



# MARCH 2023 NEWSLETTER



## 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)



## Hello Everyone!!

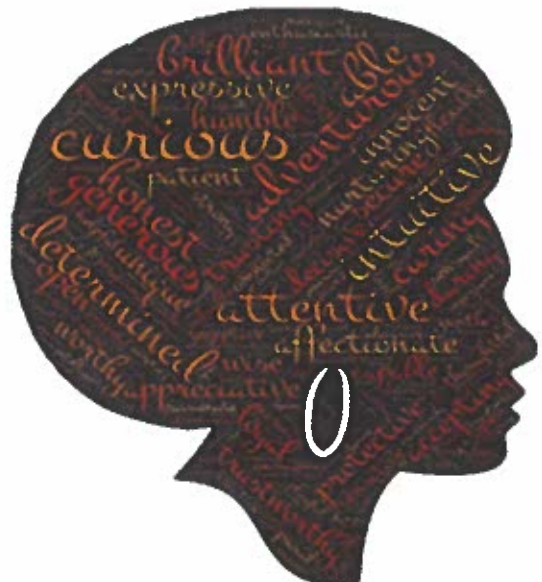
Happy Women's History month! This month we have so much to celebrate. St. Patrick's day is around the corner and Spring is in the air. With so many upcoming events and activities, we plan to involve you in every detail. Please explore all the pages of this newsletter to get updated information on this month's programs. As always, if you have any questions or concerns, my door is always open!

*"Each time a woman stands up or herself, without knowing it possibly, without claiming it, she stands up for all women"*  
-Maya Angelou

**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 ◊



As this relatively mild winter begins to take its final bow and slowly raise the curtain onto the pleasures of spring, you may begin to feel some warm wisps of fresh air on this still winter's day that will awaken your senses and delight your spirit. One can't help but feel invigorated, soothed and freshly bathed as the soft hand of Mother Nature caresses your face urging you to take note and listen to the true voice of your heart. The promise of spring is the promise of hope for the future and an acknowledgement that nothing remains the same.

Our hearts speak through an inner voice which reacts strongly and passionately to our life experiences. At times, we may barely whisper or utter complaints, frustrations or despair about a difficult or painful situation. There are other occasions when the heart leaps with joy and happiness at the good fortune that has enlightened and enriched our lives. The voice which sorrowfully acknowledges the loneliness of an empty house, the fears of debilitating disease, and the newly realized limits of physical and mental abilities cries out - "I'm scared!". Offering a balance to the fears, we thankfully have a voice that calmly speaks with a meditative quality that contemplates the vast wonder and magnificence of life. That voice is cognizant of the changing capabilities of a mind and body still firmly determined to experience all the twists and turns of a life fully lived. We have a mechanism for expression which melodiously inspires us to reach out with joy, comfort, and delight into the inviting arms of family and friends. Our strength derives from this strong inner sense of self that despite our struggles, urges us on to taste the sweetness of life.

As winter fades into memory and the possibilities of spring begin to come into view, we need to reach for a sense of balance in our lives. Our sorrows need not obliterate our ability to seek healthy pleasures. The sadness and fears that tend to gnaw at us can be eased by drawing upon our inner strengths and the solidness of honest and caring relationships. Sharing quiet conversation over a cup of coffee, enfolding yourself in the arms of a concerned and interested friend or relative, or giving of your talent or spirit to another person can help loosen the grip of pain and open a pathway to peace and well-being. May we each find the courage to reach out with a heart open to new possibilities and realize the delicate beauty of finding ourselves part of a circle of friendship and love in that ever evolving mosaic of life.

