

May 2024 Newsletter



Join us for some Bingo Fun!

Tuesday, May 7

7:00pm, doors open at
6:30pm

\$25.00 per person
CASH PRIZES

Please reserve
your spot in
the office.



Join us on Thursday
May 30 at 10am to make
a beautiful patriotic sign
for your front door.
\$20.00 fee.

Space is
limited
Sign up in
the
office



Message from Linda:

Always remember...
to the world you are a mother
but to your family, you are the world.

Happy Mother's Day to all!

Please come out and support our very
own Board Member and Past
President, Debbie Greco Cohen at the ToNH's Senior
Recognition Luncheon on Wednesday, May 22. Please see
Linda for details.



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

Marianne Bortone Prince

Barbara Faticone

Debbie Greco Cohen

Pam Monfort

Angela Mullons

Jean-Marie Posner

Donna Rice

Warren Schein

Jeff Stone

Pat Valente

Daryl Zimbardi

Advisory Board:

Ken Magida

Laura Sweeney

Joel Ziev

The St. Francis Hospital Outreach Bus
Will be here **Monday, May 6 from 10am-2pm** to
offer **FREE Health Screenings**

Includes brief Cardiac history , blood pressure,
simple blood test for
cholesterol & diabetes
screening with appropriate
education.

**NO APPOINTMENT
NEEDED**



**Mother's Day Luncheon
\$8.00 per person
Tuesday, May 14**

**Salmon, Rice Pilaf, Mixed
Vegetables, Roll
& A Sweet Treat**

**Lunch followed by Jumbo bingo. Call the
office to reserve your spot by May 7.
Reservations accepted until we hit capacity**



Would you like to learn

"How to Safely Get up from
the Floor after a Fall"

Join us on Thursday, May 16
At 10:00am

To learn valuable tips, proper techniques and
feel safe in your home.

Please call the office to secure your spot.

MAY 2024 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA GINO'S PIZZERIA AYHANS SHISH KEBAB	<i>Reservations required daily by 2:00pm the day before.</i> \$5.00 Members, \$6 Guests	1 Grilled Cheese & Tomato Soup, Dessert	2 Ham & Swiss on a Roll w/Lettuce & Tomato, Chips, Dessert	3 NO LUNCH
6 Chicken Salad on a Roll w/Lettuce & Tomato, Chips, Dessert	7 Slice of Sicilian Pizza, Salad, Dessert	8 Sesame Chicken, Pork Fried Rice, Eggroll, Dessert	9 Meatball Hero, Salad, Dessert	10 NO LUNCH
13 Spinach Pie, Salad, Dessert	14 Salmon, Rice Pilaf, Mixed Veggies, Bread & Dessert	15 Chicken Roll, Salad, Dessert	16 Turkey On a Roll w/Lettuce & Tomato, Cole Slaw, Dessert	17 NO LUNCH
20 Tuna Salad on Whole Wheat w/ Lettuce & Tomato, Chips, Dessert	21 Chicken Kebab, Rice, Salad, Dessert	22 Quiche Lorraine, Salad, Dessert	23 Chicken Cutlet Parm Hero, Salad, Dessert	24 NO LUNCH
27 CLOSED HAPPY MEMORIAL DAY!	28 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	29 Sausage, Peppers & Onions, Salad, Dessert	30 Roast Beef on a roll w/Lettuce & Tomato, Potato Salad, Dessert	31 NO LUNCH

ACTIVITY CALENDAR MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>in BLUE, you registered with the class</p>	<p>For classes is RED, you must be registered with Project Independence</p>	<p>1 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe 12:30 Walking Club</p>	<p>2 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO</p>	<p>10:00 Gentle Fit Nicole 11:00 Gentle Fit Nicole</p>
<p>6 Melba r Exercise w/ CH ing Club</p>	<p>7 12:00 LUNCH 12:30 BINGO</p>	<p>8 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe 12:30 Walking Club</p>	<p>9 12:00 LUNCH 12:30 BINGO</p>	<p>CLAS CANCEL</p>
<p>13 Barbara r Exercise w/ CH ing Club</p>	<p>14 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO</p>	<p>15 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe</p>	<p>16 12:00 LUNCH 12:30 BINGO</p>	<p>10:00 Gentle Fit Nicole 11:00 Gentle Fit Nicole</p>
<p>20 Melba CH ing Club</p>	<p>21 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO</p>	<p>22 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club</p>	<p>23 12:00 LUNCH 12:30 BINGO</p>	<p>CLAS CANCEL</p>
<p>27 HAPPY ME- AL DAY!</p>	<p>28 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO</p>	<p>29 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club</p>	<p>30 12:00 LUNCH 12:30 BINGO</p>	<p>10:00 Gentle Fit Nicole 11:00 Gentle Fit Nicole</p>

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.

A social worker helps with things such as counseling, caregiver assistance, support groups, entitlement assistance and more. 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 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:		