

Great Neck Social Center

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



APRIL 2024

Burrito Day

SPLIT PEA SOUP
CHICKEN BURRITO IN A TORTILLA
SHREDDED LETTUCE, CHEESE
MEXICAN RICE With BEANS, MILD SALSA
PEARS & MILK

April 4, noon



Blueberry Pie Day



Join us for a delicious slice of
Blueberry Pie

Friday, April 12

LUNCH

VEGGIE BURGER ON A ROLL
COLE SLAW, CORN, MILK

Please make a reservation at 516-487-0025

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

Wednesday 12:30–2:00



YOGA: MEDITATION Bring together your mind and body in this exciting 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 II: Fri., 3/29-5/24(n/c 4/26, 5/17)

EVENTS



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	10:30-11:30 9:30-11:30 9:30-11:30 10:00 –11:30 10:00-11:30 10:30-12:00 12:30– 1:00 1:00-2:30	Rummikub Chinese Dance Persian Program Bingo Congregate Group Nurse Conversation Book Club
4/1		
Tuesday	9:30-11:30 9:30-11:30 10:00 –1:00 10:00-11:30 11:00-12:00 1:00-3:00 1:00—2p.m.	Rummikub Chinese Dance Persian Program Bingo Cornell Corporative Modern Chinese Orchestra World in Depth
4/16		
Wednesday	9:30-10:30 9:30-11:30 10:00-1:00 10:00-11:00 10:00 10:30-11:30 10:00-2:30 12 –3 p.m. 1:00 –3:00	Rummikub Qi Pao Show Persian Program Bingo Nurse Sing Along w'Mindy Chinese Karaoke Open Game Womanspace/ Memoir Writing
Thursday	10:30-11:30 9:00-10:00 9:30-11:30 10:00-noon 11:00– noon 12:30-1:30 1:00-3:00 1:00-3:00	Rummikub ESL Hulusi Instrument Chinese Singing Chinese Electronic Device Sing Along w'Mindy Ping Pong Chinese drum dancing
Friday	10:30-11:30 9:30-11:30 10:00-noon 10:30-11:30 12 noon	Hulusi Instrument Rummikub Congregate Group Line Dancing Birthday lunch
4/19		

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

2024

\$50 a session for residents (G.N.)
\$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 II: *Strength & Stretching*
Tues., 3/26-5/21 (n/c 4/23, 5/14)

Session II: *Balance & Stability*
Wed., 3/27-5/22 (n/c 4/24, 5/15)

Session II: *Strength & Stretching*
Thurs., 3/28-5/23(nc 4/25, 5/16)

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 II: Fri., 3/29-5/24(n/c 4/26, 5/17)

*** YOGA: STEPHANIE**

There is emphasis on basic yoga poses and balancing exercises. Our standing yoga poses build strength, range of motion and alignment. Balancing poses improve balance of course, but also promote flexibility and

focus. Bends stretch back and hamstring muscles and improve breathing. Twists aid in digestion and tone abs.

STEPHANIE GOLDSON 10:30-11:30
Session II Tues., 4/9-4/30

*** 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 II: Mon., 3/25-5/6 (n/c 4/22)

*** EXERCISE FOR HEALTH**

Feel healthier by participating in regular exercise . Improve flexibility, muscle tone, and circulation while getting into shape. Stephanie will guide you through each exercise

STEPHANIE GOLDSON 10:00-10:50
Session II Mon., 4/8-4/29

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 II: Wed. 3/27-5/15(n/c 3/13,4/24)

PROGRAMS



PROJECT

The Great Neck Social Center

is the site of a Project Independence nursing and social worker program.

**Toby Noren R.N.
(P.I. Nurse)**

Monday and Wednesday
10:30a.m.– 12:30 p.m.

**Shahrzad Moadel MS
(P.I. Social Worker)**

Wednesday
11 a.m.-1 p.m.

April Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PERSIAN GREEN SOUP CHICKPEA FALAFELS SANDWICH TAHINI SAUCE FRENCH FRIES TOSSED SALAD W/ CHICKPEAS APPLESAUCE MILK HOUSE OF SUBS	2 CHICKEN NOODLE SOUP SWEDISH MEATBALLS W/BROWN GRAVY NODDLES PEAS & CARROTS ROLL PEACHES & MILK 5D	3 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PINEAPPLE SLICED MILK SHIRAZ RESTAURANT	4 SPLIT PEA SOUP CHICKEN BURRITO IN A TORTILLAW/ SHREDDED LETTUCE, CHEESE MILD SALSA MEXICAN RICE W/ BEANS PEARS & MILK 5D	5 CORN CHOWDER SOUP POTATO, EGG & CHEESE FRITTATA W/ SPINACH TOSSED SALAD ROLL PUDDING & MILK 5D
8 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	9 VEGETABLE BARLEY SOUP KIELBASA W/ SAUERKRAUT RICE PILAF MIXED VEGETABLES ITALIAN BREAD COOKIES & MILK 5D	10 ROAST CHICKEN ROAST POTATOES SPINACH WHEAT BREAD PEARS MILK HOUSE OF SUBS	11 LENTIL SOUP STUFFED SHELLS W/ MARINARA SAUCE OVER SPINACH ITALIAN BLEND VEGETABLES ITLAIN BREAD FRESH FRUIT & MILK 5D	12 CHICKEN NOODLE SOUP VEGGIE BURGER ON ROLL COLE SLAW CORN BLUEBERRY PIE DAY MILK 5D
15 VEGETABLE BARLEY SOUP CHICKPEA FALAFELS SANDWICH TAHINI SAUCE FRENCH FRIES TOSSED SALAD W/ CHICKPEAS APPLESAUCE MILK HOUSE OF SUBS	16 CREAM OF BROCCOLI SOUP GRILLED CHICKEN W/ GRAVY ROASTED POTATOES PEAS & CARROTS RYE BREAD PEARS & MILK 5D	17 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEACHES MILK SHIRAZ RESTAURANT	18 LENTIL SOUP BAKED ZITI ITALIAN BLEND VEGETABLES ITALIAN BREAD BANANA MILK 5D	19 VEGETABLE BARLEY SOUP POT ROAST W/GRAVY MASHED POTATOES GREEN BEANS RYE BREAD CAKE & MILK 5D
22 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	23 LENTIL SOUP CHICKEN & PEPPERS PASTA W/MARINARA SAUCE ITALIAN BLEND VEGETABLES ITALIAN BREAD PUDDING MILK 5D	24 ROAST CHICKEN BAKED POTATOES MIXED VEGETABLES WHEAT BREAD PEACHES MILK KING KULLEN	25 VEGETABLE SOUP CHICKEN W/GRAVY MASHED POTATOES RED CABBAGE WHOLE WHEAT BREAD APPLESAUCE & MILK 5D	26 CHICKEN NOODLE SOUP CHILI W/BEEF & BEANS BROWN RICE BROCCOLI WHEAT BREAD PEARS & MILK 5D
29 ROAST CHICKEN BAKED POTATOES MIXED VEGETABLES WHEAT BREAD PEACHES MILK KING KULLEN	30 MINISTRONE SOUP CHICKEN W/PEPPERS PASTA ITALIAN VEGETABLES ITALIAN BREAD PUDDING & MILK 5D			