

Great Neck Social Center

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



July 2026

250th Year Celebration
Of America

July 3, Friday
noon

LENTIL SOUP
BATTERED FISH
TARTAR SAUCE
VEGETABLE RICE
PEAS & CARROTS
WHEAT BREAD, MILK
CAKE WITH BLUEBERRY TOPPING



**Wednesday, July 15th
1p.m.**

***Sponsored by the
Great Neck Library***

Gold Coast Arts Center
presents a special
Making Memories concert
with award-winning piano entertainer
Joe Pace!

Summer Party

VEGETABLE SOUP, CHICKEN SORRENTINO
(BREADED CHICKEN W/EGGPLANT AND
MOZZARELLA, MARINARA SAUCE)
MASHED POTATOES, GREEN BEANS,
ITALIAN BREAD/ MILK

**ICE CREAM with BANANA
and Toppings**

**July 24 at lunch
(12 noon)**



Joe Pace has been performing at senior centers, clubs, and restaurants for over twenty-five years. He plays and sings music from the 1950's to the 1980's. He has worked and appeared with a variety of performers, including Chuck Berry, Leon Russel, Dee Snyder, Johnny Maestro, Jason Bonham, and "Uncle Floyd" Vivino. His ability to connect with a wide variety of audiences, along with his sense of humor (and more than a bit of talent) have earned him recognition as a five-time finalist in the Long Island Music Festival and a four-time winner of the Piano Entertainer of the Year Award in the Bethpage Best of Long Island Annual Poll.

There is no cost for this program

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
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

9:30-11:00
9:30-11:30
9:30-11:30
10:00-1:00
10:00-11:30
11:00-12:00
1:00-2:45
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

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

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
9:30-11:30
10:30-11:30

Nurse Maria
Hulusi Instrument
Congregate Group
Mrs. Li: Chinese Dance
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



*Must be
60 years
to participate
at the Center*

***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 3:

Strength & Stretching

Tues., 5/19-6/30

Balance & Stability

Wed., 5/27-7/8

Strength & Stretching

Thurs., 5/28-7/9

Session 4:

Strength & Stretching

Tues., 7/21-9/22 (n/c 7/28, 8/11)

Balance & Stability

Wed., 7/22-9/2 (n/c 7/29, 8/12)

Strength & Stretching

Thurs., 7/23-9/3 (n/c 7/30, 8/13)

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

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

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 3: Mon., 6/1-7/20 (n/c7/6)

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

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)

Session : 4

Wed., 6/10-8/7 (n/c7/15)

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

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.

July 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
		1 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT (KOSHER)	2 CREAM OF BROCCOLI STUFFED PEPPERS W/ GROUND BEEF &CHEESE, BROWN RICE GREEN BEANS WHEAT BREAD PEARS & MILK QFC	3 LENTIL SOUP BATTERED FISH TARTAR SAUCE VEGETABLE RICE PEAS & CARROTS WHEAT BREAD Cake QFC
6 CLOSED	7 CORN CHOWDER BEEF TACO, SHREDDED LETTUCE, TOMATOES & CHEESE MEXICAN RICE , BEANS, TORTILLA BANANA & MILK QFC	8 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT (KOSHER)	9 LENTIL SWEDISH MEATBALLS W/GRAVY MIXED VEGETABLES NOODLES, WHEAT BREAD PUDDING & MILK QFC	10 MINESTRONE SOUP BREADED CHICKEN CUTLET W/GRAVY PEAS & CARROTS MAC & CHEESE RYE BREAD, ORANGES & MILK QFC
13 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEACHES MILK GN KOSHER PIZZA	14 CHICKEN NOODLE SOUP JUMBO RAVIOLI W/MEAT SAUCE ITALIN BLEND VEGETABLES ITALIAN BREAD FRUIT CUP MILK QFC	15 PERSIAN BEEF STEW (LAPEH) BASMATI RICE PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT (KOSHER)	16 LENTIL SOUP SAUSAGE AND PEPPERS MARINARA SAUCE BROCCOLI PENNE , ROLL PEARS & MILK QFC	17 JUICE CHICKEN QUINOA BOWL CORN AND AVOCADO QUINOA TORTILLA ICE CREAM BANANA & MILK QFC
20 MUSHROOM BARLEY SOUP BAKED SALMON BASMATI RICE PEAS & CARROTS PEACHES MILK KOSHER,HOUSE OF SUBS	21 TOMATO RICE SOUP SLOPPY JOES FRENCH FRIES COLE SLAW BUN, CRACKERS JELLO & MILK QFC	22 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD MIXED FRUIT MILK SHIRAZ RESTAURANT (KOSHER)	23 POTATO CHOWDER STUFFED SHELLS MARINARA SAUCE SPINACH TOSSED SALAD WHEAT BREAD, BANANA & MILK QFC	24 VEGETABLE SOUP CHICKEN SORRENTINO (BREADED CHICKEN W/ EGGPLANT AND MOZZARELLA MARINARA SAUCE) MASHED POTATOES GREEN BEANS, ITALIAN BREAD PUDDING & MILK QFC
29 PASTA FOGIOLI SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARINE ORANGES MILK GN KOSHER PIZZA	30 MINESTRONE CHICKEN STEW WITH POTATOES, CARROTS & ONIONS NOODLES WHEAT BREAD PEACHES & MILK QFC			