

Great Neck Social Center

80 Grace Avenue
Great Neck NY 11021
Tel: 516-487-0025



December 2025

Holiday Party



Wed. Dec.17
4 :00 p.m.

Once again the wonderful students of Great Neck South High School will be sponsoring a dinner for our seniors.

Maobi Wu will entertain you on the piano

Please make a reservation in the main office or call:
516-487-0025

Boutique Sale

Something for Everyone !!!
Jewelry, china, books, antiques and assorted treasures

December 9,10 &11
10 a.m.—1 p.m.



Adult Education Classes

YOGA: MEDITATION Bring together your mind and body in this exciting new class. Learn to focus your mind, relieve stress, and gain relaxation. Build flexibility and strength through balance to improve your physical condition. These techniques will lift your spirits and help you relax.

Bonnie Rubens, Friday , 11 a.m.

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Great Neck Social Center, Great Neck, NY

03-1064

General Information

Program of Activities for seniors 60 years and over



Great Neck Social Center

80 Grace Avenue
Great Neck, NY 11021

Phone: (516) 487-0025
Fax: (516) 487-4738

Website:
www.gnsocialcenter.org

Hours:
Monday-Friday 9-4:00

Ann Tarcher
Executive Director

Vali Dibra
Office Manager

Ruoyi Xu
Program Coordinator

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Monday

9:30-2:30
9:30-11:30
10:00-1:00
10:00-11:30
11:00-1:30
12:30-1:00

Nurse Maria
Chinese Dance
Persian Program
Bingo
Indian Gathering
Conversation

Tuesday

12/16

9:30-11:00
9:30-11:30
9:30-11:30
10:00-1:00
10:00-11:30
11:00-12:00
1:00-2:00
9:30-2:30
2:00-3:00

Chinese Kung Fu
Rummikub
Chinese Dance
Persian Program
Bingo
Cornell Corporate
World in Depth
Modern Chinese Orchestra
Open Discussion

Wednesday

9:30-2:00
10:00-1:00
10:30-11:30
10:30-11:30
10:00-2:30
12-3:00
1:00-2:00
2:00-3:00

Chinese Chorus
Persian Program
Bingo
Sing Along w' Mindye
Cantonese Karaoke
Open Game
Womanspace/
Memoir Writing

Thursday

9:30-10:30
10:30-11:30
10:30-11:30
9:30-11:30
10:00-noon
10:00-2:30
12:30-1:30
1:00-3:00

ESL Beginners
Rummikub
ESL Advanced
Hulusi Instrument
Chinese Singing
Mandarin Karaoke
Sing Along w' Mindye
Ping Pong

Friday

9:30-2:30
9:30-11:30
9:30-11:30
10:30-11:30
10:30-11:30
1:00-2:00

Nurse Maria
Hulusi Instrument
Congregate Group
Mrs. Li: Chinese Dance
Line Dancing
Chinese singing with Piano

The G.N.S.C. asks our participants for a suggested \$2 donation for each program that they attend. These funds support the Center.

EVENT



Adult Education

*Must be
60 years
to participate
at the Center
2025*

***\$50 a session for residents
Of Great Neck***

***\$65 a session for
non-residents***

***Sign up one week before
to avoid a \$5 late fee and
class cancellation***

EXERCISE: Enjoy the benefits of a body that reflects who you are and how you feel which adds up to a lot more than a number! Sharon Epstein leads an exercise course designed to enhance your physical well-being and positive self-image. There'll be specific exercises for balance, flexibility, strength, & endurance. Bring weights and bands .

SHARON EPSTEIN 10:30 –11:30

Session 6: *Strength & Stretching*
Tues., 11/4– 1/6 (n/c 11/11, 12/30)

Session 6: *Balance & Stability*

**Wed., 11/19– 1/14 (n/c 12/3,
12/31,12/24)**

Session 6: *Strength & Stretching*

Thurs., 11/13– 1/22

(n/c 11/27, 12/4,12/25,1/1

2026

Session 1: *Strength & Stretching*
Tues., 1/13– 2/24

Session 1: *Balance & Stability*

Wed., 1/21– 3/4

Session 1: *Strength & Stretching*

Thurs., 1/29– 3/12

YOGA: MEDITATION Bring together your mind and body in this exciting new class. Learn to focus your mind, relieve stress, and gain relaxation. Build flexibility and strength through balance to improve your physical condition. These techniques will lift your spirits and help you relax.

