



## May 2026

**Come Celebrate with us**  
Tuesday, **May 5th** at noon

**BEEF TACO, SHREDDED LETTUCE  
TOMATOES & CHEESE ON A TORTILLA  
MEXICAN RICE W/BEANS  
JUICE, CHURROS & MILK**



**Please make a reservation in the main office**

**Mother's Day  
Celebration**  
**Friday , May 8th**

Enjoy a delicious lunch



## Alzheimer's Association

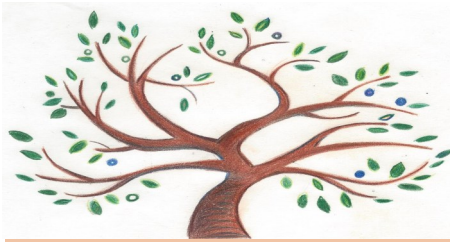
### Education Programs

#### Building Brain Health Habits

Discover researched-based habits that support brain health at every age. This in-depth program explores practical strategies for healthy eating, physical activities, quality sleep, And cognitive engagement, and helps you create an action plan to build lasting brain- healthy routines.

**May 12 at 2p.m.**

There is NO cost for this program



**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

<b>Monday</b>		
	9:30-2:30 9:30-11:30 10:00-1:00 10:00 –11:30 11:00-1:30 12:30– 1:00	<b>Nurse Maria</b> Chinese Dance <b>Persian Program</b> Bingo <b>Indian Gathering</b> Conversation
<b>Tuesday</b>		
<b>5/5</b>	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 <b>Rummikub</b> Chinese Dance <b>Persian Program</b> Bingo <b>Cornell Corporative</b> World in Depth <b>Modern Chinese Orchestra</b>
<b>Wednesday</b>		
	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 <b>Persian Program</b> Bingo <b>Sing Along w’Mindye</b> Cantonese Karaoke <b>Womanspace/</b> Memoir Writing
<b>Thursday</b>		
	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	<b>ESL Beginners</b> Rummikub <b>ESL Advanced</b> Hulusi Instrument <b>Chinese Singing</b> Mandarin Karaoke <b>Sing Along w’Mindye</b> Ping Pong
<b>Friday</b>		
	9:30-2:30 9:30-11:30 9:30-11:30 10:-30-11:30 10:30-11:30 1:00-2:00	<b>Nurse Maria</b> Hulusi Instrument <b>Congregate Group</b> Mrs. Li: Chinese Dance <b>Line Dancing</b> Chinese singing with Piano



**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 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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**Session 3: *Strength &***

***Stretching***

**Tues., 5/26-7/7**

***Balance & Stability***

**Wed., 5/27-7/8**

***Strength & Stretching***

**Thurs., 5/28-7/9**

**\$50 a session for residents**

at the Center

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

***Session 3: Fri., 5/29-7/10***

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

**Session 3: Mon., 6/1-7/13**

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**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 3:**

**Wed., 4/15-5/27 (n/c 4/1)**

**Please make check out to the Great**



**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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> LENTIL SOUP CHICKEN BURRITO MEXICAN RICE & BEANS TOSSED SALAD WHEAT BREAD PEACHES & MILK QFC
<b>4</b> MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK  GN KOSHER PIZZA	<b>5</b> JUICE BEEF TACO, SHREDDED LETTUCE TOMATOES & CHEESE ON A TORTILLA MEXICAN RICE W/BEANS CHURROS & MILK  QFC	<b>6</b> PERSIAN BEEF STEW (LAPEH) BASMATI RICE PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK  SHIRAZ RESTAURANT	<b>7</b> LENTIL SOUP CHICKEN PARMIGIANA PENNE PASTA, MARINARA SAUCE TOSSED SALAD RYE BREAD ICE CREAM & MILK  QFC	<b>8</b> JUICE POT ROAST W/ GRAVY MASHED POTATOES PEAS CARROTS WHEAT BREAD PEARS & MILK  QFC
<b>11</b> PERSIAN GREEN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK  GN KOSHER PIZZA	<b>12</b> TOMATO RICE SOUP CHICKEN PICATTA RICE PILAF GREEN BEANS WHEAT BREAD BANANA & MILK  QFC	<b>13</b> ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD PEARS MILK  SHIRAZ RESTAURANT	<b>14</b> CREAM OF BROCCOLI SAUSAGE & PEPPERS PENNE PASTA MARINARA SAUCE MIXED VEGETABLES WHEAT BREAD PEACHES & MILK  QFC	<b>15</b> SPLIT PEA SOUP CHICKEN TOPPED W/ MAZZARELLA & SPINACH IN A MARSALA SAUCE RICE PILAF, CAKE & MILK  QFC
<b>18</b> PASTA FOGIOLI SOUP CHICKPEA FALAFELS TAHINA SAUCE, PITA BREAD FRENCH FRIES TOSSED SALAD MANDARINE ORANGES MILK GN KOSHER PIZZA	<b>19</b> VEGETABLE SOUP BEEF & BROCCOLI BROWN RICE WHEAT BREAD PEARS & MILK  QFC	<b>20</b> ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD MIXED FRUIT MILK  SHIRAZ RESTAURANT	<b>21</b> CORN CHOWDER BATTERED FISH TARTAR SAUCE MASHED POTATOES PEAS & CARROTS WHEAT BREAD BANANA & MILK QFC	<b>22</b> MINISTRONE SOUP STUFFED SHELLS MARINARA SAUCE SPINACH TOSSED SALAD ITALIAN BREAD JELLO W/FRUIT & MILK QFC
	<b>26</b> LENTIL SOUP SWEDISH MEATBALLS BROWN GRAVY NOODLES	<b>27</b> ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES	<b>28</b> POTATO CHOWDER STUFFED PEPPERS W/ GROUND BEEF SAUSAGE	<b>29</b> VEGETABLE BARLEY ROAST TURKEY W/ GRAVY & STRAWBERRY SAUCE