

JANUARY 2025

DIRECTOR'S MESSAGE

Dear Beloved Community,

As we welcome the New Year, I want to take a moment to express my gratitude for each and every one of you. Our center thrives because of the warmth, wisdom, and energy you bring to our community.

The start of a new year is a chance to reflect on all that we've accomplished together and to look ahead with hope and excitement. Whether it's through shared stories, laughter, or new adventures, we remain committed to making this space a source of joy, support, and connection for you.

In the coming year, we'll continue to create opportunities to learn, grow, and celebrate together. Your suggestions, ideas, and involvement inspire us to keep improving, and we can't wait to see all that we will achieve as a community.

Wishing you a year filled with health, happiness, and cherished moments. Thank you for allowing us to be a part of your journey.

With heartfelt appreciation
Nina Bhola-Cruz

2025
HAPPY
NEW
YEAR

SNAP OF EASTERN
QUEENS OLDER
ADULT CENTER
STAFF:

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



HAPPY
New Year

♡ SPEAKING FROM THE HEART ♡



Change creeps up on us slowly as day melts into dusk and evening unfolds into a new day. The years march along as we travel from one adventure to the next; from mountain tops of achievements, accomplishments, and celebrations to valleys of disappointments, heartache, and sorrow. We traverse paths paved with both challenges and the ordinary as we travel the days of our lives. One day we stop long enough to notice that the mind that says, "I can", is not in sync with the body that says, "I don't think that I can..."

Life's blessings - the joys and the sadness, the pleasures and the regrets, the goals planned for and the milestones achieved - they all led me to today. Today I say - stop, and pause long enough to align my strengths with the reality of an aging body. Today is the day that I decide to diverge off of the familiar pathway that I so happily strode upon for the past 37 $\frac{1}{2}$ years and move on to a quieter, less demanding trail.

On January 2, 2025, I will transition from a full time administrative position to part time work as a Nutrition Coordinator. SNAP has held my heart and soul for 50% of my lifetime. Those of you that I have had the honor to know, have captured my heart. Your warmth and heartfelt stories have nestled into its corners; your friendliness and trust have expanded its borders; your confidences have broadened my capacity to feel deeply; and your rich knowledge has enlarged my world. We have shared laughter and tears, moments of deep conversation and times of frivolous chatter. I have gained more than I have given, and I am forever grateful.

May this new chapter be a time of continued growth and exploration, where the human connection remains the heartbeat of our existence. May we continue to talk, laugh and cry together, as we allow one another to take a small peek into our core. May we be open, honest and genuine in our circles of friendship, and may we never squander an opportunity to reach out to give and receive. May we take care of ourselves and those people whom we treasure the most, and may lovingkindness guide us on our journey to realize a joyful heart radiant with love.

With much love, *Marian*



Please Note: (ACCMPR) All Classes Cancelled in the Multi-purpose Room until 12pm

Jan. 1

Program closed in Observation of New Years Day

Jan. 3

**11am Trip Committee Meeting
1pm SNAP Movie Day**

Jan. 7

8am Trip to New York Botanical Gardens Train Show

Jan. 8

10am Group With Malka from CAPE

Jan. 10

**10am "Echoes of Kindness" w Malka from CAPE
11am Nutrition w/ Nurse Mindy**

Jan. 13

9:30am Advisory Board Meeting

Jan. 14

10am Trip to Sugar Factory \$20

Jan. 15

11am Martin Luther King Jr. Celebration (ACCMPR)

Jan. 20

Program closed in Observation of Martin Luther King Jr. Day

Jan. 24

11am Nutrition w/ Nurse Mindy

Jan. 28

**10am Birthday Celebration w/
Birthday Cake and Live musical entertainment!**

Jan. 29

**9am Metro Bus
9:15am Haircuts w/ Marilyn \$10**

Jan. 31

**10am Lunar New Year Celebration w/
Traditional entertainment! (ACCMPR)**

SNAP Of Eastern Queens Older Adult Center

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

Queens Village, NY 11427

www.snapqueens.org



SNAP OLDER ADULT CENTER JANUARY 2025

IN PERSON SCHEDULE



MONDAY

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



WEDNESDAY

- 10am - Balance & Flexibility
- 11am - 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 - Karaoke Classroom 5
- 10am - Jewelry Making
- 11am - Tai Chi w/ June
- 11am - Adult Coloring
- 1pm - Body Conditioning
- 1pm - Karaoke Party (Dining Room)

TUESDAY

- 10am - Painting w/ Purpose
- 10am - Walking Club
- 10am - Line Dancing
- 11am - Chair Dance
- 1pm - Pokeno Games
- 1pm - Cardio Mix



FRIDAY

- 10am - BINGO
- 10am - Quilting
- 10am - Line Dancing/ Mindy
- 11am - Ballroom Dancing
- 1pm - Casual Conversations
- 1pm - Strength & Stretch
- 2pm - Pokeno Games


