

# January 2023 Newsletter



## Port Salt Cave

Sue Sullivan for Port Salt Cave will be here speaking on the benefits of Halotherapy and Dry Salt Therapy. Salt Therapy has been shown to relieve Respiratory Conditions including Allergies, Asthma, Sinusitis, Bronchitis, etc.

Thursday, January 19  
10:30am

Call or stop by  
office to reserve  
your spot.



## 2023 Membership Dues:

Please stop by the office  
to renew your membership.

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



## Message from Linda:

A big thank you to our board of directors, teachers and members for making 2022 a wonderful year. As we send out the old year and ring in the new, we look forward to all good things to come in 2023. An extra big thank you for all of your thoughtful gifts, we were touched by your generosity. May the New Year bring health, wealth and wisdom to all.

Please be advised that in the case of inclement weather, we follow the PW school district example, so if the school is closed, so are we. Check the local TV and radio stations or call to see if we are in the office before heading down to the Center.



## 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

In Memorandum we would like to  
acknowledge and remember our dearly  
beloved members who  
we lost in 2022.

Rachel Merola  
Grace Bellomo  
Bill Bjornson  
Tom Faticone



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

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



Would you like to learn how to  
**CROCHET?**

Join Heidi's master class and  
learn how to crochet a scarf.  
Wednesday's, 1/25, 2/1, 2/8  
& 2/15

9:00am-11:00am

\$25 material fee, sign up in the office.



# JANUARY 2023 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>CLOSED</b>	3 Slice of Sicilian Pizza, Salad, Dessert	4 Tuna Salad on Whole Wheat, Lettuce & Tomato, Chips, Dessert	5 Meatball Hero, Salad, Dessert	6 NO LUNCH
9 Quiche Lorraine, Salad, Dessert	10 Chicken Kebab, Rice, Salad, Dessert	11 Ham on a Roll, Lettuce & Tomato, Potato Salad, Dessert	12 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	13 NO LUNCH
16 <b>CLOSED</b> Martin Luther King	17 Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	18 Grilled Cheese, Tomato Soup, Dessert	19 Eggplant Parmesan Platter, Salad, Dessert	20 NO LUNCH
23 Sesame Chicken, Pork Fried Rice, Egg Roll, Dessert	24 Gyro Platter w/Rice, Salad, Pita, Dessert	25 Chicken Roll, Salad, Dessert	26 Turkey on a Roll w/Lettuce & Tomato, Cole Slaw, Dessert	27 NO LUNCH
30 Spinach Pie, Salad, Dessert	31 Stuffed Shells, Salad, Dessert	<b>FOOD PROVIDED BY:</b> 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 JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b> 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>3</b> 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	<b>4</b> 12:00 LUNCH 12:30 BINGO	<b>5</b>
<b>9</b> 12:00 LUNCH 12:30 Walking Club	<b>10</b> 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>11</b> 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	<b>12</b> 12:00 LUNCH 12:30 BINGO	<b>13</b>
<b>16</b> CLOSED MLK DAY	<b>17</b> 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>18</b> 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	<b>19</b> 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	<b>20</b>
<b>23</b> 10:00 Chair Exercise w/Nicole 12:00 LUNCH 12:30 Walking Club	<b>24</b> 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>25</b> 9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	<b>26</b> 9:30 Aerobics w/ Marylou 12:00 LUNCH 12:30 BINGO	<b>27</b>
<b>30</b> 10:00 Chair Exercise w/Nicole 12:00 LUNCH 12:30 Walking Club	<b>31</b> 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

## General Knowledge Trivia

How well do you know General Trivia?

Take this fun trivia challenge and mail it back to the Center by January 31 for your chance to win a \$25.00 Visa gift card. All entries with correct answers will be entered to win.

1. How many bones does our foot have?
  - A. 10
  - B. 36
  - C. 26
  - D. 20
  
2. Where did French Fries originate from?
  - A. United States
  - B. France
  - C. Belgium
  - D. Austria
  
3. What was the first International hotel chain?
  - A. Marriott
  - B. Hilton
  - C. Hyatt
  - D. Holiday Inn
  
4. What alcoholic drink is made from juniper berries
  - A. Vodka
  - B. Rum
  - C. Tequila
  - D. Gin
  
5. How many balls are on a pool table at the start of a game?
  - A. 8
  - B. 10
  - C. 14
  - D. 16
  
6. Everyone knows that Cinderella lost her glass slipper when leaving the ball, which foot did it fall off?
  - A. Left
  - B. Right

NAME \_\_\_\_\_