

October 2024 Newsletter



Port's Got Talent

October 19, 2024

7:30pm

Landmark Theater

Tickets \$20

Special offer for members only, buy one for yourself and get one free for a friend. One special offer per member. Stop by the office to purchase yours.

Join us to make your own
Silk Floral Centerpiece
Tuesday, October 29
\$20

Includes all
materials
Sign up in the
office by
October 21



Message from Linda:

Happy Anniversary to Julie and myself, we both began at the Center in October of 2017 ,7 years ago! As always, time is moving quickly, it feels like we just started our journey here. We continue to expand our membership, provide wonderful classes, host informative lectures and we are continuing to fundraise.

We would like to thank you all for making the past 7 years enjoyable and memorable. We look forward to many more years with 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

Barbara Faticone

Debbie Greco Cohen

Pam Monfort

Angela Mullons

Jean-Marie Posner

Donna Rice

Warren Schein

Jeff Stone

Pat Valente

Daryl Zimbardi

Advisory Board:

Ken Magida

Laura Sweeney

Joel Ziev



Brain games

Have some fun while
exercising your brain!

Join Nurse Kelly for a morning of fun.

Thursday, Oct.10

11am

Please call 311 to register.

Halloween Party Thursday, Oct 31

Fried Chicken, Potato Salad, String
Beans, Biscuit & Dessert
Followed by Jumbo Bingo
\$8.00 per person



Please stop by the
office by 10/21 to
reserve your spot.

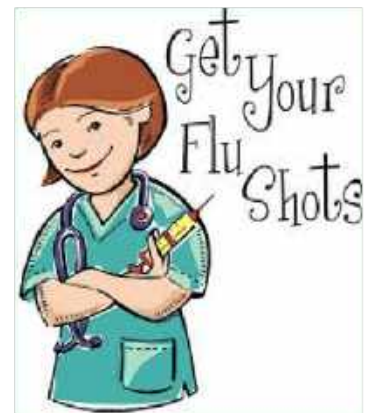
Flu Shots

Friday, October 18

1pm-3pm

Councilwoman Mariann
Dalimonte is partnering
with Northwell Health for a
free Flu Shot program.

Both regular and enhanced shots will be
available, no appointment necessary.



OCTOBER 2024 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 Guests</p>	<p>1</p> <p>Eggplant Parmesan Hero, Salad, Dessert</p>	<p>2</p> <p>Grilled Cheese, Salad, Dessert</p>	<p>3</p> <p>Roast Beef on a roll w/ Lettuce & Tomato, Potato Salad, Dessert</p>	<p>4</p> <p>NO LUNCH</p>
<p>7</p> <p>Stuffed Shells, Salad, Dessert</p>	<p>8</p> <p>Ham & Swiss on a Roll, Chips, Dessert</p>	<p>9</p> <p>Sesame Chicken, Pork Fried Rice, Eggroll, Dessert</p>	<p>10</p> <p>Gyro Platter, Rice, Salad, Bread & Dessert</p>	<p>11</p> <p>NO LUNCH</p>
<p>14</p> <p>CLOSED Columbus Day</p>	<p>15</p> <p>Slice of Sicilian Pizza, Salad, Dessert</p>	<p>16</p> <p>Sausage & Peppers, Salad, Dessert</p>	<p>17</p> <p>Turkey on a Roll, Cole Slaw, Dessert</p>	<p>18</p> <p>NO LUNCH</p>
<p>21</p> <p>Spinach Pie, Salad, Dessert</p>	<p>22</p> <p>Chicken & Broccoli, Pork Fried Rice, Egg Roll, Dessert</p>	<p>23</p> <p>Tuna on Whole Wheat, Chips, Dessert</p>	<p>24</p> <p>Spaghetti & Meatballs, Salad, Dessert</p>	<p>25</p> <p>NO LUNCH</p>
<p>28</p> <p>Chicken Roll, Salad, Dessert</p>	<p>29</p> <p>Chicken Salad on a Roll, Bag of Chips, Dessert</p>	<p>30</p> <p>Chicken Kebab, Rice, Salad, Dessert</p>	<p>31</p> <p>Party: HAPPY HALLOWEEN</p>	<p>FOOD PROVIDED BY: HINCK'S DELI GUM HOW CHINESE CARLOS PIZZERIA AYHANS SHISH KEBAB</p>

ACTIVITY CALENDAR OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For classes in BLUE, you must be registered with the office for the class</p>	<p>1</p> <p>12:00 LUNCH 12:30 BINGO</p>	<p>2</p> <p>11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe</p>	<p>3</p> <p>12:00 LUNCH 12:30 BINGO</p>	<p>4</p>
<p>7</p> <p>9:30 Art w/Melba 10:30 Chair Exercise 12:30 Walking Club</p>	<p>8</p> <p>10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO</p>	<p>9</p> <p>11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe</p>	<p>10</p> <p>10:00 Chair Dance 12:00 LUNCH 12:30 BINGO</p>	<p>11</p>
<p>14</p> <p>CLOSED Columbus Day</p>	<p>15</p> <p>10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO</p>	<p>16</p> <p>11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe</p>	<p>17</p> <p>10:00 Chair Dance 12:00 LUNCH 12:30 BINGO</p>	<p>18</p> <p>10:00 Gentle Fitness w/ Elaine 11:00 Gentle Fitness w/ Elaine</p>
<p>21</p> <p>9:30 Art w/Melba 10:30 Chair Exercise 12:30 Walking Club</p>	<p>22</p> <p>10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO</p>	<p>23</p> <p>11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe</p>	<p>24</p> <p>10:00 Chair Dance 12:00 LUNCH 12:30 BINGO</p>	<p>25</p> <p>10:00 Gentle Fitness w/ Elaine 11:00 Gentle Fitness w/ Elaine</p>
<p>28</p> <p>9:30 Art w/Sydney 10:30 Chair Exercise 12:30 Walking Club</p>	<p>29</p> <p>10:00 Chair Yoga 12:00 LUNCH 12:30 BINGO</p>	<p>30</p> <p>11:00 Trivia Challenge 12:00 LUNCH 12:30 Walking Club 1:00 Tai Chi w/Joe</p>	<p>31</p> <p>10:00 Chair Dance 12:00 LUNCH 12:30 BINGO</p>	<p>For classes in RED, you must be registered with Project Independence.</p>

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	
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:		