

Great Neck Social Center

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



July 2021

Tai Chi

Fridays 9:45 a.m.

Join us every Friday morning for this free class. Improve your balance, increase your muscle strength. It also helps with chronic conditions. Tai Chi is also proven to enhance your immune system and can improve your mood and sleeping patterns. Tai Chi is a great way to start your day!



Spring-Summer session of classes:

- Cardio & Coordination with Sharon on Tuesdays at 10:30 a.m.
- Body Shaping with Sharon on Wednesdays at 10:30 a.m.
- Strength & Stretching with Sharon on Thursdays at 10:30 a.m.
- Yoga (chair) with Beth on Tuesdays at 11:30 a.m.
- Yogaerobics with Carolyn on Mondays at 10:30 a.m.
- Yoga Meditation with Bonnie on Fridays at 11:15 a.m.

Sing Along with Phoebe and Mindye

While music is proven to help with memory, actively participating in music has shown to have many other health benefits for seniors.

This includes pain and stress relief, which can lead to a reduced need for medicine and an overall healthier life. Join us every Wednesday at 10:30 a.m. to be serenaded by Phoebe and Mindye and our wonderful seniors. Seniors can request a certain song

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

BOARD OF DIRECTORS : OFFICERS

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Gladys Roth
Sylvia Fassler
Sandi Kendall

PROGRAM OF ACTIVITIES

Monday	9:45 a.m.	Tai Chi
(May 7th)	11 a.m.	Eating for a Healthy Gut
Tuesday	10:30 a.m.	World in Depth
Wednesday	10:30 a.m.	Sing Along w/ Mindye
Thursday	10:30 a.m.	Movie Day
Friday	9:45 a.m.	Tai Chi



World in Depth Tuesdays 10:30 a.m.

Meet a bright, animated group of men and women every Tuesday morning at 10:30 a.m. They talk and make sense out of what goes on in the world today. How do they do that? Well, we have a cadre of great moderators who keep us on topic, even when the discussion gets heated. These superstars are people like Dr. Stan Dacher, Ms. Dana Epifan, Mr. Martin Bomser, and an occasional Guest Moderator. No charge to come and put in your own opinion!

COVID-19 vaccines are effective

COVID 19-vaccines are COVID-effective. They can keep you from getting and spreading the virus that causes COVID-19. Learn more about the different COVID-19 vaccines.

- COVID-19 vaccines also help keep you from getting seriously ill even if you do get COVID-19.

Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.

Once you are fully vaccinated, you can start doing more

After you are fully vaccinated for COVID-19, you can resume many activities that you did before the pandemic. You can resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

People are not considered fully vaccinated until 2 weeks after their second dose of the Pfizer-BioNTech or Moderna COVID-19 vaccine, or 2 weeks after a single-dose of Johnson & Johnson's Janssen COVID-19 vaccine. You should keep using all the tools available to protect yourself and others until you are fully vaccinated.

COVID-19 vaccines are safe

- COVID-19 vaccines were developed using science that has been around for decades.
- COVID-19 vaccines are not experimental. They went through all the required stages of clinical trials. Extensive testing and monitoring have shown that these vaccines are safe and effective.

COVID-19 vaccines have received and continue to undergo the most intensive safety monitoring in U.S. history. Learn more about how

Adult Education Classes

The following courses are offered through the Adult Education Program at the Great Neck Social Center: **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'll be specific exercises for balance, flexibility, strength, & endurance. Bring weights and bands for the Thursday class. (Mat, towel/blankets **are not** necessary).

SHARON EPSTEIN:

Spring

Session II: **Cardio & Coordination** Seven Tuesdays, June 8 – July 20, 10:30–11:30 a.m.

Session II: **Body Shaping** Seven Wednesdays, June 9 – July 21, 10:30–11:30 a.m.

Session II: **Strength & Stretching** Seven Thursdays, June 10 – July 22, 10:30–11:30 a.m.

Summer

Session III: **Cardio & Coordination** Seven Tuesdays, August 3 – September 14, 10:30–11:30 a.m.

Session III: **Body Shaping** Seven Wednesdays, August 4 – September 15, 10:30–11:30 a.m.

Session III: **Strength & Stretching** Seven Thursdays, August 5 – September 16, 10:30–11:30 a.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 II: Seven Fridays, June 11 – July 23, 11:15 a.m. – 12:15 p.m.

Summer

Session III: Seven Fridays, August 6 – September 17, 11:15 a.m. – 12:15 p.m.

Yoga There is emphasis on basic yoga poses and balancing exercises. Started seated as we do b 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 II: Seven Tuesdays, June 8 – July 20, 11:30 a.m. – 12:30 p.m.

Summer

Session II: Seven Tuesdays, August 3 – September 14, 11:30 a.m. – 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 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 II: Seven Mondays, June 7 – July 19, 10:30 – 11:30 a.m.

Summer

Session III: Seven Mondays, August 2 - September 20, (no class 9/6) 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



July Menu

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

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