

November 2022 Newsletter

Come and join Sean from
Falconers Florist
to make your very own

Thanksgiving Centerpiece

Monday, November 14
12:30pm
\$30.00 material fee

Space is
limited, call
the office to
reserve your
spot.



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!



Message from Linda &
Staff:

Sending good wishes to you
this Thanksgiving! Good food
that fills your table, good
health as you work hard, and
good times with family and
friends. May you have all the
best delights in life.

Happy Thanksgiving!



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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Jeff Stone

Richard Tavarez

Pat Valente

Daryl Zimbardi

Advisory Board:

Ken Magida

Laura Sweeney

Joel Ziev

REMINDER:

**Center will be closing early on Tuesday
November 22 (2pm) and remain closed for
the Thanksgiving holiday.**

**We will re open on Monday, November 28.
Please be sure to reserve your lunch for
Monday by Tuesday Nov 22.**

Thanksgiving Party

Tuesday, November 15

Turkey, Cornbread Stuffing, Green Beans,
Mashed Sweet Potatoes

Bread & Dessert

Reserve your spot by
November 9



**Monday, November 7
10AM-2PM**

St. Francis Outreach Bus

Free Health Screenings:

Includes a brief cardiac history, blood pressure
and a simple test for
cholesterol & diabetes. No
appointment needed.

(Last screening at 1:45 PM)



NOVEMBER 2022 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AMALFI PIZZERIA AYHANS SHISH KEBAB	1 Eggplant Parmesan Platter, Salad, Dessert	2 Chicken Salad on a Roll w/ Lettuce & Tomato, Chips, Dessert	3 Gyro Platter w/Rice, Salad, Pita, Dessert	4 NO LUNCH
7 Spinach Pie, Salad, Dessert	8 CLOSED ELECTION DAY	9 Stuffed Shells, Salad, Dessert	10 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	11 CLOSED VETERANS DAY
14 Sesame Chicken, Pork Fried Rice, Egg Roll, Dessert	15 Turkey, Cornbread Stuffing, Green Beans, mashed Sweet Potatoes, Bread, Dessert	16 Chicken Caesar Salad Wrap, Dessert	17 Turkey on a Roll w/Lettuce & Tomato, Cole Slaw, Dessert	18 NO LUNCH
21 Chicken Roll, Salad Wrap, Dessert	22 Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	23 CLOSED THANKSGIVING BREAK	24 CLOSED THANKSGIVING DAY	25 CLOSED THANKSGIVING BREAK
28 Tuna Salad on Whole wheat, Chips, Dessert	29 Moussaka, Rice, Pita, Dessert	30 Slice of cheese pizza, Salad, Dessert	<i>Reservations required daily by 2:00pm the day before. \$5.00 Members, \$6 Guest</i>	<i>All meals served with coffee or tea. Water bottles available \$1.00</i>

ACTIVITY CALENDAR NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Games w/Julie 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	2 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	3 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	4 10:00 Dance Fitness w/ Nicole 11:00 Dance Fitness w/ Nicole
7 9:30 Art w/Melba 10:00 Chair Yoga w/Nicole 12:00 LUNCH 12:30 Wiking Club	8 CLOSED ELECTION DAY	9 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	10 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	11 CLOSED VETERANS DAY
14 9:30 Art w/Barbara 10:00 Chair Yoga w/Nicole 12:00 LUNCH 12:30 Walking Club	15 10:00 Games w/Julie 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	16 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	17 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	18 10:00 Dance Fitness w/ Nicole 11:00 Dance Fitness w/ Nicole
21 9:30 Art w/Melba 10:00 Chair Yoga w/Nicole 12:00 LUNCH 12:30 Walking Club	22 10:00 Games w/Julie 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	23 CLOSED THANKSGIVING BREAK	24 CLOSED THANKSGIVING DAY	25 CLOSED THANKSGIVING BREAK
28 9:30 Art w/Barbara 10:00 Chair Yoga w/Nicole 12:00 LUNCH 12:30 Walking Club	29 10:00 Games w/Julie 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	30 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe		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
- ◆ The Community Chest of Port Washington



30 Sagamore Hill Drive, Port Washington NY 11050 | 516.490.9352 | www.dejanafoundation.org | info@DejanaFoundation.org



Project Independence, North Hempstead's Aging in Place Program for residents age 60 and over.



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

1980's Music Trivia

How well do you know 1980's Music Trivia?

Take this fun trivia challenge and mail it back to the Center by November 29 for your chance to win a \$25.00 Visa gift card. All entries with correct answers will be entered to win.

1. "What's Love Got to do With It" was a Grammy-award winning song for which artist?
 - A. Whitney Houston
 - B. Tina Turner
 - C. Diana Ross
 - D. Madonna
2. Who told us to "Relax"?
 - A. Duran Duran
 - B. The Cure
 - C. Culture Club
 - D. Frankie Goes to Hollywood
3. Who "Just Called to Say I Love You" ?
 - A. Stevie Wonder
 - B. Michael Jackson
 - C. Elton John
 - D. George Michael
4. "Endless Love" was one of the decades biggest hits. Which 2 singers collaborated on this song?
 - A. Lionel Richie & Whitney Houston
 - B. Stevie Wonder & Tina Turner
 - C. Michael Jackson & Madonna
 - D. Lionel Richie & Diana Ross
5. "Girls Just Want To Have Fun " was performed by?
 - A. Madonna
 - B. Cyndi Lauper
 - C. Pat Benatar
 - D. Gloria Estefan
6. In what year did Michael Jackson's "Thriller" album come out?
 - A. 1985
 - B. 1989
 - C. 1982
 - D. 1988

NAME _____