

# Services Now for Adult Persons, Inc.

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QUEENS VILLAGE, N.Y. 11427  
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[www.snapqueens.org](http://www.snapqueens.org)  
CENTER DIRECTOR  
NINA BHOLA



SNAP OF EASTERN QUEENS  
INNOVATIVE SENIOR CENTER

CHIEF EXECUTIVE OFFICER/PRESIDENT  
PAOLA MICELI, MPA  
CHIEF OPERATING OFFICER  
MARIAN LEWEK, LMSW  
EXECUTIVE BOARD CHAIR  
CHRIS PANELLINO

## NEWSLETTER

## FEBRUARY 2016

### ♡ SPEAKING FROM THE HEART ♡



February is traditionally a month of hearts and flowers, chocolate and tender-hearted messages of love. Those deliciously special moments that the heart remembers and holds close are a vital piece of who we are. The shared conversations when we expose our souls and trust enough to convey with honesty our concerns, fears and vulnerabilities speaks to the delicate bonds of special relationships. Hold on tightly to those heart-felt moments when you laughed and cried without embarrassment or concern for what others might think; when you talked and played with carefree abandon and held on to the life line that binds us together. These instances are truly a source of comfort, strength and the necessary nourishment that helps to sustain and fortify that quiet place within our heart.

The days of our lives can be awash with the multiplicity of activities, errands and obligations, or quiet with a hushed hope that someone, somewhere will come and help to fill those desperately quiet lonely hours of solitude. We often stumble through these days forgetting how good it feels to give a hug, smell a delicate flower, listen to the tender chords of a songbird, watch a youngster at play, or to be listened to, understood and appreciated for the unique person that we each are. Life is too precious and flows by so quickly that to be without the pleasures of love, friendship and companionship is almost unimaginable and of intolerable pain.

Every waking moment offers the opportunity to take in the quiet beauty of those relationships which are significant in your life and focus on the soft words and tender conversations that stretch between two caring hearts. It takes an active effort on each of our parts to build, fortify and enrich these connections. Let us not sit back in complacency waiting for someone else to reach out. Let us not miss any occasion to forge a bond to reduce our isolation. YOU can create a circle of warmth, compassion and love that weaves together the hearts and souls of those people with whom you feel connected with.

The ebb and flow of our lives reflects the give and take experiences of growing relationships. The more that we can approach life with an open heart – the more we listen, the more fun we have together, the more we build new worlds of trust, the more acts of lovingkindness we perform – the greater our sense of fulfillment and satisfaction. Only an open heart can receive the beauty of the world.

Let us confidently face each new day with the strength and conviction that the path you have chosen to embark upon will offer opportunities that will challenge, nourish and fortify you. Plan times for fun, for quiet introspection and especially for love. May your heart realize the pleasures of a love that is both given and received and feel the secure and tender embrace of that love.

With love, Marian



## SENIOR CENTER LUNCHEON MENU – FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Meatballs Penne Italian Blend Veg. <i>&lt; ----Split Pea</i>	<b>2</b> Tuna Fish Salad Pasta Primavera Garden Salad <i>Soup and</i>	<b>3</b> Mushroom Chicken Cauliflower & Potato Mash Peas and Carrots <i>Low-Salt Ham</i>	<b>4</b> Turkey Burger Sweet Potato Fries Green Beans <i>&amp; Swiss Cheese</i>	<b>5</b> Vegetarian Baked Ziti Broccoli Florets Garden Salad <i>Sandwich ---- &gt;</i>
<b>8</b> Beef and Broccoli Fried Rice Oriental Blend <i>&lt; ---Minestrone</i>	<b>9</b> Creole Chicken Rice Pilaf Stewed Okra <i>Soup and</i>	<b>10</b> Parmesan Bk. Fish Roasted Potatoes Mixed Vegetables <i>Veggie Burger</i>	<b>11</b> Hawaiian Chicken Bowtie Noodles Spinach <i>on a Whole</i>	<b>12</b> Pot Roast Baked Potato Baby Carrots <i>Wheat Bun---- &gt;</i>
<b>15</b> 	<b>16</b> Eggplant Parmigiana Spaghetti Winter Blend <i>&lt;-- Lentil Soup</i>	<b>17</b> Pork Chops Mashed Potatoes Brussel Sprouts <i>and Bacon,</i>	<b>18</b> Oven Fried Chicken Mac & Cheese Collard Greens <i>Lettuce &amp; Tomato</i>	<b>19</b> Baked Salmon Brown Rice Pilaf Broccoli <i>Sandwich --- &gt;</i>
<b>22</b> Meatloaf Baked Potato Peas and Carrots <i>&lt; --- Hearty</i>	<b>23</b> Chicken Cacciatore Penne Italian Blend <i>Potato Chowder</i>	<b>24</b> Turkey Breast Mashed Yams Green Beans <i>and Middle</i>	<b>25</b> Beef Stew Egg Noodles Broccoli <i>Eastern Pita</i>	<b>26</b> Bk. Fish Almandine Roasted Potatoes Creamed Spinach <i>Sandwich ----- &gt;</i>
<b>29</b> Salisbury Steak Brown Rice Pilaf Kale <i>&lt;-Chicken Noodle Soup</i>	<b>Notes:</b> <i>and Tuna Fish Salad Sandwich --&gt;</i>			

