

# April 2023 Newsletter



Falconer's Florist  
will be here to do a floral  
demonstration. Each  
arrangement will be raffled  
off to a lucky participant  
Thursday, April 13  
10:00am  
Call the office to reserve  
Your spot.



## Are you lost in thought?

Would you like to Relax your body  
and learn to experience the relief of  
not being caught up in your mental  
chatter, stress and worry.

**Join us for Meditation**

**Wednesday**

**April 5, 12, 19 & 26**

**10:00am**

Call the  
office to  
reserve  
your 4  
week spot



Message from Linda:



The wind told the grass  
And the grass told the trees.

The trees told the bushes  
And the bushes told the bees.

The bees told the robin and  
The robin sang out clear ,

Wake up!  
Wake up!  
Spring is here!

## 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)

**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**

[ginnyywaac@gmail.com](mailto:ginnyywaac@gmail.com)

**Board of Directors:**

Kathy Levinson, President

Sean Beckert

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Debbie Greco Cohen

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Pam Monfort

Jean-Marie Posner

Donna Rice

Warren Schein

Jeff Stone

Pat Valente

Daryl Zimbardi

**Advisory Board:**

Ken Magida

Laura Sweeney

Joel Ziev

## Save the date Port's Got Talent

## Saturday, October 14 7:30pm



## DANCE FITNESS

**JOIN US FOR A  
COMPLIMENTARY DANCE  
FITNESS CLASS**

**9:00 AM**

**APRIL 5, 12 OR 19**

**YOU MAY SIGN UP FOR ONE OF THE  
CLASSES BY CALLING THE OFFICE. CLASS  
WILL BE 45 MINUTES**

## Spring Fling Luncheon

**Thursday, April 20**

**\$8.00 per person**

**Ham, Sweet Potato Casserole,  
Green Beans, Rolls & Dessert**



**Lunch followed by Jumbo bingo. Call the  
office to reserve your spot by April 13.  
Reservations accepted until we hit capacity.**

# APRIL 2023 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chicken Salad on A Roll w/Lettuce & Tomato, Chips, Dessert	<b>4</b> Meatball Parm Hero, Salad, Dessert	<b>5</b> Chicken Parmesan Platter, Salad, Dessert	<b>6</b> Gyro Platter w/Rice, Salad, Pita, Dessert	<b>7</b> NO LUNCH
<b>10</b> Spinach Pie, Salad, Dessert	<b>11</b> Turkey Sandwich on Roll w/Lettuce & Tomato, Cole Slaw, Dessert	<b>12</b> Grilled Cheese, & Tomato Soup, Dessert	<b>13</b> Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	<b>14</b> NO LUNCH
<b>17</b> Chicken Roll, Salad, Dessert	<b>18</b> Slice of Sicilian Pizza, Salad, Dessert	<b>19</b> Tuna Salad on Wholewheat, Chips, Dessert	<b>20</b> Ham, Sweet Potato Casserole, String Beans, Roll, Dessert	<b>21</b> NO LUNCH
<b>24</b> Quiche Lorraine, Salad, Dessert	<b>25</b> Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	<b>26</b> Chicken Kebab w/Rice, Salad, Pita, Dessert	<b>27</b> Eggplant Parmesan Platter, Salad, Dessert	<b>28</b> NO LUNCH
	<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>	<b>FOOD PROVIDED BY:</b> HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AMALFI PIZZERIA AYHANS SHISH KEBAB	

# ACTIVITY CALENDAR APRIL 2023.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:30 Art w/Barbara 10:00 Chair Yoga w/ Nicole 12:30 Walking Club	<b>4</b> 10:00 Stretch & Tone w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>5</b> 9:00 Dance Fitness 10:00 Mindful Meditation 9:30 Art w/Friends 12:00 LUNCH 12:30 Walking Club	<b>6</b> 9:30 Aerobics w/ Marylou 12:00 LUNCH 12:30 BINGO	<b>7</b>
<b>10</b> 9:30 Art w/ Melba 12:30 Walking Club	<b>11</b> 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>12</b> 9:00 Dance Fitness 10:00 Mindful Meditation 9:30 Art w/Friends 12:00 LUNCH 12:30 Walking Club	<b>13</b> 12:00 LUNCH 12:30 BINGO	<b>14</b>
<b>17</b> 9:30 Art w/Barbara 10:00 Chair Yoga w/ Nicole 12:30 Walking Club	<b>18</b> 10:00 Stretch & Tone w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>19</b> 9:00 Dance Fitness 10:00 Mindful Meditation 9:30 Art w/Friends 12:00 LUNCH 12:30 Walking Club <b>1:00 Tai Chi w/Joe</b>	<b>20</b> 9:30 Aerobics w/ Marylou 12:00 LUNCH 12:30 BINGO	<b>21</b> <b>10:00 Gentle Fitness</b> w/ Nicole <b>11:00 Gentle Fitness w/</b> Nicole
<b>17</b> 9:30 Art w/Melba 10:00 Chair Yoga w/ Nicole 12:30 Walking Club	<b>18</b> 10:00 Stretch & Tone w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	<b>26</b> 10:00 Mindful Meditation 9:30 Art w/Friends 12:00 LUNCH 12:30 Walking Club <b>1:00 Tai Chi w/Joe</b>	<b>27</b> 9:30 Aerobics w/ Marylou 12:00 LUNCH 12:30 BINGO	<b>28</b> <b>10:00 Gentle Fitness</b> w/ Nicole <b>11:00 Gentle Fitness w/</b> Nicole
			For classes in BLUE, you must be registered with the office for the class.	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



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

## Spring Holiday Trivia

How well do you know Spring Holiday Trivia?

Take this fun trivia challenge and mail it back to the Center by April 27 for your chance to win a \$25.00 Visa gift card. All entries with correct answers will be entered to win.

1. For how long is Passover observed?
  - A. One day
  - B. Four days
  - C. Seven days
  - D. Eight days
  
2. For whom is a seat typically saved at a seder?
  - A. Elijah
  - B. Moses
  - C. Jacob
  - D. Saul
  
3. How many questions are asked at a Seder ?
  - A. 2
  - B. 3
  - C. 4
  - D. 5
  
4. The first Easter Eggs were dyed what color?
  - A. Blue
  - B. Yellow
  - C. Green
  - D. Red
  
5. Easter Island is part of what country??
  - A. Chile
  - B. Peru
  - C. Argentina
  - D. Brazil
  
6. Which presidential administration hosted the first White Houe Easter Egg roll?
  - A. Rutherford B Hayes
  - B. John F. Kennedy
  - C. Franklin D. Roosevelt
  - D. Harry Truman

NAME \_\_\_\_\_