

# July 2023 Newsletter



Come out and  
exercise your brain.  
Mary Suddell and Ricky from  
Emerge will be here for  
**BRAIN GAMES!**  
Thursday  
July 13th  
10:30am

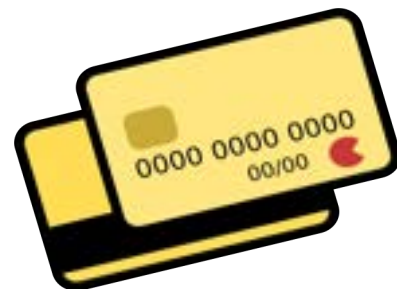


Please call  
the office to  
reserve  
your spot.

## New Scripps –Gift Card program

Support your Center by  
purchasing gift cards for all your  
shopping needs. Tell your friends  
and family. It's a win-win for all.  
You get face value of the card  
and we get a commission!

Check out the  
back page or  
stop by the  
office for  
details.



## Message from Linda:

Happy 4th of July! Please join the ToNH for their annual Funday  
Monday Activities down at the North  
Hempstead Beach Park. Festivities begin at  
11:00a.m.

Mondays's July 10, 17, 24 & 31  
August 7, 14, 21  
Transportation will be provided.  
Call 311 to find a pick up location  
Near you.



## 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  
Marianne Bortone Prince  
Barbara Faticone  
Debbie Greco Cohen  
Pat Lampl  
Pam Monfort  
Jean-Marie Posner  
Donna Rice  
Warren Schein  
Jeff Stone  
Pat Valente  
Daryl Zimbardi

#### **Advisory Board:**

Ken Magida  
Laura Sweeney  
Joel Ziev

**Port's Got Talent**  
**Our biggest fundraiser of the  
year.**

**Save the date: October 14,  
2023**



**If you can't join us, please consider making a  
tax deductible contribution or become a  
sponsor of the Center to support our mission.**

**4TH OF JULY PARTY**  
**HOT DOGS, MACARONI SALAD, BAKED**  
**BEANS & DESSERT**  
**THURSDAY, JULY 6**  
**\$8.00 PER PERSON**  
**FOLLOWED BY JUMBO BINGO!**

**PLEASE SIGN UP WITH THE  
OFFICE, BY JUNE 3 OR UNTIL  
WE REACH CAPACITY.**  
**LIMITED SPACE.**



**FUNDAY MONDAY (July 10, 17, 24, 31 &  
Aug 7, 14, 21) at North Hempstead Beach Park**  
Entertainment begins at 11am      **Weekly**

7/10 Stan & Edi	9-11 Pickle Ball
7/17 Vincent Rhodes Production	9-10; 10-11
7/31 Beat-A- Likes (Beatles Tribute)	Line Dancing
8/7 Dance Aloha & Elvis Tribute	11-12 Tai Chi

8/14 Rat Pack Tribute  
8/21 Hometown USA  
Salute to our troops

**RAINDATE:** Always  
the Thursday of the  
same week.

## JULY 2023 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Reservations required</u> <i>daily by 2:00pm the day before.</i> <b>\$5.00 Members, \$6 Guest</b>	<b>FOOD PROVIDED BY:</b> <b>HINCK'S DELI</b> <b>GUM HOW CHINESE</b> <b>CARLOS PIZZERIA</b> <b>GINOS PIZZERIA</b> <b>AYHANS SHISH KEBAB</b>			<b>1</b>  NO LUNCH
<b>3</b>  NO LUNCH	<b>4</b>  <b>CLOSED</b> <b>4th of JULY</b>	<b>5</b> Spinach Pie, Salad, Dessert	<b>6</b> Hot Dogs, Macaroni Salad, Baked Beans, Dessert	<b>7</b>  NO LUNCH
<b>10</b>  NO LUNCH	<b>11</b> Meatball Parm Hero, Salad, Dessert	<b>12</b> Chicken Salad on a roll w/ Lettuce & Tomato, Chips, Dessert	<b>13</b> Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	<b>14</b>  NO LUNCH
<b>17</b>  NO LUNCH	<b>18</b> Chicken Roll, Salad, Dessert	<b>19</b> Gyro Platter w/Rice, Salad, Pita, Dessert	<b>20</b> Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	<b>21</b>  NO LUNCH
<b>24</b>  NO LUNCH	<b>25</b> Turkey Sandwich on Roll w/Lettuce & Tomato, Cole Slaw, Dessert	<b>26</b> Grilled Cheese, & Tomato Soup, Dessert	<b>27</b> Slice of Sicilian Pizza, Salad, Dessert	<b>28</b>  NO LUNCH

