

Great Neck Social Center

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



September 2023

Enrichment Class

Sign up for Intermediate
Bridge Classes



JOHNNY APPLESEED DAY

Celebrate this American folk
hero with apple cider and
fresh apples
Thursday
9/21 at lunch



The Center is looking to start new programs

If you are interested in any of
these programs please sign up
in the main office

Writing, story telling,
scrabble,

mah jongg, jeopardy,
discuss groups and
more ...

also
suggestions made by you

Join us and celebrate
our September Birthdays with
delicious Birthday cake



Fri. 9/22
at lunch

Cornell Cooperative



American Heart Association.
Healthy for Good™

SEASONS OF EATING

SPRING

Artichokes
Asparagus
Carrots
Chives
Fava Beans

Green Onions
Leeks
Lettuce
Parsnips
Peas

Radishes
Rhubarb
Swiss Chard

SUMMER

Berries
Corn
Cucumbers
Eggplant
Figs
Garlic
Grapes

Green Beans
Melons
Peppers
(sweet and hot)
Stone Fruit
(apricots, cherries,
nectarines, peaches,
plums)

Summer Squash
Tomatoes
Zucchini

FALL

Apples
Brussels Sprouts
Dates

Hard Squash
(acorn, butternut,
spaghetti)

Pears
Pumpkins
Sweet Potatoes

WINTER

Bok Choy
Broccoli
Cauliflower
Celery

Citrus Fruit
(clementines,
grapefruit, lemons,
limes, oranges,
tangerines)
Endive

Leafy Greens
(collards, kale,
mustard greens,
spinach)
Root Vegetables
(beets, turnips)

KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- Shop at your local farmers market to learn more about produce and get ideas on how to prepare foods in season.
- Gardening gives you fresh seasonal produce and a little exercise, too. The sense of pride you'll feel will make that produce taste even better!
- Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium, added sugars and saturated fat.
- Freeze fresh produce so you can add it to smoothies, soups, breads and more throughout the year.

Learn more at heart.org/HealthyForGood

EAT SMART **MOVE MORE** **BE WELL**



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
Gerry Marcus
Gladys Roth

Monday

9:30-11:30
10:00 –11:30
10:00-11:30
10:30-11:30
12:30– 1p.m.

Persian Program
Bingo
Congregate Group
Nurse
Conversation

Tuesday

10:00 –1:00
10:00-11:30
11:00-noon
10:30-11:30
1:00—2p.m.

Persian Program
Bingo
Cornell Cooroperative
Jeopardy
World in Depth

Wednesday

10-1p.m.
10:00 a.m.
10:00 a.m.
10:30 a.m.
10:00-2:30
12 –3 p.m.
1:00 -2:00p.m.
2:00-3:00p.m.

Persian Program
Bingo
Nurse
Sing Along w'Mindy
Chinese Karaoke
Open Game
Womanspace
Memoir Writing

Thursday

9:00-10:15
9:30-11:30
10—noon
12:30-1:30
1-2:30
1:00-3:00
10:30-1:30

ESL
Hulusi Instrument
Chinese Singing
Sing Along w'Mindy
Chinese Card Game
Ping Pong
Cantonese Opera

Friday

10:-noon
10:30-11:30
10:30-11:30
10:45-11:45
12 noon

Rummikub
Congregate Group
ESL
Line Dancing
Birthday lunch

8/22

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.

Enrichment Classes

2023

***\$50 a session for residents (G.N.)
\$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

All classes 10:30—11:30

Session I: *Strength & Stretching*
Tues., 8/15-9/26

Session II: *Strength & Stretching*
Tues., 10/10-11/21

Session I: *Balance & Stability*
Wed., 8/16-9/27

Session II: *Balance & Stability*
Wed., 10/11-11/22

Session I: *Strength & Stretching*
Thurs., 8/17-9/28

Session II: *Strength & Stretching*
Thurs., 10/6-11/17

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 I Fri., 8/18-9/29
Session II Fri.,

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 11:30-12:30

Session I Tues., 8/15-9/26

Session II Tues., 10/10-11/21

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 I: Mon., 8/14-10/9 (n/c:9/4,9/25)

Session II: Mon., 10/16-11/27

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

12:30–2:30

Session I: Wed., 8/16-9/27

Session II: Wed., 10/11-11/22

ART STUDIO

PROJECT INDEPENDENCE



The Great Neck Social Center

is the site of a Project Independence nursing and social worker program.

