

# Services Now for Adult Persons, Inc.

SNAP OF EASTERN QUEENS OLDER ADULT CENTER

80-45 WINCHESTER BLVD., BLDG. #4, CBU #29

QUEENS VILLAGE, N.Y. 11427

T: (718) 454-2100 W: [www.snapqueens.org](http://www.snapqueens.org)

PAOLA MICELI, MPA, CEO/PRESIDENT

MARIAN LEWEK, LMSW, CHIEF OPERATING OFFICER

COREY BEARAK, ESQ., EXECUTIVE BOARD CHAIR

NINA BHOLA, MA, CENTER DIRECTOR



## October 2022

The Monthly Newsletter Events for Seniors



### SNAP OF EASTERN QUEENS OLDER ADULT CENTER STAFF:

#### Center Director

**Nina Bhola-Cruz M.A.**  
[nbhola@snapqueens.org](mailto:nbhola@snapqueens.org)

#### Health and Wellness Coordinator

**Mindy Lesser B.S., RN, CDP**  
[mlesser@snapqueens.org](mailto:mlesser@snapqueens.org)

#### Program Assistant

**Betty Gibson**  
[bgibson@snapqueens.org](mailto:bgibson@snapqueens.org)



A NOT FOR PROFIT AGENCY FUNDED UNDER CONTRACT WITH THE NEW YORK CITY DEPARTMENT FOR THE AGING AS PART OF THE OLDER AMERICANS ACT PROGRAM, ADMINISTERED BY THE NEW YORK STATE OFFICE FOR THE AGING.

## A message from our Center Director

### Hello Everyone!

As the autumn months turn cooler, and the seasons begin to change, I am happy to see our membership increase in size and in diversity. We at SNAP strive to bring to you a variety of programs and activities that reflect the communities we serve, as well as enhance our collective responsibility to learn more about each other, from each other. This month we are bringing back our popular Monthly Diversity Series. This month we have the pleasure to celebrate and learn about two amazing cultures through music, traditional foods and educational presentations. To learn more about each program, please see the detailed flyers below or visit our center to sign up in person with Betty. We are ecstatic to welcome the new season with great celebrations from our annual Halloween party to our weekly live music collaboration with the Council for Living Music. More new programs and activities are on the horizon, so look out for informational flyers with details. As always please let us know what you would like to see and do at SNAP!

*"Collaboration, creativity, and respect build lifelong connections that matter and make a difference, propelling us to work together across all boundaries."--Diane Luna*

Nina Bhola-Cruz, MA – Center Director/ Chief Diversity Officer  
[www.snapqueens.org](http://www.snapqueens.org)

## A message from our COO

### ♡ SPEAKING FROM THE HEART ♡



October, with its cooler temperatures, changing autumn leaves that rustle beneath our feet and shorter days, brings to mind all the hopes and promises of a new season. At this time of year, you might want to look around and observe the children and their excitement about wearing a costume for Halloween. That intoxicating opportunity to pretend, to act out dreams and fantasies, to play a new and different role for a brief period of time is inviting, alluring and ever so enticing. As adults we also need time to play, time to pretend, time to dream...and the permission to do so. Yet, do we allow ourselves that chance?

In our everyday world with the weight of responsibilities and decisions, do we tend to walk around wearing masks that disguise our true selves? Do we present a face of contentment, peace and tranquility for the world to see, while keeping the face of loneliness, uncertainty and indecision hidden from public view? Do we give voice to optimism and happiness rather than disclose the fragments of despair and sadness that visit our inner world? Do we "protect" our family members by withholding what is true and real?

You say that no one really wants to hear your story or bear witness to your troubles. You claim that if you share your sorrows, expose your vulnerability or appear depressed or anxious, then you will find yourself in a circle of one – truly all alone. Social acceptability dictates that in the public arena, smiles are the preferred affect. So... we tend to tuck away our pain and paste on the mask of contentment, fortitude and satisfaction and venture out into the new day.

The need to belong and feel understood and accepted grows out of the social connectedness beginning with our family. We are each born into a unique family with its distinctive design and patterns of behavior and we spend our lives weaving in and out of the love, delights, heartache and disappointments that are inherent to family life. Our memory banks are filled with stories and adventures of celebrations, triumphs, stressors and discord that mark our journey. Our family albums preserve the brave smiles, sheer joy, silly antics, and solemn moments of those people who are most connected to us... reminding us that we are not so alone.

