

July 2024 Newsletter



BRAIN HEALTH

Melissa Katz
from the LI
Alzheimer &
Dementia Center
will be here to

discuss the signs of dementia,
brain health and steps to
take. Followed by some fun
brain games.

Thursday, July 25, 2024
10:00am

Please let the office know if
you plan on attending.



Bingo Night
Tuesday, August 6

\$25.00 per person
\$600 in Cash prizes
50/50

Sign up in the office!

Message from Linda:

Happy 4th of July! Please join the ToNH for their annual
Funday Monday Activities down at the beach. Festivities
begin at 11:00am.

Monday's July 8, 15, 22 & 29.
August 5, 12, 19 & 26.

Transportation will be provided,
call 311 to find a pick up location
near you.



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

Marianne Bortone Prince

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Daryl Zimbardi

Advisory Board:

Ken Magida

Laura Sweeney

Joel Ziev



Farmer's Market coupon book
distribution

Tuesday, July 16
10:00am-12:00pm

A representative from Nassau County
will be here to distribute Farmers Market
Coupon books to those who qualify.

4th of July Party
Kick Off to Summer!

Tuesday, July 9
Hot Dogs, Macaroni Salad,
Baked Beans & Dessert



\$8.00 per person
Followed by Jumbo Bingo!
Please sign up in the office by July 2 or
until we reach capacity.

*Funday Monday at North Hempstead
Beach Park (10am-2pm)*

*July 8, 15, 22 & 29 **Raindate: Always***
*August 5, 12 & 19 **Thursday of the***
same week

*Musical Entertainment begins at 11am
Weekly ; 9-11am Pickle Ball Instruction,
9-10am Popup Fitness, 10am-11am Line
Dancing, 11am-12pm Tai Chi.*

JULY 2024 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO LUNCH	2 Chicken Salad on a Roll w/ Lettuce & Tomato, Chips, Dessert	3 Eggplant Parmesan Hero, Salad, Dessert	4 CLOSED 4th Of JULY	5 NO LUNCH
8 NO LUNCH	9 Sesame Chicken, Pork Fried Rice, Eggroll, Dessert	10 Sesame Chicken, Pork Fried Rice, Eggroll, Dessert	11 Meatball Hero, Salad, Dessert	12 NO LUNCH
15 NO LUNCH	16 Slice of Sicilian Pizza, Salad, Dessert	17 Quiche Lorraine, Salad, Dessert	18 Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert	19 NO LUNCH
22 NO LUNCH	23 Spaghetti & Meatballs, Salad, Dessert	24 Tuna Salad on Whole Wheat w/ Lettuce & Tomato, Chips, Dessert	25 Chicken Kebab, Rice, Salad, Dessert	26 NO LUNCH
29 NO LUNCH	30 Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert	31 Spinach Pie, Salad, 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*

ACTIVITY CALENDAR JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Walking Club	2 12:00 LUNCH 12:30 BINGO	3 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/ Joe -\$5	4 CLOSED 4th OF JULY	5
8 9:30 Walking Club	9 12:00 LUNCH 12:30 BINGO	10 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/ Joe -\$5	11 12:00 LUNCH 12:30 BINGO	12
15 9:30 Walking Club	16 12:00 LUNCH 12:30 BINGO	17 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/ Joe -\$5	18 12:00 LUNCH 12:30 BINGO	19
22 9:30 Walking Club	23 12:00 LUNCH 12:30 BINGO	24 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/ Joe -\$5	25 12:00 LUNCH 12:30 BINGO	26
29 9:30 Walking Club	30 12:00 LUNCH 12:30 BINGO	31 9:30 Walking Club 11:00 Trivia Challenge 12:00 LUNCH 1:00 Tai Chi w/ Joe -\$5	For classes in BLUE, you must be registered with the office for the class	For classes in RED, you must pay \$5 directly to Joe. Please have exact change.

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:		