BONNIE RUBENS 11 A.M. – NOON

Session 6: Fri., 11/14-1/16

(n/c 11/28, 12/26, 1/2)

2026 Session 1: Fri., 1/30-3/13

TAI CHI

Tai Chi is a Chinese exercise system practiced for health and self-defense. Incorporating breathing with slow and fluid movements, Tai Chi will help reduce stress, improve balance and increase vitality. No prior experience necessary. For those with physical limitations, the movements can be modified or be done seated. Just come and enjoy.

JOSEPH PANICO 10:30 - 11:30 a.m.

Session 6: Mon., 11/17-1/5

(n/c 12/15)

2026 Session 1: Mon., 1/12-2/23

ART STUDIO

Bring your own paints or use ours and join a dynamic class of artists. This is the perfect place to bring out your inner artist. Each student is individually instructed

ANN TARCHER 12:30–2:00

Session 6 Wed., 11/12– 1/14

(n/c 11/26, 12/24 ,12/31)

Session 1 Wed., 1/21– 3/4



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Great Neck Social Center, Great Neck, NY

03-1064

PROGRAMS

PROJECT



The Great Neck Social Center is the site of a Project Independence Nursing Program

Marie Liotta R.N.
Monday and Friday
10:00a.m.– 2:00 p.m.

**Eun Kyung Lee Ph.D.,LMSW
(P.I. Social Worker)**
Monday and Wednesday
11 a.m.-2 p.m.

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December Menu

Monday – Friday 12 p.m., Reservation required two days in advance, Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PERSIAN GREEN SOUP PIZZA TOSSED SALAD PEACHES MILK GN KOSHER PIZZA	2 SPLIT PEA SOUP BEEF STEW WITH POTATOES, CARROTS, CELERY & ONION TOSSED SALAD WHEAT BREAD BANANA & MILK QFC	3 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	4 TOMATO RICE SOUP SPAGHETTI & MEATBALLS PEAS & CARROTS ITALIAN BREAD PUDDING & MILK QFC	5 LENTIL SOUP BATTERED FISH & TARTAR SAUCE ROASTED POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD FRUIT CUP & MILK QFC
8 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	9 BUTTERNUT SQUASH SOUP STUFFED SHELLS MARINARA SAUCE SPINACH ITALIAN BREAD PEACHES & MILK QFC	10 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	11 LENTIL SOUP SALISBURY STEAK WITH GRAVY RED POTATOES BROCCOLI ITALIAN BREAD JELLO & MILK QFC	12 MINESTRONE SOUP CHICKEN FRANCAISE MASHED POTATOES MIXED VEGETABLES WHEAT BREAD PUDDING & MILK QFC
15 MINESTRONE SOUP CHICKPEA FALAFELS TAHINA SAUCE, PITA BREAD FRENCH FRIES TOSSED SALAD APPLESAUCE & MILK GN KOSHER PIZZA	16 MINESTRONE SOUP POT ROAST MASHED POTATOES PEAS & CARROTS ROLL JELLY MUNCHKINS & MILK QFC	17 ROAST CHICKEN ROAST POTATOES SPINACH WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	18 SPLIT PEA SOUP CHICKEN FAJITAS PEPPERS & ONIONS MEXICAN RICE W/ BEANS TOSSED SALAD WHEAT BREAD FRUIT CUP & MILK QFC	19 TOMATO RICE SOUP MEATLOAF WITH GRAVY MASHED POTATOES PEAS & CARROTS WHEAT BREAD PEACHES & MILK QFC
22 LENTIL SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARINE ORANGES MILK GN KOSHER PIZZA	23 LENTIL CHICKEN MARSALA BROWN RICE SPINACH ITALIAN BREAD PUDDING & MILK QFC	24 CLOSED	25 CLOSED	26 CREAM OF MUSHROOM SWEDISH MEATBALLS W/ GRAVY NOODLES MIXED VEGETABLES WHEAT BREAD BANANA & MILK QFC
29 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	30 LENTIL SOUP BAKED ZITI EGGPLANT ROLLATINI BROCCOLI ITALIAN BREAD PEARS & MILK QFC	31 CLOSED		

****This program is made possible with funding from the Nassau County Department of Human Services Office for the Aging, The New York State Office for the Aging and the Administration on Aging, and the Town of North Hempstead. Menu approved by M Levine RD