

Great Neck Social Center

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



January 2022

*Don't forget to sign
up for Adult Ed.
Classes.
Classes fill quickly*

Winter Party

Thursday

January 6

Noon

Please make a reservation
in the main office or call



WOMENSPACE LUNCHEON

JANUARY 5

1 p.m.

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Ronald Fatoullah & Associates is an elder law firm dedicated to advising senior citizens and their families regarding the legal and financial challenges of aging. For more than 30 years, the law firm has assisted countless clients with Medicaid eligibility, nursing home matters, trusts and estates, probate, estate litigation, taxation, guardianships and special needs planning. In addition to the law firm, Ron is a partner advisor with AdvicePeriod, a wealth advisory firm.

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General Information



Great Neck Social Center

80 Grace Avenue , G.N. NY 11021
Phone: (516) 487-0025
Fax: (516) 487-4738
Website:
www.gnsocialcenter.org

Hours:
 Monday-Friday 9-4:00

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Vali Dibra, Office Manager

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PROGRAM OF ACTIVITIES

Monday	12:30p.m.	English
	10:00 a.m.	Bingo
Tuesday	10:30 a.m.	Exercise with Beth
	1:00 p.m.	World in Depth
Wednesday	10:30 a.m.	Sing Along with Mindye
	11:00 a.m.	Cornell Cooperative
Thursday	1:00 a.m.	Womanspace
	11:30 a.m.	Romeo's
Friday	1:00 p.m.	Ping Pong
	9:45 a.m.	Tai Chi



Omicron Variant

The Omicron variant has been detected in the United States. CDC and its public health partners are closely monitoring the emergence of this variant of concern.

Information about Variants: Viruses constantly change through mutation and sometimes these mutations result in a new variant of the virus. Some variants emerge and disappear while others persist. New variants will continue to emerge. CDC and other public health organizations monitor all variants of the virus that causes COVID-19 in the United States and globally.

The Delta variant causes more infections and spreads faster than the original SARS-CoV-2 strain of the virus that cause COVID-19. Vaccines remain the best way to reduce your risk of severe illness, hospitalization, and death from COVID-19.

Top Things You Need to Know

1. New variants of the virus are expected to occur. Taking steps to reduce the spread of infection, including getting a COVID-19 vaccine, are the best way to slow the emergence of new variants.
2. Vaccines reduce your risk of severe illness, hospitalization, and death from COVID-19.

COVID-19 booster doses are recommended for adults ages 18 and older. Teens 16–17 years old who received Pfizer-BioNTech COVID-19 vaccines can get a booster dose if they are at least 6 months post their initial Pfizer-BioNTech vaccination series.

Adult Education Classes

\$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 (blankets are not necessary) for the Thursday class.

SHARON EPSTEIN

Session III: *Cardio & Coordination*

Tues., Jan. 18- Mar 1, 10:30–11:30 a.m.

Session III: *Body Shaping*

Wed., Jan. 19- Mar 2, 10:30–11:30 a.m.

Session III: *Strength & Stretching*

Thurs., Jan.20-Mar. 3, 10: 30-11:30

Session IV: *Cardio & Coordination*

Tues., Mar. 15– Apr 26, 10:30–11:30 a.m.

Session IV: *Body Shaping*

Wed., Mar. 16– Apr.27, 10:30–11:30 a.m.

Session IV: *Strength & Stretching*

Thurs., Mar. 17– Apr. 28, 10: 30-11:30

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 III: Fri., Jan.21– Mar. 4, 11 a.m. – noon

Session IV Fri., Mar. 11– Apr. 29, 11 a.m. – noon

Yoga 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. **Prerequisite:** Students should be ambulatory without assistive devices and be able to stand for an extended period of time. .

BETH MOHR

Session III:

Tues., Jan. 18- Mar 1, 11:30–12:30 p.m.

Tues., Mar. 15– Apr. 26, 11:30–12:30 p.m.

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 wellbeing. 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.

CAROLYN CARPENTIERE

Winter

Session III: Mon., Jan.10– Feb. 28, (no class 1/17, 2/21) 10:30 -11:30 a.m.

Session IV: Mon., Mar.14– Apr. 25, 10:30 - 11:30 a.m.

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

Session III: Mon., Jan.10– Feb. 28, 10:30 - 11:30 a.m.

Session IV: Mon., Mar. 14– Apr. 25, 10:30 - 11:30 a.m.

Art Studio

Session III: Wed., Jan.19– Mar. 2, 12 –2 p.m.

Session IV: Wed., Mar.16– Apr. 27, 12 –2 p.m.

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January Menu

GRAB & GO MEALS: Monday – Friday 12 p.m., Reservation required, Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED	4 SPLIT PEA SOUP VEGGIE BURGER LETTUCE & TOMATOES BUN ROASTED POTATOES CARROTS FRUIT CUP & MILK 5D	5 BAKED SALMON RICE PEAS & CARROTS WHEAT BREAD PEACHES MILK SHIRAZ RESTAURANT	6 VEGETABLE BEAN SOUP STUFFED SHELLS W/ MARINARA SAUCE & SPINACH BROCCOLI ITALIAN BREAD BANANA MILK 5D	7 MUSHROOM BARLEY SOUP MEATLOAF W/GRAVY MASHED POTATOES PEAS & CARROTS WHEAT BREAD COOKIES MILK 5D
10 ROAST CHICKEN ROAST POTATOES PEAS & CORROTS WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	11 MINESTRONE SOUP RAVIOLI W/MARINARA SAUCE TOSSED SALAD ITALIAN BREAD BANANA MILK 5D	12 MUSHROOM BARLEY SOUP PIZZA TOSSED SALAD W/ CHICKPEAS FRUIT CUP MILK GN KOSHER PIZZA	13 LENTIL SOUP CHICKEN W/GRAVY MASHED POTATOES RED CABBAGE ITALIAN BREAD APPLESAUCE MILK 5D	14 CORN CHOWDER SOUP CHICKEN BURRITO MEXICAN RICE MIXED VEGETABLES COOKIES MILK 5D
17 CLOSED	18 SPLIT PEA SOUP ROASTED CHICKEN MASHED POTATOES PEAS & CARROTS RYE BREAD APPLESAUCE MILK 5D	19 ROAST CHICKEN ROAST POTATOES ITALIAN BLENDS VEGETABLES WHEAT BREAD PEARS MILK SHIRAZ RESTAURANT	20 POTATOE CHAWDER SOUP HAMBURGER CHEESE BAKED BEANS COLE SLAW FRUIT CUP MILK 5D	21 VEGETABLE SOUP CHICKEN FAJITAS PEPPERS & ONIONS MEXICAN RICE & BEANS TOSSED SALAD CAKE MILK 5D
24 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MANDARIN ORANGES MILK GN KOSHER PIZZA	25 LENTIL SOUP ROAST CHICKEN W/ GRAVY ROASTED POTATOES PEAS & CARROTS RYE BREAD COOKIES MILK 5D	26 BAKED SALMON RICE SPINACH WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT	27 CHICKEN NOODLE SOUP SWEDISH MEATBALLS W/GRAVY NOODLES GREEN BEANS WHEAT BREAD PEARS MILK 5D	28 MINESTRONE SOUP BREADED FISH TARTAR SAUCE MASHED POTATOES SPINACH ROLL PUDDING & MILK
31 BAKED SALMON RICE PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK SHIRAZ RESTAURANT				

****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. Menu approved by M Levine RD

Suggested Donation for lunch is \$3.00