

Great Neck Social Center

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



November 2020

Shed the Meds

The Great Neck Water Pollution Control District encourages all Town of North Hempstead residents to utilize the District's free medication disposal drive-thru on

**Sunday, November 8
from 10:30 a.m. 1:30 p.m.**

The pharmaceutical drop off event will be held at District headquarters at
236 East Shore Road.

The District will be accepting expired and unused medications via a drive-thru process that is both quick and ensures that the pharmaceutical waste is disposed of safely. Visitors are directed to enter from the East Shore Road entrance & then exit onto Vista Hill Road following the drop off.

- 550 pounds of expired and unused medications collected in 2019
- Flushing medications down the toilet endangers the community's water supply and environment.
- In between events, residents can get free pharmaceutical disposal kits that can be used throughout the year
- Avoid old/unused medication getting into the wrong hands

Getting a flu vaccine during 2020-2021 is more important than ever because of the ongoing COVID-19 pandemic. Flu vaccination is especially important for adults 65 years and older, who account for most hospitalizations and deaths from flu and from COVID-19. Senior citizens are at high risk of developing serious complications from flu. Flu vaccines are updated each season as needed to keep up with changing viruses. Also, immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against flu.

- *One type of flu vaccine for older adults is called Fluzone. This is a high-dose trivalent vaccine. It is designed to strengthen the immune system response in older adults, thus lowering the risk of infection.*
- *Another flu vaccine is FLUAD, a standard-dose trivalent shot made with adjuvant. Adjuvant is another ingredient that produces a stronger immune system response. It's also designed specifically for people ages 65 and older.*

Visit your local drugstore/pharmacy or your doctor for more info on how to get the flu shot.

Fall-Winter 2020-21 Session 2 of Community Education classes:

Reservations required for our amazing fitness courses held throughout October-December 2020.

- Body Shaping with Sharon on Wednesdays & Thursdays
- Yoga & Yoga Mat with Beth on Tuesdays
- Yogaerobics with Carolyn on Wednesdays
- Yoga Meditation with Bonnie on Fridays

Residents Fee: \$40 for seven weeks of classes. Payment by check ONLY. Please call us at (516)487-0025 for more info on classes or safety protocols. Space is limited for each class so please reserve your spot early. First come first serve basis.

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 :

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ADVISORY BOARD

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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

We have become more tech savvy as the months have passed. Find a nice quiet spot at home to workout. Our website features yoga and tai chi videos, led by the familiar faces of Ms. Carolyn Carpentiere & Mr. Joseph Panico. We also have our Wednesday & Friday mornings tai chi video in Chinese, and if you don't speak the language you can always follow along.

Our great Veterans! This year marks the 101st anniversary of the signing of the armistice and the creation of Armistice/Veterans Day. Most people recognize the date of Nov. 11 as Veterans Day in the United States and not Armistice Day. The day recognized the cessation of hostilities on the Western Front during World War I. It took effect at eleven o'clock in the morning – the “eleventh hour of the eleventh day of the eleventh month” — in Nov. of 1918. It officially became a national holiday on Nov. 11, 1919.

Veteran Services: There are special veterans' benefits available to people 65 and older who either served 90 days or more of honorable active wartime service or served less time but were discharged because of disabilities related to their service. Widows and widowers of such veterans may also be eligible for benefits regardless of their age. The Veterans Service Agency handles the processing of claims for compensation, pension benefits, educational entitlements, property tax exemptions and burial benefits, and assists with the appeals process. In addition, it coordinates a volunteer transportation program for veterans to the VA Hospital in Northport and the V.A. Clinic in East Meadow.

Veterans Service Agency
2201 Hempstead Tpke Building 'Q'
East Meadow, NY 11554
(516) 572-6565

COVID-19



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COVID-19 TESTING

- Viral and Antibody Testing Now Available to All Residents (With or Without Symptoms)
- Call 516-396-7500 to inquire about testing information.
- Appointments are scheduled Monday - Friday from 9:00 am to 1:00 pm in Hempstead, Freeport, Elmont & Westbury & Long Beach
- Also speak with your primary care physician or local urgent care center about getting tested.

HOW TO PROTECT YOURSELF AND OTHERS

- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing
- If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick. Some people without symptoms may be able to spread the virus.
- Stay home as much as possible and avoid non-essential travel.
- Practice social distancing by keeping at least 6 feet — about two arm lengths — away from others if you must go out in public.
- Stay connected with loved ones through video and phone calls, texts and social media.
- Cover your mouth and nose with a mask when around others and when you must go out in public.
- Cover your coughs and sneezes. Use a tissue to cover your nose and mouth, and throw used tissues in a lined trash can. If a tissue isn't available, cough or sneeze into your elbow — not your hands.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks, etc.

WHO IS AT A HIGHER RISK?

- Older adults and people who live in a nursing home, or long-term care facility
- People with serious underlying medical conditions, particularly if not well controlled, such as heart, lung or liver disease; diabetes; moderate to severe asthma; severe obesity; and chronic kidney disease undergoing dialysis.
- People with a weakened immune system, including those undergoing cancer treatment, smoking and having other immunocompromised conditions.

