

Great Neck Social Center

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



October 2026

Halloween Party

October 29th noon

Join Us For Lunch With
Delicious
Butternut squash Soup
Roast Turkey with Gravy
Halloween Pudding and more

EXERCISE FOR HEALTH
With Claudine Amirian
Monday and Wednesday
at 10:00-11:00

Registration Required
please call the office for
more information



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
9-3:30

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' Mindye
Cantonese Karaoke
Open Game
Womanspace/
Memoir Writing
ESL Beginners
Rummikub
ESL Advanced
Hulusi Instrument
Mandarin Karaoke
Sing Along w' Mindye
Ping Pong

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

Sing Along w' Mindye
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 w/ Amy Hu
Mrs. Li: Chinese Dance

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
60 years to
participate at
the Center

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 5:

Strength & Stretching

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

Balance & Stability

Wed., 9/30 -11/18 (n/c 10/7)

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
gain relaxation. Build flexibility 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., 7/24-9/4

Session 5: Fri., 9/18-10/30

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 10:30 - 11:30 a.m.

Session 5: Mon., 9/28-11/16

~~(n/c 9/21, 10/12)~~

EXERCISE FOR HEALTH

Claudine Amirian

Session 5: Mon., 8/24-10/26 (N/C 10/12)

Session 5: Wed., 8/19-9/30



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
OCTOBER			1 CHICKEN NOODLE POT ROAST W/GRAVY MASHED POTATOES BROCCOLI ROLL 7& MILK BANANA MILK QFC	2 LENTIL SOUP CHICKEN CORDON BLUE ROASTED POTATOES VEGETABLE BLEND ITALIAN BREAD ICE CREAM & MILK QFC
5 PERSIAN GREEN SOUP, PIZZA TOSSED SALAD W/CHICKPEAS APPLESAUCE MILK GNKOSHER PIZZA	6 MINESTRONE SOUP BEEF TACO WITH SHREDDED LETTUCE, TOMATOES & CHEESE ON A TORTILLA MEXICAN RICE	7 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEARS & MILK KOSHER SHIRAZ	8 TOMATO RICE SOUP SAUSAGE & PEPEERS WITH MARINARA SAUCE ROASTED POTATOES BROCCOLI	9 VEGETABLE BARLEY SPAGHETTI & MEATBALLS ITALIAN BLEND VEGETABLES ROLL PEACH QFC MILK
12 CLOSED	13 MINESTRONE CHICKEN PARMIGIANA MARINARA SAUCE PASTA , SPINACH ITALIAN BREAD CANNOLI & MILK QFC	14 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD MIXED FRUIT KOSHER MILK SHIRAZ	15 BROCCOLI CHEDDAR SOUP KIELBASAW/ SAUERKRAUT RED POTATOES MIXED VEGETABLES ITALIAN BREAD PEARS & MILK	16 POTATO CHOWDER BATTERED FISH RICE PILAF CARROTS WHEAT BREAD CAKE & MILK QFC
19 PASTA FAGIOLI SOUP PIZZA TOSSED SALAD W/CHICKPEAS PEACHES MILK GNKOSHER PIZZA	20 CREAM OF MUSHROOM PENNE ALLA VODKA WITH GRILLED CHICKEN TOSSED SALAD WHEAT BREAD ORANGES & MILK	21 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE KOSHER	22 TOMATO RICE SOUP SWEDISH MEATBALLS W/ GRAVY NOODLES BROCCOLI WHEAT BREAD BANANA & MILK	23 MINESTRONE SOUP CHICKEN FRANCAISE MASHED POTATOES PEAS & CARROTS ITALIAN BREAD JELLO W/FRUITS
28 MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD W/CHICKPEAS MANDARIN ORANGES MILK GNKOSHER	29 BUTTERNUT SQUASH SOUP ** ROAST TURKEY WITH GRAVY MASHED SWEET POTATOES VEGETABLE BLEND	30 LENTIL SOUP BAKED SALMON BASMATI RICE SPINACH PEACHES KOSHER MILK HOUSE OF SUBS		