w/Julie</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>6</p> <p>9:30 Art w/Friends</p> <p>9:30 Walking Club</p> <p>12:00 LUNCH</p> <p>1:00 Tai Chi w/Joe</p> <p>\$5.00</p>	<p>7</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>1</p> <p>10:00 Dance Fitness w/ Nicole</p>
<p>11</p> <p>9:30 Walking Club</p> <p>10:00 Chair Yoga w/ Nicole</p> <p>1:00 Aerobics w/Mary Lou</p>	<p>12</p> <p>10:00 Stretch & Tone w/ Patty</p> <p>10:00 Games w/Julie</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>13</p> <p>9:30 Art w/Friends</p> <p>9:30 Walking Club</p> <p>12:00 LUNCH</p> <p>1:00 Tai Chi w/Joe</p> <p>\$5.00</p>	<p>14</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>15</p> <p>10:00 Dance Fitness w/ Nicole</p>
<p>18</p> <p>9:30 Walking Club</p> <p>10:00 Chair Yoga w/ Nicole</p> <p>1:00 Aerobics w/Mary Lou</p>	<p>19</p> <p>10:00 Games w/Julie</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>20</p> <p>9:30 Art w/ Friends</p> <p>9:30 Walking Club</p> <p>12:00 LUNCH</p> <p>1:00 Tai Chi w/Joe</p> <p>\$5.00</p>	<p>21</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>22</p>
<p>25</p> <p>9:30 Walking Club</p>	<p>26</p> <p>10:00 Games w/Julie</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>27</p> <p>9:30 Art w/ Friends</p> <p>9:30 Walking club</p> <p>12:00 LUNCH</p> <p>1:00 Tai Chi w/Joe</p> <p>\$5.00</p>	<p>28</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>29</p>

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

Independence Day Trivia

How well do you know Independence Day 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. Who's idea was it to "illuminate the sky from one end of this continent to the other for this time forward, forevermore"?
 - A. Charles Thompson
 - B. John Adams
 - C. John Hancock
 - D. Thomas Jefferson
2. In what year did Independence Day become a federal holiday?
 - A. 1870
 - B. 1877
 - C. 1900
 - D. 1915
3. What is the most "American" dessert?
 - A. Chocolate Pudding
 - B. Ice Cream
 - C. Apple Pie
 - D. Cheesecake
4. What is the most popular grilling item for the 4th of July?
 - A. Ribs
 - B. Chicken
 - C. Hamburgers
 - D. Hot Dogs
5. Who was the only President to celebrate his birthday on July 4?
 - A. Calvin Coolidge
 - B. Dwight Eisenhower
 - C. John Quincy Adams
 - D. Martin Van Buren
6. Which President did NOT die on the 4th of July?
 - A. James Monroe
 - B. John Adams
 - C. Thomas Jefferson
 - D. John Tyler

NAME _____