**Toby Noren R.N.
(P.I. Nurse)**

Monday and Wednesday
10:30a.m.– 12:30 p.m.

**Shahzad Moadel MS
(P.I. Social Worker)**

Wednesday
11 a.m.-1 p.m.

September Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 MINESTRONE SOUP BAKED ZITI BROCCOLI ITALIAN BREAD COOKIES MILK QFR
4 CLOSED	5 LENTIL SOUP BEEF TACO W/ SHREDDED LETTUCE TOMATOES & CHEESE TORTILLA MEXICAN RICE W/ BEANS STRING BEANS PUDDING & MILK QFR	6 MINESTRONE SOUP BAKED SALMON BASMATI RICE SPINACH WHEAT BREAD MIXED FRUIT MILK SHIRAZ RESTAURANT	7 SPLIT PEA SOUP VEGGIE BURGER W/ LETTUCE & TOMATOES ON ROLL ROASTED POTATOES MIXED VEGETABLES BANANA & MILK QFR	8 VEGETABLE SOUP ROAST CHICKEN W/ GRAVY BROWN RICE PILAF TOSSED SALAD RYE BREAD COOKIES & MILK QFR
11 ROAST CHICKEN ROAST POTATOES MIXED VEGETABLES WHEAT BREAD PEACHES MILK SHIRAZ RESTAURANT	12 VEGETABLE SOUP BREADED FISH & TARTAR SAUCE MASHED POTATOES PEAS & CARROTS WHEAT BREAD COOKIES & MILK QFR	13 ROAST CHICKEN ROAST POTATOES ITALIAN BLENDS VEGETABLES WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	14 CORN CHOWDER SOUP SWEDISH MEATBALLS W/GRAVY NOODLES BEETS WHEAT BREAD MIXED FRUIT & MILK QFR	15 MINESTRONE SOUP CHICKEN PICATTA BROWN RICE BROCCOLI RYE BREAD PUDDING & MILK QFR
18 PERSIAN GREEN SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	19 LENTIL SOUP BREADED CHICKEN CUTLET W/GRAVY ,CORN, SPINACH WHOLE WHEAT BREAD PEACHES & MILK QFR	20 SPLIT PEA SOUP BAKED SALMON BASMATI RICE PEAS & CARROTS WHEAT BREAD MIXED FRUIT MILK SHIRAZ RESTAURANT	21 MINESTRONE SOUP CHICKEN MARSALA BROWN RICE GREEN BEANS WHEAT BREAD COOKIES & MILK QFR	22 CREAM OF BROCCOLI SOUP RAVIOLI W/MEAT SAUCE ITALIAN BLEND VEGETABLES ITALIAN BREAD CAKE & MILK QFR
25 ROAST CHICKEN ROAST POTATOES ITALIAN BLENDS VEGETABLES WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	26 MINESTRONE SOUP BAKED CHICKEN W/ GRAVY RICE PILAF BROCCOLI WHEAT BREAD PUDDING & MILK QFR	27 ROAST CHICKEN ROAST POTATOES SPINACH WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	28 CHICKEN NOODLE SOUP POT ROAST W/GRAVY MASHED POTATOES PEAS & CARROTS WHEAT BREAD FRESH FRUIT & MILK QFR	29 JUICE HAMBURGER LETTUCE & TOMATOES ON ROLL POTATO SALAD COLE SLAW BANANA & MILK QFR