

May 2025 Newsletter



The Doctors of I Love Hearing

Will be here on
Thursday, May 22
10:00am

Come learn about the
common causes of hearing
loss and learn about
treatment
options. Sign
up in the
office.



Bingo Night

Tuesday, June
24

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

\$25.00 per person
CASH PRIZES

Call or stop in the office
to reserve your spot.

Message from Linda:

Happy Mother's Day to all the selfless women who inspire, motivate and remind us to be a better person every single day.

Always remember....
Mother's are like glue. Even when
you
can't see them, they're still holding
the family together.



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CONTACT ME
Sandra Tomczak

stomczak@4LPi.com

(800) 950-9952 x2402

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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

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:

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Advisory Board:

Ken Magida

Laura Sweeney

Joel Ziev

Mother's Day Party Thursday, May 8



Salmon, Rice Pilaf,
String Beans, Bread & a
Sweet Treat

\$10 per person

Stop by the office to
reserve your spot.



The St. Francis Hospital
Outreach Bus will be here
on

**Monday, May 5 from
10am-2pm to offer
FREE health screenings.**

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

NO APPOINTMENT NEEDED

SAVE THE DATE

Port's Got Talent

Sunday,

October 26th

3:00 PM



You do not want
to miss this year's show!

MAY 2025 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Reservations required daily by 2:00pm the day before.</i></p> <p>\$5.00 Members, \$6 Guest</p>	<p>FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AYHANS SHISH KEBAB COOKED @ CENTER</p>		<p>1 Stuffed Shells, Salad, Dessert</p>	<p>2 NO LUNCH</p>
<p>5 Chicken Roll, Salad, Dessert</p>	<p>6 Turkey on a roll w/Lettuce & Tomato, Cole Slaw, Dessert</p>	<p>7 Sesame Chicken, Pork Fried Rice, Eggroll, Dessert</p>	<p>8 Salmon, Rice Pilaf, Mixed Vegetables, Roll & a Sweet Treat</p>	<p>9 NO LUNCH</p>
<p>12 Spinach Pic, Salad, Dessert</p>	<p>13 Eggplant Parmesan Platter, Salad, Dessert</p>	<p>14 Grilled Cheese & Tomato Soup, Dessert</p>	<p>15 Roast Beef on a roll, Potato Salad, Dessert</p>	<p>16 NO LUNCH</p>
<p>19 Ham and Swiss on a Roll, Chips, Dessert</p>	<p>20 Meatball Hero, Salad, Dessert</p>	<p>21 Sausage, Peppers & Onions, Salad, Dessert</p>	<p>22 Chicken Kebab, Salad, Bread, dessert</p>	<p>23 NO LUNCH</p>
<p>26 CLOSED MEMORIAL DAY</p>	<p>27 Slice of Pizza, Salad, Dessert</p>	<p>28 Chicken Salad Sandwich, Chips, Dessert</p>	<p>29 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert</p>	<p>30 NO LUNCH</p>



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 MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For classes in BLUE, you must be registered with the office for the class</p> <p>9:30 Art w/ Lee 9:30 Walking Club 12:00 LUNCH</p>	<p>For classes in RED, you must be registered with Project Independence. Please call 311 to register</p> <p>12:00 LUNCH 12:30 BINGO</p>		<p>1</p> <p>12:00 LUNCH 12:30 BINGO</p>	<p>2</p> <p>10:00 Gentle Fitness w/ Claudia 11:00 Gentle Fitness w/ Claudia</p>
<p>5</p> <p>9:30 Art w/ Lee 9:30 Walking Club 12:00 LUNCH</p>	<p>6</p> <p>12:00 LUNCH 12:30 BINGO</p>	<p>7</p> <p>9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/ Joe</p>	<p>8</p> <p>12:00 LUNCH 12:30 BINGO</p>	<p>9</p> <p>10:00 Gentle Fitness w/ Claudia 11:00 Gentle Fitness w/ Claudia</p>
<p>12</p> <p>9:30 Art w/ Melba 9:30 Walking Club 10:30 Chair Exercise w/ Nicole 12:00 LUNCH</p>	<p>13</p> <p>10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO</p>	<p>14</p> <p>9:30 Strengthen & Stretch 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/ Joe</p>	<p>15</p> <p>12:00 LUNCH 12:30 BINGO</p>	<p>16</p> <p>10:00 Gentle Fitness w/ Claudia 11:00 Gentle Fitness w/ Claudia</p>
<p>19</p> <p>9:30 Art w/ Lee 9:30 Walking Club 10:30 Chair Exercise w/ Nicole 12:00 LUNCH</p>	<p>20</p> <p>10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO</p>	<p>21</p> <p>9:30 Strengthen & Stretch 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/ Joe</p>	<p>22</p> <p>9:30 Total Body**TRIAL 12:00 LUNCH 12:30 BINGO</p>	<p>23</p> <p>10:00 Gentle Fitness w/ Claudia 11:00 Gentle Fitness w/ Claudia</p>
<p>26</p> <p>CLOSED MEMORIAL DAY</p>	<p>27</p> <p>10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO</p>	<p>28</p> <p>9:30 Strengthen & Stretch 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/ Joe</p>	<p>29</p> <p>9:30 Total Body**TRIAL 12:00 LUNCH 12:30 BINGO</p>	<p>30</p> <p>10:00 Gentle Fitness w/ Claudia 11:00 Gentle Fitness w/ Claudia</p>

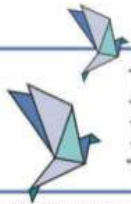
We wish to thank all of our supporters for their continued generosity: Greentree Foundation “Good Neighbor” fund, The Laura B. Vogler Foundation, Inc, Hearts Foundation, The John Michael Marino Foundation Inc. & The Bahnik Foundation, Inc.

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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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. Eileen 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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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	
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:		