

March 2023 Newsletter



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

\$25.00 per person
CASH PRIZES

**Reserve your spot,
sign up in the office.**

St. Patrick's Day Party

Thursday, March 16
\$10.00 per person

**Corned Beef on Rye,
Potato Salad, Cole Slaw,
Irish soda bread &
Dessert.**



Message from Linda:

Happy St. Patrick's Day!
May your troubles be less and
your blessings be more and
nothing but happiness comes
through your door.



Happy Spring!

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
Sean Beckert
Marianne Bortone Prince
Barbara Faticone
Debbie Greco Cohen
Pat Lampl
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Pat Valente
Daryl Zimbardi

Advisory Board:

Ken Magida
Laura Sweeney
Joel Ziev



Join us on
Thursday, March 30
10:30am
for a Nutrition Education
class
and recipe demo with
Laura Simmons of
Long Island Cares.

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

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



Please remember we will be
springing ahead on the evening of
March 11th. Don't
forget to push
your clocks
forward and
change the
batteries on your
smoke detector!



MARCH 2023 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA GINOS PIZZERIA AYHANS SHISH KEBAB GUEST CHEF	<i>Reservations required daily by 2:00pm the day before.</i> \$5.00 Members, \$6 Guest	1 Grilled Cheese & Tomato Soup, Dessert	2 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	3 NO LUNCH
6 Tuna Salad on Whole Wheat , Lettuce & Tomato, Chips, Dessert	7 Chicken Roll, Salad, Dessert	8 Stuffed Shells, Salad, Dessert	9 Chicken Kebab, Rice, Salad, Dessert	10 NO LUNCH
13 Sausage, Peppers & Onions, Salad, Dessert	14 Slice of Sicilian Pizza, Salad, Dessert	15 Penne alla Vodka, Salad, Dessert	16 Corned Beef on Rye, Cole Slaw, Dessert St. Patrick's Day	17 NO LUNCH
20 Spinach Pie, Salad, Dessert	21 Meatball Hero, Salad, Dessert	22 Quiche Lorraine, Salad, Dessert	23 Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	24 NO LUNCH
27 Sesame Chicken, Pork Fried Rice, Eggroll, Dessert	28 Gyro Platter, Rice, Salad, Pita, Dessert	29 Turkey on a Roll w/ Lettuce & Tomato, Cole Slaw, Dessert	30 Eggplant Parmesan Platter, Salad, Dessert	31 NO LUNCH

ACTIVITY CALENDAR MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
For classes in RED, you must be registered with Project Independence	For classes in BLUE, you must be registered with the office for the class.	9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole
9:30 Art w/Barbara 10:00 Chair Exercise w/Nicole **LAST CLASS 12:00 LUNCH 12:30 Walking Club	10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	12:00 LUNCH 12:30 BINGO	10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole
9:30 Art w/Melba 10:00 Chair Exercise w/Nicole **NEW SESSION 12:00 LUNCH 12:30 Walking Club	10:00 Chair Yoga w/Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	9:30 Art w/Friends 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole
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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 Knowledge Trivia?

Take this fun trivia challenge and mail it back to the Center by March 30 for your chance to win a \$25.00 Visa gift card. All entries with correct answers will be entered to win.

1. In what country is Coca-Cola NOT available?
 - A. North Korea
 - B. Singapore
 - C. New Zealand
 - D. Kenya

2. How many bones does your foot have?
 - A. 16
 - B. 20
 - C. 26
 - D. 30

3. What is the most played board game?
 - A. Chess
 - B. Life
 - C. Sorry
 - D. Monopoly

4. What alcoholic drink is made from potatoes?
 - A. Vodka
 - B. Rum
 - C. Tequila
 - D. Gin

5. How many James Bond movies starred Sean Connery?
 - A. 6
 - B. 7
 - C. 8
 - D. 9

6. Which side of the brain do you use when recognizing a person?
 - A. Left Side
 - B. Right Side

NAME_____