

Great Neck Social Center

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



August 2025

Ice Cream Sandwich Thursday



Join us for a
delicious dessert

August 14th
At lunch
12 noon

cookies and cream ice cream



REKHA MEHTA BEADING CLASS

August 11

Join an amazing jewelry teacher as she shows you how to bead a bracelet professional . All supplies and tools will be provided

Monday 1 –2:30

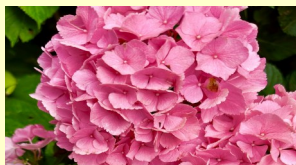
*Reservations are required
\$12. fee*

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

12:30–2:00

Wednesday



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*

Phoebe Lazarus, Ed. D.

Exec. V.P.

Thomas Mazzini, *Treasurer*

MEMBERS

Miriam Chatinover

Doris Delman

Parvaneh Khodadadian

Gladys Roth

Rita Falk

Lolli Stancotti

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

9:30-11:30

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

2:00-3:00

9/16

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

Wednesday

9:30-11:30

10:00-1:00

10:30-11:30

10:30-11:30

10:00-2:30

12 -3 :00

1:00 -2:00

2:00-3:00

Chinese Chorus
Persian Program
Bingo
Sing Along w'Mindy
Cantonese Karaoke
Open Game
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'Mindy
Ping Pong

Friday

9:30-2:30

9:30-11:30

10:-30-11:30

10:00-noon

10:30-11:30

9:30-2:00

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

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.

EVENTS



Adult Education

*Must be
60 years
to participate
at the Center*

2025

***\$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

Session 4: *Strength & Stretching*
Tues., 7/15– 9/2 (n/c 7/29)

Session 4: *Balance & Stability*

Wed., 7/16– 9/3 (n/c 7/30)

Session 4: *Strength & Stretching*

Thurs., 7/24– 9/4 (n/c 7/31)

Session 5: *Strength & Stretching*
Tues., 9/9– 10/28 (n/c 9/23)

Session 5: *Balance & Stability*

Wed., 9/10– 11/5 (n/c 9/24, 10/1)

Session 5: *Strength & Stretching*

Thurs., 9/11– 11/6 (n/c 11/18, 10, 2)

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., 7/25-9/5

Session 5: Fri., 9/19-10/31

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., 7/14-8/25

Session 5: Mon., 9/8-10/2 (n/c 10/13)

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 4 Wed., 7/30– 9/10

Session 5 Wed., 9/17– 11/5
(n/c 10/1)

Please make check out to the Great Neck Social Center.

PROGRAMS

Ping Pong

Join your friends and enjoy
an exciting game of
ping pong. There are three
regulation tables and paddles.

Thursday 1 - 3p.m.

PROJECT

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 two days in advance, Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 LENTIL SOUP VEGGIE BURGER LETTUCE & TOMATOS BUN FRENCH FRIES & KETCHUP COLE SLAW BANANA & MILK QFC
4 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	5 LENTIL SOUP GREEK SALAD GRILLED CHICKEN PASTA SALAD PITA BREAD PEARS & MILK QFC	6 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK SHIRAZRESTAURNT	7 POTATO CHOWDER SOUP SWEDISH MEATBALLS W/GRAVY NOODLES MIXED VEGETABLES ROLL MIXED FRUIT MILK QFC	8 MINESTRONE SOUP BONELESS HAWAIIAN CHICKEN RICE PILAF BROCCOLI ITALIAN BREAD PINEAPPLE CHUNKS MILK QFC
11 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD PEACHES MILK KINGKULLEN	12 LENTIL SOUP CHICKEN MARSALA RICE PILAF CARROTS ITALIAN BREAD PEARS & MILK QFC	13 MASHROOM BARLEY SOUP BAKED SALMON BASMATI RICE SPINACH WHEAT BREAD MIXED FRUIT MILK HOUSE OF SUBS	14 TOMATO RICE SOUP BATTERED FISH W/ TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS ITALIAN BREAD ICE CREAM & MILK QFC	15 WHITE BEAN SOUP SPAGHETTI & MEATBALLS ITALINA BLEND VEGETABLES ITALIAN BREAD CAKE MILK QFC
18 LENTIL SOUP PIZZA TOSSED SALAD W/ CHICKPEAS APPLESAUCE MILK GN KOSHER PIZZA	19 VEGETABLE SOUP SAUSAGE & PEPPERS MARINARA SAUCE ROASTED POTATOES BROCCOLI ITALIAN BREAD BANANA & MILK QFC	20 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD MANDARINE ORANGES MILK SHIRAZRESTAURNT	21 SPLIT PEA SOUP CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE TOSSED SALAD ITALIAN BREAD PUDDING & MILK QFC	22 CHICKEN NOODLE SOUP STUFFED PEPPERS BROWN RICE BROCCOLI RYE BREAD MIXED FRUIT & MILK QFC
25 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK KINGKULLEN	26 TOMATO RICE SOUP POT ROAST W/GRAVY MASHED POTATOES BROCCOLI RYE BREAD WATERMELON & MILK QFC	27 PERSIAN GREEN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEARS MILK GN KOSHER PIZZA	28 LENTIL SOUP STUFFED CHICKEN (SPINACH & CHEESE) YELLOW RICE ITALIAN BLEND VEGETABLES ITALIAN BREAD PUDDING & MILK QFC	29 SPLIT PEA SOUP BAKED ZITI W/ EGGPLANT ROLLATINI TOSSED SALAD ITALIAN BREAD JELLO & MILK QFC

****This program is made possible with funding from the Nassau County Department of Human Services Office for the Aging, The New York State Office for the Aging and the Administration on Aging. and the Town of North Hempstead. Menu approved by M Levine RD