

August 2023 Newsletter



*Join us on Thursday,
August 10th
at 10:30am*

*For a visit with the
Cow Neck Historical
Society for a talk on the
history of Manorhaven.*



BINGO!!

**Join us on Tuesday,
September 12, 2023**

7:00pm

(doors open at 6:30)

\$25.00 per person

Cash Prizes

50/50

Sign up in the office!



Message from Linda:

I hope you are enjoying your summer. As the weather gets warmer, please remember to stay hydrated. In extreme heat, remain in air conditioned buildings and avoid going out during the hottest part of the day. Come down and join us at the Center for some lunch and to relax in the air conditioning. Don't forget to bring a sweater in case it gets too cold.



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

Hours:

Monday - Friday
8:00 am - 3:00 pm

Linda Livio,
Executive Director

Julie Gamman,
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juliepwseniorcenter@gmail.com

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ginnypwaac@gmail.com

Board of Directors:

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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.**

AUGUST LOBSTERFEST AUGUST 29

**LOBSTER ROLL, POTATO CHIPS, CORN
ON COB & DESSERT
\$12.00 PER PERSON
FOLLOWED BY JUMBO
BINGO!**

**PLEASE SIGN UP WITH THE
OFFICE, BY AUGUST 22 OR
UNTIL WE REACH CAPACITY.**



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.**



AUGUST 2023 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Reservations required</u> <i>daily by 2:00pm the day</i> <i>before.</i> <i>\$5.00 Members, \$6</i> <i>Guest</i>	1 Tuna Salad Sandwich on whole Wheat w/Lettuce & Tomato, Chips, Dessert	2 Spinach Pie, Salad, Dessert	3 Stuffed Shells, Salad, Dessert	4 NO LUNCH
7 NO LUNCH	8 Chicken Kebab w/Rice, Salad, Dessert	9 Ham & Swiss on a Roll, Chips, Dessert	10 Eggplant Parmesan, Salad, Dessert	11 NO LUNCH
14 NO LUNCH	15 Meatball Parm Hero, Salad, Dessert	16 Gyro Platter w/Rice, Salad, Pita, Dessert	17 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	18 NO LUNCH
21 NO LUNCH	22 Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	23 Penne w/Broccoli, Garlic & Oil, Salad, Dessert	24 Slice of Sicilian Pizza, Salad, Dessert	25 NO LUNCH
28 NO LUNCH	29 Chicken Roll, Salad, Dessert	30 Grilled Cheese, & Tomato Soup, Dessert	31 Turkey Sandwich on Roll w/Lettuce & Tomato, Cole Slaw, Dessert	FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA GINOS PIZZERIA AYHANS SHISH KEBAB

ACTIVITY CALENDAR AUGUST 2023.

Monday	Tuesday	Wednesday	Thursday	Friday
For classes in BLUE, you must be registered with the office for the class.	1 10:00 Stretch & Tone w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	2 9:00 Walking Club 11:00 General Trivia 12:00 LUNCH 1:00 Tai Chi w/Joe	3 9:30 Aerobics w/ Marylou 12:00 LUNCH 12:30 BINGO	4
7 9:00 Walking Club 10:00 Chair Yoga w/ Nicole	8 10:00 Stretch & Tone w/ Patty 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	9 9:00 Walking Club 11:00 General Trivia 12:00 LUNCH 1:00 Tai Chi w/Joe	10 9:30 Aerobics w/ Marylou 12:00 LUNCH 12:30 BINGO	11
14 9:00 Walking Club 10:00 Chair Yoga w/ Nicole	15 10:00 Games w/Julie 2:00 LUNCH 12:30 BINGO	16 9:00 Walking Club 11:00 General Trivia 12:00 LUNCH 1:00 Tai Chi w/Joe	17 12:00 LUNCH 12:30 BINGO	18
21 9:00 Walking Club	22 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	23 9:00 Walking Club 11:00 General Trivia 12:00 LUNCH 1:00 Tai Chi w/Joe	24 12:00 LUNCH 12:30 BINGO	25
28 9:00 Walking Club	29 10:00 Games w/Julie 12:00 LUNCH 12:30 BINGO	30 9:00 Walking Club 11:00 General Trivia 12:00 LUNCH 1:00 Tai Chi w/Joe	31 12:00 LUNCH 12:30 BINGO	For classes in RED, you must be Pay \$5 per class and YOU MUST BE A MEMBER!

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	
Subtotal:		

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	
Subtotal:		
Total:		