The masks that we wear protect us publically from revealing our inner truths. They give us comfort, security and reassurance that we will find a place within the arms of family and friends and be welcome. As we transition into fall with its vibrant display of color, may we find the courage and strength to peek out from behind our masks and begin to reveal some of our true selves. May our lives be filled with the colors of peace and contentment and may we find ourselves able to give and receive lovingkindness in a world of acceptance and warm embraces.

With love, Marian



## ACTIVITIES AND PROGRAMS

### IN PERSON SCHEDULE



# SNAP OLDER ADULT CENTER OCTOBER 2022

## IN PERSON SCHEDULE



### MONDAY

10am- Balance & Flexibility  
10am- Knitting, Crocheting,  
Looming Class  
11am- Chair Yoga w/ Irene  
11am- Men's Discussion  
1pm- Billiards/ Ping Pong  
1pm- Women's Discussion



### WEDNESDAY

10am- Balance & Flexibility  
11am- Trivia Blast  
11am- Chair Yoga w/ Bro.Ben  
11am- Drawing & Painting  
1pm- Billiards & Ping Pong  
1pm- Drawing & Painting  
1pm- Chair Aerobics



### THURSDAY

10am- Ping Pong  
10am- Jewelry Class  
11am- Tai Chi  
1pm- Body Conditioning

### TUESDAY

10am- Quilting/ Sewing  
10am - Walking Club  
10am- Line Dancing  
11am- Chair Dance  
1pm- Stretch & Strengthen



### FRIDAY

10am- Creative Arts class  
10am- Zumba  
11am- Ballroom Dancing  
1pm- Current Events  
1pm- Chair Movement



**HAPPENING THIS MONTH IN-PERSON!**



Presented by SNAP  
in partnership with The Council for Living Music, Inc.

## Lunchtime Concerts

Location: 80-45 Winchester Blvd. Building 4 Queens Village NY 11427

**11:00am-1:00pm**



**October 7, 2022**

Guitarist **Richard Frank** has recorded and/or toured with such artists as Neil Diamond, Bette Midler, Barry Manilow, Paul Anka, Patti LaBell, and Peter Allen.

**October 14, 2022**

**Ayodele Maakheru** is a multi-guitarist, composer and teacher. He's won the Bronx Council on the Arts BRIO award for music composition and an ASCAP award for composition.





**October 21, 2022**

**Guitarist Stephen** Benson is an active NYC freelancer who draws from a diverse set of influences and is comfortable playing jazz, blues, R and B as well as classical music.

**October 28, 2022**

**Guitarist Michelle Marie** has played with the Beyonce Band, been a member of the Black Girls Rock House band since 2010, and accompanied artists such as Mary J Blige, Patti Labelle, Erykah, Badu, Missy Elliot, Sheila E, Mark Anthony, and many other R&B artists. She has played at Festival as well as renowned New York City venues Carnegie Hall, Birdland, and The Blue Note.



**SNAP**  
Services Now For Adult Persons, Inc.  
YOUR KEY TO AGING SERVICES  
PRESENTS

# Oktoberfest

**\$7**

**FOOD | PRETZELS | MUSIC**

**FRIDAY**  
**OCTOBER 7TH, 2022**

**SNAP OF EASTERN QUEENS OLDER ADULT CENTER**  
**80-45 WINGHESTER BLVD.**  
**BLDG. #4 QUEENS VILLAGE NY, 11427**  
Please RSVP with Betty in person by 10/3

DIVERSITY PROGRAM PRESENTS:



**SNAP**  
Services Now for Adult Persons, Inc  
YOUR KEY TO AGING SERVICES

NATIONAL HISPANIC  
**HERITAGE**  
**MONTH**  
CELEBRATION DAY

**WEDNESDAY, OCT. 12**

HISPANIC HERITAGE PRESENTATION

**TRADITIONAL**

**DESSERT TASTING**

STARTS 11AM

EVERYBODY IS WELCOME

EXPERIENCE HISPANIC CULTURE

SNAP OF EASTERN QUEENS OLDER ADULT CENTER  
80-45 WINCHESTER BLVD. BLDG#4 QUEENS VILLAGE NY 11427

[WWW.SNAPQUEESN.ORG](http://WWW.SNAPQUEESN.ORG)

SNAP

SNAP PRESENTS:

# DIWALI CELEBRATION

FESTIVAL OF LIGHTS

WEDNESDAY, OCTOBER 26TH  
STARTS AT 10:30 AM

\$2

PER PERSON

MUSIC - FOOD - EDUCATIONAL PRESENTATION

Location: 80-45 Winchester Blvd.

