

# 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**

# 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](http://www.gnsocialcenter.org)

## Hours:

Monday-Friday 9-4:00

Ann Tarcher, *Executive Director*  
Vali Dibra, *Office Manager*

## BOARD OF DIRECTORS :

### OFFICER

Roger Chizever, *President*  
Phoebe Lazarus, Ed. D., *Exec. V.P.*  
Helen Weinberg, *V.P. Policy*  
Thomas Mazzini, *Treasurer*

## MEMBERS

Miriam Chatinover  
Doris Delman  
Suzette Gray  
Parvaneh Khodadadian  
Gladys Roth

## PROGRAM OF ACTIVITIES

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



# 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.




## LAST MONTH'S EVENTS



# January Menu

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

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