

# February 2023 Newsletter



♥ happy ♥  
*Valentine's*  
♥ day ♥

The Law Office of  
Marchese & Maynard  
will be here on Thursday  
February 16 at 10:30am  
To talk about

- How to protect your assets.
- What is probate & how to avoid it.
  - What is a trust?

Call or stop by the  
office to reserve your  
spot by February 9



**Valentine's Day Party  
Tuesday, Feb 14**

**Fried Chicken, Potato  
Salad, Green Beans,  
Biscuit & a Sweet Treat**

**Call or stop by the office  
to reserve your spot by  
February 7.**

## Message from Linda:

Valentine's Day comes every year to remind us that there's nothing more precious in this world than Love.

Happy Valentine's Day!!

In case of inclement weather please remember that we follow the PW School District example, if they are closed, so are we. Check the local TV and radio stations.



## 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

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Pat Lampl

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Donna Rice

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Jeff Stone

Richard Tavarez

Pat Valente

Daryl Zimbardi

#### Advisory Board:

Ken Magida

Laura Sweeney

Joel Ziev

### Super Bowl is Sunday, February 12

Stop in the Office to get  
your Superbowl Box for  
our Football pool  
fundraiser!

\$20.00 per box



### Join us on Wednesday's for GENERAL KNOWLEDGE TRIVIA 11:00am

Prize will be awarded to the person with  
the most correct answers.



### Bingo Night Tuesday, March 7 7:00pm (doors open at 6:30pm)

\$25.00 per person

CASH PRIZES

Reserve your spot  
today!



## FEBRUARY 2023 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tuna Salad on Whole Wheat, Lettuce & Tomato, Chips, Dessert	2 Chicken Kebab, Rice, Salad, Dessert	3 NO LUNCH
6 Ham on a Roll, Lettuce & Tomato, Potato Salad, Dessert	7 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	8 Stuffed Shells, Salad, Dessert	9 Turkey on a Roll w/Lettuce & Tomato, Cole Slaw, Dessert	10 NO LUNCH
13 <b>CLOSED</b> Lincoln's Birthday	14 Fried Chicken, Potato Salad, String Beans, Dessert	15 Quiche Lorraine, Salad, Dessert	16 Eggplant Parmesan Platter, Salad, Dessert	17 NO LUNCH
20 <b>CLOSED</b> President's Day	21 Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	22 Chicken Roll, Salad, Dessert	23 Slice of Sicilian Pizza, Salad, Dessert	24 NO LUNCH
27 Spinach Pie, Salad, Dessert	28 Meatball Hero, Salad, Dessert	FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AMALFI PIZZERIA AYHANS SHISH KEBAB	<i>Reservations required daily by 2:00pm the day before.</i> \$5.00 Members, \$6 Guest	<i>All meals served with coffee or tea.</i> <i>Water bottles available \$1.00</i>

# ACTIVITY CALENDAR FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 <b>LUNCH</b> 12:30 Walking Club 1:00 Tai Chi w/Joe	<b>2</b> 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	<b>3</b>
<b>6</b> 9:30 Art w/Barbara 10:00 <b>Chair Exercise</b> w/Nicole 12:00 LUNCH 12:30 Walking Club	<b>7</b> 10:00 Chair Yoga w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>8</b> 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 <b>LUNCH</b> 12:30 Walking Club 1:00 Tai Chi w/Joe	<b>9</b> 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	<b>10</b>
<b>13</b> <b>CLOSED</b> Lincoln's Birthday	<b>14</b> 10:00 Chair Yoga w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>15</b> 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 <b>LUNCH</b> 12:30 Walking Club 1:00 Tai Chi w/Joe	<b>16</b> 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	<b>17</b>
<b>20</b> <b>CLOSED</b> Presidents Day	<b>21</b> 10:00 Chair Yoga w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>22</b> 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 <b>LUNCH</b> 12:30 Walking Club 1:00 Tai Chi w/Joe	<b>23</b> 9:30 Aerobics w/ Marylou 12:00 LUNCH 12:30 BINGO	<b>24</b>
<b>27</b> 9:30 Art w/ Melba 10:00 <b>Chair Exercise</b> w/Nicole 12:00 LUNCH 12:30 Walking Club	<b>28</b> 10:00 Chair Yoga w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO			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
- ◆ 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

## All things February Trivia

How well do you know All things February Trivia?

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

1. What is the most popular flower given on Valentines Day?
  - A. Carnations
  - B. Roses
  - C. Daisy's
  - D. Lily's
2. What is February's birthstone?
  - A. Opal
  - B. Amethyst
  - C. Sapphire
  - D. Ruby
3. What quarterback has won the most Superbowl's?
  - A. Joe Montana
  - B. Terry Bradshaw
  - C. Eli Manning
  - D. Tom Brady
4. In Roman mythology Cupid is the son of whom?
  - A. Venus
  - B. Psyche
  - C. Juno
  - D. Eros
5. What famous jeweler makes the Lombardi Trophy?
  - A. Harry Winston
  - B. Cartier
  - C. Tiffany
  - D. Swarovski
6. February is the only month of the year that can pass without a full moon?
  - A. True
  - B. False

NAME \_\_\_\_\_