WHAT ARE THE SYMPTOMS?

- Symptoms include fever, cough, and shortness of breath
- Some show no symptoms at all, causing them to be asymptomatic
- Lost of smell or taste
- Flu-like symptoms, cold sweats, nasal congestion

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: Body Shaping 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:

Fall Session II: Seven Wednesdays, October 21 – December 16 (no class 11/11 & 11/25), 10:30–11:30 a.m.

Session II: Seven Thursdays, October 29 – December 17 (no class 11/26), 10:30–11:30 a.m.

Winter Session III: Seven Wednesdays, January 6 – February 24 (no class 2/17), 10:30–11:30 a.m.

Session III: Seven Thursdays, January 7 – February 25 (no class 2/18), 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

Fall Session II: Seven Tuesdays, November 3 – December 15, 11:30 a.m.–12:30 p.m.

Winter Session III: Seven Tuesdays, January 5 – February 23 (no class 2/16), 11:30 a.m.–12:30 p.m.

Yoga: Mat On mats, relieve tension, aches, and pains through slow stretching and flexibility movements. Breathing and relaxation techniques introduced.
BETH MOHR

Fall Session II: Seven Tuesdays, November 3 – December 15, 10:15–11:15 a.m.

Winter Session III: Seven Tuesdays, January 5 – February 23 (no class 2/16), 10:15–11:15 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

Fall Session II: Seven Fridays, October 30 – December 18 (no class 11/27), 11 a.m. –Noon

Winter Session III: Seven Fridays, January 8 – March 5 (no class 2/12 & 2/19), 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

Fall Session II: Seven Wednesdays, October 21 – December 16 (no class 11/11 & 11/25), 11:30 a.m.–12:30 p.m.

Winter Session III: Seven Wednesdays, January 6 – February 24 (no class 2/17), 11:30 a.m.–12:30 p.m.

Residents Fee: \$40/session.

Non-Residents Fee: \$65/session.

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

LAST MONTH'S EVENTS



November Menu

LUNCH SERVED: MON.– Friday 12 p.m., Reservation required, Menu is subject to change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 2 CHICKEN FAJITAS W/ PEPPERS & ONIONS MEXICAN RICE BEANS JUICE FRESH FRUIT MILK | 3 VEGGIE BURGER W/ LETTUCE & TOMATOES BAKED POTATO GREEN BEANS JUICE ROLL FRESH FRUIT MILK | 4 SALISBURY STEAK W/ GRAVY MASHED POTATOES PEAS & CARROTS JUICE RYE BREAD FRESH FRUIT MILK | 5 RAVIOLI W/ MARINARA SAUCE ITALIAN BLEND VEGETABLES JUICE ITALIAN BREAD FRESH FRUIT MILK | 6 TUNA STUFFED GRAPE LEAF CHICKPEAS WHEAT BREAD FRESH FRUIT MILK |
| 9 PASTA BROCCOLI CAULIFLOWER CARROTS JUICE FRESH FRUIT MILK | 10 CHICKEN FRANCAISE BROWN RICE GREEN BEANS JUICE RYE BREAD FRESH FRUIT MILK | 11 BREADED FISH W/ TARTAR SAUCE MASHED POTATOES SPINACH JUICE ROLL FRESH FRUIT MILK | 12 MEATLOAF W/ GRAVY MASHED POTATOES PEAS & CARROTS JUICE WHEAT BREAD FRESH FRUIT MILK | 13 TUNA STUFFED GRAPE LEAF CHICKPEAS WHEAT BREAD FRESH FRUIT MILK |
| 16 PENNE ALA VODKA W/ GRILLED CHICKEN SPINACH JUICE ITALIAN BREAD FRESH FRUIT MILK | 17 BEEF BURGER ON A ROLL W/ LETTUCE & TOMATOES MIXED VEGETABLES ROASTED POTATOES JUICE FRESH FRUIT MILK | 18 BEEF & BROCCOLI BROWN RICE ORIENTAL BLEND VEGETABLES JUICE RYE BREAD FRESH FRUIT MILK | 19 CHICKEN PICATTA RICE PILAF BROCCOLI JUICE ITALIAN BREAD FRESH FRUIT MILK | 20 TUNA STUFFED GRAPE LEAF CHICKPEAS WHEAT BREAD FRESH FRUIT MILK |
| 23 GRILLED CHICKEN W/ RANCHERO SAUCE SPANISH RICE BROCCOLI RYE BREAD JUICE FRESH FRUIT MILK | 24 BREADED CHICKEN CUTLET W/ GRAVY MASHED POTATOES MIXED VEGETABLES JUICE WHEAT BREAD FRESH FRUIT MILK | 25 ROAST TURKEY W/ GRAVY STUFFING CRANBERRY SAUCE MASHED SWEET POTATOES GREEN BEANS JUICE ROLL FRESH FRUIT MILK | 26 CLOSED | 27 CLOSED |
| 30 ROAST CHICKEN THIGH W/ GRAVY CORN BROCCOLI WHEAT BREAD JUICE | | | | |

****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