

# Great Neck Social Center

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



## March 2026

## Luncheon



## St. Patrick's Day

March 17  
12 noon

Join your friends and  
celebrate

**Reservations required**

## Hypnotherapy

Dr. Laurence Miller, MD, FAAP has practiced hypnosis for over four decades helping people get over a fear of flying, quit smoking, develop healthy eating habits and more.

**Learn more about hypnosis and if  
it could help you.**

**Wednesday, March 18th  
1 p.m.**



# 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 :**  
**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

3/17

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

Chinese Kung Fu  
**Rummikub**  
Chinese Dance  
**Persian Program**  
Bingo  
**Cornell Corporate**  
World in Depth  
**Modern Chinese Orchestra**

### Wednesday

9:30-2:00  
10:00-1:00  
10:30-11:30  
10:30-11:30  
10:00-2:30  
1:00-2:00  
2:00-3:00

Chinese Chorus  
**Persian Program**  
Bingo  
**Sing Along w' Mindye**  
Cantonese Karaoke  
**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*

***\$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 1:**

***Strength & Stretching***  
**Tues., 1/13– 3/3 (n/c2/24)**  
***Balance & Stability***

**Wed., 2/4-3/25(n/c2/25)**

***Strength & Stretching***

**Thurs., 2/5– 3/26**

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## **Session 2:**

***Strength & Stretching***  
**Tues., 3/24-5/12(n/c 3/31)**  
***Balance & Stability***

**Wed., 4/8-5/20 (n/c 4/1)**

***Strength & Stretching***

**Thurs., 4/9-5/21 (n/c 4/2)**

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## **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 1: Fri., 1/30-3/27**  
**(n/c 3/6, 3/20)**

**Session 2: Fri., 4/10-5/22**

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## **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 1: Mon., 1/12-3/23**  
**(n/c 1/19, 2/16, 2/23)**

**Session 2: Mon., 4/6-5/18**

**Please make check out to the Great Neck Social Center.**

## PROJECT INDEPENDENCE



**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.

# March Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD PEACHES MILK GNKOSHER PIZZA	<b>3</b> TOMATO RICE SOUP CHICKEN FRANCAISE BROWN RICE GREEN BEANS RYE BREAD VANILLA PUDDING MILK QFC	<b>4</b> ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	<b>5</b> SPLIT PEA SAUSAGE & PEPPERS MARINARA SAUCE NOODLES BROCCOLI QFC RYE BREAD FRUIT CUP & MILK	<b>6</b> CREAM OF BROCCOLI BAKED ZITI EGGPLANT ROLLATINI TOSSED SALAD ITALIAN BREAD JELLO & MILK QFC
<b>9</b> SPLIT PEA SOUP BAKED FISH BASMATI RICE SPINACH WHEAT BREAD MANDARINE ORANGES PARADISE PIZZA	<b>10</b> POTATO CHOWDER SOUP CHICKEN PICATTA MASHED POTATOES MIXED VEGETABLES RYE BREAD JELLO & MILK QFC	<b>11</b> ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	<b>12</b> TOMATO RICE SOUP BEEF BURRITO WITH SHREDDED CHEESE MEXICAN RICE WITH BEANS WHEAT BREAD PEACHES & MILK QFC	<b>13***</b> WHITE BEAN SOUP BATTERED FISH TARTAR SAUCE YELLOW RICE BROCCOLI WHEAT BREAD FRUIT CUP & MILK QFC
<b>16</b> PERSIAN GREEN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GNKOSHER PIZZA	<b>17</b> JUICE CORN BEEF WITH CABBAGE MUSTARD BOILED RED POTATOES IRISH SODA BREAD GREEN JELLO MILK QFC	<b>18</b> ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	<b>19</b> SPLIT PEA SOUP SWEDISH MEATBALL BROWN GRAVY NOODLES PEAS & CARROTS WHEAT BREAD VANILLA PUDDING MILK QFC	<b>20</b> MINESTRONE SOUP JUMBO RAVIOLI MARINARA SAUCE ITALIAN BLEND VEGETABLES ITALIAN BREAD CAKE MILK QFC
<b>23</b> LINTEL SOUP CHICKPEA FALAFELS TAHINA SAUCE, PITA BREAD FRENCH FRIES TOSSED SALAD MANDARINE ORANGES MILK GNKOSHER PIZZA	<b>24</b> MINESTRONE SOUP POT ROAST WITH GRAVY MASHED POTATOES BROCCOLI RYE BREAD FRUIT CUP MILK QFC	<b>25</b> PERSIAN BEEF STEW (LAPEH) BASMATI RICE PEAS & CARROTS WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	<b>26</b> POTATO CHOWDER HAMBURGERWITH LETTUCE, TOMATOES & KETCHUP ON A BUN FRENCH FRIES BAKED BEANS WHEAT BREAD BANANA & MILK QFC	<b>27</b> LENTIL SOUP STUFFED SHELLS WITH MARINARA SAUCE SPINACH TOSSED SALAD ITALIAN BREAD PEACHES & MILK QFC
<b>30</b> MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD PEACHES MILK GN KOSHER PIZZA	<b>31</b> CHICKEN NOODLE SOUP OPEN FACE TURKEY SANDWICH GRAVY MASHED SWEET POTATOES MIXED VEGETABLES WHEAT BREAD PEARS & MILK			