

Great Neck Social Center

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



September 2026

**Mobile
Community
Outreach Team**
**Free health
screenings and
flu
vaccinations**

**September
Friday
25th**

9:30 - 2:30

World in Depth

Join a group of intelligent
and interesting individuals
as they discuss world
situations

**Tuesday
1 p.m.**



Autumn Party

**September 18th
noon**

**BUTTERNUT SQUASH SOUP
CHICKEN TOPPED WITH MOZZARELLA
& SPINACH
IN AMARSALA SAUCE, CARROTS
WHEAT BREAD
CAKE & MILK**

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

Sema 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

9:30-2:30
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

9:30-11:30
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
Chinese Orchestra
Open Discussion

Wednesday

9:30-11:30
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' Mindy Cantonese
Karaoke
Open Game
Womanspace/
Memoir Writing

Thursday

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

ESL Beginners
Rummikub
ESL Advanced
Hulusi Instrument
Mandarin Karaoke
Sing Along w' Mindy
Ping Pong

Friday

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

Nurse Maria
Hulusi Instrument
Rummikub
Congregate Group
Line Dancing
Mrs. Li: Chinese

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

2026

\$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 4:

Strength & Stretching
tues., July/21,28 Aug,4
(recorded viewing Aug.11,18,25)
Sept.1,8,15,22

Balance & Stability
Wed., July22,29 Aug 5
(recorded viewing Aug.12,19,26)
Sept.2,9,16,23

Strength & Stretching
Thurs., July 23,30, Aug.6
(recorded viewing Aug.13,20,27)
September 3,10,17,24

Must be 60years to participate at the Center

Session 5:

Strength & Stretching
tues., 9/29-11/17 (n/c 10/6)

Balance & Stability
Wed., 9/30 -11/18 (n/c10/7)

Strength & Stretching
Thurs., 10/1-11/19 n/c 10/8

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 4: Fri., 7/25-9/12 2

Session 5: Fri., 9/19-10/31

TAI CHI

Tai Chiis 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 4: Mon., 7/14-8/25

Session 5: Mon., 9/8-10/27

(n/c 10/13)



The Great NeckSocial Center

is the site of a

Project Independence Nursing Program

Marie Liotta R.N.

MondayandFriday

10:00a.m.– 2:00 p.m.

**Eun Kyung Lee Ph.D.,LMSW
(P.I. SocialWorker)**

Monday andWednesday

11 a.m.-2 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	1 QFC TOMATO RICE SOUP ROAST TURKEY WITH GRAVY CRANBERRY SAUCE MASHED SWEET POTATOES GREEN BEANS WHEAT BREAD FRUIT CUP/ MILK	ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT 2	SPLIT PEA SOUP SAUSAGE AND PEPPERS WITH MARINARA SAUCE PENNE PASTA MIXED VEGETABLES ITALIAN BREAD JELLO W/ FRUIT 3	LENTIL CHICKEN PARM PENNE PASTA WITH MARINARA SAUCE TOSSED SALAD RYE BREAD PUDDING & MILK QFC 4
7 CLOSED	MINESTRONE BEEF TACO WITH LETTUCE, TOMATOES & CHEESE ON A TORTILLA MEXICAN RICE, CRACKERS FRUIT CUP, MILK	SPLIT PEA SOUP BAKED SALMON BASMATI RICE SPINACH PEACHES KOSHER MILK HOUSE OF SUBS 9	VEGETABLE BARLEY 10 BATTERED FISH, TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS ITALIAN BREAD BANANA /MILK	LENTIL PASTA PRIMAVERA GRILLED CHICKEN IN GARLIC & OIL VEGETABLE MEDLEY ROLL JELLO & MILK QFC
PERSIAN GREEN SOUP 14 PIZZA TOSSED SALAD W/CHICKPEAS MANDARINE ORANGES MILK	CHICKEN NOODLE SOUP 15 JUMBO RAVIOLI WITH MEAT SAUCE BROCCOLI ITALIAN BREAD BANANA, MILK QFC	ROAST CHICKEN 16 ROAST POTATOES PEAS & CARROTS WHEAT BREAD MIXED FRUIT KOSHER MILK SHIRAZ RESTAURANT	VEGETABLE SOUP ROAST TURKEY W/GRAVY MASHED SWEET POTATOES VEGETABLE BLEND RYE BREAD PEARS & MILK QFC	BUTTERNUT SQUASH SOUP CHICKEN TOPPED WITH MOZZARELLA & SPINACH IN A MARSALA SAUCE, CARROTS WHEAT BREAD CAKE & MILK QFC
PASTA FOGIOLI SOUP PIZZA TOSSED SALAD W/CHICKPEAS PEACHES MILK	CREAM OF MUSHROOM STUFFED PEPPERS WITH RICE & CHEESE GARLIC GREEN BEANS WHEAT BREAD PUDDING & MILK	ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE KOSHER MILK SHIRAZ RESTAURANT 23	TOMATO RICE SOUP 24 SWEDISH MEATBALLS W/ GRAVY NOODLES BROCCOLI WHEAT BREAD JELLO & MILK QFC	MINESTRONE SOUP CHICKEN 25 FRANCAISE MASHED POTATOES PEAS & CARROTS ITALIAN BREAD ORANGES & MILK QFC
MUSHROOM BARLEY SOUP 28 PIZZA TOSSED SALAD W/CHICKPEAS MIXED FRUIT MILK	BROCCOLI CHEDDAR SOUP 29 KIELBASA WITH SAUERKRAUT RED POTATOES MIXED VEGETABLES ITALIAN BREAD PEARS & MILK QFC	LENTIL SOUP 30 BAKED SALMON BASMATI RICE SPINACH PEACHES KOSHER MILK HOUSE OF SUBS		