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

1 10 1 10	Monday	9:30-2:30	Nurse Maria
	wonday	9:30-11:30	Chinese Dance
		10:00-1:00	Persian Program
		10:00 –11:30	Bingo
		11:00-1:30	Indian Gathering
		12:30- 1:00	Conversation
		1:00-2:30	Book Club
Great Neck Social Center			
	Tuesday	9:30-11:30	Chinese Kung Fu
80 Grace Avenue	, , , , , , , , , , , , , , , , , , ,	9:30-11:30	Rummikub
Great .Neck, NY 11021		9:30-11:30	Chinese Dance
Dhamay (540) 497 0025		10:00 –1:00	Persian Program
Phone: (516) 487-0025		10:00-11:30	Bingo
Fax: (516) 487-4738	9/16	11:00-12:00	Cornell Corporative
Website:		1:00-2:00	World in Depth
www.gnsocialcenter.org		9:30-2:30	Modern Chinese Orchestra
www.ghsocialcenter.org		2:00-3:00	Open Discussion
Hours:	Wednesday		
Monday-Friday 9-4:00		9:30-11:30	Chinese Chorus
, ,		10:00-1:00	Persian Program
		10:30-11:30	Bingo
Ann Tarcher		10:30-11:30	Sing Along w'Mindye
Executive Director		10:00-2:30	Cantonese Karaoke
		12 -3 :00	Open Game
Vali Dibra		1:00 -2:00	Womanspace/
Office Manager		2:00-3:00	Memoir Writing
Ruoyi Xu			
Program Coordinator	Thursday	9:30-10:30	ESL Beginners
3		10:30-11:30	Rummikub
		10:30-11:30	ESL Advanced
		9:30-11:30	Hulusi Instrument
BOARD OF DIRECTORS : OFFICER		10:00-noon	Chinese Singing Mandarin Karaoke
Roger Chizever, President		10:00– 2:30 12:30-1:30	
Phoebe Lazarus, Ed. D.		1:00-3:00	Sing Along w'Mindye Ping Pong
Exec. V.P.		1.00-3.00	Fing Fong
Thomas Mazzini, <i>Treasurer</i>			
	Friday	9:30-2:30	Nurse Maria
		9:30-11:30	Hulusi Instrument
MEMBERS		10:-30-11:30	Rummikub
Miriam Chatinover		10:00-noon	Congregate Group
Doris Delman		10:30-11:30	Line Dancing
Parvaneh Khodadadian	7/18	12 noon	Birthday lunch
Gladys Roth		9:30-2:00	Mrs. Li: Chinese Dance
Rita Falk			

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

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) **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 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

<u>ART STUDIO</u>

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

PROJECT

Ping Pong

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

Thursday 1 - 3p.m.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SPLIT PEA SOUP CHICKEN PICCATA RICE PILAF MIXED VEGETABLES WHEAT BREAD PUDDING MILK QFC	2 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURNT	3 CREAM OF BROCCOLI SOUP HAMBURGER BUN LETTUCE, TOMATOES & KETCHUP COLE SLAW MIXED VEGETABLES MILK & PEARS QFC	^₄ Closed
7 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEARS MILK GN KOSHER PIZZA	8 TOMATO SOUP CHILI BEEF & BEANS BROWN RICE BROCCOLI WHEAT BREAD BANANA MILK QFC	9 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD PEACHES MILK SHIRAZ RESTAURNT	10 LENTIL SWEDISH MEATBALLS W/GRAVY NOODLES MIXED VEGETABLES WHEAT BREAD FRUIT CUP & MILK QFC	11 MINESTRONE SOUP BREADED CHICKEN W/GRAVY MASHED POTATOES PEAS & CARROTS RYE BREAD PUDDING & MILK QFC
14 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD PEACHES MILK KING KULLEN	15 CHICKEN NOODLE SOUP BATTERED FISH TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS WHEAT BREAD PUDDING & MILK QFC	16 SPLIT PEA SOUP BAKED SALMON BASMATI RICE SPINACH WHEAT BREAD PEARS MILK HOUSE OF SUBS	17 LENTIL SOUP SAUSAGE & PEPPERS MARINARA SAUCE ROASTED POTATOES BROCCOLI ROLL MIXED FRUIT MILK QFC	18 CREAM OF BROCCOLI MEATLOAF W/GRAVY MASHED POTATOES PEAS & CARROTS RYE BREAD CAKE & MILK QFC
21 MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MIXED FRUIT MILK GN KOSHER PIZZA	22 LENTIL SOUP STUFFED PEPPERS BROWN RICE BROCCOLI WHEAT BREAD FRUIT CUP MILK QFC	23 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD MANDARINE ORANGES MILK SHIRAZRESTAURNT	24 POTATO CHOWDER CHICKEN FRANCAISE BROWN RICE GREEN BEANS WHEAT BREAD JELLO & MILK QFC	25 VEGETABLE SOUP CHICKEN BURRITO RANCHERO SAUCE RICE & BEANS PUDDING & MILK QFC
28 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK KINGKULLEN	29 CHICKEN NOODLE SOOUP BEEF & BEAN BURRITO MEXICAN RICE & BEANS PEACHES MILK QFC	30 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEARS MILK GN KOSHER PIZZA	31 BARLEY SOOUP CHICKEN PARMIGIANA PENNE PASTA MARINARA SAUCE TOSSED SALAD WHEAT BREAD PUDDING & MILK QFC	

****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