With love, Marian







## SNAP of Eastern Queens Breakfast Menu - March 2023

### March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Hard Boiled Eggs Bran Muffin w/ Butter Oatmeal	2 Pancakes with Syrup Turkey Bacon Life Cereal with Banana	3 Egg Omelet Bagel with Cream Cheese Oatmeal	4
5	6 Greek Yogurt Bran Muffin with Butter Cheerios with Banana	7 Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal with Raisins	8 Waffles with Syrup Turkey Bacon Bran Flakes	9 Egg Omelet Croissant with Butter Oatmeal	10 French Toast with Syrup Veggie Sausage Patty Wheaties	11
12  (Daylight Savings begins)	13 Pancakes with Syrup Turkey Sausage Patty Fiber One with Banana	14 Scrambled Eggs Bagel with Cream Cheese Shredded Wheat	15 Greek Yogurt Kaiser Roll with Butter Oatmeal with Raisins	16 Hard Boiled Eggs Bran Flakes with Banana Corn Muffin with Butter	17 French Toast with Syrup Veggie Sausage Patty Oatmeal  (St. Patrick's Day)	18
19	20 Egg Omelet Bagel with Butter Greek Yogurt banana	21 Waffles with Syrup Veggie Sausage Patty Bran Flakes with Banana	22 Scrambled Eggs Bran Muffin with Butter Oatmeal  (Ramadan begins)	23 Pancakes with Syrup Turkey Sausage Patty Fiber One Cereal Banana	24 Egg Whites Egg Twist Roll with Butter Oatmeal with Raisins	25
26	27 French Toast with Syrup Veggie Sausage Patty Oatmeal	28 Egg Whites Turkey Sausage Patty Kaiser Roll with Butter Honey Nut Cheerios with Banana	29 Pancakes with Syrup Egg Omelet Oatmeal with Raisins	30 Scrambled Eggs Bagel with Cream Cheese Total Cereal with Banana	31 Waffles with Syrup Veggie Sausage Patty Bran Flakes with Banana	

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 Lunch Menu - March 2023

March 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Cheeseburger Sweet Potato Fries Green Beans  (Chicken Salad)	2 BBQ Chicken Baked Beans Broccoli Florets  (Chicken Salad)	3 Pork Chops Macaroni and Cheese Collard Greens  (Chicken Salad)	4
5	6 Chicken Cacciatore Brown Rice Spinach  (Turkey Breast)	7 Vegetable Alfredo Pasta Brussel Sprouts Italian Blend Vegetables  (Turkey Breast)	8 Meatloaf Baked Potato Whole Baby Carrots  (Egg Salad)	9 Pot Roast Egg Noodles Mixed Vegetables  (Egg Salad)	10 Chicken Parmesan Spaghetti California Blend Vegetables  (Egg Salad)	11
12  (Daylight Savings begins)	13 Italian Meatballs Penne Italian Cut Green Beans  (Roast Beef)	14 Loin of Pork Mashed Potatoes Braised Cabbage with Apples  (Roast Beef)	15 Turkey Breast Baked Sweet Potatoes Green Beans  (Chicken Salad)	16 Oven Fried Chicken Egg Barley & Mushrooms Broccoli Florets  (Chicken Salad)	17 Corned Beef & Cabbage Boiled Potatoes Whole Baby Carrots  (St. Patrick's Day)	18
19	20 Sesame Chicken Brown Rice Oriental Blend Vegetables  (Falafel with Pita Bread)	21 Pot Roast Baked Potato Broccoli Florets  (Falafel with Pita Bread)	22 Cheese Manicotti California Blend Italian Cut Green Beans  (Tuna Fish Salad) (Ramadan begins)	23 Meatloaf Mashed Potatoes Spinach  (Tuna Fish Salad)	24 Fish with Tomatoes Parsleyed Potatoes Mixed Vegetables  (Tuna Fish Salad)	25
26	27 Sausage with Onions & Peppers Penne Broccoli Florets  (Turkey Breast)	28 Beef Stew Bowtie Pasta Green Beans  (Turkey Breast)	29 Chicken Hawaiian Cauliflower Potato Mash Peas and Carrots  (Avocado Egg Salad)	30 Vegetable Lasagna Italian Blend Vegetables Whole Baby Carrots  (Avocado Egg Salad)	31 Lemon Garlic Baked Fish Brown Rice Mixed Vegetables  (Avocado Egg Salad)	

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# TRIPS WITH BETTY

"THE SEASON IS HERE!"

