



MARCH 2025



DIRECTOR'S MESSAGE

Dear Beloved Community,

As we step into the festive month of March, I am filled with excitement for all the wonderful events and opportunities awaiting you at SNAP of Eastern Queens. With the arrival of spring just around the corner, this month is all about renewal, growth, and celebrating the connections we share as a community.

We are delighted to welcome our new Assistant Director, Kimberly Ramos, to our vibrant community! With a passion for enriching the lives of older adults and a heart for service, Kimberly brings fresh energy, dedication, and a wealth of experience to our center. As she steps into this role, let's extend our warmest welcome to her while we look forward to new opportunities, exciting programs, and a future filled with connection and joy!

At SNAP, we have a fantastic lineup of activities designed to keep you engaged, active, and inspired. March is especially meaningful as we celebrate Women's History Month, honoring the incredible contributions of women throughout history and in our own community. We will be hosting special events, including a film screening and a fun game of Jeopardy played by our members. It's a wonderful time to reflect on the achievements of women who have shaped our world and to share stories from our own experiences.

This month, we will also celebrate Holi, the joyous Festival of Colors! Holi symbolizes the arrival of spring, unity, and new beginnings. Join us for a festive gathering filled with music, dance, and the playful tradition of colors (don't worry—we'll keep it fun and mess-free!). It's a time to embrace happiness, friendship, and the beauty of diversity within our community.

In addition, our St. Patrick's Day celebration will bring some Irish cheer with lively music, a traditional meal of corned beef and cabbage as well as delicious treats. There will be Irish dancing and Bag pipers to celebrate.

As always, your presence and participation make our center a vibrant and welcoming place. If you have any ideas for future programs or events, I'd love to hear from you! Wishing you a wonderful March filled with joy, inspiration, and connection.

I look forward to celebrating with you!

With warmth and appreciation,
Nina Bhola-Cruz

SNAP OF EASTERN QUEENS OLDER ADULT CENTER STAFF:

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Empowered Women Empower Women



SNAP

Services Now for Adult Persons, Inc

YOUR KEY TO AGING SERVICES

We Help Your Business Grow



OUR NEWSLETTER REACHES AN ENGAGED COMMUNITY OF OLDER ADULTS AND THEIR FAMILIES. ADVERTISE WITH US TO PROMOTE YOUR SERVICES WHILE SUPPORTING THE SENIOR COMMUNITY!

**ADVERTISE IN OUR
MONTHLY NEWSLETTER**

Almost 1000 Case Management Clients
280 Meals on Wheels Clients
190 Informal Caregivers
120 Friendly Visitors
Appx. 1100 Active SNAP of Eastern Queens (OAC) Members
More than 1500 SNAP Community Online Members
Over 100 Members use our online services every week!

OLDER ADULT CENTER NEWSLETTER ADVERTISING RATES

Ad Sizes and Rates

1. Full Page

- Dimensions: 8.5" x 11"
- Price: \$125 per issue

2. Half Page

- Dimensions: 8.5" x 5.5" (horizontal) or 4.25" x 11" (vertical)
- Price: \$70 per issue

3. Quarter Page

- Dimensions: 4.25" x 5.5"
- Price: \$40 per issue

4. Business Card Size

- Dimensions: 3.5" x 2"
- Price: \$25 per issue

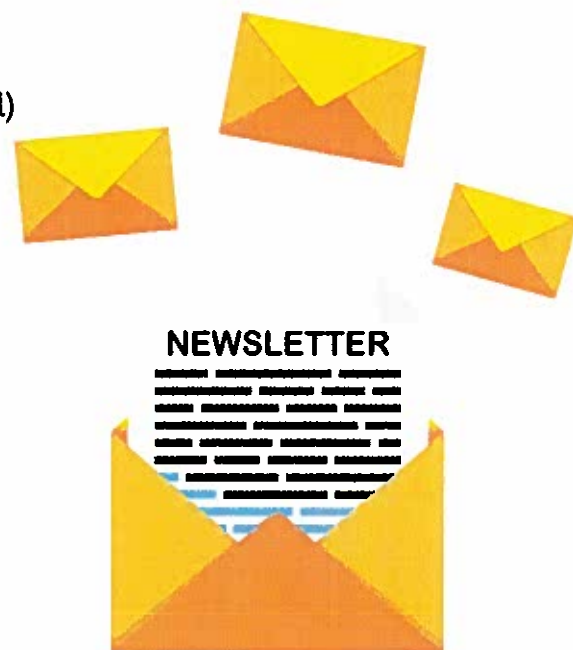
Discount Packages

- 3-Month Commitment: Save 10%
- 6-Month Commitment: Save 15%
- 12-Month Commitment: Save 20%

Additional Information

- Submission Deadline: Ads must be submitted by the 15th of the month prior to publication.
- File Requirements: Ads should be submitted in PDF or high-resolution JPG format.
- Design Assistance: Need help creating your ad? Design services are available for an additional \$25 fee

For more details or to book your ad space, please contact us at (718) 454-2100 ext. 120



WHAT'S HAPPENING AT SNAP? NEWSLETTER



March 2025



Mental Health Minute with Malka From CAPE

Are you navigating the loss of a loved one? You don't have to go through it alone. Join our Bereavement Support Group starting in April, where you can find healing and emotional support in a safe and warm environment. Pre-registration is required to participate in this group.

