



MARCH 2024



DIRECTOR'S MESSAGE

Dear Beloved Community,

As the vibrant hues of spring begin to unfold, I want to take a moment to remind you of the magic that this season brings. Springtime is not just a change in weather; it's a celebration of renewal, growth, and the beauty that life continues to offer us.

This is your season too, a time to shed the metaphorical winter layers and welcome the possibilities that lie ahead. Whether it's a leisurely stroll in a blossoming garden, planting seeds of new friendships, or simply relishing the small joys that each day brings, let springtime be a catalyst for rejuvenation.

Take the time to reflect on the resilience you've shown throughout the seasons of life. Your experiences are like the roots of a mighty tree, providing strength and stability. Yet, just like the branches reaching for the sky, there is always room for growth and new experiences.

Celebrate the gift of time by savoring the present moment and cherishing the connections that have enriched your journey. Share stories, wisdom, and laughter, for these are the blossoms that make the garden of life truly extraordinary.

May this springtime be a chapter of joy, warmth, and renewal for you. Embrace it with open hearts and open arms, for the beauty of spring is a reflection of the beauty within each of you.

"Spring: A lovely reminder of how beautiful change can truly be."
- Unknown

If you have any questions or suggestions, please feel free to reach out to our team. Your feedback is invaluable, and we are always here to make your experience at SNAP enjoyable.



Warm regards,
Nina Bhola-Cruz

80-45 WINCHESTER BLVD. QUEENS VILLAGE NY 11427
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*Empowered
Women
Empower
Women*



♡ SPEAKING FROM THE HEART ♡

The March winds are ushering in a clean refreshed opportunity to look at ourselves with a mirror of reflection, introspection and a view of what tomorrow may look like as the gentle gusts sweep away a clean path for exploring today's new journey.

That journey can begin with our words. Words are like our sense of touch. They can form a gentle caress or a light hand of comfort and reassurance. They can dig deeply or scratch a scab which is trying to heal. Our words have the power to embrace or reject, to stroke with tenderness or to lash out with a hurtful vengeance. The spoken word can be a butterfly kiss that leaves you smiling, happy and lighthearted, or it can be a slap on the back producing a stinging and lingering pain. Words can skip over our tongue without thought, or are sifted and scrutinized repeatedly through our minds on the tumultuous voyage from the birth of an idea to its verbal expression.

We look to our words as vehicles, as we look to Mother Nature to lead us away from winter's chill and towards the warmth and pleasures of spring. There is a soothing comfort in knowing that after the last traces of winter's cold air blow out of sight, they will be replaced with tranquil warm breezes whispering gentle words of encouragement to the sleepy buds and awakening blossoms. As Mother Nature nudges the world awake, she offers us opportunities to glimpse new pathways of exploration and adventure.

We need the warmth and resurgence of nature that spring brings. We need to reach out and rekindle relationships that felt the chill of neglect and the deprivation of soothing heart-felt conversations. We need to hold on with sensitivity and caring to our friends and loved ones and treat all of our relationships with respect, kindness and consideration. A heart misses the laughter and smiles, stories of triumph and experience, noise and confusion that connect us one to the other. A heart needs to be nourished with a lovingkindness born out of an honest and sincere caring and expressed with words that are soft, tender and sincere.

Now we can await the newly born days of spring with a spirited sense of excitement. Bright blue skies, singing birds and lush green foliage amongst colorful flowers are the perfect backdrop for a renewed investment in relationship building. As the seasons change, so too do we; for life is change. May our words be a vehicle to build bridges of peace and tranquility as we reach out to one another in a celebration of life and love and may the journey bring fulfillment, satisfaction and new meaning that leaves memories of pleasure and contentment.

With love, *Marian*





SNAP

Services Now for Adult Persons, Inc

YOUR KEY TO AGING SERVICES

UPCOMING EVENTS OF MARCH 2024



MAR. 1

10AM BINGO W/ HELPING U HEALTHCARE

MAR. 5

10AM SUGAR FACTORY TRIP \$20

11AM TRIP COMMITTEE MEETING

MAR. 6

10AM "PEER JOURNALING" W/ MALKA FROM CAPE

11AM ELDER ABUSE PROGRAM W/ QUEENS DA OFFICE

MAR. 7

10AM ADVOCACY DAY TRIP

MAR. 8

11AM INTERNATIONAL WOMANS DAY CELEBRATION

MAR. 12

11AM IRISH DANCERS

1PM SPRING CRICUT CRAFT HOUR W/ NINA \$5

MAR. 15

9:15AM ST. PATRICK'S DAY CELEBRATION \$10

MAR. 18

9:30AM ADVISORY BOARD MEETING

11AM NEW MEMBER TEA

MAR. 21

AARP DEFENSIVE DRIVING COURSE

ALL CLASSES IN MPR ARE CANCELED

MAR.22

11AM WOMENS HISTORY MONTH: EBONY LINE DANCERS

MAR.26

11AM EASTER CELEBRATION

10AM HAIRCUTS BY MARILYN \$10

MAR. 27

10:30AM HOLI/BIRTHDAY CELEBRATION W/ DJ \$5

MAR. 28

CULINARY INSTITUTE TRIP \$100

SNAP Eastern Queens Older Adult Center

Location: 80-45 Winchester Blvd. Bldg.#4

Queens Village , NY 11427





SNAP OLDER ADULT CENTER MARCH 2024

IN PERSON SCHEDULE



MONDAY

- 10am - Balance & Flexibility
- 10am - Knitting/Crocheting
- 11am - Chair Yoga w/ Irene
- 1pm - Billiards/ Ping Pong
- 1pm - Women's Empowerment



