Great Neck Social Center

80 Grace Avenue

Great Neck NY 11021

Tel: 516-487-0025



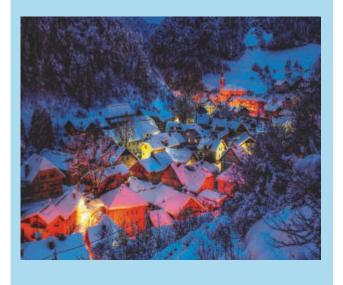
January 2022

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.

Join the ladies of Womenspace for their luncheon. Please call to make a reservation 516-487-0025

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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

Ann Tarcher, Executive Director Vali Dibra, Office Manager

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PROC	SKAWI OF ACT	IVIIIES
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
	1:00 a.m.	Womanspace
Thursday	11:30 a.m.	Romeo's
	1:00 p.m.	Ping Pong
Friday	9:45 a.m.	Tai Chi
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PROGRAM OF ACTIVITIES



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 nonresidents

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 selfimage. 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

BONNIE RUBENS

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.

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 voga 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 -

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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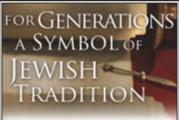
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January Menu

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 BROCOOLI 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	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 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				