Lunch is served from 12:00 – 1:00 Mon., Tues., and Wed. and from 12:30 – 1:30 Thurs., & Fri. The Suggested Donation is \$2.50. Your support helps sustain our program! Menus are subject to change without notice.

Thank you.

## SNAP OF EASTERN QUEENS INNOVATIVE SENIOR CENTER

### UPCOMING EVENTS IN FEBRUARY 2016

- Wed., Feb. 3 9:00 Breakfast with Friends: Enjoy a hearty breakfast and conversation with friends for \$2.50 or you can have our breakfast and lunch combo for only \$4.50.  
10:30 New Member's Tea
- Fri., Feb. 5 National Wear Red Day  
10:00 – 12:00 Intermediate Computer Class  
1:00 – 3:00 Smartphone 101 course provided by Just Us Inc.
- Mon., Feb. 8 10:00 Advisory Board Meeting  
11:00 Tai Chi Demonstration with Elaine  
Chinese New Year: 2016 is the year of Red Monkey. Celebrate good luck and fortune with us at SNAP.
- Tues., Feb. 9 Mardi Gras: Celebrate Fat Tuesday with your complimentary masks and beads today!  
9:15 Queens Museum of Art - \$19.00 Includes transportation and box meal  
10:30 Heart Health Game Show  
No Reminiscence Class today
- Wed., Feb. 10 10:00 Haircuts by Marilyn
- Thurs., Feb. 11 11:00 Duane Reade presents Pharmacy Delivery to Queens Village  
1:30 Seasonal Craft Hour – “Valentines hearts and Roses” - \$2.00 p.p.
- Fri., Feb. 12 10:30 Valentine's Day Party with music by John Weber
- Mon., Feb. 15 SNAP is Closed in Observance of President's Day
- Tues., Feb. 16 9:00 AARP Defensive Driving Class  
10:00 Haircuts by Marilyn
- Wed., Feb. 17 9:30 Yonkers Trip - \$35.00 p.p. Includes bonus package
- Thurs., Feb. 18 11:00 Diversity Program – Learn about “Black History”, culture, foods and traditions through exciting trivia and role play. Enjoy tasty desserts!
- Fri., Feb. 19 1:30 SNAP's Friday Afternoon Happy Hour - \$2.00 p.p. Enjoy an afternoon for snacks and drinks while listening to great music and dancing. Entertainment provided by Lorraine.
- Mon., Feb. 22 11:00 Elder Abuse Clinic provided by Officer McCoy of the 105<sup>th</sup> Precinct. Empower yourself! Come join us for an important discussion about the warning signs of physical, emotional, verbal and financial abuse of seniors. There is help here for you, for your elderly neighbor or friend.



**SNAP OF EASTERN QUEENS INNOVATIVE SENIOR CENTER**  
**UPCOMING EVENTS IN FEBRUARY 2016**

Tues., Feb. 23



9:00 Registration begins for Culinary Institute of America  
10:00 Birthday Party with music provided by Frankie Sands. Come celebrate your birthday with us here at SNAP! Birthday cake and ice cream will be served with lunch.

Wed., Feb. 24

9:15 King Manor Museum - \$10.00 p.p. Includes transportation, box meal and admission



Thurs., Feb. 25

9:30 – 10:30 Metro Bus will be at SNAP  
“Red Dress Fashion Show” – Walk the Red Carpet in your favorite red outfit in support of heart health awareness.

Fri., Feb. 26

10:00 St. John’s offers brown bag medication review - By appointment through the Health and Wellness Office  
1:30 Snap and Movie – “Selma” - \$2.00 p.p.