We are on the move to new and adventurous places.

**SNAP**  
Services Matter for Adults Persons, Inc.  
FOUR GET TO AGING SERVICES

Join us for a trip

**Cancelled**

Thurs. March 16 St. Patrick's Day  
2023 Feast-From Ireland  
to America

**\$115**  
P/P

INCLUDES SNAP, TAST, CHARTER BUS, TRANSPORTATION, LUNCH AND ENTERTAINMENT WITH TRADITIONAL IRISH TENOR MIKE BYRNE WITH THE FAMOUS GREEN DERBY SHOW BAND AND COMEDIAN/ BAGPIPER WILLIE LYNCH BAND DIRECT FROM DUBLIN

Li Greci's at Staaten- In Staten Island  
Please see Betty to make your payment by 3/3/2023

**SNAP**  
Services Matter for Adults Persons, Inc.  
FOUR GET TO AGING SERVICES



**TRIP**  
**committee**  
**MEETING**

Location:  
8045 Winchester  
Blvd. Building #4  
Queens Village  
NY 11427

**THURSDAY, MAR. 9TH, 2023**  
**10:30AM IN CLASSROOM 5**  
FOR MORE DETAILS, PLEASE SEE BETTY



**SNAP**  
Services Matter for Adults Persons, Inc.  
FOUR GET TO AGING SERVICES

**\$10**



**Resorts World**  
**CASINO**  
NEW YORK CITY

**Box Lunch and**  
**Transportation included**

ALL YOUR FAVORITE GAMES!

**Thursday, March 23th, 2023**  
**9am-3pm**

**RSVP WITH BETTY BY March 17th 2023**

Pickup location: 80-45 Winchester Blvd  
Building #4 Queens Village, NY 11427

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## IN PERSON SCHEDULE



# SNAP OLDER ADULT CENTER MARCH 2023

## IN PERSON SCHEDULE



### MONDAY

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



### WEDNESDAY

10am - Balance & Flexibility  
11am - Trivia Blast w/ Mindy  
11am - Chair Yoga w/ Bro. Ben  
1pm - Floor Mat Exercise  
2pm - Billiards & Ping Pong



### THURSDAY

10am - Ping Pong  
10am - Jewelry Class  
11am - Tai Chi w/ June  
11am - Adult Coloring  
1pm - Body Conditioning

### TUESDAY

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



### FRIDAY

10am - Quilting/Sewing Class  
10am - Zumba  
10am - Meditation w/ Mindy  
11am - Ballroom Dancing  
1pm - Current Events  
1pm - Chair Movement



80-45 Winchester Blvd, Queens Village, NY 11427  
Phone: (718) 454-2100



# HAPPENING THIS MONTH IN-PERSON!

## Join us in making a **ST. PATRICK'S DAY SHAMROCK PILLOW**

March 10th 2023  
at 10am  
in the  
Arts & Craft  
Room  
No experience  
required!

**SNAP**  
Senior Nutrition Assistance Program  
FOR NEW YORK STATE RESIDENTS



**\$5 PER  
ITEM**

Cricut Craft  
Hour  
with *Nina*

Thursday,  
March 16th at  
12:30pm  
Located in the  
Arts and Craft  
Room



PLEASE SEE NINA TO REGISTER BEFORE MARCH 3RD

## JOIN US FOR A **SAINT PATRICK'S** CELEBRATION

**TRADITIONAL IRISH DANCING**  
NAIL O'LEARY DANCE GROUP

**THURSDAY, MARCH 16TH**

LOCATED IN THE DINING  
ROOM AT 10:30AM



## **St. Patrick's Day Celebration**

**Friday, March 17th 2023**

**\$7**

**Breakfast  
Lunch  
Dessert**

**Entertainment:  
Live Bagpiper**

Please see Betty to make your reservation  
before March 10th 2023

Locations: 8045 Winchester Blvd.  
Bldg. #4  
Queens Village NY 11427

Please note: No refunds are issued a week prior to any event.







