

Great Neck Social Center

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



April 2026

Apple Pie Day

April 30, lunch

APPLE PIE

SPLIT PEA SOUP
KIELBASA WITH
SAUERKRAUT
ROASTED POTATOES
MIXED VEGETABLES
WHEAT BREAD
MILK



Join your friends and have a delicious lunch with
Apple Pie

Please make a reservation in the main office
Or call 516-487-0025

REKHA MEHTA'S BEADING CLASS

Monday 4/27 1:00 p.m.



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

\$10. fee

Reservations are required

Sing along with Mindye

Sing your favorite songs with a group of friends.

Wednesday 10:30

Thursday 12:30

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 by Ann Tarcher Wed. 12:30-2:00 April 15th for 7 weeks



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
Rita Falk
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

4/21

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
Rummikub
Chinese Dance
Persian Program
Bingo
Cornell Corporative
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'Mindy
Cantonese Karaoke
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
9:30-11:30
10: -30-11:30
10:30-11:30
1:00-2:00

Nurse Maria
Hulusi Instrument
Congregate Group
Mrs. Li: Chinese Dance
Line Dancing
Chinese singing with Piano

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

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 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)

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

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

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., 5/25-7/6

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 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.

April Menu

Monday – Friday 12 p.m., Reservation required two days in advance, Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE MILK KING KULLEN	2 CREAM OF BROCCOLI POT ROAST W/GRAVY MASHED POTATOES PEAS & CARROTS ITALIAN BREAD CHOCOLATE PUDDING, MILK QFC	3 POTATO CHOWDER SOUP BATTERED FISH TARTAR SAUCE, RICE PILAF GREEN BEANS, RYE BREAD MANDARINE ORANGES MILK QFC
6 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GINO'S PIZZA	7 VEGETABLE BARLEY SOUP ROAST TURKEY WITH GRAVY ROAST POTATOES GREEN BEANS ROLL MILK , BANANA QFC	8 ROAST CHICKEN ROAST POTATOES ITALIAN BLEND VEGETABLES WHEAT BREAD PEARS MILK KING KULLEN	9 LENTIL SOUP STUFFED SHELLS MARINARA SAUCE SPINACH RYE BREAD FRUIT CUP MILK QFC	10 TOMATO RICE SOUP CHICKEN FRANCAISE BROWN RICE MIXED VEGETABLES ITALIAN BREAD JELLO W'FRUIT MILK QFC
13 PERSIAN GREEN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	14 CREAM OF BROCCOLI CHIKEN PARMIGIANA PENNE PASTA MARINARA SAUCE TOSSED SALAD ITALIAN BREAD BANANA, MILK QFC	15 PERSIAN BEEF STEW (LAPEH) BASMATI RICE PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	16 LENTIL SOUP CHICKEN PICATTA RICE PILAF GREEN BEANS ITALIAN BREAD PEACHES MILK QFC	17 VEGETABLE BARLEY SOUP SWEDISH MEATBALLS BROWN GRAVY NOODLES PEAS & CARROTS WHEAT BREAD CAKE, MILK QFC
20 PASTA FOGIOLI SOUP CHICKPEA FALAFELS TAHINA SAUCE, PITA BREAD FRENCH FRIES TOSSED SALAD MANDARINE ORANGES MILK GN KOSHER PIZZA	21 TOMATO RICE SOUP BATTERED FISH TARTAR SAUCE MAC & CHEESE PEAS & CARROTS WHEAT BREAD JELLO, MILK QFC	22 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	23 SPLIT PEA SOUP SLOPPY JOES ON THE BUN FRENCH FRIES BROCCOLI VANILLA PUDDING MILK QFC	24 CHICKEN NOODLE SOUP JUMBO RAVIOLI MARINARA SAUCE ITALIAN BREAD FRUIT MILK QFC
27 MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD PEACHES MILK GNKOSHER PIZZA	28 WHITE BEAN SOUP CHICKEN MARSALA BROWN RICE GREEN BEANS RYE BREAD FRUIT CUP MILK QFC	29 LINTIL SOUP BAKED SALMON BASMATI RICE ITALIAN BLEND VEGETABLES WHEAT BREAD APPLESAUCE , MILK SHIRAZ RESTAURANT	30 SPLIT PEA SOUP KIELBASA W/ SAUERKRAUT ROASTED POTATOES MIXED VEGETABLES WHEAT BREAD RICE PUDDING, MILK QFC	