Mon., Feb. 29

Leap Day – Once every four years we celebrate Leap Day. Did you know that historically on this day, women proposed marriage?  
10:00 Alert and Alive with Mindy  
Reminiscence Class cancelled today  
11:00 Puzzle Artwork Sale - \$3.00 - \$5.00 per puzzle – Enjoy some of the amazing puzzles our members put together.



**Heart Health Fashion Show**  
**Thursday, February 25<sup>th</sup>**

Check out our members strutting their stuff down the red carpet wearing their favorite Red Outfit. In support of Heart Health month we encourage you to be aware and get involved in your heart health.

**\*\*\*Beyond the Barriers \*\*\***

**Every Tuesday at 10am**

Do you feel isolated, angry, sad or frustrated about getting older and having a hard time accepting not being able to do some of the things you used to do? You are not alone! This group offers confidential, safe support and education about the challenges of aging to help identify what life can be “Beyond the Barriers.”

Luncheon Options  
February 2016

During **February** you may choose from the suggested luncheon menu or the optional **Soup and Sandwich** menu. Each soup and sandwich lunch will consist of:



- Vitamin C enriched Juice
- Soup of the Day with Crackers
- Sandwich of the Day
- Three Bean Salad, Cole Slaw or Potato Salad
- Fruit Dessert
- 1% Milk



The soup and sandwich options for this month are:

- February 1 -5 *Split Pea Soup and Low-Salt Ham & Swiss Cheese Sandwich*
- February 8 - 12 *Minestrone Soup and Veggie Burger on a Whole Wheat Bun*
- February 16 - 19 *Lentil Soup and Bacon, Lettuce and Tomato Sandwich on Rye*
- February 22 - 26 *Hearty Potato Chowder and Middle Eastern Pita Sandwich (Pita bread filled with Hummus, Lettuce, Tomato, & Cucumber slices)*
- February 29 *Chicken Noodle Soup and Tuna Fish Salad Sandwich*



**FEBRUARY IS CHOCOLATE LOVERS MONTH**



SNAP will celebrate **Chocolate Lovers Month** with the following chocolate desserts during February. Enjoy each and every delicious chocolate bite!!

- Thursday, February 4 – Chocolate Brownie
- Friday, February 12 – Chocolate Candy Bar
- Wednesday, February 17 – Chocolate Pudding
- Tuesday, February 23 – Chocolate Cookies
- Monday, February 29 – Chocolate Ice Cream Cups



# VALENTINE'S DAY CELEBRATION

Friday, February 12, 2016

Join your friends at SNAP as we celebrate Valentine's Day  
\$5.00 per person



9:00 - Breakfast -

Orange Juice  
Assorted Muffins with Margarine and Jelly  
Yogurt  
Banana  
Coffee, Tea or Hot Chocolate

10:30 - Entertainment

Enjoy the musical entertainment  
of John Weber



12:30 - Luncheon -

Apple Juice  
Soup of the Day with Crackers  
Pot Roast with Gravy  
Baked Potato with Sour Cream  
Whole Baby Carrots with Parsley  
Whole Wheat Dinner Roll with Margarine  
Pineapple Tidbits  
Chocolate Candy Bar  
Soda

1:30 - Dessert -

Cake and Ice Cream  
Coffee, Tea or Hot Chocolate



- ♥ "Love is something eternal; the aspect may change, but not the essence."  
-Vincent van Gogh
- ♥ "Love is just a word until someone comes along and gives it meaning."  
-unknown
- ♥ "Life's greatest happiness is to be convinced we are loved."  
- Victor Hugo



## Let's Celebrate Together at SNAP

**M**eals are one way that help us to celebrate special events in our lives. Join us this month as we mark the following occasions with distinctive meals:

### Monday, February 8 - in celebration of the Chinese New Year

Egg Drop Soup  
Egg Roll  
Beef and Broccoli  
Vegetable Fried Rice  
Oriental Blend Vegetables  
Tangerine  
Fortune Cookies



### Tuesday, February 9 - in celebration of Mardi Gras

Apple Juice  
Creamed Corn Soup & Crackers  
Creole Chicken  
Rice Pilaf  
Cajun Stewed Okra and Tomatoes  
Corn Muffin  
Rice Pudding



### Wednesday, February 10 - in observance of Ash Wednesday

Orange Juice  
Parmesan Baked Fish  
Roasted White Potatoes  
Spinach  
Applesauce



Ash  
Wednesday



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During the season of **Lent**, Baked Fish will be available every Friday beginning Friday, February 12<sup>th</sup>. If you want the fish lunch, please sign up for this alternative at Lunch Table #3. Thank you!