WEDNESDAY

- 10am - Balance & Flexibility
- 10am - MET Art Program
- 11am - Chair Yoga w/Bro.Ben
- 11am - Men's Discussion
- 1pm - Mat & Roll Exercise
- 1pm - Music & Entertainment
- 2pm - Billiards & Ping Pong
- 2pm - Pokeno Games



THURSDAY

- 10am - Billiards/ Ping Pong
- 10am - Jewelry Making
- 11am - Tai Chi w/ June
- 11am - Tech Help w/ Chris
- 11am - Adult Coloring
- 1pm - Body Conditioning
- 1pm - Karaoke Party

TUESDAY

- 10am - Quilting/ Sewing
- 10am - Adult Coloring
- 10am - Walk w/ Ease
- 10am - Line Dancing
- 11am - Chair Dance
- 1pm - Cardio Mix



FRIDAY

- 10am - Quilting/Sewing Class
- 10am - Zumba
- 10am - Blood Pressure Clinic
- 11am - Ballroom Dancing
- 11am - Nutrition w/ Mindy
- 1pm - Current Events
- 1pm - Strength & Stretch
- 2pm - Pokeno Games





SNAP of Eastern Queens Breakfast Menu - March 2024





March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 French Toast Veggie Sausage Patty Oatmeal	2
3	4 Egg Omelet Bagel with Cream Cheese Greek Yogurt	5 Waffles Bran Flakes Cereal Banana	6 Scrambled Eggs Bran Muffin with Butter Oatmeal	7 Pancakes Egg Whites Fiber One Cereal	8 Scrambled Eggs Kaiser Roll with Butter Oatmeal	9
10	11 French Toast Veggie Sausage Patty Oatmeal	12 Egg Whites Kaiser Roll with Butter & Jelly Cheerios	13 Pancakes Egg Omelet Oatmeal	14 Scrambled Eggs Bagel with Cream Cheese Total Cereal	15 Waffles Bran Flakes Cereal Banana	16
17  (St. Patrick's Day)	18 Pancakes Raisin Bran Cereal Banana	19 Scrambled Eggs Bagel with Cream Cheese Oatmeal	20 Waffles Scrambled Eggs Fiber One Cereal	21 Egg Whites Kaiser Roll with Butter Oatmeal	22 French Toast Egg Omelet Bran Flakes Cereal	23
24	25 French Toast Egg Whites Oatmeal	26 Scrambled Eggs Home Fries Cheerios	27 Hard Boiled Eggs Bran Muffin with Butter Oatmeal	28 Pancakes Bran Flakes Cereal Banana	29 Spinach & Cheese Frittata Bagel with Cream Cheese Oatmeal	30
31  (Easter)	<div> <div> SNAP of Eastern Queens Older Adult Center Services Now for Adult Persons, Inc 80-45 Winchester Blvd. Bldg. 4, CBU 29 Queens Village, NY 11427 718-454-2100 Snapqueens.org </div> <div> A Not-for -Profit agency funded under contract with the NYC Department for the Aging as part of the Older Americans Act Program </div> </div>					

SNAP of Eastern Queens Lunch Menu - March 2024

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Baked Fish Amandine Cous Cous Peas and Carrots (Avocado Egg Salad)	2
3	4 Honey Mustard Chicken Baked Potato Wedges Brussels Sprouts (Bagel with Lox & Cream Cheese)	5 Sesame Tofu and Broccoli Chinese Style Spaghetti Oriental Blend Vegetables (Bagel with Lox & Cream Cheese)	6 Chicken Cacciatore Brown Rice String Beans (Sliced Turkey Breast)	7 Italian Sausage with Onions and Peppers Penne Broccoli Florets (Sliced Turkey Breast)	8 Salmon Cakes with Dill Sauce Cauliflower and Potato Mash Carrots (Sliced Turkey Breast)	9
10	11 Parmesan Baked Fish Baked Potato California Blend Vegetables (Chicken Salad)	12 Roast Loin of Pork Mashed Potatoes Red Cabbage with Sliced Apples (Chicken Salad)	13 Italian Meatballs Spaghetti with Tomato Sauce Italian Cut Green Beans (Sliced Roast Beef)	14 Sundried Tomato Chickpea Burger with Lettuce & Tomato Sweet Potato Fries Capri Blend Veg. (Sliced Roast Beef)	15 Corned Beef & Cabbage Parsleyed Potatoes Baby Carrots (Breaded Fish)	16
17  Happy St. Patrick's Day (St. Patrick's Day)	18 Chicken Chow Mein Brown Rice Broccoli Florets (Tuna Fish Salad)	19 Turkey Breast Baked Sweet Potatoes Green Beans (Tuna Fish Salad)	20 Eggplant Parmesan Spaghetti with Tomato Sauce Italian Blend Vegetables (Chicken Salad)	21 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Spinach (Chicken Salad)	22 Lemon Garlic Baked Fish Bowtie Pasta Brussels Sprouts (Chicken Salad)	23
24	25 Vegetable Soup Baked Ziti Italian Blend Vegetables Italian Cut Green Beans (Seafood Salad)	26 Pork Chops Macaroni and Cheese Collard Greens (Seafood Salad)	27 Beef Stroganoff Egg Noodles Baby Carrots (Sliced Turkey Breast)	28 Hawaiian Chicken Cauliflower Potato Mash Spinach (Sliced Turkey Breast)	29 Fish w/ Tomatoes and Herbs Brown Rice with Mushrooms Green Beans (Sliced Turkey Breast) (Good Friday)	30
31  (Easter)	SNAP of Eastern Queens Older Adult Center Services Now for Adult Persons, Inc 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