

GREAT NECK/ MANHASSET SENIOR CENTER NEWS

The Joy of Reading!

Janet de Winter, dynamic book reviewer, is bringing you a discussion with the intriguing title of *Half Broke Horses*. You need not read Jeannette Wall's book to come and enjoy a light picnic lunch and participate in the class. Nov. 8 from 11:30 a.m. to 1 p.m. is the date and the fee for attending one of Janet's book series is \$8. The next date to "lunch and learn" is Dec. 13, when Janet will review Simon Mawer's *The Glass Room*.

Veterans Social Club

Veterans, spouses and friends are invited to hear George Cutler, guest speaker and comic relief. He will talk on "Being 75 and Still Trying to Figure Out What To Be When I Grow Up." Chuckle along with George at 2 p.m. on Friday, Nov. 11.

Coffee and donuts are offered, courtesy of Atria Great Neck

AARP Driving Course

The October Defensive Driving class will be held on Wednesday, Oct. 26 from 9 a.m. to 4 p.m. There is a break for lunch, which you can get by reservation here at the Senior Center. Call Vali at 487-0025 for more information. Dr. Claude Springer's classes always fill up fast, so do sign up to assure a place in this limited registration.

World in Depth

If ever there was a need for someone to make sense out of national and global chaos, it's now. Every Thursday, a group of savvy seniors get together to try to sort it all out with a moderator who keeps us on target and sees that we all have a chance to vent and/or give our own notions of how the President, the Congress, the European nations could get us out of the current economical and social marass. Drop in this afternoon when Carol Raynor chairs the lively discussion. The meeting starts at 2 p.m. If you miss this week's session, come on the Oct. 20 when Jeigh Duran moderates.

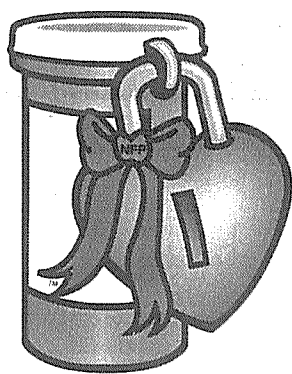
Lunch and Game Day

Love Chinese food? Love card games or mah jongg? Then sign up for a delicious lunch and relaxing afternoon on Monday, Nov. 7. Join friends at Pearl East at noon, and then play cards or the game of your choice. The charge of \$25 helps support the Great Neck Senior Center due to the generosity of our hostess, Kathy, who will donate 50 percent of the luncheon cost to the center. Call Doris Rosman at 482-7181 to reserve.

Folk Dancing for Beginners

Ellen Golann, your dance instructor, quotes "There is always a reason to dance. Living is not about weathering the storm, but learning to dance in the rain." Don't worry, the classroom is rain proof, but come to learn dances from around the world (Israel, Greece, Romania etc.) Have fun, meet new people and enjoy good physical exercise. The class is on seven Wednesdays from 9:30 to 11:30 a.m. at \$25 for all seven sessions. If you try one class at \$8 and like it, the \$8 will be applied to the course fee.

The Great Neck Senior Citizens Center is supported in part with funding from the Nassau County Department of Senior Citizen Affairs, New York State Office for the Aging, the United States Administration on Aging, Project Independence and the villages of Great Neck.



LOCK YOUR MEDS

70 % of teens who abuse prescription drugs get them from friends & family.

Be Aware. Don't Share.

A PHARMACEUTICAL TAKE-BACK EVENT

Saturday, October 15, 2011

9:30 a.m. to 3:00 p.m.

Manhasset High School

Join your community and clean out your medicine cabinet of any prescription or over-the-counter drugs that may be expired, unused or unwanted. Discard these items in an environmentally safe manner while protecting your kids!

Instructions:

- Keep all medications in their original containers
- Block out the name for anonymity --- Do not cross out medication information
- Illegal drugs may also be dropped off anonymously

ACCEPTED	NOT ACCEPTED
Prescription medications (controlled & uncontrolled)	Sharps (e.g. needles and Syringes)
All over-the-counter medications	IV bags
Medication samples	Bloody or infectious waste
Pet Medications	Pharmaceutical waste not generated by households (e.g., clinics, pharmacies, hospitals, doctors, etc.)
Vitamins & Supplements	Radioactive pharmaceuticals
Medicated ointments, lotions, creams & oils	Vaccines
Inhalers	
Liquid Medication	
Homeopathic Remedies	
Suppositories	

Protect Your Children Protect Our Environment

For more information about how to dispose of pharmaceuticals safely
call 311 or go to www.northhempsteadny.gov

