

# March 2025 Newsletter



## SCAM ALERT!

Sargent Peter Griffith will be here to discuss how to protect yourself from being scammed.

Thursday, March 13  
10:30am

Please call  
the office to  
reserve your  
spot.



## The Cooking Lab Wednesday, March 26 11am-1pm

Join this hands on cooking class to make Lemon scented risotto with shrimp & asparagus and a spring salad with balsamic vinegarett.



\$60 per  
person, sign  
up in the  
office by  
3/19

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.

Remember... A good friend is like  
a four leaf clover, hard to find and  
lucky to have.



a

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## 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)

**Website:**

[Pwadultactivitiescenter.org](http://Pwadultactivitiescenter.org)

**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  
[ginnypwaac@gmail.com](mailto:ginnypwaac@gmail.com)

**Board of Directors:**

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Please remember we will be springing  
ahead on the evening of March 8th.

Don't forget to push  
your clocks forward and  
change the batteries on  
your smoke detector!



**St. Patrick's Day Party**  
**Tuesday, March 18**  
**\$15 per person**

**Corned Beef on Rye,  
Potato Salad, Cole  
Slaw, Irish Soda Bread & a Sweet  
Treat**

**Reserve your spot by 3/12 or until  
we reach capacity**

*Collette Tour*  
*Spain's Costa del Sol &*  
*Madrid*

*Nov 8-16, 2025*



*Stop by the office to inquire or call  
Kristen at Herricks travel for more  
information 516-294-0020*

## MARCH 2025 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Salad Sandwich, Chips, Dessert	4 Spaghetti & Meatballs, Salad, Dessert	5 Tuna Salad on Whole Wheat, Chips, Dessert	6 Slice of Pizza, Salad, Dessert	7 NO LUNCH
10 Sesame Chicken, Pork Fried Rice, Eggroll, Dessert	11 Gyro Platter, Salad, Bread, Dessert	12 Eggplant Parmesan Platter, Salad, Dessert	13 Turkey on a roll w/ Lettuce & Tomato, Cole Slaw, Dessert	14 NO LUNCH
17 Chicken Roll, Salad, Dessert	18 <b>PARTY!</b> Corned Beef on Rye, Potato Salad, Cole Slaw & Dessert	19 Grilled Cheese & Tomato Soup, Dessert	20 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	21 NO LUNCH
24 Ham and Swiss on a Roll, Chips, Dessert	25 Meatball Hero, Salad, Dessert	26 Sausage, Peppers & Onions, Salad, Dessert	27 Chicken Kebab, Salad, Bread, dessert	28 NO LUNCH
31 Spinach Pie, Salad, Dessert			<i>Reservations required daily by 2:00pm the day before.</i> <b>\$5.00 Members, \$6 Guest</b>	<b>FOOD PROVIDED BY:</b> HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AYHANS SHISH KEBA



Thanks for all you do for the senior  
citizens of our community!

We're very proud to support the Port  
Washington Adult Activities Center's  
terrific programming.

