

Great Neck Social Center

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



July 2025

*Starters
with our
Atria Chief*



*Learn how to make
delicious starters
and best of all enjoy
eating them after*

*Wednesday
July 23 at 1p.m.*



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

July BBQ Thursday, 7/3



12 noon

Pigs In a Blanket Thursday
July 17th at Lunch (Noon)



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

BOARD OF DIRECTORS : OFFICER

Roger Chizever, *President*

Phoebe Lazarus, Ed. D.

Exec. V.P.

Thomas Mazzini, *Treasurer*

MEMBERS

Miriam Chatinover

Doris Delman

Parvaneh Khodadadian

Gladys Roth

Rita Falk

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

1:00-2:30

Nurse Maria
Chinese Dance
Persian Program
Bingo
Indian Gathering
Conversation
Book Club

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

9/16

Chinese Kung Fu
Rummikub
Chinese Dance
Persian Program
Bingo
Cornell Corporative
World in Depth
Modern 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-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'Mindy
Ping Pong

Friday

9:30-2:30

9:30-11:30

10:-30-11:30

10:00-noon

10:30-11:30

12 noon

9:30-2:00

7/18

Nurse Maria
Hulusi Instrument
Rummikub
Congregate Group
Line Dancing
Birthday lunch
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*

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

All classes 10:30 - 11:30

Session3: *Strength & Stretching*
Tues., 5/20– 7/1

Session 3: *Balance & Stability*

Wed., 5/21– 7/9 (n/c 7/2)

Session 3: *Strength & Stretching*

Thurs., 5/22– 7/17(n/c 6/19, 7/3)

Session 4: *Strength & Stretching*
Tues., 7/15– 9/2 (n/c7/29)

Session 4: *Balance & Stability*

Wed., 7/16– 9/3 (n/c7/30)

Session 4: *Strength & Stretching*

Thurs., 7/24– 9/18 (n/c7/31)

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BONNIE RUBENS 11 A.M. – NOON

Session 3: Fri., 5/23-7/11

Session 4: Fri., 7/18-8/29

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 3: Mon., 5/19-7/7

Session 4: Mon., 7/14-8/25

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 3 Wed., 6/4– 7/16

Session 4 Wed., 7/30– 9/10

Please make check out to the Great Neck Social Center

PROGRAMS

Ping Pong

Join your friends and enjoy
an exciting game of
ping pong. There are three
regulation tables and paddles.

Thursday 1 - 3p.m.

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.

July Menu

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

[illegible]

****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