

Great Neck Social Center

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



November 2026

Thanksgiving Celebration
Thursday November 19
Lunch, 12 noon



Sing Along With Mindye

Wednesday

10:30-11:30

Thursday

12:30-1:30

No registration needed



**Join your friends for an early
Thanksgiving Celebration Lunch**

**Reservation required
please sign-up in the main office**



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 9-3:30

Ann Tarcher *Executive Director*

Vali Dibra
Office Manager

Sima Wang
Program Coordinator

BOARD OF DIRECTORS:

OFFICER

Roger Chizever,
President

Thomas Mazzini,
Treasurer

MEMBERS

Miriam Chatinover
Doris Delman
Parvaneh Khodadadian
Gladys Roth
Lolli Stancotti

Monday	9:30 - 11:30 9:30 - 2:30 10:00 - 1:00 10:00 - 11:30 11:00 - 1:30 1:00 - 2:00	Chinese Dance Nurse Maria Persian program Bingo Indian gathering Conversation(Persian)
Tuesday	9:30 - 11:30 9:30 - 11:30 9:30 - 11:30 9:30 - 2:30 10:00 - 1:00 10:00 - 11:30 11:00 - 12:00 1:00 - 2:00 2:00 - 3:00	Chinese Kung Fu Rummikub Chinese Dance Modern Chinese Orchestra Persian Program Bingo Cornell Corporative World in Depth Open Discussion (Persian)
Wednesday	9:30 - 11:30 10:00 - 1:00 10:30 - 11:30 10:30 - 2:30 11:00 - 12:00 12:00 - 3:00 1:00 - 3:00	Chinese Chorus Persian program Bingo Cantonese Karaoke Sing Along with Mindye Open Game Womanspace
Thursday	9:30 - 11:30 9:30 - 11:30 10:00 - 12:00 10:00 - 2:30 10:30 - 11:30 12:30 - 1:30 12:30 - 3:00 1:00 - 3:00	ESL Hulusi Instrument Chinese Singing Mandarin Karaoke Rummikub Sing Along w/t Mindye Karaoke with Mr. Pao Ping Pong
Friday	9:30 - 11:30 9:30 - 2:00 9:30 - 2:30 10:00 - 12:00 10:30 - 11:30 1:00 - 2:00	Hulusi instrument Chinese Dance with Mrs. Li Nurse Maria Congregate group Line Dancing with Amy Hu Chinese songs with piano

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*

2026

\$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 6:

Strength & Stretching
Tues., 11/24-1/12 (n/c 12/29)

Balance & Stability
Wed., 11/25 -1/13 (n/c 12/30)

Strength & Stretching
Thurs., 12/3-1/21 (n/c 12/31)

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 spirit and help you relax.

BONNIE RUBENS
11 A.M. – NOON

Session 6: Fridays, 11/6-1/15
(n/c 11/13, 11/27, 12/25, 1/1)

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 6: Mon., 11/23-1/4

EXERCISE FOR HEALTH

Claudine Amirian

Session 6: Mon., 11/2-12/14

Session 6: Wed., 10/7-11/18



The Great Neck Social Center
is the site of a

**Project Independence
Nursing Program**

Marie Liotta R.N.

Monday and Friday
10:00 a.m.– 2:00 p.m.

**Eun Kyung Lee Ph.D.,LMSW
(P.I. Social Worker)**

Monday and Wednesday
11:00 a.m.-2:00 p.m.

November Menu

MONDAY – FRIDAY 12 P.M., RESERVATION REQUIRED TWO DAYS IN ADVANCE. MENU IS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PERSIAN GREEN SOUP GINO's PIZZA TOSSED SALAD MANDARINE ORANGES MILK	3 LENTIL SOUP CHICKEN PARMIGIANA MARINARA SAUCE PASTA, SPINACH ITALIAN BREAD, MILK, COOKIES	4 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEARS & MILK	5 POTATO CHOWDER SAUSAGE, PEPPERS & ONIONS HERO, MIXED VEGETABLES MIXED FRUIT, MILK	6 MINESTRONE SOUP CHICKEN PICATTA RICE PILAF GREEAN BEANS ITALIAN BREAD CHOCOLATE PUDDING & MILK
9 SPLIT PEA SOUP PIZZA TOSSED SALAD W/CHICKPEAS APPLESAUCE MILK	10 VEGETABLE SOUP PENNE ALLA VODKA WITH GRILLED CHICKEN TOSSED SALAD WHEAT BREAD ORANGES & MILK	11 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEARS & MILK	12 TOMATO RICE SOUP JUMBO RAVIOLI W/ MEAT SAUCE MIXED VEGETABLES WHEAT BREAD, JELLO & MILK QFC	13 WHITE BEAN SOUP SPAGHETTI & MEATBALLS ITALIAN BLEND VEGETABLES ITALIAN BREAD MIXED FRUIT QFC
16 LENTIL SOUP CHICKPEA FALAFELS TAHINA SAUCE FRENCH FRIES TASSED SALAD PEARS, MILK	17 VEGETABLE SOUP CHICKEN FRICASSEE BROAD NOODLES VEGETABLE MEDLEY WHEAT BREAD, JELOO, MILK	18 SPLIT PEA SOUP BAKED SALMON BASMATI RICE SPINACH PEACHES, MILK KOSHER HOUSE OF SUBS	19 JUICE ROAST TURKEY W/GRAVY STUFFING & CRANBERRY SAUCE MASHED SWEET POTATOES GREEN BEANS RYE BREAD, MILK APPLE CRUMB QFC	20 CHICKEN NOODLE SOUP MEAT LOAF W/GRAVY MASHED POTATOES PEAS & CARROTS RYE BREAD, CAKE, MILK QFC
23 PASTA FAGIOLI SOUP PIZZA TOSSED SALAD W/CHICKPEAS PEACHES MILK GN KOSHER PIZZA	24 TOMATO RICE SOUP SLOPPY JOE FRENCH FRIES, CRACKERS COLESLAW, BUN, MILK BANANA, MILK QFC	25 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE MILK	26 CLOSED	27 CLOSED
30 MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD W/CHICKPEAS MANDARIN ORANGES MILK				