



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

**Hours:**  
Monday-Friday 9-4:00

Ann Tarcher  
*Executive Director*

Vali Dibra  
*Office Manager*

Ruoyi Xu  
*Program Coordinator*

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

**MEMBERS**  
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 Corporative  
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'Mindy  
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'Mindy  
Ping Pong

## Friday

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

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



**Exercise Class Offerings**  
**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: Strength & Stretching**  
**Thurs., 3/26-5/14 (n/c 4/1)**

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 Neck Public Library**

**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 earings 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.

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| <b>2</b><br>MUSHROOM BARLEY SOUP<br>PIZZA<br>TOSSED SALAD<br>PEACHES<br>MILK<br><br>GN KOSHER PIZZA   | <b>3</b><br>TOMATO RICE SOUP<br>BREADED CHICKEN CUTLET<br>GRAVY<br>MASHED POTATOES<br>SPINACH<br>WHEAT BREAD<br>JELLO & MILK<br><br>QFC                         | <b>4</b><br>ROAST CHICKEN<br>ROAST POTATOES<br>PEAS & CARROTS<br>WHEAT BREAD<br>APPLESAUCE<br>MILK<br><br>SHIRAZ RESTAURANT            | <b>5</b><br>CREAM OF BROCCOLI<br>SWEDISH MEATBALLS<br>NOODLES<br>GREEN BEANS<br>ITALIAN BREAD<br>CHOCOLATE PUDDING & MILK<br><br>QFC | <b>6</b><br>LENTIL SOUP<br>JUMBO RAVIOLI<br>MEAT SAUCE<br>BROCCOLI<br>ROLL<br>BANANA & MILK<br><br>QFC  |
| <b>9</b><br>PERSIAN GREEN SOUP<br>PIZZA<br>TOSSED SALAD W/ CHICKPEAS<br>MANDARIN ORANGES<br>MILK<br><br>GNKOSHER PIZZA  | <b>10</b><br>LENTIL SOUP<br>SAUSAGE & PEPPERS<br>MARINARA SAUCE<br>PENNE PASTA<br>TOSSED SALAD<br>WHEAT BREAD<br>VANILLA PUDDING<br><br>QFC                     | <b>11</b><br>ROAST CHICKEN<br>ROAST POTATOES<br>ITALIAN BLEND VEGETABLES<br>WHEAT BREAD<br>APPLESAUCE<br>MILK<br><br>SHIRAZ RESTAURANT | <b>12</b><br>SPLIT PEA SOUP<br>CHIKEN PICATTA<br>NOODLES<br>PICATTA SAUCE<br>GREEN BEANS<br>RYE BREAD<br>FRUIT CUP & MILK<br><br>QFC | <b>13</b><br>JUICE<br>POT ROAST WITH GRAVY<br>ROASTED POTATOES<br>PEAS & CARROTS<br>WHEAT BREAD<br>ICE CREAM<br>MILK<br><br>QFC               |
| <b>16</b><br><br><b>CLOSED</b>  | <b>17</b><br>VEGETABLE SOUP<br>ROAST TURKEY WITH GRAVY<br>MASHED POTATOES<br>GREEN BEANS<br>RYE BREAD<br>PEACHES & MILK<br><br>QFC                              | <b>18</b><br>ROAST CHICKEN<br>ROAST POTATOES<br>PEAS & CARROTS<br>WHEAT BREAD<br>PEARS<br>MILK<br><br>SHIRAZ RESTAURANT                | <b>19</b><br>SPLIT PEA SOUP<br>HAMBURGER<br>LETTUCE & TOMATOES<br>FRENCH FRIES<br>COLESLAW<br>BANANA & MILK<br><br>QFC               | <b>20</b><br>POTATO CHOWDER<br>BATTERED FISH<br>TARTAR SAUCE<br>YELLOW RICE<br>BROCCOLI<br>WHEAT BREAD<br>CAKE & MILK<br><br>QFC              |
| <b>23</b><br>MINESTRONE SOUP<br>CHICKPEA FALAFELS<br>TAHINA SAUCE, PITA BREAD<br>FRENCH FRIES<br>TOSSED SALAD<br>MANDARINE ORANGES<br>MILK<br><br>GN KOSHER PIZZA | <b>24</b><br>BEEF BARLEY SOUP<br>BEEF TACO, SHREDDED LETTUCE<br>TOMATOES, CHEESE ON TORTILLA<br>MEXICAN RICE & BEANS<br>WHEAT BREAD<br>BANANA & MILK<br><br>QFC | <b>25</b><br>PERSIAN BEEF STEW (LAPEH)<br>BASMATI RICE<br>PEAS & CARROTS<br>WHEAT BREAD<br>PEARS<br>MILK<br><br>SHIRAZ RESTAURANT      | <b>26</b><br>LENTIL SOUP<br>BAKED ZITI<br>EGGPLANT ROLLATINI<br>TOSSED SALAD<br>ITALIAN BREAD<br>FRUIT CUP & MILK<br><br>QFC         | <b>27</b><br>TOMATO RICE SOUP<br>BATTERED FISH<br>TARTAR SAUCE<br>ROASTED POTATOES<br>CAULIFLOWER & ROLL<br>VANILLA PUDDING & MILK<br><br>QFC |

