

# Great Neck Social Center

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



**February 2023**

## *Phoebe's Birthday Celebration*



**February 3**

Lunch , 12 noon

Make a reservation in the  
main office

The Office of the Receiver of Taxes  
Charles Berman

Learn how to grieve your house taxes.  
If you don't agree with what you are  
paying learn how to get a reduction.

February 16th  
10 a.m.

## **JEWELRY SALE**

*Join us at the Center  
and find a treasure !*

**February 13th**  
10 a.m. to 2 p.m.



## *Valentine Day*

## *Luncheon*

Tuesday  
February 14  
Noon

Please sign up in the  
Main Office

# Cornell Cooperative

## Healthy eating begins with you!

Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. You'll also spend less time and money at the doctor. This is especially true if you have a chronic condition, such as diabetes or heart disease.

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.

## Tips for Picking Healthy Food as You Get Older

### Know what a healthy plate looks like

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called [MyPlate](#). The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

### Read the Nutrition Facts label

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

### Use recommended servings

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended [daily servings for adults aged 60+](#).



# General Information

## Program of Activities



### Great Neck Social Center

80 Grace Avenue  
Great Neck, NY 11021

Phone: (516) 487-0025

Fax: (516) 487-4738

#### Website:

[www.gnsocialcenter.org](http://www.gnsocialcenter.org)

#### Hours:

Monday-Friday 9-4:00

Ann Tarcher  
*Executive Director*

Vali Dibra  
*Office Manager*

Lauren Most  
*Program Coordinator*

#### BOARD OF DIRECTORS : OFFICER

Roger Chizever, *President*

Phoebe Lazarus, Ed. D.

*Exec. V.P.*

Thomas Mazzini, *Treasurer*

#### MEMBERS

Miriam Chatinover

Doris Delman

Suzette Gray

Parvaneh Khodadadian

Gladys Roth

<b>Monday</b>	<b>9:30-11:30</b> 10:00 –1p.m. <b>10:00 a.m.</b> 10:30-11:30 10:00-noon 12:30– 1p.m.	<b>Chinese Dance</b> <b>Persian Program</b> <b>Bingo</b> <b>Congregate Group</b> <b>Nurse</b> <b>Conversation</b>
<b>Tuesday</b>	<b>9:30-11:30</b> 10:00 –1:00 <b>10:00-11:00</b> 10:30-11:30 11:00 a.m.  <b>1:00—2p.m.</b>	<b>Chinese Dance</b> <b>Persian Program</b> <b>Bingo</b> <b>Congregate Group</b> <b>Cornell</b> <b>Cooperative</b> <b>World in Depth</b>
<b>Wednesday</b>	<b>9:30-11:30</b> 10-1p.m. <b>10:00 a.m.</b> 10:00 a.m. <b>10:30 a.m.</b>  12 –3 p.m. <b>1:00 -2p.m.</b> <b>2:00-3:00p.m.</b>	<b>Chinese Instrument</b> <b>Persian Program</b> <b>Bingo</b> <b>Nurse</b> <b>Sing Along with Mindye</b> <b>Open Game</b> <b>Womanspace</b> <b>Memories</b>
<b>Thursday</b>	<b>9:00-10:00</b> <b>9:30-11:30</b> <b>10—noon</b> <b>12:30-1:30</b> <b>1:00-3:00</b> <b>1:00-3:00</b>	<b>English lesson</b> <b>Chinese Instrument</b> <b>Chinese singing</b> <b>Sing Along w’Mindye</b> <b>Ping Pong</b> <b>Cantonese Opera</b>
<b>Friday</b>	<b>9:30-11:30</b> <b>10:-noon</b> <b>10:30-11:30</b> <b>10:30-11:45</b> <b>10:45-11:45</b> 12 noon	<b>Chinese crafts</b> <b>Rummikub</b> <b>Congregate Group</b> <b>English Lessons</b> <b>Line Dancing</b> <b>Birthday lunch</b>

**The Great Neck Senior Center asks our participants for a suggested \$2 donation for each program that they attend. These funds are used to support the Center.**

# Adult Education Classes 2023

*\$40 a session for residents (G.N.)*

*\$65 a session for non-residents*

**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

**All classes 10:30—11:30**

**Session I: *Strength & Stretching***

**Tues., 2/21-4/7**

**Session I: *Cardio & Coordination***

**Wed., 2/22-4/12 (n/c4/5)**

**Session I: *Strength & Stretching***

**Thurs., 2/23-4/13**

**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

**Session I Fri., 2/23-4/14**

**11 a.m. – noon**

**Yoga: Beth**

There is emphasis on basic yoga poses and balancing exercises. Our standing yoga poses build strength, range of motion and alignment. Balancing poses improve balance of course, but also promote flexibility and focus. Bends stretch back and hamstring muscles and improve breathing. Twists aid in digestion and tone abs.

