



Residents enjoyed the second Lottery Dinner organized by the Good Neighbor Committee. Residents were organized into random groups for dinner including Executive Director Mark Heuer.



"A Timeless Valentine" celebration was enjoyed by residents and neighbors with sweet treats and a live performance of romantic music by the Paul Effman Band.



— THE —
SINCLAIR
 at PORT WASHINGTON
 — Premier Senior Living —

300 E Overlook Port Washington, NY 11050

March 2026

Our Management Team

Mark Heuer.....Executive Director
 Sharda Sukhdeo.....Associate Executive Director
 Edwin Effune.....Business Office Manager
 Nancy Campagna.....Senior Dir. of Community Relations
 Cynthia Salvatico.....Director of Community Relations
 Dan Lopez.....Director of Culinary Arts
 Eric Brouman.....Lifestyle Director



Residents enjoyed a performance by Schriber HS student volunteers

Sign Up for These Activities

3/04 Warm Connections Cocktail Reception
 Starts at 3:30 pm in Billiards Room, Bring a friend!

3/07 Special Olympics Polar Plunge
 Watch The Sinclair team plunge at Bar Beach at 10am!!

3/10 PWPL Spotlight on Jewish Films
 Departs at 1:40 PM

3/24 Tilles Center: The Three Italian Tenors
 Departs at 6:20 PM

3/26 Pop Evolution! Musical by The Nicholas Center
 Departs at 6:30 PM

March Events/Activities

- 3/02 Travel Lecture Series: Japan—with Northstar
- 3/05 Happy Hour Paint and Sip Guided Orchid Painting
- 3/09 James Coll: Women of the Supreme Court
- 3/13 "Love Over Money" Documentary Screening
- 3/17 Plant a Pot of Gold with the Sid Jacobson JCC
- 3/19 Happy Hour with Jimmy Moore The Irish Show
- 3/21 Ciara Greene School of Irish Step Dancing



Residents enjoyed a trip to the Metropolitan Museum of Art in New York City

Culinary Corner with Executive Chef Dan

What is Authenticity in Food?

