

Great Neck Social Center

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



April 2023

EARTH DAY 4/22



Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EARTHDAY.ORG including 1 billion people in more than 193 countries. The official theme for 2023 is Invest In Our Planet. Be a part of earth Day and be mindful of your carbon footprint and help to save the planet

Sign up for the next session:

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
Session II Fri., 4/28-6/9
11 a.m. – noon

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Pigs in a Blanket Day

Tuesday, April 25
Lunch



Fancy appetizers are great, but pigs in a blanket are always the first thing that runs out at a party, right? Insanely easy to prepare with two main ingredients, these tiny hot dogs wrapped in warm, buttery bread dough are impossible to resist. So why fight it?

Join us for lunch!!!!

Deming Lee will be conducting classes on computer technology.
Fridays from 12:45 - 2:15



The first class will start on March 3rd. There is a \$2 fee for each class. Please register in the main office for the program.

LAST MONTH'S PICTURES



General Information

Program of Activities



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

Lauren Most

Program Coordinator

BOARD OF DIRECTORS : OFFICER

Roger Chizever, *President*

Phoebe Lazarus, Ed. D.

Exec. V.P.

Thomas Mazzini, *Treasurer*

MEMBERS

Miriam Chatinover

Doris Delman

Suzette Gray

Parvaneh Khodadadian

Gladys Roth

Monday	9:30-11:30 10:00 –1p.m. 10:00 a.m. 10:30-11:30 10:00-noon 12:30– 1p.m.	Chinese Dance Persian Program Bingo Congregate Group Nurse Conversation
Tuesday 4/18	9:30-11:30 10:00 –1:00 10:00-11:00 10:30-11:30 11:00 a.m. 1:00—2p.m.	Chinese Dance Persian Program Bingo Congregate Group Cornell Cooperative World in Depth
Wednesday	9:30-11:30 10-1p.m. 10:00 a.m. 10:00 a.m. 10:30 a.m. 12 –3 p.m. 1:00 -2:30p.m. 2:00-3:00p.m.	Hulusi Instrument Persian Program Bingo Nurse Sing Along w'Mindy Open Game Womanspace Memoir Writing
Thursday	9:00-10:00 9:30-11:30 10—noon 12:30-1:30 1:00-3:00 1:00-3:00	English lesson Hulusi Instrument Chinese singing Sing Along w'Mindy Ping Pong Cantonese Opera
Friday 4/26	9:30-11:30 10:-noon 10:30-11:30 10:30-11:45 10:45-11:45 12 noon	Chinese crafts Rummikub Congregate Group English Lessons Line Dancing Birthday lunch

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.

Adult Education Classes

2023

\$40 a session for residents (G.N.)

\$65 a session for non-residents

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

All classes 10:30—11:30

Session I: Strength & Stretching

Tues., 2/21-4/7

Session I: Cardio & Coordination

Wed., 2/22-4/12 (n/c4/5)

Session I: Strength & Stretching

Thurs., 2/23-4/13 (n/c4/6)

Session II: Strength & Stretching

Tues., 4/25-6/6

Session II: Cardio & Coordination

Wed., 4/26-6/7

Session II: Strength & Stretching

Thurs., 4/27-6/8

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

Session I Fri., 2/23-4/14

11 a.m. – noon

Session II Fri., 4/28-6/9

11 a.m. – noon

Yoga: Beth

There is emphasis on basic yoga poses and balancing exercises. Our standing yoga poses

build strength, range of motion and alignment. Balancing poses improve balance of course, but also promote flexibility and focus. Bends stretch back and hamstring muscles and improve breathing. Twists aid in digestion and tone abs.

BETH MOHR

Session I: Tues., 2/21-4/7

11:30–12:30

Session II: Tues., 4/25-6/6

11:30–12:30

Yogaerobics A course focused on both seated and standing yoga poses, emphasizing mindful movement and psyche. Emphasis is placed on improving stability, balance, and over-all well-being. The goal is to extend the conditioning developed from breath-work, stretching, and strengthening in class, to everyday life. Poses are offered with modifications to accommodate all levels of students. The last segment of class consists of a guided meditation.

