

Great Neck Social Center

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



May 2023

Cantonese Karaoke



Wednesdays

10:00 a.m. to 2:30 p.m.

Join us and sing!



CHICKEN FAJITAS
TORTILLA
MEXICAN RICE WITH BEANS
CHURROS

Friday, May 5th at noon

Please make your reservations in the main office

St. Francis Hospital Outreach Bus

Free Health Screenings

Includes a brief cardiac history, blood pressure and a simple blood test for cholesterol and diabetes for adults 18 and older. They also provide patient education and referrals. There is

No appointment required.

May 9, 2023

10AM – 2PM

(Last screenings at 1:45pm)



Mother's Day Celebration

Friday, May 13th

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

Let's celebrate together



LAST MONTH'S PICTURES



A stylized illustration of a tree with a thick brown trunk and branches, green leaves, and small blue and white flowers. The tree is positioned on the left side of the page, with its branches extending towards the right. The leaves are small and green, while the flowers are small and blue and white. The background is a light cream color.

Miriam Chatinover
Doris Delman
Suzette Gray
Parvaneh Khodadadian
Gerry Marcus
Gladys Roth

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 Classes

2023

\$40 a session for residents (G.N.)

\$65 a session for non-residents

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 will 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., 4/25-6/6

Session II: Cardio & Coordination

Wed., 4/26-6/7

Session II: Strength & Stretching

Thurs., 4/27-6/8

Session III: Strength & Stretching

Tues., 6/20-8/8 (n/c 7/4)

Session III: Cardio & Coordination

Wed., 6/21-8/2

Session III: Strength & Stretching

Thurs., 6/22-8/3

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 II Fri., 4/28-6/9

Session III Fri., 6/23-8/4

Yoga: Beth

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.

BETH MOHR 11:30-12:30

Session II: Tues., 4/25-6/6

Session IIFG NI: Tues., 6/20-8/8 (n/c 7/4)

Yogaerobics A course focused on both seated and standing yoga poses, emphasizing mindful movement and psyche. Emphasis is placed on improving stability, balance, and over-all well-being. The goal is to extend the conditioning developed from breath-work, stretching, and strengthening in class, to everyday life. Poses are offered with modifications to accommodate all levels of students. The last segment of class consists of a guided meditation.

BONNIE RUBENS

Session II: Mon., 4/24– 6/12, 10:30—11:30
n/c 5/29

Session III: Mon., 6/19– 7/31, 10:30—11:30

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

Session II: Mon., 4/24– 6/12 (n/c 5/29)

10-11 a.m.

Session II: Mon., 4/24– 6/12 (n/c 5/29)

Session III: Mon., 6/19– 7/31

10-11 a.m.

Session III: Mon., 6/19– 7/31

11-noon 11-noon

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

12:30–2:30

Session II: Wed., 4/26-6/7

12:30–2:30

Session III: Wed., 6/21-8/9

Exercise for Health

Feel healthier by participating in a regular exercise program. Improve flexibility.

STEPHANIE GOLDSON

Session II: Mon., 4/24– 6/12 (n/c 5/29)

PROJECT INDEPENDENCE

The Great Neck Social Center is the site of a Project Independence nursing and social worker program.

Toby Nolen R.N. (P.I. Nurse)
Monday and Wednesday
10:30a.m.– 12:30 p.m.

Shahrzad Moadel MS (P.I. Social Worker)
11 a.m.-1 p.m.

May Menu

Monday – Friday 12 p.m., Reservation required, Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LENTIL SOUP BAKED SALMON BASMATI RICE SPINACH WHEAT BREAD PEACHES & MILK SHIRAZ RESTAURANT	2 WHITE BEAN SOUP HAMBURGER BUN W/LETTUCE & TOMATO HASH BROWN POTATOES MIXED VEGETABLES MANDARIN ORANGES MILK QFR	3 PERSIAN GREEN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PERS MILK GN KOSHER PIZZA	4 JUICE CHICKEN PARMIGIANA PENNE PASTA MARINARA SAUCE ITALIAN BLENDS VEGETABLES ITALIAN BREAD ICE CREAM & MILK QFR	5 JUICE CHICKEN FAJITAS TORTILLA MEXICAN RICE WITH BEANS CHURROS MILK QFR
8 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	9 TOMATO RICE SOUP CHICKEN MARSALA NOODLES COLLARD GREENS WHEAT BREAD PUDDING MILK QFR	10 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	11 CREAM OF BROCCOLI SOUP BAKED BREADED FISH TARTAR SAUCE GREEN BEANS BAKED SWEET POTATO WHEAT BREAD FRUIT CUP & MILK QFR	12 JUICE POT ROAST W/GRAVY MASHED POTATOES PEAS & CARROTS WHEAT BREAD CAKE MILK QFR
15 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANTF	16 VEGETABLE SOUP BEEF & BROCCOLI BROWN RICE ORIENTAL BLEND VEGETABLES WHEAT BREAD PEACHES MILK QFR	17 MINESTRONE SOUP BAKED SALMON BASMATI RICE ITALIAN BLEND VEGETABLES WHEAT BREAD MIXED FRUIT MILK SHIRAZ RESTAURANT	18 SPLIT PEA SOUP SWEDISH MEATBALLS W/GRAVY NOODLES PEAS & CARROTS WHEAT BREAD BANANA MILK QFR	19 POTATO CHOWDER SOUP ROAST CHICKEN (BONE IN) GRAVY ROASTED POTATOES GREEN BEANS WHEAT BREAD CAKE & MILK QFR
22 PERSIAN POMEGRANATE SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEACHES MILK GN KOSHER PIZZA	23 LENTIL SOUP GRILLED CHICKEN GREEK SALAD COLD PASTA PRIMAVERA ROLL FRESH FRUIT MILK QFR	24 MUSHROOM BARLEY SOUP BAKED SALMON BASMATI RICE SPINACH WHEAT BREAD MIXED FRUIT MILK SHIRAZ RESTAURANT	25 SPLIT PEA SOUP CHICKEN CACCIATORE BROWN RICE GREEN BEANS ITALIAN BREAD COOKIES & MILK QFR	26 JUICE CHICKEN MARSALA NOODLES ITALIAN VEGETABLES WHEAT BREAD FRESH FRUIT MILK QFR
29 CLOSED	30 JUICE VEGGIE BURGER LETTUCE & TOMATOES HASH BROWN POTATOES GREEN BEANS FRESH FRUIT & MILK QFR	31 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT		