

Great Neck Social Center

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



April 2021

RECYCLE ANY OLD OR UNWANTED CLOTHING!

You can recycle almost anything. From old clothes & shoes to belts, purses, hats, backpacks. Put it in our *Clothing Recycle Bin* located outside the center.

- Reduce solid waste & save landfill space
- Benefit charities & people living in developing countries
- Reduce the carbon footprint & conserves energy
- U.S. consumes more clothing than any other nation worldwide

VISIT US ONLINE!

www.gnsocialcenter.org

Check out our website to find great zoom classes. The activities range from exercise classes to creative writing. We have the meeting links on our site, along with the schedule for the week, the meeting ID and password. There are about three to four classes being held virtually per day.

For all of our Chess lovers — you can now play online, at no cost. Eli, a student from Great Neck South High is looking for a chess match on Fridays at 3 P.M. He is an intermediate player. All you need is a desktop, ipad, or laptop. Visit our website for more info on contacting Eli for a chess match.

SHED THE MEDS

Safely dispose of expired, old, or unused prescriptions or OTC medications, sharps (needles), or pharmaceutical waste at the Great Neck Water Pollution Control District's *CONTACT-LESS DRIVE THRU*

SUNDAY APRIL 25th
10:30 AM - 1:30 PM

236 East Shore Road, Great Neck

This way of disposal protects the environment along with our water system. This is also an effective way for residents to eliminate the risk of medications getting into the hands of children or those who might misuse them.

Spring Session 1 of Community Education classes:

- Cardio & Coordination w/ Sharon
Tues 10:30 a.m.
- Body Shaping w/ Sharon
Wed 10:30 a.m.
- Strength & Stretching w/ Sharon
Thurs 10:30 a.m.
- Yoga: Mat w/ Beth Tues 10:15 a.m
- Yoga (chair) w/ Beth Tues 11:30 a.m.
- Yogaerobics w/ Carolyn Mon
10:30 a.m.
- Yoga Meditation w/ Bonnie Fri 11 a.m.

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*

Natasha Bhan, *Program Coordinator*

BOARD OF DIRECTORS :

OFFICERS

John Ryan, *Co-President*

Roger Chizever, *Co-President*

Phoebe Lazarus, Ed. D., *Exec. V.P.*

Helen Weinberg, *V.P. Policy*

Ellen Permut, *V. P. Programming*

Thomas Mazzini, *Treasurer*

MEMBERS

Miriam Chatinover

Doris Delman

Suzette Gray

Parvaneh Khodadadian

Gladys Roth

Sylvia Fassler

Sandi Kendall

ADVISORY BOARD

Hon. Judi Bosworth

Mayor Jean Celender

Hon. Anna Kaplan

PROGRAM OF ACTIVITIES

Monday	9:30 a.m.	Tai Chi
Tuesday	11:00 a.m.	Movie Day
Wednesday	11:00 a.m.	Light Exercise
Thursday	11:00 a.m.	Bingo
Friday	9:45 a.m.	Tai Chi

Visit us online! www.gnsocialcenter.org

VACCINATION HOTLINE FOR SENIORS



Nassau County is launching a designated hotline to answer seniors' questions about the COVID-19 vaccines and to help them book an appointment. The hotline is now open and available from

Monday—Sunday 9 AM to 4:45 PM
(516) 227 9590

To preregister for a COVID-19 vaccination with the Nassau County Department of Health or for a list of vaccine locations, please visit:

www.nassaucountyny.gov/vaccine

COVID-19 VACCINATION SCAM PREVENTION:

There are reports of scams involving phony appointments for the COVID vaccine. People have received emails, phone calls or text messages supposedly from local health departments offering to put them on a vaccine registration list that doesn't really exist and then charging them for appointments. We urge you to be extremely cautious. You should not be charged just for being put on a list. If you receive a contact like this you should call your doctor's office or your local health department to try and verify that such a list exists.

Nutrition Education

GET THE FACTS: Sources of Sodium in Your Diet



All across the United States, high sodium intake is a major problem. On average, American adults eat more than 3,400 milligrams (mg) of sodium each day, which is significantly higher than the recommended limit. The *2015–2020 Dietary Guidelines for Americans* recommend that Americans consume less than 2,300 mg of sodium each day as part of a healthy eating pattern.

The vast majority of U.S. adults eat more sodium than they need. Having accurate information about where dietary salt comes from can help Americans stick to the recommendations.

The Salt Shaker Is Not to Blame

- More than 70% of the sodium Americans eat comes from restaurant, prepackaged, and processed foods.
- Only about 5% of dietary sodium is added at the table.

Surprising Sources of Sodium

- Lots of packaged and processed foods can have high levels of sodium, and they may not even taste salty to many consumers.
- Breads and rolls, pizza, and sandwiches are top contributors of sodium in the American diet.
- For example, one slice of bread can contain anywhere from 80 to 230 mg of sodium.
- Lunch meats are a major source—1 serving, around 6 thin slices, typically can contain 750 mg or more of sodium.

Food	Sodium Range (in milligrams)
1 slice white bread	80 - 230
3 oz turkey breast, deli or pre-packaged luncheon meat	450 - 1,050
4 oz slice frozen pizza, plain cheese, regular crust	370 - 730
4 oz slice restaurant pizza, plain cheese, regular crust	510 - 760
4 oz boneless, skinless chicken breast, fresh	40 - 330
3 oz chicken strips, restaurant, breaded	430 - 900
3 oz chicken nuggets, frozen, breaded	200 - 570
1 cup chicken noodle soup, canned prepared	100 - 940
1 corn dog, regular	350 - 620
1 cheeseburger, fast food restaurant	710 - 1,690
1 oz slice American cheese, processed (packaged or deli)	330 - 460
1 cup canned pasta with meat sauce	530 - 980
5 oz pork with barbecue sauce (packaged)	600 - 1,120
1 oz potato chips, plain	50 - 200



Sodium levels of the same food can vary widely, so choose wisely.



