

APRIL 2024

## DIRECTOR'S MESSAGE

Dear Beloved Community,

As we navigate the journey of life, it's the moments of celebration that truly enrich our souls and light up our days with warmth and joy. At SNAP of Eastern Queens, we believe in cherishing every moment and celebrating the beauty of life together.

As the seasons change and the world around us blooms with new beginnings, we are reminded of the invaluable gift of life itself. Each day is an opportunity to embrace the wonders around us, to share laughter, stories, and experiences with one another, and to find joy in the simplest of moments.

That's why we are thrilled to invite you on April 17th to a special celebration of life event at our center. Join us at our Spring Bling Festival, as we come together to honor the journey we've traveled, the friendships we've forged, and the countless memories we've created along the way.

Together, let's celebrate the wisdom of age, the resilience of spirit, and the beauty of companionship. Whether it's through music, dance, heartfelt conversations, or simply basking in each other's company, let's revel in the magic of being alive.

Your presence adds a sparkle to our community, and we can't wait to share this memorable occasion with you. So mark your calendars, gather your smiles, and let's make this celebration one to remember.

Life is a precious gift, and we are grateful to share it with each and every one of you. Here's to celebrating life, love, and laughter together!

Warmest Regards,  
Nina Bhola-Cruz

**SNAP OF EASTERN  
QUEENS OLDER  
ADULT CENTER  
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## ♥ SPEAKING FROM THE HEART ♥

Spring is announcing its presence with its brilliant blue sky and radiant sunshine, helping to provide the impetus and motivation to rediscover our forgotten passions, desires and inner truths. During spring's early days, as we recover from the relative isolation of this past winter, we may be reminded of that forgotten plant which abandoned and untended during the colder weather has curled its leaves up tightly seeking solace and comfort from within.

Undernourished and devoid of warmth, the once green leaves lay brown, withered and drooping in the parched earth. Upon removal of the dried and shriveled leaves, one sees evidence of new growth and the possibility of new life.

The lessons from that shrunken lonely plant apply to human relationships. Isolated and alone in a quiet house allows a dull blanket of drabness to envelop us.

Loneliness can darken our world - or, like that emerging new leaf - we can begin to uncover the delight of daily connections with others. The transition from winter to spring is a miraculous occasion. Each newly unfolding day offers untold opportunities to celebrate life and ourselves. The exploration of new landscapes can open the door to novel experiences that we only previously had imagined...if we allow ourselves to risk enough and take that leap of faith. Let us not postpone openings for happiness. Join a group that stimulates your mind, stretches your body, soothes your spirit, and allows you to feel joy in that process. As we begin to peel away the outer layers of winter's clothing, we likewise begin to shed the doubts and uncertainties that shield us from new experiences. As nature begins to thaw, so too do we. There is no better time than today to take that step towards a new adventure.

A rich happy life necessitates reaching out to really listen, and hopefully to be listened to; to give and receive affection, support and understanding; and to be an active participant in the daily nuances of an ever evolving life. May we each find our way to a deeper acceptance and appreciation of our own special and unique qualities, and experience the satisfaction and fulfillment of our previously unexplored dreams. Let us dance together in the sunshine of life and plant new seeds of potential and vision in the fertile ground of human relationships.

With love, Marian





# SNAP



## SNAP OLDER ADULT CENTER APRIL 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 - Painting w/ Purpose  
10am - Walk w/ Ease  
10am - Line Dancing  
11am - Chair Dance  
1pm - Pokeno Games  
1pm - Cardio Mix



#### FRIDAY

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



# SNAP

Services Now for Adult Persons, Inc

YOUR KEY TO AGING SERVICES

## UPCOMING EVENTS OF APRIL 2024

April 4

10:30am NYPD Self Defense Workshop  
11am Trip Committee Meeting w/ Betty

April 5

10am "Better Me" Board Game w/ Malka  
🎵 10-12pm Free Music Friday 🎵  
11am Nutrition with Mindy

April 8

Trip to Intrepid Ship Museum \$35

April 9

SNAP Movie: "The Marvels" \$5

April 10

11am Older Men & Mental Health w/ Malka From CAPE  
Trip to Broadway "Merrily We Roll Along" \$60

April 12

9:15am Volunteer Appreciation "Omelet Breakfast"  
🎵 10-12pm Free Music Friday 🎵

April 15

9:30am Advisory Board Meeting 11am New Member Tea

April 16

Trip to Sugar Factory \$20  
12:30pm Cricut Craft Hour "Personalized Totes" \$5

April 17

9:15am Spring Bling Party w/ Performance From  
Senior Theatre Acting Repertory \$10

April 19

🎵 10-12pm Free Music Friday 🎵

April 22

11am Passover Presentation with Mindy

April 26

10am Osteoporosis & Nutrition Workshop

🎵 10:30-12pm Free Music Friday 🎵

April 29

10am Haircuts by Marilyn \$10

April 30

Music w/ DJ. Scott Birthday Celebration

Location:

80-45 Winchester Blvd.