# SPECIAL EVENTS IN FEBRUARY 2016

## BREAKFAST WITH FRIENDS

Enjoy a hearty breakfast and leisurely conversation with your friends on Wednesday, February 3<sup>rd</sup> beginning at 9:00.



The breakfast menu will consist of:

Scrambled Eggs, Pancakes with Breakfast Syrup, Sausage Patty,  
Mini Bagels or Egg Twist Rolls with Margarine Cream Cheese &  
Jelly, Banana, Assorted Pastry, Coffee or Tea

(\$2.50 contribution for breakfast only)

(\$4.50 contribution for breakfast and lunch)

Join us for this complete and nourishing breakfast while we talk together about how we can "do small things with great love".

## DIVERSITY DAY

February has been designated Black History Month to allow all Americans to commemorate the achievements of prominent African Americans through the country's history. Join us on Thursday, February 18<sup>th</sup> during our February Diversity Day workshop and luncheon to celebrate Black history.

11:00 - *Diversity Workshop with a tasty dessert table*

12:30 - *Lunch* -

Oven Browned Chicken  
Creamy Macaroni & Cheese  
Collard Greens  
Corn Muffin with Margarine  
Applesauce  
Pecan Pie







## HAPPY HOUR

It's SNAP's famous Friday afternoon Happy Hour – Friday, February 19, 2016 between 1:30 – 3:30!!!

You will enjoy the spirited and musical entertainment of Lorraine. Snack on a wide assortment of chips and nibbles.....enjoy the company of your friends in the warm comfort of SNAP. Don't miss this once a month most pleasurable experience..... (\$2.00 contribution for a not to be missed experience).

## BIRTHDAY PARTY

Happy Birthday to you...Happy Birthday to you...Happy Birthday, Happy Birthday, Happy Birthday to you!!! Celebrate your birthday with SNAP and share in the festivities of the day at our monthly birthday party on

Tuesday, February 23, 2016.

Music will be provided by Frankie Sands for your listening and dancing pleasure. BIRTHDAY CAKE AND ICE CREAM will be served after lunch.

If you have a February birthday, please remember to sign your name to receive a small gift and to be recognized at the party. Let us all celebrate together with joy and delight!



## WEEKEND MEALS



The New York City Council has made a small amount of funding available for take-home meals from the senior center. SNAP is very fortunate to be able to offer you a weekend take-home meal every Friday. Stay healthy..... eat a delicious SNAP meal cooked fresh.

During **February** the following meals will be offered:

*Friday, February 5 – Vegetarian Baked Ziti*

*Friday, February 12 – Pot Roast*

*Friday, February 19 – Baked Salmon*

*Friday, February 26 – Baked Fish Almandine*

Please avail yourself of this healthy opportunity, especially with the cold harsh winter weather ahead. As always, we look forward to hearing your feedback and comments on this important service



## Program Support and Contributions



SNAP's instructors and programs help provide you, our members, with vibrant classes, groups and activities to lift your mind, body and spirit. However, in order to maintain these wonderful instructors and programs, there are certain classes and activities where we ask for a \$1 contribution:

Magic for Mature Adults with Gary-Tuesdays

Computer Instruction with George-Tuesdays & Thursdays

Exercise classes with Tommy- Tuesdays, Thursday & Fridays

Exercise classes with Doreen- Mondays & Wednesdays

Zumba Gold with Suzanne-Wednesdays

Strengthening your Core with Ty- Tuesdays

Painting with Mitra-Fridays

Line Dancing with Harrison-Tuesdays

Tai Chi with Elaine (Certified Instructor, Arthritis Foundation of New York) - Thursdays

Chair Yoga with Traci-Wednesday & Fridays

Singalongs with Connie - Tuesdays

**We thank all of you for your continued support and contributions to these amazing programs!**

### Join the Club!



**Do you love poetry? Whether it's reading famous poetry or creating your own; we would love to have you join our poetry club. Poetry club will meet once a week. Please see Nina for further details.**



**Are you a murder mystery maven or a romance novel natural or just enjoy reading and constructive conversation? Well, our book club is for you! SNAP's Book club will meet once a month to discuss your thoughts and opinions on the book of your choice. Please see Nina for further details.**

## **Just Us Inc.**

# **Senior Technology Program comes to SNAP**



### Intermediate Computer I-Six hour training Module

- Setting up an E-mail account
- Sending and receiving emails with attachments
- Attaching files to USB or flash drive



### Smart Phone Basics- Six hour Training Module

- How to Navigate a Smart phone
- Locating Settings in the smart phone
- How to send and receive text messages
- How to download Apps
- Adding your email account to your smart phone
- Sending and receiving E-mail

Class will be held every Friday from 10-12pm and 1-3pm.

