

Great Neck Social Center

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



May 2025

School Tax

Come to the Center and pay your School tax.

**11-12p.m.
Thursday**
May 1st



Joan's Birthday Celebration Luncheon

Friday, May 9

Join us and celebrate this amazing ladies 97th birthday.
There will be delicious food and birthday cake.

Mrs. Li and her dancers will perform



CHICKEN FAJITAS
TORTILLA
MEXICAN RICE & BEANS
CHURROS

Friday, May 2 at Lunch



General Information

Program of Activities



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

Gerry Marcus

Gladys Roth

Rita Falk

Monday

5/21

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

5/20

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
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

5/16

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

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

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

Session 2: *Strength & Stretching*
Tues., 3/18– 5/13 (n/c 4/15,4/29)

Session 2: *Balance & Stability*

Wed., 3/19– 5/14 (n/c 4/16,4/30)

Session 2: *Strength & Stretching*

Thurs., 3/27- 5/15 (n/c 5/1)

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

Session 3: *Balance & Stability*

Wed., 5/21– 7/2

Session 3: *Strength & Stretching*

Thurs., 5/22– 7/3

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 2: Fri., 3/28-5/16 (n/c 4/18)

Session 3: Fri., 5/28-7/4

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 2: Mon., 3/17-5/12 ,
(n/c 4/14, 4/28)**

Session 3: Mon., 5/23-6/30

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 2: Wed., 3/19– 5/21
(n/c 4/16,4/30)**

Session 3 Wed., 5/28– 7/10

**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.

May 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 VEGETABLE LASAGNA ITALIAN BLEND VEGETABLES ITALIAN BREAD FRESH FRUIT MILK QFC	2 JUICE CHICKEN FAJITAS TORTILLA MEXICAN RICE & BEANS CHURROS MILK QFC
5 MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEARS MILK GN KOSHER PIZZA	6 WHITE BEAN SOUP SWEDISH MEATBALLS BOW TIE PASTA BROCCOLI MANDARIN ORANGES MILK QFC	7 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD PEACHES MILK SHIRAZ RESTAURNT	8 LENTIL CHICKEN PARMIGIANA PENNE PASTA TOSSED SALAD ITALIAN BREAD PUDDING & MILK QFC	9 JUICE POT ROAST W/ GRAVY MASHED POTATOES PEAS & CARROTS ROLL PINEAPPLE CHUNKS MILK QFC
12 PERSIAN GREEN SOUP CHICKPEA FALAFELS TAHINA SAUCE FRENCH FRIES TOSSED SALAD PEACHES MILK GN KOSHER PIZZA	13 TOMATO RICE SOUP MEATLOAF WITH GRAVY MASHED POTATOES BROCCOLI WHEAT BREAD BANANA MILK QFC	14 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD PEARS MILK SHIRAZ RESTAURNT	15 CREAM OF BROCCOLI CHICKEN MARSALA NOODLES GREEN BEANS WHEAT BREAD FRUIT CUP & MILK QFC	16 SPLIT PEA JUMBO RAVIOLI ITALIAN BLEND VEGETABLES ITALIAN BREAD CAKE QFC
19 MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MIXED FRUIT MILK GN KOSHER PIZZA	20 VEGETABLE SOUP BREADED CHICKEN CUTLET ROASTED POTATOES GREEN BEANS ROLL PUDDING MILK QFC	21 THREE BEAN SOUP BAKED SALMON BASMATI RICE ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK HOUSE OF SUBS	22 CORN CHOWDER SOUP BATTERED FISH & TARTAR SAUCE MASHED POTATOES PEAS & CARROTS RYE BREAD BANANA & MILK QFC	23 BLACK BEAN SOUP HAMBURGER BUN LETTUCE & TOMATOES HAND CUT FRIES WATERMELON MILK QFC
26 CLOSED	27 LENTIL GREEK SALAD GRILLED CHICKEN COLD PASTA PRIMAVERA PITA BREAD FRESH FRUIT & MILK QFC	28 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEACHES MILK SHIRAZ RESTAURNT	29 POTATO CHOWDER SOUP STUFFED PEPPERS BROWN RICE GREEN BEANS ITALIAN BREAD COOKIES & MILK QFC	30 VEGETABLE BARLEY VEGGIE BURGER LETTUCE & TOMATOES FRIES MIXED VEGETABLES 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