Bldg.#4 Queens Village, NY 11427


(718)454-2100



# SNAP of Eastern Queens Breakfast Menu - April 2024




## April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 French Toast Scrambled Eggs Oatmeal	2 Egg Whites Kaiser Roll with Butter & Jelly	3 Pancakes Egg Omelet Oatmeal with Raisins	4 Scrambled Eggs Bagel with Cream Cheese Bran Flakes Cereal	5 Mozzarella and Tomato Sandwich Oatmeal Cantaloupe	6
7	8 Pancakes Raisin Bran Cereal Banana	9 Scrambled Eggs Cinnamon Raisin Bagel with Cream Cheese	10 Waffles Scrambled Eggs Fiber One Cereal	11 Egg Whites English Muffin with Butter Oatmeal	12 French Toast Egg Omelet Bran Flakes Cereal	13
14	15 French Toast Egg Whites Oatmeal	16 Scrambled Eggs Veggie Sausage Patty Cheerios	17 Hard Boiled Eggs Bran Muffin Oatmeal	18 Pancakes Bran Flakes Cereal Strawberries	19 Scrambled Eggs Bagel with Cream Cheese Oatmeal	20
21	22 Greek Yogurt Bran Muffin Cheerios	23 Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal  (Passover)	24 Waffles Bran Flakes Cereal Blueberries	25 Egg Omelet Croissant with Butter Oatmeal	26 French Toast Scrambled Eggs Wheaties Cereal	27
28	29 Pancakes Egg Whites Cheerios	30 Scrambled Eggs Bagel with Cream Cheese Raisin Bran Cereal	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			
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# SNAP of Eastern Queens Lunch Menu - April 2024

## April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	<b>1</b> Chicken and Broccoli Stir Fry Brown Rice Oriental Blend Vegetables  (Sliced Roast Beef)	<b>2</b> Meatloaf Mashed Potatoes Spinach  (Sliced Roast Beef)	<b>3</b> Vegetable Soup Baked Ziti Italian Blend Vegetables Italian Cut Green Beans  (Avocado Egg Salad)	<b>4</b> Roast Turkey Breast Baked Sweet Potato Green Beans  (Avocado Egg Salad)	<b>5</b> Lemon Garlic Fish Bowtie Pasta California Blend Vegetables  (Avocado Egg Salad)	<b>6</b>		
<b>7</b>	<b>8</b> Sundried Tomato Chickpea Burger Sweet Potato Fries Broccoli Florets  (Seafood Salad)	<b>9</b> Pork Chops Macaroni and Cheese Collard Greens  (Seafood Salad)	<b>10</b> Beef Stroganoff Egg Noodles Whole Baby Carrots  (Sliced Turkey Breast)	<b>11</b> Fish with Tomatoes and Herbs Cous Cous Mixed Vegetables  (Sliced Turkey Breast)	<b>12</b> Chicken Hawaiian Cauliflower Potato Mash Spinach  (Sliced Turkey Breast)	<b>13</b>		
<b>14</b>	<b>15</b> Beef Teriyaki Egg Noodles Oriental Blend Vegetables  (Pizza Bagel)	<b>16</b> Baked Fish Amandine Orzo Butternut Squash  (Pizza Bagel)	<b>17</b> Turkey Meatloaf Mashed Potatoes Spinach  (Chicken Salad)	<b>18</b> Chicken Parmesan Penne California Blend Vegetables  (Chicken Salad)	<b>19</b> Mushroom and Cauliflower Bolognese Brussels Sprouts Italian Cut Green Beans  (Chicken Salad)	<b>20</b>		
<b>21</b>	<b>22</b> Lemon Garlic Baked Fish Noodles and Cabbage Asparagus  (Egg Salad)	<b>23</b> Chicken Cacciatore Penne Italian Blend Vegetables  (Egg Salad)  (Passover)	<b>24</b> Pot Roast Mashed Potatoes Peas and Carrots  (Tuna Fish Salad)	<b>25</b> Chickpea Stew Quinoa Broccoli Florets  (Tuna Fish Salad)	<b>26</b> Roast Turkey Breast Baked Sweet Potato Green Beans  (Tuna Fish Salad)	<b>27</b>		
<b>28</b>	<b>29</b> Honey Mustard Chicken Brown Rice Brussels Sprouts  (Cheese Blintzes)	<b>30</b> Cheesy Vegetable Lentil Loaf Baked Potato Capri Blend Vegetables  (Cheese Blintzes)	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	