

# 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](http://www.gnsocialcenter.org)

#### Hours:

Monday-Friday 9-4:00

Ann Tarcher  
*Executive Director*

Vali Dibra  
*Office Manager*

Lauren Most  
*Program Coordinator*

#### BOARD OF DIRECTORS :

**OFFICER**

Roger Chizever, *President*  
Phoebe Lazarus, Ed. D.  
*Exec. V.P.*

Thomas Mazzini, *Treasurer*

#### MEMBERS

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

<b>Monday</b>	<p>9:30-11:30 9:30-11:30 10:00 –11:30 10:00-11:30 10:30-11:30 12:30– 1p.m.</p>	<p>Chinese Dance Persian Program Bingo Congregate Group Nurse Conversation</p>
<b>Tuesday</b>	<p>9:30-11:30 10:00 –1:00 10:00-11:30 11:00-noon 10:30-11:30 1:00—2p.m.</p>	<p>Chinese Dance Persian Program Bingo Cornell Cooroperative Jeopardy World in Depth</p>
<b>Wednesday</b>	<p>9:30-11:30 10-1p.m. 10:00 a.m. 10:00 a.m. 10:30 a.m. 10:00-2:30 12 –3 p.m. 1:00 -2:00p.m. 2:00-3:00p.m.</p>	<p>Hulusi Instrument Persian Program Bingo Nurse Sing Along w'Mindy Chinese Karaoke Open Game Womanspace Memoir Writing</p>
<b>Thursday</b>	<p>9:00-10:00 9:30-11:30 10—noon 12:30-1:30 1-2:30 1:00-3:00 10:30-1:30</p>	<p>ESL Hulusi Instrument Chinese Singing Sing Along w'Mindy Chinese Card Game Ping Pong Cantonese Opera</p>
<b>Friday</b>	<p>9:30-11:30 10:-noon 10:30-11:30 10:30-11:30 10:45-11:45 12 noon</p>	<p>Chinese Drum Dancing Rummikub Congregate Group ESL Line Dancing Birthday lunch</p>
<b>8/22</b>		

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.

# Enrichment Classes

2023

***\$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 I: *Strength & Stretching***  
Tues., 8/15-9/26

**Session II: *Strength & Stretching***  
Tues., 10/10-11/21

**Session I: *Balance & Stability***  
Wed., 8/16-9/27

**Session II: *Balance & Stability***  
Wed., 10/11-11/22

**Session I: *Strength & Stretching***  
Thurs., 8/17-9/28

**Session II: *Strength & Stretching***  
Thurs., 10/6-11/17

**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 I** Fri., 8/18-9/29

**Session II** Fri.,

**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 I** Tues., 8/15-9/26

**Session II** Tues., 10/10-11/21

**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 I:** Mon., 8/14-10/9 (n/c:9/4,9/25)

**Session II:** Mon., 10/16-11/27

**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 I:** Wed., 8/16-9/27

**Session II:** Wed., 10/11-11/22