Adult Education Classes

The following courses are offered through the Adult Education Program at the Great Neck Social Center:

Advanced registration is required. There is a mandatory \$5 late fee if you do not sign up within 3 business days of the 1st day of class.

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 will be specific exercises for balance, flexibility, strength, and endurance. Bring weights and bands, as they are needed for the Thursday class. (Mat, towel/blankets **are not** necessary).

SHARON EPSTEIN:

Spring

Session I: **Cardio & Coordination** Seven Tuesdays, April 13 – May 25, 10:30–11:30 a.m.

Session I: **Body Shaping** Seven Wednesdays, April 14 – May 26, 10:30–11:30 a.m.

Session I: **Strength & Stretching** Seven Thursdays, April 15 – May 27, 10:30–11:30 a.m.

Yoga There is emphasis on basic yoga poses and balancing exercises. Started seated as we do breathing techniques to relax and ground. Stretch, warmup and prepare to stand up from a seated position without using your hands and stay standing for the remainder of class. Our standing yoga poses build strength, range of motion, alignment and stamina. Our balancing poses improve balance of course, but also promote flexibility and focus. Forward bends stretch back and hamstring muscles; back bends 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. Please wear comfortable clothing and bring water. Please don't eat one hour before class.

BETH MOHR

Spring

Session I: Seven Tuesdays, April 13 – May 25, 11:30 a.m. – 12:30 p.m.

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

Spring

Session I: Seven Fridays, April 16 – May 28, 11 a.m. – Noon.

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 and supports to accommodate all levels of students. The last segment of class consists of a guided meditation which seals in the benefits of the physical and mental components of the practice.

CAROLYN CARPENTIERE

Spring

Session I: Seven Mondays, April 12 – May 24, 10:30-11:30 a.m

Residents Fee: \$40/session.

Non-Residents Fee: \$65/session.

*****Must wear a mask for the duration of the class.**

PHOTOGRAPHS



April Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kosher menu available. Call us at (516) 487-0025			1 BREADED CHICKEN CUTLET W/ GRAVY ROASTED POTATOES BROCCOLI RYE BREAD JUICE FRESH FRUIT MILK	2 TUNA FETA CHEESE BEETS CHICKPEAS WHEAT BREAD PEACHES MILK
5 CHICKEN FRANCAISE BROWN RICE BROCCOLI WHEAT BREAD JUICE FRESH FRUIT MILK	6 POT ROAST W/ GRAVY MASHED POTATOES GREEN BEANS JUICE ROLL FRESH FRUIT MILK	7 CHICKEN W/ GRAVY RED CABBAGE ROASTED POTATOES ROLL JUICE FRESH FRUIT MILK	8 SWEDISH MEATBALLS W/ GRAVY NOODLES PEAS & CARROTS JUICE WHEAT BREAD FRESH FRUIT MILK	9 TUNA FETA CHEESE BEETS CHICKPEAS WHEAT BREAD PEACHES MILK
12 ROAST TURKEY W/ GRAVY & CRANBERRY SAUCE MASHED SWEET POTATOES GREEN BEANS WHEAT BREAD JUICE FRESH FRUIT MILK	13 CHICKEN PICATTA RICE PILAF BROCCOLI ITALIAN BREAD JUICE FRESH FRUIT MILK	14 KEILBASA W/ SAUERKRAUT RED POTATOES GREEN BEANS RYE BREAD JUICE FRESH FRUIT MILK	15 SLOPPY JOES ON A ROLL BAKED BEANS CORN ROLL JUICE FRESH FRUIT MILK	16 TUNA FETA CHEESE BEETS CHICKPEAS WHEAT BREAD PEARS MILK
19 SPINACH QUICHE BEETS HASH BROWN POTATOES ROLL JUICE FRESH FRUIT MILK	20 BAKED ZITI W/ EGGPLANT BROCCOLI JUICE ITALIAN BREAD FRESH FRUIT MILK	21 HAMBURGER W/ CHEESE ON A BUN STEAK FRIES COLE SLAW JUICE FRESH FRUIT MILK	22 SALMON CAKE W/ DILL ROASTED POTATOES MIXED VEGGIES WHOLE WHEAT BREAD JUICE FRESH FRUIT MILK	23 TUNA FETA CHEESE BEETS CHICKPEAS WHEAT BREAD ORANGES MILK
26 ROAST CHICKEN W/ GRAVY ROASTED POTATOES BROCCOLI JUICE RYE BREAD FRESH FRUIT MILK	27 CHICKEN PASTA ITALIAN VEGGIES ITALIAN BREAD JUICE FRESH FRUIT MILK	28 BAKED BREADED FISH W/ TARTAR MAC & CHEESE STEWED TOMATOES JUICE WHEAT BREAD FRESH FRUIT MILK	29 CHICKEN W/ GRAVY RED CABBAGE MASHED POTATOES RYE BREAD JUICE FRESH FRUIT MILK	30 TUNA FETA CHEESE BEETS CHICKPEAS WHAT BREAD ORANGES MILK

****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