Please see Nina to sign up and get additional details.

## Outpatient Therapy.... in the comfort of your own home!



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#### FREE CONSULTATION



SNAP – Frequent Law Day Lecturer  
2015 White House Conference on Aging  
National Association of Elder Law Attorneys  
Elder Law Section – New York State Bar Association  
Elder Law Committee – Nassau County Bar Association  
Estates – Trusts Committee – Nassau County Bar Association

- Fordam Law School & Hobart College
- Floral Park Acting Village Justice – Retired
- Former Nassau County Assistant District Attorney
- US Air Force Reserve Captain – Retired
- American Legion – Past Commander

*Married – 3 Children, 4 Grandchildren & Lifelong Local Resident*

**113 South Tyson Ave. (Corner Tulip Ave.), Floral Park, NY (Across from Railroad Station)**

**Phone: (516)775-6849; email: [bill@williamjcorbett.com](mailto:bill@williamjcorbett.com)**

## **SUPPORT GROUPS AT SNAP**

SNAP is pleased to offer several support groups for the senior community. Recognizing the importance of having a safe, comfortable and confidential space to share your thoughts and feelings, SNAP offers the following groups:

- *Men's Discussion Group*  
*Mondays, 11:00*
- *Women's Discussion Group*  
*Wednesdays, 11:00*
- *Caregiver Spouses Support Group*  
*1<sup>st</sup> Wednesday of Month 10:30*
- *Alert and Alive*  
*3<sup>rd</sup> Monday of Month, 10:00*
- *Beyond the Barriers – Tuesdays,*  
*10:00*

## **SNAP SAYS THANK YOU**

This space is reserved for those people wishing to give their warmest and most sincere thanks to their friends, family members or anyone you care about. Perhaps you would like to wish someone a special birthday or thank them for a thoughtful gesture.

For a donation to SNAP, tell us what you'd like to say. If you need help with the wording, we are here to assist you. Please see Marian, Linda or Nina. Your generous cash donation helps to maintain and enhance our senior center.

## **PLEASE REMEMBER SNAP IN YOUR WILL OR TRUST**

There are many ways to give to charity and good causes. Bequests can serve as a memorial to honor the memory of a loved one, or establish a fund for a particular aspect of SNAP. Bequests are often a final communication one has with descendants, a way of demonstrating your values and setting an example for your heirs.

A planned gift or bequest to SNAP helps you to determine your legacy in a truly meaningful way and have a profound impact on the future of the organization. Please remember SNAP so that we can continue to provide important services to others in our community.

If you have any questions, you may call  
Ronald J. Schwartz, Elder Law Attorney at  
718-347-6100.

## **MESSAGE FROM THE SENIOR CENTER DIRECTOR**

Each month I have the opportunity to reach each member through my monthly message. During February, there is so much to discuss. Across the world, February is best known as the month of “love” as we celebrate Valentine’s Day. We also have Chinese New Year, Mardi Gras and Black history month. But once every four years we celebrate a leap year and this years’ February has one extra day. What will you do on this leap day? We often worry there is not enough time in the day to get what we need to get done. Now you have the chance, so use it wisely. Will you run some extra errands, spend more time with the grandkids, take in a movie or go out for a movie. Maybe get a head start on those taxes for once. Think about going out with friends or staying in with family, whatever you do...please do something! How about try something new or treat yourself to something great. Start reading a new book and finish it in one day. We don’t get many chances in life to do something we always wanted to so...take a chance and the leap!