Queens Village, NY 11427

RSVP to Betty in person by 10/21/22



**SNAP**

Participate Here for 50% Off on the Day  
YOUR KEY TO AGING SERVICES™

# HALLOWEEN PARTY

**FRIDAY**

**OCT.**

**28**

LIVE MUSIC,  
MAGICIAN &  
COSTUME  
DANCE  
PARTY

**\$7**

**BEST COSTUME WINS A PRIZE!**

**BREAKFAST, LUNCH AND DESSERT INCLUDED**

**RSVP WITH BETTY IN PERSON BY OCTOBER 21**



# TRIPS WITH BETTY

"THE SEASON IS HERE!"

We are on the move to new and adventurous places.

**SNAP**  
SERVICES NOW FOR ADULT PERSONS, INC.  
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Join Us For  
**SNAP**  
**On The Farm**

Queens County Farm Museum  
73-50 Little Neck Parkway Floral Park, NY 11994

**October 20th 10am - 1pm**  
Corn Maze, Pumpkin Patch, Farm Stand, Stores & MORE!

**\$24**

PLEASE RSVP WITH BETTY BY OCTOBER 14TH  
Bring extra cash to purchase Pumpkins and other available farm items!



www.snappersons.org

**SNAP**  
SERVICES NOW FOR ADULT PERSONS, INC.  
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**Morning at the MOVIES**

A SENIOR APPRECIATION EVENT  
PLEASE SEE BETTY TO RSVP!

**OCTOBER 14** | **FREE TICKETS**  
TRANSPORTATION AND BOXED MEAL INCLUDED FOR ONLY \$5

**FEATURED MOVIE: "THE WOMAN KING"**

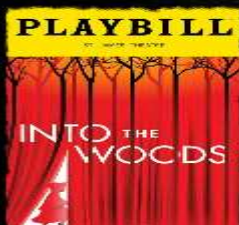


# INTO THE WOODS ON BROADWAY

**\$100 PER PERSON**

INCLUDES

- CHARTER BUS SEATING
- BOXED BREAKFAST
- BROADWAY TICKET
- LUNCH AT A LOCAL RESTAURANT
- COMPLIMENTARY SNAP T-SHIRT



**NOVEMBER 9TH 2022**

**9AM TILL 4:30PM**

**RSVP WITH BETTY BY OCTOBER 24TH**



# HAPPENING THIS MONTH IN-PERSON!



## Medicare Updates

**SNAP**  
Services Now for Adult Persons, Inc.  
YOUR KEY TO AGING SERVICES

### Topics Covered

- Changes in Medicare for 2023
- How to be an informed consumer
- How to protect yourself from
- Medicare marketing scams

Friday, October 7th at 10am in the Dining Room

Made with PosterMyWise.com

Emergencies happen all the time in New York City. Join us to learn how to prepare yourself and your loved ones.

## COME TO OUR READY NEW YORK PRESENTATION

THIS EVENT IS OPEN TO EVERYONE

DATE 10/3/2022  
TIME 10:30 AM  
ADDRESS 80-45 WINCHESTER BLVD  
BIDG #4 DINING ROOM

For registration or call 718-454-2100 or visit  
SNAP Services or 718-454-2100 for more information.  
Check our Instagram for updates.



# Creative Art Class

**SNAP**  
Services Now for Adult Persons, Inc.  
YOUR KEY TO AGING SERVICES

W/ Sumedha Dastidar

FRIDAYS AT 10AM

IN PERSON  
SUPPLIES INCLUDED

LOCATION: 80-45 WINCHESTER  
BLVD, QUEENS VILLAGE, NY 11427

Made with PosterMyWise.com

## HAIRCUTS With Marilyn

**SNAP**  
YOUR KEY TO AGING SERVICES



PRE-REGISTRATION REQUIRED.  
GO TO THE FRONT DESK OR CALL  
(718)454-2100

COME JOIN US  
WED. OCT. 19 TH

LOCATION:

80-45 WINCHESTER BLVD,  
BUILDING #4  
QUEENS VILLAGE, NY 11427

STARTS AT 10AM

MASK REQUIRED

It's not just a haircut, it's an experience.

