



February 2026

*Lunar
New Year
Celebration*

Friday, 13
10:00-11:30
Performances

12 noon , Lunch
You need a ticket
Please come to the main
Office to get one

**No one will be
admitted without a ticket**

Space is limited

**Acupuncture
Demonstration**

Dr. Gang Shi is a 4th generation
acupuncturist with 30 years of experience
specializing in pain management,
allergies and many other complex
and difficult issues. He will be at the
Center

**Wednesday
February 11th
10 a.m.– noon**

VALENTINE PARTY



**February 12
Lunch**



Great Neck Social Center

80 Grace Avenue
Great Neck, 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

Ruoyi Xu
Program Coordinator

BOARD OF DIRECTORS :
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Roger Chizever, *President*
Thomas Mazzini, *Treasurer*

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Miriam Chatinover
Doris Delman
Parvaneh Khodadadian
Gladys Roth
Rita Falk
Lollie Stancati

Monday

9:30-2:30
9:30-11:30
10:00-1:00
10:00-11:30
11:00-1:30
12:30-1:00

Nurse Maria
Chinese Dance
Persian Program
Bingo
Indian Gathering
Conversation

Tuesday

2/17

9:30-11:00
9:30-11:30
9:30-11:30
10:00-1:00
10:00-11:30
11:00-12:00
1:00-2:00
9:30-2:30
2:00-3:00

Chinese Kung Fu
Rummikub
Chinese Dance
Persian Program
Bingo
Cornell Corporate
World in Depth
Modern Chinese Orchestra
Open Discussion

Wednesday

9:30-2:00
10:00-1:00
10:30-11:30
10:30-11:30
10:00-2:30
12-3:00
1:00-2:00
2:00-3:00

Chinese Chorus
Persian Program
Bingo
Sing Along w' Mindye
Cantonese Karaoke
Open Game
Womanspace/
Memoir Writing

Thursday

9:30-10:30
10:30-11:30
10:30-11:30
9:30-11:30
10:00-noon
10:00-2:30
12:30-1:30
1:00-3:00

ESL Beginners
Rummikub
ESL Advanced
Hulusi Instrument
Chinese Singing
Mandarin Karaoke
Sing Along w' Mindye
Ping Pong

Friday

9:30-2:30
9:30-11:30
9:30-11:30
10:30-11:30
10:30-11:30
1:00-2:00

Nurse Maria
Hulusi Instrument
Congregate Group
Mrs. Li: Chinese Dance
Line Dancing
Chinese singing with Piano



Exercise Class at the Center 2026

***\$50 a session for residents
Of Great Neck***

***\$65 a session for
non-residents***

***Sign up one week before
to avoid a \$5 late fee and
class cancellation***

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 .

SHARON EPSTEIN 10:30 –11:30

2026

**Session 1: *Strength & Stretching*
Tues., 1/13– 2/24**

**Session 1: *Balance & Stability*
Wed., 2/4-3/18– 3/11**

**Session 1: *Strength & Stretching*
Thurs., 2/5– 3/19**

**Session 2: *Strength & Stretching*
Tues., 3/3-4/21 (n/c 3/31)**

**Session 2: *Balance & Stability*
Wed., 3/25-5/13 (n/c 4/1)**

Session 2: *Balance & Stability*

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 11 A.M. – NOON

Session 1: Fri., 1/30-3/13

Session 2: Fri., 3/20-5/1

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 10:30 - 11:30 a.m.

**Session 1: Mon., 1/12-3/9
(n/c 1/26, 2/16)**

Session 2: Mon., 3/16-4/27

ART STUDIO

Bring your own paints or use ours and join a dynamic class of artists. This is the perfect place to bring out your inner artist. Each student is individually instructed

ANN TARCHER 12:30–2:00

Session 1 Wed., 1/28– 3/11

Session 2 Wed., 3/25– 5/6

Please make check out to the Great

REKHA MEHTA'S BEADING CLASS

Monday 2/23 2:30 p.m.

Join an amazing jewelry teacher as she shows you how to bead a bracelet or earrings professionally .

All supplies and tools will be provided



*Reservations are required
\$10. fee*

The Great Neck Social Center is the site of a Project Independence Nursing Program

Marie Liotta R.N.

Monday and Friday
10:00a.m.– 2:00 p.m.

**Eun Kyung Lee Ph.D.,LMSW
(P.I. Social Worker)**

Monday and Wednesday
11 a.m.-2 p.m.

