Great Neck Social Center

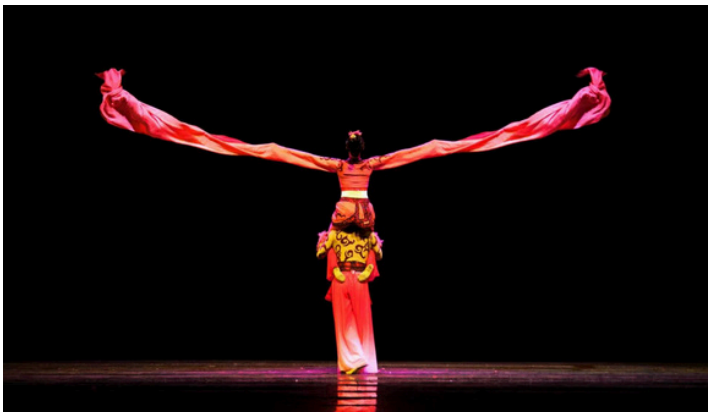
80 Grace Avenue
Great Neck NY 11021
Tel: 516 487 0025



December 2026

Year End Cultural Performance





TaiChi with Joseph

Monday

10:30 - 11:30 A.M

TaiChi for seniors with chairs on the side.
For more information,
please call us at : 516-487-0025

December 8th

1:00-2:00 P.M.

Join us to enjoy the performences from both professinals and our own memebers.
Refreshments will be provided.



Chinese Dance with Mrs. Li

General Information

Program of Activities for seniors 60 years and over



Great Neck Social Center

80 Grace Avenue
Great.Neck,NY11021

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

Website:
www.gnsocialcenter.org

HOURS:
Monday-Friday 9-3:30

Ann Tarcher *Executive Director*

Vali Dibra
Office Manager

Sima Wang
Program Coordinator

BOARD OF DIRECTORS:
OFFICER
Roger Chizever, President

Thomas Mazzini, Treasurer

MEMBERS
Miriam Chatinover
Doris Delman
Parvaneh Khodadadian
Gladys Roth
Lolli Stancotti

Monday	9:30 - 11:30	Chinese Dance
	9:30 - 2:30	Nurse Maria
	10:00 - 1:00	Persian program
	10:00 - 11:30	Bingo
	11:00 - 1:30	Indian gathering
	1:00 - 2:00	Conversation(Persian)
Tuesday	9:30 - 11:30	Chinese Kung Fu
	9:30 - 11:30	Rummikub
	9:30 - 11:30	Chinese Dance
	9:30 - 2:30	Modern Chinese Orchestra
	10:00 - 1:00	Persian Program
	10:00 - 11:30	Bingo
	11:00 - 12:00	Cornell Corporative
	1:00 - 2:45	World in Depth
Wednesday	9:30 - 11:30	Chinese Chorus I
	10:00 - 1:00	Persian program
	10:30 - 11:30	Bingo
	10:00 - 2:30	Cantonese Karaoke
	10:30 - 11:30	Sing Along with Mindye
	12:30 - 2:30	Chinese Chorus II
	12:00 - 3:00	Open Game
	1:00 - 3:00	Womanspace
Thursday	9:30 - 11:30	ESL
	9:30 - 11:30	Hulusi Instrument
	10:00 - 12:00	Chinese Singing
	10:00 - 2:30	Mandarin Karaoke
	10:30 - 11:30	Rummikub
	12:30 - 1:30	Sing Along w/t Mindye
	1:00 - 3:00	Ping Pong
Friday	9:30 - 11:30	Hulusi instrument
	9:30 - 2:00	Chinese Dance with Mrs. Li
	9:30 - 2:30	Nurse Maria
	9:30 - 2:00	Karaoke with Mr. Pao
	10:00 - 12:00	Congregate group
	10:30 - 11:30	Line Dancing with Amy Hu

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.

EVENTS











Adult Education

Must be 60years to participate at the Center

2026-2027

$60 a session for residents of Great Neck

$75 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

Session 1:

Strength & Stretching
Mon., 1:30-2:30
1/25-3/22 (n/c 1/18, 2/15, 3/1)

10:30-11:30
Strength & Stretching
Tues., 1/19-3/9 (n/c 3/2)

Balance & Stability
Wed., 1/20-3/10 (n/c 3/3)

Strength & Stretching
Thurs., 1/28-3/16 (n/c 3/4)

YOGA: MEDITATION

Bring together your mind and body in this exciting new class. Learn to focus your mind,relieve stress, and gainrelaxation. Buildflexibility and strength through balance to improve your physical condition. These techniques will lift your spirit and help you relax.