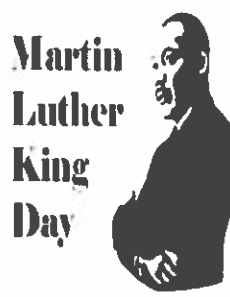




SNAP of Eastern Queens Breakfast Menu - January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SNAP of Eastern Queens OAC 80-45 Winchester Blvd. Bldg #4 Queens Village, NY 11427 (718) 454-2100 snapqueens.org</p>	<p>A Not-for-Profit agency funded under contract with the New York City Department for the Aging as part of the Older Americans Act</p>	<p>1 </p>	<p>2 Pancakes Egg Whites Bran Flakes Cereal</p>	<p>3 Scrambled Eggs Bagel with Cream Cheese Oatmeal</p>
<p>6 Greek Yogurt Bran Muffin Cheerios w/ Banana</p>	<p>7 Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal with Raisins</p>	<p>8 Waffles Egg Whites Bran Flakes Cereal</p>	<p>9 Egg Omelet Croissant w/ Butter Oatmeal</p>	<p>10 French Toast Scrambled Eggs Wheaties</p>
<p>13 Pancakes Egg Whites Cheerios w/ Banana</p>	<p>14 Scrambled Eggs Bagel with Cream Cheese Raisin Bran Cereal</p>	<p>15 Greek Yogurt Kaiser Roll with Butter & Jelly Oatmeal</p>	<p>16 Hard Boiled Eggs Corn Muffin Bran Flakes Cereal</p>	<p>17 French Toast Scrambled Eggs Oatmeal</p>
<p>20 Martin Luther King Day </p>	<p>21 Waffles Veggie Sausage Patty Bran Flakes Cereal with Banana</p>	<p>22 Scrambled Eggs with Swiss Cheese Bran Muffin Oatmeal</p>	<p>23 Pancakes Egg Whites Shredded Wheat Cereal w/ Banana</p>	<p>24 Scrambled Eggs Kaiser Roll w/Butter and Jelly Oatmeal with Raisins</p>
<p>27 French Toast Scrambled Eggs Oatmeal</p>	<p>28 Egg Whites Egg Twist Roll Greek Yogurt</p>	<p>29 Pancakes Egg Omelet Oatmeal with Raisins</p>	<p>30 Scrambled Eggs Bagel with Cream Cheese Bran Flakes Cereal with Banana</p>	<p>31 Cheese Blintzes Fruit Salad Oatmeal</p>

SNAP of Eastern Queens Lunch Menu - January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SNAP of Eastern Queens OAC 80-45 Winchester Blvd. Bldg #4 Queens Village, NY 11427 (718) 454-2100 snapqueens.org</p>	<p>A Not-for-Profit agency funded under contract with the New York City Department for the Aging as part of the Older Americans Act</p>	<p>1 </p>	<p>2 Chicken Hawaiian Egg Noodles Broccoli Florets (Seafood Salad)</p>	<p>3 Vegetable Soup Baked Ziti Italian Blend Vegetables Italian Cut Green Beans (Seafood Salad)</p>
<p>6 Baked Fish w/Lemon Butter Sauce Sesame Soba Noodles Broccoli Florets (Pizza Bagel)</p>	<p>7 Chicken Cacciatore Penne Italian Blend Vegetables (Pizza Bagel)</p>	<p>8 Pot Roast Baked Potato Peas and Carrots (Tuna Fish Salad)</p>	<p>9 Minestrone Soup Eggplant Parmesan Spaghetti Spinach (Tuna Fish Salad)</p>	<p>10 Roast Turkey Breast Baked Sweet Potato Green Beans (Tuna Fish Salad)</p>
<p>13 Split Pea Soup Sundried Tomato Chickpea Burger Sweet Potato Fries Broccoli Florets (Avocado Toast & Hard Boiled Eggs)</p>	<p>14 Loin of Pork Mashed Potatoes Red Cabbage with Sliced Apples (Avocado Toast & Hard Boiled Eggs)</p>	<p>15 Breaded Fish Fillets Brown Rice with Mushrooms Brussels Sprouts (Turkey Salad)</p>	<p>16 Italian Meatballs Spaghetti Italian Cut Green Beans (Turkey Salad)</p>	<p>17 Baked Chicken Apple Noodle Kugel California Blend Vegetables (Turkey Salad)</p>
<p>20 </p>	<p>21 Teriyaki Baked Fish Brown Rice California Blend Vegetables (Hummus & Pita Bread)</p>	<p>22 Vegetable Soup Bean & Brown Rice Burrito Sliced Zucchini Cut Corn (Chicken Salad)</p>	<p>23 Salmon Cakes w/ Dill Sauce Cauliflower Potato Mash Whole Baby Carrots (Chicken Salad)</p>	<p>24 Beef Stew Egg Noodles Collard Greens (Chicken Salad)</p>
<p>27 Lentil Soup Mushroom and Cauliflower Bolognese Whole Baby Carrots Brussels Sprouts (Bagel with Lox & Cream Cheese)</p>	<p>28 Meatloaf Mashed Potatoes Spinach (Bagel with Lox and Cream Cheese)</p>	<p>29 Jerk Chicken Black Beans and Rice Collard Greens with Tomato (Avocado Egg Salad)</p>	<p>30 Roast Turkey Breast Baked Sweet Potato Green Beans (Avocado Egg Salad)</p>	<p>31 Spring Rolls Lemon Garlic Baked Fish Longevity Noodles Oriental Blend Vegetables (Avocado Egg Salad)</p>