BONNIE RUBENS

Session I: Mon., 2/27– 4/10 , 10:30—11:30

Session II: Mon., 4/24– 6/12, 10:30—11:30
n/c 5/29

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

10-11a.m. 11—noon

Session I: Mon., 2/27– 4/10

10-11a.m.

Session I: Mon., 2/27– 4/10

11—noon

Session II: Mon., 4/24– 6/12 (n/c 5/29)

10-11a.m.

Session II: Mon., 4/24– 6/12 (n/c 5/29)

11—noon

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

Session I: Wed., 2/22-4/12 (n/c4/5)

12:30–2:30

Session II: Wed., 4/26-6/7


12:30–2:30

NEW EVENTS



April Menu

Monday – Friday 12 p.m., Reservation required, Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LENTIL SOUP BAKED SALMON BASMATI RICE SPINACH WHEAT BREAD PEACHES & MILK SHIRAZ RESTAURANT	4 SPLIT PEA SOUP SWEDISH MEATBALLS BROWN GRAVY NOODLES PEAS & CARROTS ROLL COOKIES & MILK QFR	5 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	6 CREAM OF BROCCOLI SOUP PENNE ALA VODKA WITH GRILLED CHICKEN MIXED VEGETABLES ITALIAN BREAD PUDDING MILK QFR	7 MINESTRONE SOUP POTATO, EGG & CHEESE FRITTATA WITH SPINACH TOSSED SALAD ROLL PEAR HALVES MILK QFR
10 GREEN PERSIAN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	11 SPLIT PEA SOUP ROAST TURKEY WITH GRAVY CRANBERRY SAUCE MASHED SWEET POTATOES GREEN BEANS RYE BREAD COOKIES & MILK QFR	12 ROAST CHICKEN ROAST POTATOES BROCCOLI WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	13 LENTIL SOUP STUFFED SHELLS MARINARA SAUCE SPINACH TOSSED SALAD ITALIAN BREAD PEAR HALVES & MILK QFR	14 BLACK BEAN SOUP CHICKEN CACCIATORE BOW TIE PASTA ITALIAN BLEND VEGETABLES BANANA MILK QFR
17 PERSIAN POMEGRANATE SOUP PIZZA TOSSED SALAD W/ CHICKPEAS PEACHES MILK GN KOSHER PIZZA	18 LIMA BEAN SOUP CHICKEN PARMIGIANA MENNE PASTA MARINARA SAUCE TOSSED SALAD ITALIAN BREAD PUDDING & MILK QFR	19 MINESTRONE SOUP BAKED SALMON BASMATI RICE ITALIAN BLEND VEGETABLES WHEAT BREAD MIXED FRUIT MILK SHIRAZ RESTAURANT	20 CORN CHOWDER WHITE MEAT CHICKEN STEW WITH POTATOES & CARROTS RICE PILAF PEAS & CARROTS WHEAT BREAD BANANA & MILK QFR	21 LENTIL SOUP RAVIOLI WITH MARINARA SAUCE BROCCOLI ITALIAN BREAD CAKE & MILK QFR
24 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS APPLESAUCE MILK GN KOSHER PIZZA	25 WHITE BEAN SOUP BREADED CHICKEN CUTLET WITH GRAVY ROASTED POTATOES MIXED VEGETABLES ROLL FRESH FRUIT & MILK QFR	26 MUSHROOM BARLEY SOUP BAKED SALMON BASMATI RICE SPINACH WHEAT BREAD MIXED FRUIT MILK SHIRAZ RESTAURANT	27 LENTIL SOUP VEGETABLE LASAGNA TOSSED SALAD ITALIAN BREAD PEACH HALVES MILK QFR	28 CHICKEN SOUP CHILI WITH BEEF & BEANS BROWN RICE BROCCOLI WHEAT BREAD PEAR HALVES & MILK QFR
				

****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