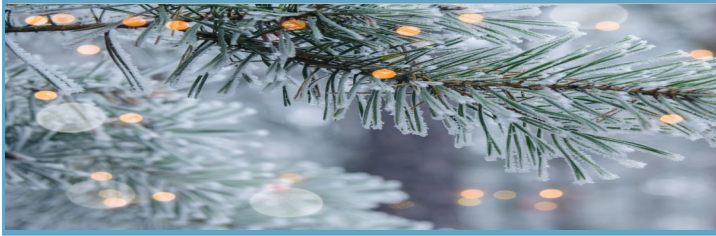


# Great Neck Social Center

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



## January 2026

### 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



## Blueberry Pancake Day *at lunch*

Tuesday  
1/ 20/26



## Winter Party

Thursday, January 8  
Lunch 12 noon



*Join us  
with your friends for  
a delicious lunch*

Please make a reservation in  
the main office or call:

# General Information

## Program of Activities for seniors 60 years and over



### Great Neck Social Center

80 Grace Avenue  
Great Neck, NY 11021

Phone: (516) 487-0025  
Fax: (516) 487-4738

Website:  
[www.gnsocialcenter.org](http://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*  
Thomas Mazzini, *Treasurer*

**MEMBERS**  
Miriam Chatinover  
Doris Delman  
Parvaneh Khodadadian  
Gladys Roth  
Rita Falk  
Lollie Stancati

### Monday

9:30-2:30  
9:30-11:30  
10:00-1:00  
10:00 –11:30  
11:00-1:30  
12:30– 1:00

**Nurse Maria**  
Chinese Dance  
**Persian Program**  
Bingo  
**Indian Gathering**  
Conversation

### Tuesday

9:30-11:00  
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

9:30-2:00  
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

9:30-2:30  
9:30-11:30  
9:30-11:30  
10: -30-11:30  
10:30-11:30  
1:00-2:00

**Nurse Maria**  
Hulusi Instrument  
**Congregate Group**  
Mrs. Li: Chinese Dance  
**Line Dancing**  
Chinese singing with Piano

**The G.N.S.C.asks our participants for a suggested \$2 donation for each program that they attend. These funds support the Center.**



# EVENT





# 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 10:30 –11:30**

**Session 6: *Strength & Stretching*  
Tues., 11/4– 1/6 (n/c 11/11, 12/30)**

**Session 6: *Balance & Stability***

**Wed., 11/19– 1/14 (n/c 12/3,  
12/31,12/24)**

**Session 6: *Strength & Stretching***

**Thurs., 11/20– 1/29**

**(n/c 11/27, 12/4,12/25,1/1**

**2026**

**Session 1: *Strength & Stretching*  
Tues., 1/13– 2/24**

**Session 1: *Balance & Stability***

**Wed., 1/21– 3/4**

**Session 1: *Strength & Stretching***

**Thurs., 2/5– 3/19**

**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 6: Fri., 11/14-1/16**

**(n/c 11/28, 12/26, 1/2)**

**2026 Session 1: Fri., 1/30-3/13**

**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 6: Mon., 11/17-1/5**

**(n/c 12/15)**

**2026 Session 1: Mon., 1/12-2/23**

**ART STUDIO**

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**ANN TARCHER 12:30–2:00**

**Session 6 Wed., 11/12– 1/14**

**(n/c 11/26, 12/24 ,12/31)**

**Session 1 Wed., 1/21– 3/4**



## PROGRAMS

## PROJECT



**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.

# January Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  <b>CLOSED</b>	2 SPLIT PEA SOUP BREADED CHICKEN CUTLET W/ GRAVY. BROWN RICE COLLARD GREEN WHEAT BREAD JELLO & MILK  QFC
5 LENTIL SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK  GN KOSHER PIZZA	6 WHITE BEAN SOUP BEEF STEW W/ POTATOES, CARROTS, CELERY & ONIONS SPINACH WHEAT BREAD JELLO & MILK  QFC	7 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK  SHIRAZ RESTAURANT	8 SPLIT PEA SOUP SWEDISH MEATBALLS BOW TIE PASTA BROCCOLI ITALIAN BREAD CHOCOLATE PUDDING MILK  QFC	9 POTATO CHOWDER CHICKEN PICATTA RICE PILAF GREEN BEANS ROLL BANANA MILK  QFC
12 PERSIAN GREEN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK  GN KOSHER PIZZA	13 MINISTRONE SOUP STUFFED SHELLS MARINARA SAUCE PENNE PASTA TOSSED SALAD ITALIAN BREAD PEACHES & MILK  QFC	14 ROAST CHICKEN ROAST POTATOES SPINACH WHEAT BREAD PEARS MILK  SHIRAZ RESTAURANT	15 CREAM OF BROCCOLI CHICKEN MARSALA NOODLES GREEN BEANS RYE BREAD FRUIT CUP & MILK  QFC	16 SPLIT PEA POT ROAST W/ GRAVY MASHED POTATOES PEA & CARROTS WHEAT BREAD CAKE & MILK  QFC
19  <b>CLOSED</b>	20 VEGETABLE SOUP CHICKEN FRANCAISE MASHED POTATOES MIXED VEGETABLES RYE BREAD PEACHES & MILK  QFC	21 PERSIAN BEEF STEW (LAPEH) BASMATI RICE ITALIAN BLEND VEGETABLES WHEAT BREAD PEARS MILK  SHIRAZ RESTAURANT	22 CORN CHOWDER BATTERED FISH TARTAR SAUCE MASHED POTATOES PEAS & CARROTS WHEAT BREAD BANANA & MILK  QFC	23 LENTIL STUFFED CHICKEN (SPINACH & CHEESE) YELLOW RICE BROCCOLI WHEAT BREAD MANDARINE ORANGES & MILK  QFC
26 MINISTRONE SOUP CHICKPEA FALAFELS TAHINA SAUCE, PITA BREAD FRENCH FRIES TOSSED SALAD PEACHES & MILK  GN KOSHER PIZZA	27 BEEF BARLEY SOUP BEEF TACO W/LETTUCE, TOMATOES & CHEESE ON TORTILLA MEXICAN RICE & BEANS WHEAT BREAD BANANA & MILK QFC	28 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE MILK  SHIRAZ RESTAURANT	29 LENTIL SOUP CHICKEN MARSALA MASHED POTATOES ITALIAN BLEND VEGETABLES ITALIAN BREAD FRUIT CUP MILK QFC	30 TOMATO RICE SOUP STUFFED PEPPERS BROWN RICE GREEN BEANS WHEAT BREAD VANILLA PUDDING & MILK  QFC