BETH MOHR

**Session I: Tues., 2/21-4/7**

**11:30–12:30**

**Yogaerobics** A course focused on both seated and standing yoga poses, emphasizing mindful movement and psyche. Emphasis is placed on improving stability, balance, and over-all well-being. The goal is to extend the conditioning developed from breath-work, stretching, and strengthening in class, to everyday life. Poses are offered with modifications to accommodate all levels of students. The last segment of class consists of a guided meditation.

BONNIE RUBENS

**Session I: Mon., 2/27– 4/10 , 10:30—11:30**

**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

**10-11a.m. 11—noon**

**Session I: Mon., 2/27– 4/10**

**10-11a.m.**

**Session I: Mon., 2/27– 4/10**

**11—noon**

**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. Make time and we will make the space. Each student is individually instructed.

ANN TARCHER

**Session I: Wed., 2/22-4/12 (n/c4/5)**


**12:30–2:30**

# LAST MONTH'S EVENTS



# February Menu

Monday – Friday 12 p.m., Reservation required, Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> ROAST CHICKEN ROAST POTATOES MIXED VEGETABLES WHEAT BREAD PEACHES MILK SHIRAZ RESTAURANT	<b>2</b> WHITE BEAN SOUP CHICKEN MARSALA RICE SPINACH RYE BREAD FRESH FRUIT & MILK QFR	<b>3</b> MINESTRONE SOUP BAKED ZITI TOSSED SALAD ITALIAN BREAD PEAR HALVES MILK QFR
<b>6</b> GREEN PERSIAN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEACHES MILK PIZZA GN KOSHER	<b>7</b> CORN CHOWDER GRILLED CHICKEN GRAVY BROWN RICE GREEN BEANS WHEAT BREAD PUDDING & MILK QFR	<b>8</b> MINESTRONE SOUP BAKED SALMON BASMATI RICE ITALIAN BLEND VEGETABLES WHEAT BREAD MIXED FRUIT MILK SHIRAZ RESTAURANT	<b>9</b> WHITE BEAN SOUP CHICKEN CUTLET W/ TOMATO & BASIL SAUCE MASHED POTATOES SPINACH ITALIAN BREAD BANANA & MILK QFR	<b>10</b> POTATO CHOWDER SOUP STUFFED PEPPERS TOSSED SALAD MIXED VEGETABLES WHEAT BREAD APPLESAUCE & MILK QFR
<b>13</b> ROAST CHICKEN ROAST POTATOES SPINACH WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	<b>14</b> JUICE POT ROAST W/GRAVY MASHED POTATOES PEAS & CARROTS WHEAT BREAD PEACHES MILK QFR	<b>15</b> ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	<b>16</b> SPLIT PEA SOUP BURGER W/LETTUCE & TOMATOES SWEET POTATO FRIES ROLL PUDDING MILK QFR	<b>17</b> CORN CHOWDER SOUP CHICKEN W/BROCCOLI CHINESE VEGETABLES BROWN RICE TOSSED SALAD WHEAT BREAD CAKE & MILK QFR
<b>20</b> SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS APPLESAUCE MILK PIZZA GN KOSHER	<b>21</b> CREAM OF BROCCOLI SOUP SWEDISH MEATBALLS WITH BROWN GRAVY NOODLES GREEN BEANS WHEAT BREAD PEARS & MILK QFR	<b>22</b> MUSHROOM BARLEY SOUP BAKED SALMON BASMATI RICE SPINACH WHEAT BREAD MIXED FRUIT MILK SHIRAZ RESTAURANT	<b>23</b> BLACK BEAN SOUP GRILLED CHICKEN WITH CACCIATORE SAUCE RICE PEAS & CARROTS ITALIAN BREAD PUDDING & MILK QFR	<b>24</b> WHITE BEAN SOUP VEGGIE BURGER W/ LETTUCE & TOMATOES BUN MEXICAN RICE MIXED VEGETABLES WHEAT BREAD BANANA & MILK QFR
<b>27</b> GREEN PERSIAN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS APPLESAUCE MILK PIZZA GN KOSHER	<b>28</b> CHICKEN NOODLE SOUP HAMBURGER ON BUN LETTUCE & TOMATOES BAKED BEANS COLE SLAW BANANA & MILK QFR			***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. Menu approved by M Levine RD  <b>Suggested Donation for lunch is \$3.00</b>