Authenticity in food is often seen as a gold standard, but it's important to understand its deeper meaning. Authenticity comes from the identity and personal heritage of the maker—their culture, memories, and experiences—while tradition reflects how dishes have been prepared over time. A dish can be authentic even if it differs from traditional methods, because authenticity is rooted in personal connection, not strict rules. By honoring both authenticity and tradition, we create space for creativity, cultural expression, and new culinary traditions to grow, allowing food to continue bringing people together in meaningful and evolving ways.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 	5	6	7
11:00 ■ Sunday Brunch [FDR] 1:30 ■ Mahjong 2:30 ■ Scenic Jigsaw Puzzle Bridge Club [CR] 2:30 ■ Afternoon Documentary [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 1:30 ■ Table Games Choice [CDN] 2:00 ■ Chair Yoga-lates with Kathy [LR] 2:30 ■ Afternoon Documentary [LLL] 3:30 ■ Passages of the World: JAPAN with Theresa from Northstar [PR]	11:00 ■ Fitness Fusion with FOX [PR] 11:00 ■ Shopping Trip [Macy's Manhasset] 2:00 ■ Trivia Teams [LLL] 3:30 ■ Pianist Frank Barbera [LR] 7:30 ■ Evening Movie [LLL]	10:00 ■ Aquacise with Marie [POOL] 11:00 ■ Fitness Fusion with FOX [PR] 2:00 ■ Knit Wits [LR] 3:00 ■ Bridge Club [CR] 3:00 ■ French Lessons with Robert Picken [L] 3:30 ■ Warm Connections Cocktail Reception [Billiards/CR]	11:00 ■ Fitness Fusion with FOX [PR] 11:00 ■ Shopping Trip [Uncle Giuseppe's PW] 1:30 ■ Table Games Choice [CDN] 1:30 ■ PWPL Tech Support [L] 3:30 ■ Happy Hour Paint & Sip [PR] 7:30 ■ Evening Movie [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 12:30 ■ Lunch Trip [Cactus Café Port Washington] 1:30 ■ Scenic Jigsaw Puzzle Challenge, Bridge Club [CR] 1:30 ■ Table Games Choice [CDN] 2:00 ■ Word Warriors [CDN] 3:30 ■ Good Neighbor Committee Meeting [L]	10:00 ■ Special Olympics Polar Plunge [TRIP] 11:30 ■ Yoga with Ray [PR] 12:30 ■ Advanced Yoga with Ray [PR] 1:00 ■ Canasta & Scrabble [CR] 1:30 ■ Mahjong [CR] 2:00 ■ Table Games Choice [CDN] 3:00 ■ Afternoon Tea [CDN] 3:30 ■ Happy Hour + Live Music [LR] 7:30 ■ Evening Movie [LLL]
8 International Women's Day Daylight Saving Time	9	10	11	12	13	14 
11:00 ■ Sunday Brunch [FDR] 1:30 ■ Mahjong 2:30 ■ Scenic Jigsaw Puzzle Bridge Club [CR] 2:30 ■ Afternoon Documentary [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 1:30 ■ Table Games Choice [CDN] 1:30 ■ James Coll-Madam Justice: Women of the Supreme Court [PR] 2:00 ■ Chair Yoga-lates with Kathy [LR] 2:30 ■ Afternoon Documentary [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 11:00 ■ Shopping Trip [Home Goods PW] 1:40 ■ PWPL Spotlight on Jewish Films [TRIP] 2:00 ■ Trivia Teams [LLL] 3:00 ■ Low Vision Group [CDN] 3:30 ■ Opera Singer Joe Strop [PR] 7:30 ■ Evening Movie [LLL]	10:00 ■ Aquacise with Marie [POOL] 11:00 ■ Fitness Fusion with FOX [PR] 2:00 ■ Town Hall [PR] 2:00 ■ Knit Wits [LR] 3:00 ■ Bridge Club [CR] 3:00 ■ French Lessons with Robert Picken [L]	11:00 ■ Fitness Fusion with FOX [PR] 11:00 ■ Shopping Trip [Whole Foods Manhasset] 1:00 ■ St. Francis Blood Pressure Screening [LR] 1:30 ■ PWPL Tech Support [L] 1:30 ■ Table Games Choice [CDN] 3:00 ■ Word Warriors [CDN] 4:00 ■ Happy Hour + Live Music [LR] 7:30 ■ Evening Movie [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 12:30 ■ Lunch Trip [Mim's Roslyn] 1:30 ■ Scenic Jigsaw Puzzle Challenge, Bridge Club [CR] 1:30 ■ Table Games Choice [CDN] 2:30 ■ "Love Over Money" Movie Screening with Plant Powered Metro NY [PR]	11:30 ■ Yoga with Ray 12:30 ■ Advanced Yoga with Ray 1:00 ■ Canasta & Scrabble [CR] 1:30 ■ Mahjong [CR] 2:00 ■ Table Games Choice [CDN] 3:00 ■ Afternoon Tea [CDN] 3:30 ■ Happy Hour + Live Music [LR] 7:30 ■ Evening Movie [LLL]
