

July 2025 Newsletter



FUNDAY MONDAY (July 7, 14, 21, 28, August 4, 11, 18) at North Hempstead Beach Park

Entertainment begins at 11am

Weekly

7/7 Stan & Edi

9-11 Pickle Ball

7/14 Legends (tribute to Elvis & Cher)

9-10 Yoga

10-11 Line Dance

7/21 Something Special Big Band

11-12 Tai Chi

7/28 Resource Fair & DJ

8/4 Country Music Line Dance

8/11 Blue Hawaii

Message from Linda:

“Only in America can someone start with nothing and achieve the American Dream. That’s the greatness of this country.”

-Rafael Cruz



Happy 4th of July! Join in the festivities down at the North Hempstead Beach Park from 10am-2pm. Transportation will be provided from the Center on Monday's at 9:30am.

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Port Washington Adult Activities Center, Port Washington, NY

06-5300

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

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Advisory Board:

Ken Magida

Laura Sweeney

Joel Ziev

Join us on Thursday, July 17th
at 10:30am.

The Cow Neck Historical Society will be
here to give us a virtual tour of Port
Washingtons History.
Please call or stop in the
office to secure your
spot.



4th of July Party
Tuesday, July 8

Hot Dogs, Macaroni Salad,
Baked Beans & a Sweet Treat
\$10.00

Please reserve you spot by stopping in the
office or calling 883-6656

SAVE THE DATE

Port's Got Talent

Friday,

October 10th

7:30pm

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



JULY 2025 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Reservations required daily by 2:00pm the day before.</u> \$5.00 Members, \$6 Guest	1 Meatball Parmesan Hero, Salad, Dessert	2 Quiche Lorraine, Salad, Dessert	3 Roast Beef on a roll w/ lettuce & tomato, Potato Salad, Dessert	4 CLOSED INDEPENDENCE DAY!
7 Chicken Roll, Salad, Dessert	8 Independence Day Party Hot Dogs, Macaroni Salad, Baked Beans, Dessert	9 Sesame Chicken, Pork Fried Rice, Eggroll, Dessert	10 Tuna Salad on Whole Wheat w/Lettuce * & Tomato, Chips, Dessert	11 NO LUNCH
14 Spinach Pie, Salad, Dessert	15 Turkey on a roll w/ Lettuce & Tomato, Cole Slaw, Dessert	16 Grilled Cheese & Tomato Soup, Dessert	17 Slice of Pizza, Salad, Dessert	18 NO LUNCH
21 Sausage, Peppers & Onions, Dessert	22 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	23 Chicken Kebab, Salad, Bread, dessert	24 Ham & Swiss on a Roll, Bag of Chips, Dessert	25 NO LUNCH
28 Chicken Salad Sandwich, Chips, Dessert	29 Eggplant Parmesan Hero, Salad, Dessert	30 Quiche Lorraine, Salad, Dessert	31 Gyro Platter w/Rice, Salad, Pita	FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AYHANS SHISH KEBAB COOKED @ CENTER



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 JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO	2 9:30 Strengthen & Stretch 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe \$5	3 12:00 LUNCH 12:30 BINGO	4 Closed 4th of July
7 9:30 Art w/ Lee 9:30 Walking Club 12:00 LUNCH	8 10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO	9 9:30 Strengthen & Stretch 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe \$5	10 9:30 Total Body w/Beth 12:00 LUNCH 12:30 BINGO	11
14 9:30 Art w/ Melba 9:30 Walking Club 12:00 LUNCH	15 12:00 LUNCH 12:30 BINGO	16 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe \$5	17 12:00 LUNCH 12:30 BINGO	18
21 9:30 Art w/ Lee 9:30 Walking Club 10:30 Chair Exercise w/Nicole 12:00 LUNCH	22 10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO	23 9:30 Strengthen & Stretch 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe \$5	24 9:30 Total Body 12:00 LUNCH 12:30 BINGO	25
28 9:30 Art w/ Melba 9:30 Walking Club 10:30 Chair Exercise w/Nicole 12:00 LUNCH	29 10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO	30 9:30 Strengthen & Stretch 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe \$5	31 9:30 Total Body 12:00 LUNCH 12:30 BINGO	For classes in BLUE, you must be registered with the office for the class

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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Port Washington Adult Activities Center, Port Washington, NY

06-5300

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

<u>Company</u>	<u>Denomination</u>	<u># of cards</u>
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	
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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:

<u>Company</u>	<u>Denomination</u>	<u># of cards</u>
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Kohl's	\$100.00	
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Lands' End	\$100.00	
Lowe's	\$25.00	
Lowe's	\$100.00	
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Macy's	\$100.00	
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Nordstorm's	\$50.00	
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Shell	\$50.00	
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TJ Maxx Brands	\$50.00	
Target	\$10.00	
Target	\$25.00	
Target	\$50.00	
Visa	\$25.00	
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