Made with PosterMyWise.com



## SNAP of Eastern Queens Breakfast Menu - October 2022

October 2022							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3 Egg Omelet Bagel with Cream Cheese Greek Yogurt	4 Waffles with Syrup Veggie Sausage Patty Bran Flakes Cereal w/ Banana	5   (Yom Kippur)	6 Pancakes with Syrup Fiber One Cereal with Banana	7 Egg Whites English Muffin with Jelly Oatmeal with Raisins	8	
9	10 French Toast with Syrup Cream of Wheat Blueberries	11 Egg Whites Turkey Sausage Patty English Muffin with Jelly Honey Nut Cheerios	12 Pancakes with Syrup Oatmeal with Raisins	13 Scrambled Eggs Bagel with Cream Cheese Total Cereal with Banana	14 Waffles with Syrup Veggie Sausage Patty Bran Flakes Cereal with Banana	15	
16	17 Pancakes with Syrup Bran Flakes Cereal with Banana	18 Scrambled Eggs Bagel with Cream Cheese Greek Yogurt	19 Waffles with Syrup Veggie Sausage Patty Fiber One Cereal with Banana	20 Egg Whites English Muffin with Jelly Oatmeal	21 French Toast with Syrup Raisin Bran Cereal Tangerine	22	
23	24 French Toast with Syrup Oatmeal with Strawberries	25 Scrambled Eggs Home Fries Honey Nut Cheerios with Banana	26 Hard Boiled Eggs Bran Muffin Oatmeal Orange	27 Pancakes with Syrup Life Cereal with Banana	28 Egg Whites Bagel with Cream Cheese Yogurt with Fruit	29	
30	31 Greek Yogurt Bran Muffin Cheerios with Banana  (Halloween)	SNAP of Eastern Queens Older Adult Center 80-45 Winchester Blvd. Bldg. 4, CBU 29 Queens Village, NY 11427 718-454-2100 Snapqueens.org				A Not-for-Profit agency funded under contract with the NYC Department for the Aging as part of the Older Americans Act Program	



## SNAP of Eastern Queens Luncheon Menu - October 2022

October 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<b>3 Sesame Chicken</b> Brown Rice Oriental Blend Vegetables  (Tuna Fish Salad)	<b>4 Pot Roast</b> Baked Potato Broccoli Florets  (Tuna Fish Salad)	 (Yom Kippur)	<b>6 Meatloaf</b> Mashed Potatoes Spinach  (Deli Roast Beef)	<b>7 Kielbasa with</b> Sauerkraut Potato Pancakes Whole Baby Carrots  (Deli Roast Beef)	8
9	<b>10 Fish with</b> Creole Sauce Brown Rice Okra  (Deli Turkey Breast)	<b>11 Beef Stew</b> Bowtie Pasta Green Beans  (Deli Turkey Breast)	<b>12 Chicken</b> Fajitas Brown Rice with Beans Cut Corn  (Avocado Egg Salad)	<b>13 Vegetable</b> Lasagna Whole Baby Carrots Italian Blend Vegetables (Avocado Egg Salad)	<b>14 Italian</b> Sausage with Peppers & Onions Penne Brussel Sprouts  (Avocado Egg Salad)	15
16	<b>17 Salisbury</b> Steak Cauliflower Mash Spinach  (Seafood Salad)	<b>18 Sloppy Joes</b> Roasted Potatoes Mixed Vegetables  (Seafood Salad)	<b>19 Mushroom</b> Chicken Couscous Broccoli Florets  (Turkey Salad)	<b>20 Breaded Fish</b> Fillets Baked Sweet Potato Green Beans  (Turkey Salad)	<b>21 Vegetarian</b> Meatballs Spaghetti Italian Blend Vegetables  (Turkey Salad)	22
23	<b>24 Vegetarian Lo</b> Mein Broccoli Florets Oriental Blend Vegetables  (Chicken Salad)	<b>25 Salmon Cakes</b> Cauliflower Potato Mash Spinach  (Chicken Salad)	<b>26 Cheese-</b> Burger Sweet Potato Fries Green Beans (Salmon Salad)	<b>27 Pork Chops</b> Macaroni and Cheese Collard Greens  (Salmon Salad)	<b>28 BBQ Chicken</b> Baked Potato Wedges Cut Corn  (Salmon Salad)	29
30	<b>31 Asian Style</b> Honey Chicken Brown Rice Pilaf Chinese Style Cauliflower  (Deli Turkey Breast) (Halloween)	SNAP of Eastern Queens Older Adult Center 80-45 Winchester Blvd. Bldg. 4, CBU 29 Queens Village, NY 11427 718-454-2100 Snapqueens.org			A Not-for-Profit agency funded under contract with the NYC Department for the Aging as part of the Older Americans Act Program	



# ADVISORY BOARD MEETING

## SNAP

Services Now for Adult Persons, Inc

YOUR KEY TO AGING SERVICES



MONDAY, OCT. 17TH  
IN CLASSROOM 5 @9:30AM

### **VOLUNTEERS SPOTLIGHT OF THE MONTH**

We want to send a special thank you Tina and Verda for always volunteering!

