

# December 2022 Newsletter



## Holiday Party & Sing Along

Tuesday, December 20  
Pasta & Meatballs, Side Salad,  
Bread & Dessert  
Reserve your spot by  
December 13  
\$8.00 per person



## Exercise Trial Class

Join us on Wednesday,  
December 7th or 14th for  
a complimentary trial of  
Dance Fitness with  
Doris.  
10:30am

Please call  
the office  
to reserve  
your spot.



Message from Linda, Julie, Ginny & Heidi:

May the Holiday Season bring Happiness  
and Joy to you and your loved ones.

Wishing you a season of gladness, a season of  
cheer and to top it off a wonderful year!



Happy Hanukkah!



Merry Christmas!



## 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)

**Website:**

[Pwadultactivitiescenter.org](http://Pwadultactivitiescenter.org)

**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  
[ginnypwaac@gmail.com](mailto:ginnypwaac@gmail.com)

**Board of Directors:**

Kathy Levinson, President

Sean Beckert

Marianne Bortone Prince

Barbara Faticone

Debbie Greco Cohen

Pat Lampl

Pam Monfort

Jean-Marie Posner

Donna Rice

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!



**Membership Dues:**

Please stop by the  
office to renew your  
membership.

**Membership runs January through  
December 2023  
\$25.00 Cash or Check accepted**

Join us to learn  
**The Importance of Health Care  
Proxy's: Questions, Answers &  
Assistance**



**Hosted by Kelly (Nurse) & Gail (Social  
Worker) of Project Independence  
Thursday, December 15, 10:00am  
Call the 311 to reserve your spot.**

# DECEMBER 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>	<u>Reservations required daily by 2:00pm the day before.</u> <b>\$5.00 Members, \$6 Guest</b>	<i>All meals served with coffee or tea.</i> <b>Water bottles available \$1.00</b>	<b>1</b> Meatball Hero, Salad, Dessert	<b>2</b> NO LUNCH
<b>5</b> Spinach Pie, Salad, Dessert	<b>6</b> Turkey on a Roll w/ Lettuce & Tomato, Cole Slaw, Dessert	<b>7</b> Quiche Lorraine, Salad, Dessert	<b>8</b> Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	<b>9</b> NO LUNCH
<b>12</b> Slice of cheese pizza, Salad, Dessert	<b>13</b> Chicken Parmesan Platter, Salad, Dessert	<b>14</b> Grilled Cheese, Tomato Soup, Dessert	<b>15</b> Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	<b>16</b> NO LUNCH
<b>19</b> Sesame Chicken, Pork Fried Rice, Egg Roll, Dessert	<b>20</b> Pasta & Meatballs, Salad, Bread, Dessert	<b>21</b> Gyro Platter w/Rice, Salad, Pita, Dessert	<b>22</b> Eggplant Parmesan Platter, Salad, Dessert	<b>23</b> NO LUNCH
<b>26</b> CLOSED	<b>27</b> CLOSED	<b>28</b> CLOSED	<b>29</b> CLOSED	<b>30</b> CLOSED

