

April 2024 Newsletter



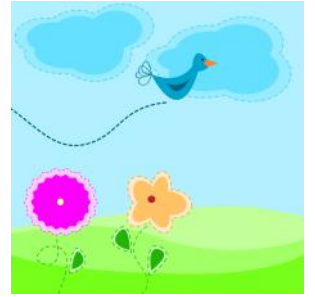
Falconer's Florist
Will be here to do a floral demonstration. Each arrangement will be raffled off to a lucky participant

**Thursday, April 25
10:30am**



Call the office
to reserve
your spot.

**Spring Fling
Luncheon**
**Thursday, April
18**
\$8.00 per person



**Ham, Sweet Potato
Casserole, Mixed Vegetables,
Roll & A Sweet Treat**

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

Message from Linda:

The wind told the grass
And the grass told the trees

The tree told the bushes
And the bushes told the bees

The bees told the robin and
The robin sang out clear,

Wake up!
Wake up!
Spring is here!



Happy Spring!

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

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Barbara Faticone

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Angela Mullons

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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**



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

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



SAVE THE DATE!
SATURDAY, OCTOBER 19

**YOU WILL NOT WANT TO MISS
THIS YEARS SHOW!!**

APRIL 2024 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Gyro Platter, Salad, Dessert	2 Ham & Swiss on a Roll w/ Lettuce & Tomato, Chips, Dessert	3 Grilled Cheese & Tomato Soup, Dessert	4 Slice of Sicilian Pizza, Salad, Dessert	5 NO LUNCH
8 Chicken Salad on a Roll w/Lettuce & Tomato, Chips, Dessert	9 Eggplant Parmesan Hero, Salad, Dessert	10 Sesame Chicken, Pork Fried Rice, Eggroll, Dessert	11 Meatball Hero, Salad, Dessert	12 NO LUNCH
15 Chicken Roll, Salad, Dessert	16 Turkey On a Roll w/ Lettuce & Tomato, Cole Slaw, Dessert	17 Spinach Pie, Salad, Dessert	18 Spring Party	19 NO LUNCH
22 Quiche Lorraine, Salad, Dessert	23 Tuna Salad on Whole Wheat, Lettuce & Tomato, Chips, Dessert	24 Sausage, Peppers & Onions, Salad, Dessert	25 Spaghetti & Meatballs, Salad, Dessert	26 NO LUNCH
29 Chicken Kebab, Rice, Salad, Dessert	30 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA GINO'S PIZZERIA AYHANS SHISH KEBAB	Reservations required daily by 2:00pm the day before. \$5.00 Members, \$6 Guests	Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert

ACTIVITY CALENDAR MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Art w/ Barbara 10:00 Chair Exercise w/Nicole 12:00 LUNCH 12:30 Walking Club	2 12:00 LUNCH 12:30 BINGO	3 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe 12:30 Walking Club	4 12:00 LUNCH 12:30 BINGO	5 10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole
8 9:30 Art w/ Melba 10:00 Chair Exercise w/Nicole 12:00 LUNCH 12:30 Walking Club	9 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	10 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/Joe 12:30 Walking Club	11 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	12 10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole
15 9:30 Art w/ Barbara 12:00 LUNCH 12:30 Walking Club	16 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	17 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe	18 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	19 10:00 Gentle Fitness w/Nicole 11:00 Gentle Fitness w/Nicole
22 9:30 Art w/ Melba 10:00 Chair Exercise w/Nicole 12:00 LUNCH 12:30 Walking Club	23 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO	24 10:00 Fitness w/ Beth 11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club	25 9:30 Aerobics w/Marylou 12:00 LUNCH 12:30 BINGO	26
29 9:30 Art w/ Barbara 10:00 Chair Exercise w/Nicole 12:00 LUNCH 12:30 Walking Club	30 10:00 Chair Yoga w/Patty 12:00 LUNCH 12:30 BINGO		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

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:		