## **HOMEOWNERS BENEFIT ENROLLMENT SESSION**

**SPONSORED BY:**

**COUNCIL MEMBER LINDA LEE**

**NYC DEPARTMENT OF FINANCE**

**SNAP INNOVATIVE CENTER OF EASTERN QUEENS**

**Friday, March 3, 2023**

**11:00 AM - 12:30 PM**

**Location: 80-45 Winchester Boulevard**

**Queens Village, New York 11427**

Learn about the  
eligibility and the  
benefit programs for  
home, condo, and co-  
op owners



Enroll in property  
tax benefit  
programs for  
homeowners

Learn how to lower  
the property tax  
bill on your  
property

Learn about your annual  
notice of property value  
(NOPV)

**Register Here:**

**<https://bit.ly/3y3wxvL>**



New York City Council  
Office of Council Member  
Linda Lee





**Join us  
Tuesday, March 14th  
at 11am  
with Special Guest Presenter,  
Shanthy Hughes**

**Women's History Month inspires us to celebrate women!  
This year, we will encourage all women to practice  
self-care and to recognize their self-worth with two  
self-esteem activities.**

**SNAP members will work through two activities that  
will require active movement and participation.**

**Please note: A small gift will be presented to women who  
sign up with Nina by March 9th 2023.**

**HAIRCUTS  
With Marilyn**



**PRE REGISTRATION REQUIRED.  
GO TO THE FRONT DESK OR CALL  
(718) 554-2100**

**COME JOIN US  
WED. March 22nd**

**LOCATION:**

**80-45 WINCHESTER BLVD.  
BUILDING #4  
QUEEN'S VILLAGE, NY 11427**

**STARTS AT 10AM**

**MASK REQUIRED**

**It's not just a  
hair cut, it's an  
experience.**



**SNAP**

**T-Shirts  
for Sale**

**Important Note:  
The additional costs of  
these shirts have been  
subsidized by SNAP.**

**\$10**

**Please see  
Center Staff  
to place your  
order!**







**SNAP**

Services Now for Adult Persons, Inc.

YOUR KEY TO AGING SERVICES

**\$3**

Please see Betty to  
reserve your seat!

# HOLI FESTIVAL

LET'S PLAY WITH THE COLORS OF SPRING

**Wednesday,  
MARCH 29TH  
STARTS AT  
10:30AM**

INCLUDED:

White T-shirt, Traditional  
Dessert, Music, &  
Educational Presentation

80-45 Winchester Blvd.,  
Queens Village, NY 11427



## FEBRUARY SPOTLIGHT

Here are some photos from our PROGRAM!









**SNAP Presents:**



**TUE., MARCH 28 at 10:30 AM**

# **BIRTHDAY**

*Celebration*

PLEASE NOTE: YOU MUST PRE-REGISTER AT THE  
FRONT DESK IF IT'S YOUR BIRTHDAY MONTH BY  
PRINTING YOUR NAME AND BIRTHDATE. TO RECEIVE  
YOUR GIFT, YOU MUST ATTEND THE BIRTHDAY PARTY.

LIVE MUSIC AT 10:30AM  
BIRTHDAY CAKE FOR EVERYONE!  
SPECIAL GIFT FOR PEOPLE WHO  
CELEBRATE A BIRTHDAY IN MARCH.



# SNAP

Services Now for Adult Persons, Inc.

YOUR KEY TO AGING SERVICES

# ADVISORY BOARD MEETING



MONDAY, MARCH 20TH  
IN CLASSROOM 5  
@9:30AM

This meeting is for Advisory Board members only. If you have any questions or suggestions, please reach out to a board member.

**Location: 80-45 Winchester  
Blvd, Queens Village, NY 11427**

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