# ACTIVITY CALENDAR DECEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For classes in BLUE, you must be registered with the office for the class.</p> <p><b>9:30</b> Art w/Melba  <b>10:00</b> Chair Yoga w/Nicole  <b>12:00</b> LUNCH  <b>12:30</b> Walking Club</p>	<p>For classes in RED, you must be registered with Project Independence</p> <p><b>10:00</b> Games w/Julie  <b>10:00</b> Chair Yoga w/Patty  <b>12:00</b> LUNCH  <b>12:30</b> BINGO</p>	<p><b>9:30</b> Art w/Friends  <b>11:00</b> Trivia Challenge  <b>12:00</b> LUNCH  <b>12:30</b> Walking Club  <b>1:00</b> Tai Chi w/Joe</p>	<p><b>9:30</b> Aerobics w/Marylou  <b>12:00</b> LUNCH  <b>12:30</b> BINGO</p>	<p><b>10:00</b> Dance Fitness w/Nicole  <b>11:00</b> Dance Fitness w/Nicole</p>
<p><b>5</b></p> <p><b>9:30</b> Art w/Melba  <b>10:00</b> Chair Yoga w/Nicole  <b>12:00</b> LUNCH  <b>12:30</b> Walking Club</p>	<p><b>6</b></p> <p><b>10:00</b> Games w/Julie  <b>10:00</b> Chair Yoga w/Patty  <b>12:00</b> LUNCH  <b>12:30</b> BINGO</p>	<p><b>7</b></p> <p><b>9:30</b> Art w/Friends  <b>11:00</b> Trivia Challenge  <b>12:00</b> LUNCH  <b>12:30</b> Walking Club  <b>1:00</b> Tai Chi w/Joe</p>	<p><b>8</b></p> <p><b>9:30</b> Aerobics w/Marylou  <b>12:00</b> LUNCH  <b>12:30</b> BINGO</p>	<p><b>9</b></p> <p><b>10:00</b> Dance Fitness w/Nicole  <b>11:00</b> Dance Fitness w/Nicole</p>
<p><b>12</b></p> <p><b>9:30</b> Art w/Barbara  <b>10:00</b> Chair Yoga w/Nicole  <b>12:00</b> LUNCH  <b>12:30</b> Walking Club</p>	<p><b>13</b></p> <p><b>10:00</b> Games w/Julie  <b>10:00</b> Chair Yoga w/Patty  <b>12:00</b> LUNCH  <b>12:30</b> BINGO</p>	<p><b>14</b></p> <p><b>9:30</b> Art w/Friends  <b>11:00</b> Trivia Challenge  <b>12:00</b> LUNCH  <b>12:30</b> Walking Club  <b>1:00</b> Tai Chi w/Joe</p>	<p><b>15</b></p> <p><b>9:30</b> Aerobics w/Marylou  <b>12:00</b> LUNCH  <b>12:30</b> BINGO</p>	<p><b>16</b></p> <p><b>10:00</b> Dance Fitness w/Nicole  <b>11:00</b> Dance Fitness w/Nicole</p>
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<p><b>26</b></p> <p><b>CLOSED</b></p>	<p><b>27</b></p> <p><b>CLOSED</b></p>	<p><b>28</b></p> <p><b>CLOSED</b></p>	<p><b>29</b></p> <p><b>CLOSED</b></p>	<p><b>30</b></p> <p><b>CLOSED</b></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
- ◆ 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

## Holiday Trivia

How well do you know Holiday Trivia?

Take this fun trivia challenge and mail it back to the Center by December 22 for your chance to win a \$25.00 Visa gift card. All entries with correct answers will be entered to win.

1. In the song "Twelve Days of Christmas", what is given on the seventh day?
  - A. Turtle Doves
  - B. Ladies Dancing
  - C. Swans a Swimming
  - D. Lords a Leaping
2. Who was the first President to celebrate Hanukkah at the White House?
  - A. Franklin Roosevelt
  - B. Harry Truman
  - C. Herbert Hoover
  - D. Dwight Eisenhower
3. What holiday song holds the record as the most selling Holiday single of all time?
  - A. The Little Drummer Boy
  - B. Deck the Halls
  - C. Jingle Bells
  - D. White Christmas
4. Where is the largest Hanukkah Menorah situated?
  - A. Brooklyn, New York
  - B. New York, New York
  - C. Jerusalem, Israel
  - D. Tel Aviv, Israel
5. Where were gingerbread houses invented?
  - A. Sweden
  - B. Netherlands
  - C. Austria
  - D. Germany
6. What country is the Poinsettia native too?
  - A. Peru
  - B. Argentina
  - C. Venezuela
  - D. Mexico

NAME \_\_\_\_\_