

Great Neck Social Center

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



MAY 2024

Mother's Day Celebration

Friday , May 10th

Enjoy a delicious lunch with us.
Call to make a reservation

Let's celebrate together

St. Francis Hospital Outreach Bus

Free Health Screening

Includes a brief cardiac history, blood pressure and a simple blood test for cholesterol and diabetes for adults 18 and older. No appointment required.

May 14, 2023

10AM – 2PM

Last screenings at 1:45pm



HAPPY CINCO DE MAYO



Friday, May 3rd noon

CHICKEN FAJITAS
TORTILLA
MEXICAN RICE WITH BEANS
CHURROS



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
5/6		
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
5/21		
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'Mindye 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'Mindye 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
5/19		

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.

Shahzad Moadel MS
(P.I. Social Worker)

Wednesday
11 a.m.-1 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 ROAST CHICKEN ROAST POTATOES MIXED VEGETABLES WHEAT BREAD APPLESAUCE MILK KING KULLEN	2 SPLIT PEA SOUP VEGETABLE LASAGNA ITALIAN BLEAND VEGETABLES ITALIAN BREAD FRESH FRUIT MILK QFC	3 JUICE CHICKEN FAJITAS ON A TORTILLA MAXICAN RICE & BEANS CHURROS MILK QFC Cinco de Mayo
6 LENTIL SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEACHES MILK GN KOSHER PIZZA	7 WHITE BEAN SOUP SWEDISH MEATBALLS BOW TIE PASTA BROCCOLI MANDARIN ORANGES MILK QFC	8 ROAST CHICKEN ROAST POTATOES SPINACH WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	9 LENTIL SOUP CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE TOSSED SALAD ITALIAN BREAD PUDDING MILK QFC	10 POT ROAST W/GRAVY MASHED POTATOES PEAS & CARROTS ROLL JUICE CAKE & MILK QFC Mother's Day Lunch
13 LENTIL SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	14 TOMATO RICE SAOUP CHICKEN MARSALA NOODLES W/MARSALA SAUCE COLLARD GREENS WHEAT BREAD PUDDING & MILK QFC	15 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEARS MILK HOUSE OF SUBS	16 CREAM OF BROCCOLI SOUP BREADED FISH, TARTAR SAUCE BAKED SWEET POTATO GREEN BEANS WHEAT BREAD FRUIT CUP & MILK QFC	19 SPLIT PEA SOUP JUMBO RAVIOLI W/ MARINARA SAUCE ITALIAN BLEND VEGETABLES ITALIAN BREAD CAKE QFC
20 LENTIL SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEARS MILK GN KOSHER PIZZA	21 VEGETABLE SOUP BEEF & BROCCOLI BROWN RICE ORIENTAL BLEND VEGETABLES WHEAT BREAD PEACHES MILK QFC	22 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD MIXED FRUIT CUP MILK HOUSE OF SUBS	23 CORN CHOWDER BREADED FISH, TARTAR SAUCE MASHED POTATOES PEAS & CARROTS WHEAT BREAD BANANA MILK QFC	24 BLACK BEAN SOUP STFFED SHELLS W/ MARINARA SAUCE OVER SPINACH TOSSED SALAD ITALIAN BREAD COOKIES MILK QFC
27 Closed	28 LENTIL SOUP GREEK SALAD (LETTUCE, TOMATOES, CUCUMBER) GRILLED CHICKEN COLD PASTA PRIMAVERA ROLL FRESH FRUIT & MILK QFC	29 MUSHROOM BARLEY SOUP BAKED SALMON BASMATI RICE SPINACH WHEAT BREAD PEACHES MILK HOUSE OF SUBS	30 POTATO CHOWDER SOUP STUFFED PEPPERS BROWN RICE GREEN BEANS ITALIAN BREAD COOKIES MILK QFC	31 VEGETABLE BARLEY SOUP VEGGIE BURGER W/ LETTUCE & TOMATOES FRIES MIXED VEGETABLES WHEAT BREAD PUDDING & MILK QFC