

Great Neck Social Center

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



November 2025

Thanksgiving Celebration

**Tuesday
November 25**
Lunch, 12 noon



Join your friends for an early Thanksgiving Celebration lunch. The food will be delicious . All of the typical treats will be included.

Reservation required
Please sign-up in the main office

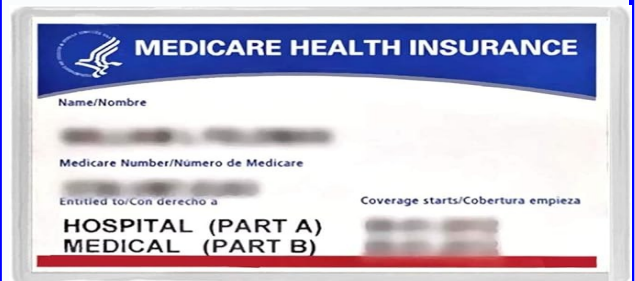
Medicare 101 Seminar

Wednesday 1 p.m.

November 5th

Presenter is :

Barry Klitsberg-HICAP



So much is changing with Medicare, attend this seminar and learn what to do next year. This program is made possible by Assemblyman Daniel Norber

Senior ID Program **Wednesday, Nov. 25** **9:30-11:30am.**

Get a senior ID card at the Center. This card is important for you to have if you don't have a drivers license.

This program was made possible by the Town Clerk, Ragini Srivastava

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

Hours:
Monday-Friday 9-4:00

Ann Tarcher
Executive Director

Vali Dibra
Office Manager

Ruoyi Xu
Program Coordinator

BOARD OF DIRECTORS :
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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
9:30-11:30
10:00-1:00
10:00-11:30
11:00-1:30
12:30-1:00

Nurse Maria
Chinese Dance
Crochet Class
Persian Program
Bingo
Indian Gathering
Conversation

Tuesday

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' Mindye
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' Mindye
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., 11/18– 1/6

Session 6: *Balance & Stability*

Wed., 11/19– 1/14 (n/c 12/24)

Session 6: *Strength & Stretching*

Thurs., 11/20– 1/22 (n/c 11/27,12/25,1/1)

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

Session 1: *Balance & Stability*

Wed., 1/21– 3/4

Session 1: *Strength & Stretching*

Thurs., 1/29– 3/12

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)

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)

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

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 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.

October Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PERSIAN GREEN SOUP PIZZA TASSSED SALAD PEACHES MILK GNKOSHER PIZZA	4***** CHICKEN NOODLE SOUP POT ROAST WITH GRAVY MASHED POTATOES BROCCOLI WHEAT BREAD PEARS & MILK QFC	5 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	6 POTATO CHOWDER SWEDISH MEATBALLS W/GRAVY NOODLES MIXED VEGETABLES WHEAT BREAD MIXED FRUIT & MILK QFC	7 MINESTRONE SOUP STUFFED SHELLS MARINARA SAUCE SPINACH TOSSED SALAD ITALIAN BREAD PUDDING & MILK QFC
10 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEACHES MILK GNKOSHER PIZZA	11***** CHICKEN NOODLE SOUP CHICKEN MARSALA RICE PILAF CARROTS WHEAT BREAD PUDDING & MILK QFC	12 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	13 TOMATO RICE SAOUP BATTERED FISH TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS ITALIAN BREAD JELLO & MILK QFC	14 WHIT BEAN SOUP SPAGHETTI & MEATBALLS ITALIAN BLEND VEGETABLES ITLAIN BREAD MIXED FRUIT & MILK QFC
17 MINESTRONE SOUP CHICKPEA FALAFELS TAHINA SAUCE, PITA BREAD FRENCH FRIES TOSSED SALAD MANDARINE ORANGES & MILK GNKOSHER PIZZA	18 VEGETABLE SOUP SAUSAGE & PEPPERS MARINARA SAUCE, HERO ROASTED POTATOES BROCCOLI BANANA & MILK QFC	19 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	20 SPLIT PEA CHICKEN PARMIGIANA MASHED POTATOES BEETS WHEAT BREAD APPLESAUCE & MILK QFC	21 CHICKEN NOODLE SOUP STUFFED PEPPERS BROWN RICE BROCCOLI RYE BREAD CAKE & MILK QFC
24 LENTIL SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARINE ORANGES MILK GN KOSHER PIZZA	25***** JUICE ROAST TURKEY WITH GRAVY STUFFING, CRANBERRY SAUCE MASHED POTATOES GREEN BEANS APPLE PIE, MILK QFC	26 PERSIAN BEEF STEW (LAPEH) BASMATI RICE BROCCOLI WHEAT BREAD PEACHES MILK SHIRAZ RESTAURANT	27 Happy Thanksgiving CLOSED	28 CLOSED

****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