Malka Pill, LMSW
Wednesdays and Fridays
8:30 AM – 4:30 PM
By appointment only. (917)-670-5036

UPCOMING TRIPS

FOR ALL TRIPS LISTED BELOW, PLEASE SEE
BETTY GIBSON/SAMANTHA BAZILE
*TRIP COMMITTEE MEETING
THURS. MARCH 6TH IN THE LIBRARY

MON., MARCH 3RD- 9AM APOLLO THEATRE AND BLVD BISTRO, MANHATTAN, NY -80P/P, INCLUDES TRANSPORTATION, LEGENDARY TOUR, BREAKFAST FROM SNAP AND LUNCH AT A LOCAL RESTAURANT. TAKE A TOUR OF THE APOLLO AND EXPLORE ITS LEGENDARY HISTORY. TOURS ARE 60-75 MINUTES IN LENGTH AND OFFER GUESTS EXCLUSIVE BEHIND THE SCENES. ACCESS TO THE PLACE "WHERE STARS ARE BORN AND LEGENDS ARE MADE!"

TUES., MARCH 25TH- 12N AMC MOVIE DAY, 15P/P, BOX LUNCH, MOVIE, TRANSPORTATION (TBA)

WED., APRIL 2ND- 9AM SHEN YUN \$112P/P WE ADDED A SECOND BUS FOR SHEN YUN AT LINCOLN CENTER. NEW PRICE: \$112PP. PLEASE SEE BETTY TO RESERVE YOUR SEAT.

Kind Moment with Kim

Hello everyone! I'd like to take the time to introduce myself to SNAP and fellow Snappers. My name is Kim Ramos and I am joining the Eastern Queens Older Adult Center as the new Assistant Director, working closely with our awesome Director of Operations and lovely Program Assistants. I hold a Master's in Public Health, with a focus on health policy and management and previously worked in pharmaceutical advertising before I made the move to SNAP. I look forward to getting to know all of you, and work alongside this amazing crew. My office is conveniently located next to the Director's office. Feel free to stop by to say hi!

-Kim, Assistant Director

Volunteer of the Month: Debbi Rappo



Debbi Rappo has been a devoted member of SNAP for about 5 years. With her welcoming demeanor and her willingness to lend a hand wherever possible, Debbi is one of our faithful volunteers here at the center. When asked about her reasoning for volunteering, she stated that she "wants to do her part, help whoever may need help, and assist the staff when needed."

Congratulations Debbi!
Thank you for all that you do!

Cancelation Policy

If you sign up for a paid activity and find you are unable to participate, call contact Betty or Samantha for Trips and parties.

No credits are issued for cancellations made the day of or the day before an activity. 2 business days are required for a credit. If you cancel before the deadline (7 days before the event), you must notify the Center during business hours of 9:00 AM-3:00 PM Monday-Friday. We will issue you a refund. If you notify us after and we will issue you a credit. **We do not refund ticketed events.** Credits expire after one month.

80-45 Winchester Blvd. Bldg. #4
Queens Village NY 11427
Phone: (718)454-2100
www.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

WHAT'S HAPPENING AT SNAP? NEWSLETTER



March 2025

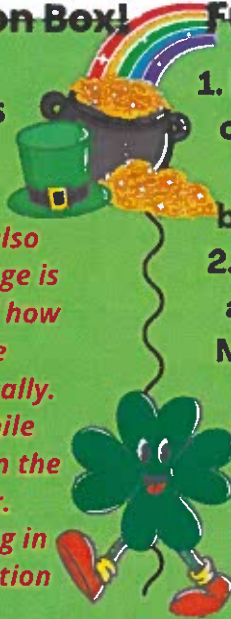
Suggestions From the Suggestion Box!

Suggestion:

Please go back to calling numbers instead of by tables.

We appreciate your suggestion!

Many members have expressed the love and also their distain for the new system. We know change is difficult. However, more people have expressed how much they love being able to sit at the table together instead of numbers called chronologically. This eliminates people sitting and waiting, while some people are eating at the same table. When the table is called the whole table eats together. Additionally, it helps us control people standing in the door way and blocking the exits in anticipation for their number to be called next.