Warmest Regards-Nina Bhola

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## **A MESSAGE FROM THE ADVISORY BOARD**

**Due to 30 inches of snow in Queens, we cancelled our Advisory Board meeting scheduled for January 25<sup>th</sup>. SNAP was open but there was no transportation available and the possibility of the grounds not being cleared stopped any thoughts of going out.**

**The next board meeting will be held on February 8<sup>th</sup> and will be a double meeting. I notice no one is using the suggestion box. Please feel free to put your thoughts, suggestions or concerns into the box. The Advisory board members welcome your input.**

**It is with deep sympathy that the board honors the memory of Irving Chadkin who made his goal of reaching 100 years of age in September and found peace recently. Irving was seen 4 days a week packing lunch kits and helping out with meals on wheels. He stood on his feet for hours because he enjoyed volunteering. He will be missed.**

**Stay safe and warm this winter. There is no reason to go out in inclement weather and risk your safety. SNAP will be here long after we are gone so let your eyes be your guide. If there is too much snow or ice on the ground it is not good to be out in it.**

**Carole Vahey, President**





# ELDER LAW



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Former N.Y.C. Administrative Law Judge

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- Asset Preservation & Transfers
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## **SNAP OF EASTERN QUEENS INNOVATIVE SENIOR CENTER TRIP**

**FOR ALL TRIPS LISTED BELOW, PLEASE SEE SHERRY ROBINSON**

|               |                                                                              |
|---------------|------------------------------------------------------------------------------|
| Wed., Feb. 17 | 9:30 <b>Yonkers</b> – Includes Bonus Package – \$35.00 p.p.                  |
| Wed., Mar. 9  | 9:30 <b>Yonkers</b> – Includes Bonus Package – \$35.00 p.p.                  |
| Fri., Mar. 18 | <b>LiGrecis Staaten Italian</b> “Feast of St. Joseph” - Cost to be announced |
| Tues., Apr. 5 | <b>Doolans</b> “Mazeltov – Mazeltov” - Cost to be announced                  |
| Wed., Apr. 20 | <b>Mohegan Sun</b> – Includes Bonus Package - Cost to be announced           |
| Tues., May 10 | <b>Sight &amp; Sound</b> to see “Samson” - Cost to be announced              |
| Tues., May 24 | <b>The Brownstone</b> “Give My Regards to Broadway” - Cost to be announced   |

## **SNAP OF EASTERN QUEENS**

### **INNOVATIVE SENIOR CENTER CULTURAL EXCURSIONS**

**FOR ALL TRIPS LISTED BELOW, PLEASE SEE ROCHELLE WALSH**

|                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tues., Feb. 9   | 9:15 <b>Queens Museum of Art</b> - \$19.00 p.p. Includes transportation, box meal, tip and admission. See how New York has changed throughout the years. Enjoy and view New York in 3 D Panorama.                                                                                                                                                                                                                                                                                                            |
| Wed., Feb. 24   | 9:15 <b>King Manor Museum</b> - \$10.00 p.p. – Come see the home of Rufus King, a signer of the U.S. Constitution and a Senator from New York to Great Britain after the Revolution. Price includes transportation, box meal and admission.                                                                                                                                                                                                                                                                  |
| Thurs., Mar. 24 | <b>American Irish Historical Society</b> - \$15.00 p.p. – This is the center for Irish culture in New York City. Price includes transportation, box meal and admission.                                                                                                                                                                                                                                                                                                                                      |
| Thurs., Apr. 21 | <b>Queens College</b> - \$14.00 p.p. – Enjoy a spirited musical about courage, hope and the challenges of migration. Experience “Ellis Island, Gateway to a Dream” as they look back at the 1900’s to celebrate the multicultural foundation of our nation. Learn how each new generation of immigrants redefines the American Dream. Includes box meal, transportation and ticket to show.                                                                                                                  |
| Wed., May 25    | <b>Culinary Institute of America</b> - \$90.00 p.p. – Spend the day on the campus of Hyde Park’s world famous Culinary Institute of America. Enjoy a student led tour of the kitchen, followed by an expertly prepared 3 course lunch at “The American Bounty Restaurant”. Leave some time for the bookstore and some souvenirs before heading back to the bus. <b>Seats are limited.</b> Trip includes: Coach bus, guided tour of the institute, 3 course lunch and gratuities. Registration begins 2/23/16 |

**Coming In March !!!**

**Chronic Disease Self**

**Management Program**

**The evidence based workshop from**

**Stanford University**

**Join us for an Informational Session**

**Monday, March 14th at 10:30 AM**



*Connect to Life®*

Join us Monday, March 21st at 10:00 AM  
in the Dining Room

Learn more about the impact that hearing loss has  
on healthy aging!

The Center for Hearing and Communication will be  
at SNAP

Queens Village with their mobile testing unit  
beginning April 4th.

30 minute evaluations

**Free**

By appointment only through Health & Wellness