15	16	17 	18	19	20 First Day of Spring	21
11:00 ■ Sunday Brunch [FDR] 1:30 ■ Mahjong [CR] 2:30 ■ Scenic Jigsaw Puzzle Bridge Club [CR] 2:30 ■ Afternoon Documentary [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 1:30 ■ Table Games Choice [CDN] 2:00 ■ Chair Yoga-lates with Kathy [LR] 2:30 ■ Afternoon Documentary [LLL] 3:30 ■ Passages of the World: Ireland with Theresa from Northstar [PR]	11:00 ■ Fitness Fusion with FOX [PR] 11:00 ■ Shopping Trip [Raindew] 1:30 ■ Plant a Pot of Gold—With the Sid Jacobson JCC [CDN] 7:30 ■ Evening Movie	10:00 ■ Aquacise with Marie [POOL] 11:00 ■ Fitness Fusion with FOX [PR] 2:00 ■ Knit Wits [LR] 3:00 ■ Music, Mind, Movement With Theresa from Northstar [PR] 3:00 ■ Bridge Club [CR] 3:00 ■ French Lessons with Robert Picken [L]	11:00 ■ Fitness Fusion with FOX [PR] 11:00 ■ Shopping Trip [Target PW] 1:30 ■ Table Games Choice [CDN] 1:30 ■ PWPL Tech Support [L] 2:45 ■ Happy Hour with Jimmy Moore The Irish Show [LR] 3:00 ■ Word Warriors [CDN] 7:30 ■ Evening Movie [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 12:30 ■ Lunch Trip [Gino's Roslyn] 1:30 ■ Scenic Jigsaw Puzzle Challenge, Bridge Club [CR] 1:30 ■ Table Games Choice [CDN]	11:30 ■ Yoga with Ray 12:30 ■ Advanced Yoga with Ray [PR] 1:00 ■ Canasta & Scrabble [CR] 1:30 ■ Mahjong [CR] 2:00 ■ Table Games Choice [CDN] 3:00 ■ Afternoon Tea [CDN] 3:30 ■ St. Patrick's Day Happy Hour with the Ciara Greene School of Irish Step Dancing [CDN] 7:30 ■ Evening Movie [LLL]
22	23	24	25	26	27	28
11:00 ■ Sunday Brunch [FDR] 1:30 ■ Mahjong [CR] 2:30 ■ Scenic Jigsaw Puzzle Bridge Club [CR] 2:30 ■ Afternoon Documentary [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 1:30 ■ Table Games Choice [CDN] 2:00 ■ Chair Yoga-lates with Kathy [LR] 2:30 ■ Afternoon Documentary [LLL] 3:30 ■ Let's Talk—Resident Chat Group [L]	11:00 ■ Fitness Fusion with FOX [PR] 11:00 ■ Shopping Trip [Dollar Tree Great Neck] 2:00 ■ Trivia Teams [LLL] 3:30 ■ Singer John Kouri [LR] 7:30 ■ Evening Movie [LLL]	10:00 ■ Aquacise with Marie [POOL] 11:00 ■ Fitness Fusion with FOX [PR] 2:00 ■ Knit Wits [LR] 3:00 ■ Bridge Club [CR] 3:00 ■ French Lessons with Robert Picken [L]	11:00 ■ Fitness Fusion with FOX [PR] 11:00 ■ Shopping Trip [Stop&Shop PW] 1:30 ■ Table Games Choice [CDN] 1:30 ■ PWPL Tech Support [L] 3:00 ■ Word Warriors [CDN] 4:00 ■ Happy Hour Bloom Bar with Caring People [LR] 6:30 ■ Pop Evolution! Musical by The Nicholas Center [The Landmark]	11:00 ■ Fitness Fusion with FOX [PR] 12:30 ■ Lunch Trip [Ayhan's] 1:30 ■ Scenic Jigsaw Puzzle Challenge, Bridge Club [CR] 1:30 ■ Table Games Choice [CDN] 3:30 ■ Monthly Memory Journaling [CAS]	11:30 ■ Yoga with Ray 12:30 ■ Advanced Yoga with Ray [PR] 1:00 ■ Canasta & Scrabble [CR] 1:30 ■ Mahjong [CR] 2:00 ■ Table Games Choice [CDN] 3:00 ■ Afternoon Tea [CDN] 3:30 ■ Happy Hour + Live Music [LR] 4:00 ■ Book Club [L] 7:30 ■ Evening Movie [LLL]
29	30	31	March Birthdays		LIFESTYLE LOCATIONS	
11:00 ■ Sunday Brunch [FDR] 1:30 ■ Mahjong [CR] 2:30 ■ Scenic Jigsaw Puzzle Bridge Club [CR] 2:30 ■ Afternoon Documentary [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 1:30 ■ Table Games Choice [CDN] 2:00 ■ Chair Yoga-lates with Kathy [LR] 2:00 ■ Lecturer Evan Weiner: Title IX Equal Education for Women [PR] 2:30 ■ Afternoon Documentary [LLL]	11:00 ■ Fitness Fusion with FOX [PR] 11:00 ■ Shopping Trip [TJ Maxx PW] 3:30 ■ Musician Edward Smaldone [PR] 7:30 ■ Evening Movie [LLL]	03/07 Lydia Van Grover 03/21 Barbara Sciarra 3/22 Mary Duffy		CAS—Creative Art Studio CR—Card Room CDN—Casual Dining North FDR—Formal Dining Room L—Library LLL—Lifelong Learning Library LR—Living Room PR—Promenade	
PLEASE NOTE: Activities are subject to change without prior notice. Please refer to weekly and daily schedules for updates.						