# ACTIVITY CALENDAR JULY 2023.

Monday	Tuesday	Wednesday	Thursday	Friday
	For classes in BLUE, you must be registered with the office for the class.	For classes in RED, you must be Pay \$5 per class and YOU MUST BE A MEMBER!		1
3 10:00 Walking Club	4 <b>CLOSED</b> 4th of JULY	5 10:00 Walking Club 11:00 General Trivia 12:00 LUNCH 1:00 Tai Chi w/Joe	6 12:00 LUNCH 12:30 BINGO	7
10 10:00 Walking Club 10:00 Chair Yoga w/ Nicole	11 10:00 Stretch & Tone w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	12 10:00 Walking Club 11:00 General Trivia 12:00 LUNCH 1:00 Tai Chi w/Joe	13 9:30 Aerobics w/ Marylou 12:00 LUNCH 12:30 BINGO	14
17 10:00 Walking Club 10:00 Chair Yoga w/ Nicole	18 10:00 Stretch & Tone w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	19 10:00 Walking Club 11:00 General Trivia 12:00 LUNCH 1:00 Tai Chi w/Joe	20 12:00 LUNCH 12:30 BINGO	21
24 10:00 Walking Club 10:00 Chair Yoga w/ Nicole	25 10:00 Stretch & Tone w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	26 10:00 Walking Club 11:00 General Trivia 12:00 LUNCH 1:00 Tai Chi w/Joe	27 9:30 Aerobics w/ Marylou 12:00 LUNCH 12:30 BINGO	28

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



# SCRIP PROGRAM

The Port Washington Adult Activities Center is starting a new type of fundraising and the best part is is you don't have to spend more money than you already do. We will be selling gift cards to local and national retailers, each time you buy a gift card at its face value, we receive a percentage from RaiseRight, the company who distributes the cards. We will have a supply of gift cards on hand others will be special order. Call or stop by the office for more information.

## Scrip Order Form

Company	Denomination	# of cards
Applebee's	\$25.00	
Applebee's	\$50.00	
Amazon	\$25.00	
Amazon	\$50.00	
American Eagle	\$25.00	
Aerie	\$25.00	
Athleta	\$25.00	
Athleta	\$50.00	
Bath & Body	\$10.00	
Bath & Body	\$25.00	
Best Buy	\$25.00	
BP	\$50.00	
BP	\$100.00	
Bloomingdale's	\$25.00	
Bloomingdale's	\$50.00	
Carvel	\$10.00	
Chipolte	\$10.00	
Chipolte's	\$25.00	
Darden Restaurant	\$25.00	
Darden Restaurant	\$50.00	
Dominos	\$10.00	
Dominos	\$25.00	
Dunkin Donuts	\$10.00	
Dunkin Donuts	\$25.00	
Five Below	\$25.00	
Gap	\$25.00	
Home Depot	\$25.00	
Home Depot	\$100.00	
Ihop	\$25.00	
<b>Subtotal:</b>		

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Company	Denomination	# of cards
Kohl's	\$25.00	
Kohl's	\$100.00	
Lands' End	\$25.00	
Lands' End	\$100.00	
Lowe's	\$25.00	
Lowe's	\$100.00	
Macy's	\$25.00	
Macy's	\$100.00	
McDonald's	\$25.00	
Michael's	\$25.00	
Morton's	\$50.00	
Moe's	\$25.00	
Nordstorm's	\$25.00	
Nordstorm's	\$50.00	
Rite Aid	\$25.00	
Starbucks	\$10.00	
Starbucks	\$25.00	
Shell	\$25.00	
Shell	\$50.00	
Stop & Shop	\$25.00	
Stop & Shop	\$50.00	
Stop & Shop	\$100.00	
Smashburger	\$10.00	
TJ Maxx Brands	\$25.00	
TJ Maxx Brands	\$50.00	
Target	\$10.00	
Target	\$25.00	
Target	\$50.00	
Visa	\$25.00	
Visa	\$50.00	
Visa	\$100.00	
Walgreen's	\$25.00	
<b>Subtotal:</b>		
<b>Total:</b>		