BONNIE RUBENS
11 A.M. – NOON
Session 1: Fridays, 1/29-3/12

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 1: Mon.,1/11-3/8
(n/c 1/18, 2/15)

EXERCISE FOR HEALTH

CLAUDINE AMIRIAN
10:00-11:00

Session 1: Mon.,12/21-2/8 (n/c 1/8)
Session 1: Wed., 11/25-1/6

Great Neck Social Center



is the site of a

Project Independence Nursing Program

Marie Liotta R.N.

Monday and Friday
10:00 a.m.– 2:00 p.m.

Eun Kyung Lee Ph.D.,LMSW (P.I. Social Worker)

Monday and Wednesday
11:00 a.m.-2:00 p.m.

December Menu

MONDAY – FRIDAY 12 P.M., RESERVATION REQUIRED TWO DAYS IN ADVANCE. MENU IS SUJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Split Pea Soup Chicken Cacciatore Spaghetti Green Beans Roll Peaches Milk **QFC**	**2** Roast Chicken Roast Potatoes Spinach Wheat Bread Pears Milk **Shiraz Restaurant** **King Kullen**	**3** Tomato Rice Soup Swedish Meatballs Noodles PeaS & Carrots Italian Bread Chocolate Pudding Milk **QFC**	**4** Lentil Soup Stuffed Chicken Spinach & Cheese Yellow Rice Italian Blend Veggis Rye Bread Fruit Cup & Milk **QFC**
7 Persian Green Soup Pizza Tossed Salad with Chickpeas Applesauce & Milk **GN Kosher Pizza**	**8** Butternut Squash Soup Stuffed Shells with Marinara Sauce Spinach Roll Peaches & Milk **QFC**	**9** Roast Chicken Roast Potatoes Broccoli Wheat Bread Pears & Milk **Shiraz Restaurant** **King Kullen**	**10** Lentil Soup Meatball Spaghetti Italian Blend Veggis Italian Bread Mixed Fruit & Milk **QFC**	**11** Minestrone Soup Chicken Francaise Mashed Potatoes Mixed Vegetables Rye Bread Chocolate Pudding Milk **QFC**
14 Lentil Soup Pizza Tossed Salad With Chickpeas Mandarin Oranges Milk **GN Kosher Pizza**	**15** Minestrone Soup Chicken Parmigiana Penne Pasta With Marinara Sauce Spinach Italian Bread Vanilla Pudding Milk **QFC**	**16**Pasta Fagioli Soup Baked Salmon Basmati Rice Broccoli Peaches & Milk **Shiraz Restaurant** **King Kullen**	**17** Split Pea Soup Swedish Meatballs With Gravy Noodles Mixed Vegetables Wheat Bread Fruit Cup & Milk **QFC**	**18** Tomato Rice Soup Meat Loaf w/t Gravy Mashed Potatoes PeaS & Carrots Wheat Bread Cake & Milk **QFC**
21 Barley Mushroom Soup Pizza Tossed Salad with Chickpeas Peaches & Milk **GN Kosher Pizza**	**22** Lentil Soup Stuffed Peppers W/t Rice, Beef & Cheese Mashed Patatoes Carrots Italian Bread Banana & Milk **QFC**	**23** Roast Chicken Roast Potatoes Italian Blend Veggis Wheat Bread Applesauce & Milk **Shiraz Restaurant** **King Kullen**	**24** Cream of Mushrooms Meatballs Spaghetti Mixed Vegetables Wheat Bread Pears & Milk **QFC**	**25** **Closed**
28 Split Pea Soup Chickpeas Falafels Tahina Sauce French Fries Tossed Salad Pears & Milk **GN Kosher Pizza**	**29** Lentil Soup Sloppy Joe French Fries Coleslaw Bun Apricots & Milk **QFC**	**30** Roast Chicken Roast Potatoes Italian Blend Veggis Wheat Bread Applesauce & Milk **Shiraz Restaurant** **King Kullen**	**31** Tomato Rice Soup Chicken Cordon Bleu (Ham & Cheese) Roasted Potatoes, Vegetable Blend Wheat Bread Banana & Milk **QFC**	