

March 2024 Newsletter



St. Patrick's Day Party

Tuesday, March 12
\$12.00 per person

**Corned Beef on Rye, Potato
Salad, Cole Slaw, Irish Soda
Bread & Dessert**

**Reservations required, stop in
the office by March 5 to
reserve your spot!**

Join us on
Friday, April 19
For brunch and a trip to
**The Long Island Music &
Entertainment Hall of Fame** in
Stony Brook. Featuring the **Billy
Joel Exhibit.**

Bus will depart the Center at
10:15am and
return at
approximately
4:00pm.

\$90.00 pp (member)
\$100.00 pp (guest)



Message from Linda:

May you have all the happiness and luck that life can
hold and at the end of your rainbow may you find a pot
of gold.

Happy St. Patrick's Day!!

Remember ...
A good friend is like a 4
leaf clover-
Hard to find, lucky to
have.



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

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ginnyywaac@gmail.com

Board of Directors:

Kathy Levinson, President
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Barbara Faticone
Debbie Greco Cohen
Pam Monfort
Angela Mullons
Jean-Marie Posner
Donna Rice
Warren Schein
Jeff Stone
Pat Valente
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Advisory Board:

Ken Magida
Laura Sweeney
Joel Ziev

Please remember we will be springing ahead on the evening of March 10th. Don't forget to push your clocks forward and change the batteries on your smoke detector!



**Join us on Wednesday's for
General Knowledge Trivia
11:00am**

**Prize will be awarded to the
person with the most correct
answers.**

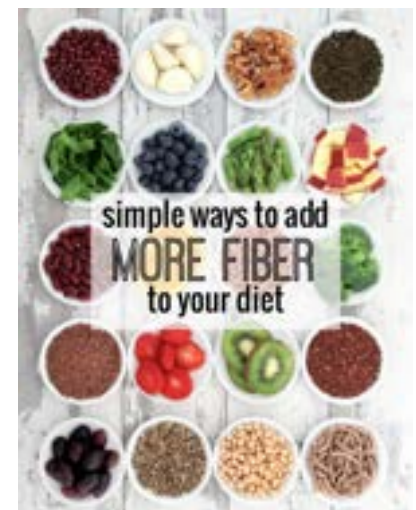


NUTRITION:

Laura from LI Cares will be here to discuss the benefits of fiber. Join us for this informational talk.

Thursday, March 21
10:30am

Please register with the office.



MARCH 2024 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Reservations required daily by 2:00pm the day before.</i> <i>\$5.00 Members, \$6 Guests</i>	FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AMALFI PIZZERIA AYHANS SHISH KEBAB			1 NO LUNCH
4 Tuna Salad on Whole Wheat, Lettuce & Tomato, Chips, Dessert	5 Eggplant Parmesan Hero, Salad, Dessert	6 Sesame Chicken, Pork Fried Rice, Eggroll, Dessert	7 Slice of Sicilian Pizza, Salad, Dessert	8 NO LUNCH
11 Chicken Roll, Salad, Dessert	12 St. Patrick's Day Party	13 Grilled Cheese & Tomato Soup, Dessert	14 Meatball Hero, Salad, Dessert	15 NO LUNCH
18 Quiche Lorraine, Salad, Dessert	19 Chicken Parmesan Hero, Salad, Dessert	21 Spinach Pie, Salad, Dessert	22 Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	23 NO LUNCH
25 Chicken Kebab, Rice, Salad, Dessert	26 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	27 Sausage, Peppers & Onions, Salad, Dessert	28 Turkey On a Roll w/ Lettuce & Tomato, Cole Slaw, Dessert	29 NO LUNCH

ACTIVITY CALENDAR MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
For classes in BLUE, you must be registered with the office for the class.	For classes is RED, you must be registered with Project Independence			
4 9:30 Art w/ Barbara 10:00 Chair Exercise w/Nicole 12:00 LUNCH 12:30 Walking Club	5 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	6 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe 12:30 Walking Club	7 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	8 10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole
11 9:30 Art w/ Barbara 12:00 LUNCH 12:30 Walking Club	12 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	13 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	14 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	15 10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole
18 9:30 Art w/ Barbara 10:00 Chair Exercise w/Nicole 12:00 LUNCH 12:30 Walking Club	19 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	20 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	21 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	22 10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole
25 9:30 Art w/ Melba 10:00 Chair Exercise w/Nicole 12:00 LUNCH 12:30 Walking Club	26 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	27 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	28 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	29 10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole

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:		