

October 2022 Newsletter



Long Island Cares
Will be here to talk about
Good Nutrition;
choosing healthier foods.

Thursday, Oct 13
10:00am



Call the
office to
reserve your
spot.



Join us for a night of BINGO!!

Thursday, October 6

\$20.00 per person

DOOR PRIZES

CASH PRIZES

Reservations required, please
stop by the office to make
yours.

Message from Linda:

October marks my five year anniversary! The time has flown by and continues to move at rapid speed. When I was hired five years ago I knew that I wanted to spend my days with all of you and help shape the future of the Center. What I didn't realize is the impact that all of you would have on me. I truly love working at the Center and look forward to seeing all of you daily. Thank you for making the last five years so enjoyable. I am looking forward to the next five!



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

Website:

Pwadultactivitiescenter.org

Hours:

Monday - Friday

8:00 am - 3:00 pm

Linda Livio,
Executive Director

Julie Gamman,
Programming Coord.
juliepwseniorcenter@gmail.com

Virginia Carroll
Admin. Coordinator
ginnypwaac@gmail.com

Board of Directors:

Kathy Levinson, President

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Warren Schein

Jeff Stone

Richard Tavarez

Pat Valente

Daryl Zimbardi

Advisory Board:

Ken Magida

Laura Sweeney

Joel Ziev

Join us on Wednesday's
for our newest activity
GENERAL KNOWLEDGE TRIVIA

11:00am

Prizes will be awarded
to the person
who has the most correct
answers!



Halloween Party
Thursday, October 27
Fried Chicken, Potato Salad,
String Beans, Biscuit &
Dessert
Reserve your spot by
October 20

Prize for the best Costume!

**Enhanced & Regular Flu Shots
will be available.**

Please bring your Medicare card.

Appointment Required

**Please call 311 to make an
appointment.**

**Tuesday, October 18
10am-12pm**



OCTOBER 2022 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Stuffed Shells, Salad, Dessert	4 Turkey on a roll w/ Lettuce & Tomato, Cole Slaw, Dessert	5 Spinach Pie, Salad, Dessert	6 Slice of Sicilian Pizza, Salad, Dessert	7 NO LUNCH
10 CLOSED Columbus Day	11 Chicken Kebab w/Rice, Salad, Pita, Dessert	12 Tuna Salad on Whole wheat, Chips, Dessert	13 Eggplant Parmesan Platter, Salad, Dessert	14 NO LUNCH
17 Sesame Chicken, Pork Fried Rice, Egg Roll, Dessert	18 Chicken Caesar Salad Wrap, Dessert	19 Gyro Platter w/Rice, Salad, Pita, Dessert	20 Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	21 NO LUNCH
24 Chicken Salad on Roll, Chips, Dessert	25 Meatball Parmesan Hero, Salad, Dessert	26 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	27 Halloween Party Fried Chicken, Potato Salad, String Beans, Biscuit & Dessert	28 NO LUNCH
31 Chicken Roll, Salad Wrap, Dessert		<i>All meals served with coffee or tea. Water bottles available \$1.00</i>	<i>Reservations required daily by 2:00pm the day before. \$5.00 Members, \$6 Guest</i>	FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AMALFI PIZZERIA AYHANS SHISH KEBAB

ACTIVITY CALENDAR OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Walking Club 9:30 Art w/Barbara 10:00 Chair Yoga w/Nicole 12:00 LUNCH	4 10:00 Games w/Julie 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	5 9:30 Art w/Friends 9:00 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe	6 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	7 10:00 Dance Fitness w/Nicole 11:00 Dance Fitness w/Nicole
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31 9:00 Walking Club 9:30 Art w/Barbara 12:00 LUNCH			For classes in BLUE, you must be registered with the office for the class.	For classes in RED, you must be registered with Project Independence

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

Disney Trivia

How well do you know Disney Trivia?

Take this fun trivia challenge and mail it back to the Center by October 27 for your chance to win a \$25.00 Visa gift card. All entries with correct answers will be entered to win.

1. What year did Disney land Open??
 - A. 1960
 - B. 1955
 - C. 1962
 - D. 1958
2. What was the name of Wendy's dog in Peter Pan?
 - A. Nana
 - B. Daisy
 - C. Spot
 - D. Nala
3. What land is Big Thunder Mountain Rail Road located in?
 - A. Fantasyland
 - B. Tomorrowland
 - C. Frontierland
 - D. Adventureland
4. Pinocchio's father Geppetto does what for a living?
 - A. Is a shoemaker
 - B. Is a woodcarver
 - C. Is a puppet maker
 - D. Is a shoe maker
5. In the movie Snow White, who is NOT one of the dwarfs?
 - A. Sleepy
 - B. Grumpy
 - C. Happy
 - D. Silly
6. What was Cinderella's first chore of the day?
 - A. Making the beds
 - B. Feeding the cat
 - C. Sweeping
 - D. Mopping the floor

NAME _____