

Great Neck Social Center

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



August 2026

CPR CLASS

Catholic Health will be giving a CPR class at the Center.

Bryan Johnson will be instructing you in these life saving skills

August 14th
10 a.m. to noon

Sign-up is required

Strawberry Short Cake August Birthday Party

Thursday
August 20
12 noon



REKHA MEHTA'S BEADING CLASS Monday 8/17 1:00 p.m.

Join an amazing jewelry teacher as she shows you how to bead earrings professionally . All supplies and tools will be provided
\$10. fee

Reservations are required

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
Lollie Stancati

Monday

9:30-2:30	Nurse Maria
9:30-11:30	Chinese Dance
10:00-1:00	Persian Program
10:00 –11:30	Bingo
11:00-1:30	Indian Gathering
12:30– 1:00	Conversation

Tuesday

9:30-11:00	Chinese Kung Fu
9:30-11:30	Rummikub
9:30-11:30	Chinese Dance
10:00 –1:00	Persian Program
10:00-11:30	Bingo
11:00-12:00	Cornell Corporate
1:00-2:45	World in Depth
9:30-2:30	Modern Chinese Orchestra

Wednesday

9:30-2:00	Chinese Chorus
10:00-1:00	Persian Program
10:30-11:30	Bingo
10:30-11:30	Sing Along w'Mindy
10:00-2:30	Cantonese Karaoke
1:00 –2:00	Womanspace/
2:00-3:00	Memoir Writing

Thursday

10:30-11:30	Rummikub
10:30-11:30	ESL Advanced
9:30-11:30	Hulusi Instrument
10:00-noon	Chinese Singing
10:00– 2:30	Mandarin Karaoke
12:30-1:30	Sing Along w'Mindy
1:00-3:00	Ping Pong

Friday

9:30-2:30	Nurse Maria
9:30-11:30	Hulusi Instrument
9:30-11:30	Congregate Group
9:30-11:30	Mrs. Li: Chinese Dance
10:30-11:30	Line Dancing

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

**Sign up one week before
to avoid a \$5 late fee and
class cancellation**

EXERCISE:

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 4:

Strength & Stretching

Tues., July 21,28, Aug. 4

**(*recorded viewing*
Aug.11,18,25)**

Sept. 1,8,15,22

Balance & Stability

Wed., July 22,29, Aug. 5

**(*recorded viewing*
Aug.12,19,26)**

Sept. 2,9,16,23

Strength & Stretching

Thurs., July 23,30, Aug. 6

**(*recorded viewing*
Aug.13,20,27)**

Sept. 3,10,17,24

***\$50 a session for residents
Of Great Neck***

***\$65 a session for
non-residents***

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 4: Fri., 7/24-9/4

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 4: Mon.,7/27-9/12 (n/c9/7)

**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.

August Menu

Monday– Friday 12 p.m., **Reservation required 2 days in advance, (salmon or falafel 1 week in advance)** Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PASTA FOGIOLI SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARINE ORANGES MILK GN KOSHER PIZZA	4 LENTIL SOUP CHICKEN CORDON BLEU W/ (HAM & CHEESE) ROASTED POTATOES BROCCOLI RYE BREAD BANANA , MILK QFC	5 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT Kosher	6 POTATO CHOWDER SWEDISH MEATBALLS W/GRAVY WHOLE WHEAT NOODLES VEGETABLE BLEND WHEAT BREAD JELLO W/MIXED FRUIT MILK QFC	7 MINESTRONE SOUP CHICKEN TOPPED W/ MOZZARELLA & SPINACH IN A MARSALA SAUCE MASHED POTATOES CARROTS WHEAT BREAD ORANGES , MILK QFC
10 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEARS MILK GN KOSHER PIZZA	11 CHICKEN NOODLE SOUP BEEF TACO W/ SHREDDED LETTUCE,TOMATOES & CHEESE TORTILLA MEXICAN RICE W/BEANS CRACKERS, PUDDING MILK QFC	12 LENTIL SOUP BAKED SALMON BASMATI RICE ITALIAN BLEND VEGETABLES PEACHES KOSHER MILK HOUSE OF SUBS Kosher	13 VEGETABLE BARLEY BATTERED FISH, TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS ITALIAN BREAD BANANA MILK QFC	14 CREAM OF BROCCOLI CHICKEN FAJITAS W/ PEPPERS & ONIONS ON A TORTILLA MEXICAN RICE & BEANS TOSSED SALAD REY BREAD, WATERMELON MILK QFC
17 MINESTRONE SOUP BAKED SALMON BASMATI RICE PEAS & CARROTS PEACHES KOSHER MILK HOUSE OF SUBS Kosher	18 VEGETABLE SOUP STUUFED SHELLS W/ MARINARA SAUCE OVER SPINACH TOSSED SALAD ITALIAN BREAD JELLO W/MIXED FRUIT MILK QFC	19 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD MIXED FRUIT KOSHER MILK SHIRAZ RESTAURANT Kosher	20 CHICKEN NOODLE SOUP LOIN OF PORK W/ GRAVY MASHED POTATOES BEETS WHEAT BREAD WHEAT BREAD APPLESAUCE MILK QFC	21 LENTIL SOUP POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI ROLL CAKE & MILK QFC
24 PASTA FOGIOLI SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARINE ORANGES MILK GN KOSHER PIZZA	25 TOMATO RICE SOUP CHICKEN FRANCAISE BROWN RICE GREEN BEANS RYE BREAD BANANA & MILK QFC	26 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE KOSHER MILK SHIRAZ RESTAURANT Kosher	27 LENTIL SOUP STUFFED PEPPERS W/ GROUND BEEF & CHEESE TOSSED SALAD WHEAT BREAD PUDDING MILK QFC	28 SPLIT PEA SOUP BAKED FISH W/ TARTAR SAUCE MASHED POTATOES GREEN BEANS RYE BREAD PEARS MILK QFC
31 PERSIAN GREEN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEACHES MILK GNKOSHER PIZZA				Please let the director know if you are allergic to any food