30 Sagamore Hill Drive, Port Washington NY 11050 | 516.490.9352  
www.dejanafoundation.org | info@DejanaFoundation.org

# ACTIVITY CALENDAR MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:30 Art w/ Melba <b>10:30 Chair Exercise w/Nicole</b> 12:00 LUNCH 12:30 Walking Club	<b>4</b> <b>10:00 Chair Yoga</b> 12:00 LUNCH 12:30 BINGO	<b>5</b> 11:00 Trivia Challenge <b>12:00 LUNCH</b> 12:30 Walking Club <b>1:00 Tai Chi w/ Joe</b>	<b>6</b> 12:00 LUNCH 12:30 BINGO	<b>7</b> <b>10:00 Gentle Fitness w/ Claudia</b> <b>11:00 Gentle Fitness w/ Claudia</b>
<b>10</b> 9:30 Art w/ Lee <b>10:30 Chair Exercise w/ Nicole</b> 12:00 LUNCH 12:30 Walking Club	<b>11</b> <b>10:00 Chair Yoga</b> 12:00 LUNCH 12:30 BINGO	<b>12</b> 11:00 Trivia Challenge <b>12:00 LUNCH</b> 12:30 Walking Club <b>1:00 Tai Chi w/ Joe</b>	<b>13</b> 12:00 LUNCH 12:30 BINGO	<b>14</b> <b>10:00 Gentle Fitness w/ Claudia</b> <b>11:00 Gentle Fitness w/ Claudia</b>
<b>17</b> 9:30 Art w/ Melba <b>10:30 Chair Exercise w/Nicole</b> 12:00 LUNCH 12:30 Walking Club	<b>18</b> <b>10:00 Chair Yoga</b> 12:00 LUNCH 12:30 BINGO	<b>19</b> 11:00 Trivia Challenge <b>12:00 LUNCH</b> 12:30 Walking Club <b>1:00 Tai Chi w/ Joe</b>	<b>20</b> 12:00 LUNCH 12:30 BINGO	<b>21</b> <b>10:00 Gentle Fitness w/ Claudia</b> <b>11:00 Gentle Fitness w/ Claudia</b>
<b>24</b> 9:30 Art w/ Lee 12:00 LUNCH 12:30 Walking Club	<b>25</b> 12:00 LUNCH 12:30 BINGO	<b>26</b> 11:00 Trivia Challenge <b>12:00 LUNCH</b> 12:30 Walking Club <b>1:00 Tai Chi w/ Joe</b>	<b>27</b> 12:00 LUNCH 12:30 BINGO	<b>28</b> <b>10:00 Gentle Fitness w/ Claudia</b> <b>11:00 Gentle Fitness w/ Claudia</b>
<b>31</b> 9:30 Art w/ Melba <b>10:30 Chair Exercise w/ Nicole</b> 12:00 LUNCH 12:30 Walking Club			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. Please call 311 to register

We wish to thank all of our supporters for their continued generosity: Greentree Foundation “Good Neighbor” fund, The Laura B. Vogler Foundation, Inc, Hearts Foundation, 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
- ♦ Nassau Bar Foundation, We Care
- ♦ The Community Chest of Port Washington



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30 Sagamore Hill Drive, Port Washington NY 11050 | 516.490.9352 | www.dejanafoundation.org | info@DejanaFoundation.org



**Project  
Independence**



Project Independence, North Hempstead's Aging in Place Program for residents age 60 and over.



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.

*Eileen Casey* 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



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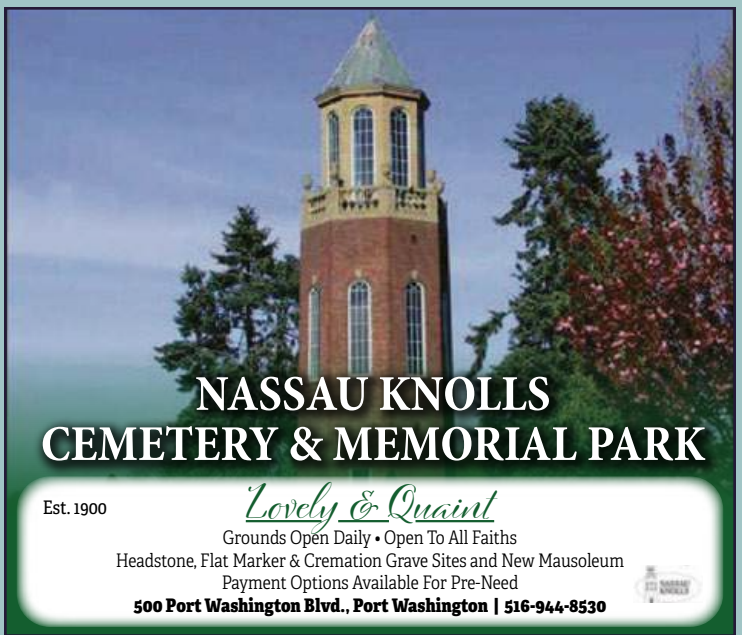
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**Thank you for your love & support!**

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# 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	
lhop	\$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>		