Fun Facts About the Month of March

1. March was once considered the first month of the year. According to the oldest Roman calendars, one year was 10 months long, beginning in March and ending in December.
2. March was named after Mars. March was actually named for the Latin Martius—aka Mars, the Roman god of war and a mythical ancestor of the Roman people.
3. The popular board game Monopoly was invented on March 7, 1933.

Corned Beef Roast Recipe

Ingredients

- 1 (5 1/2 pound) corned beef brisket with spice pack
- 7 small potatoes, peeled and diced
- 4 medium carrots, peeled and diced
- 1 medium onion, diced
- 3 cloves garlic, chopped

Step 1: Preheat the oven to 300 degrees F (150 degrees C)

Step 2: Place corned beef brisket in the center of a roasting pan. Arrange potatoes and carrots around the sides, then scatter onion and garlic over top. Sprinkle seasoning packet over beef, then pour in water until potatoes are almost covered. Cover with a lid or heavy aluminum foil.

Step 3: Roast in the preheated oven until corned beef is so tender it can be flaked apart with a fork, about 5 to 6 hours.



E O G B H K L C T L
 Q R X Q T D E F L U
 C A H C J L P G U C
 P I S H A M R O C K
 H O P T X B E L K P
 O N C A C Y C D Y I
 T B Z R F P R S D R
 O T C M O T H Y J I
 S O P H V B A C I S
 I W G R E E N S G H

St. Patrick's Day Word Search

Words to Find:

rainbow luck green pot
 shamrock jig gold Irish
 leprechan lucky



SNAP

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

UPCOMING EVENTS MARCH 2025



Mon, Mar. 3	9am Trip to Apollo Theatre (\$80)
Tue, Mar. 4	11am Mardi Gras Party (\$8 pp)
Thu, Mar. 6	11am Medicare Presentation by DFTA
Fri, Mar. 7	10am Arts and Crafts: Spring Cardmaking
Mon, Mar. 10	12:30pm Women's History Month Film: HER STORY MATTERS
Tue, Mar. 11	10am Trip to Sugar Factory (\$20 pp)
Wed, Mar. 12	10:30am Women's History Jeopardy Game
Fri, Mar. 14	10am Welcome Back "Su Casa" Program
Mon, Mar. 17	9:15am St. Patrick's Day Party (\$10 pp)
Tue, Mar. 18	11am St. Patrick's Day Celebration: Niall & Irish Dancers
Fri, Mar. 21	10am Holi Celebration \$5 See Evelyne to sign up!
Mon, Mar. 24	9:30am Advisory Board Meeting 9:30am Spring Cleaning Garage Sale (\$10 per table) 11am Emotional Decluttering workshop w/ Malka from CAPE
Tue, Mar. 25	10am Birthday Celebration w/ Birthday Cake and Live Musical Entertainment
Wed, Mar. 26	10am Haircuts w/Marilyn \$10 11am Embracing Change and Developing Healthy Ways to Cope Presentation w/ Malka from CAPE
Thu, Mar. 27	11am Health Education w/ Kim

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 MARCH 2025

IN PERSON SCHEDULE



MONDAY

- 10am - Name That TUNE!
- 10am - Knitting/Crocheting
- 11am - Chair Yoga w/ Irene
- 1pm - Billiards/ Ping Pong
- 1pm - Scrabble Games
- 1pm - Women's Empowerment



WEDNESDAY

- 10am - Name That TUNE!
- 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
- 10am - Latin Dance
- 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 - New ZUMBA (TBD)
- 11am - Ballroom Dancing
- 1pm - Casual Conversations
- 1pm - Strength & Stretch
- 2pm - Pokeno Games



SNAP of Eastern Queens Breakfast Menu - March 2025

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Egg Omelet Bagel with Cream Cheese Oatmeal</p>	<p>4</p> <p>Waffles Veggie Sausage Patty Bran Flakes Cereal</p>	<p>5</p> <p>Scrambled Eggs with Swiss Cheese Bran Muffin with Butter Oatmeal</p>	<p>6</p> <p>Pancakes Egg Whites Raisin Bran Cereal</p>	<p>7</p> <p>Scrambled Eggs Kaiser Roll with Butter Oatmeal</p>
<p>10</p> <p>French Toast Scrambled Eggs Oatmeal</p>	<p>11</p> <p>Egg Whites Egg Twist Roll w/ Butter Greek Yogurt</p>	<p>12</p> <p>Pancakes Egg Omelet Oatmeal w/ Raisins</p>	<p>13</p> <p>Scrambled Eggs Bagel with Cream Cheese Bran Flakes Cereal</p>	<p>14</p> <p>Cheese Blintzes Fruit Salad Oatmeal</p>
<p>17</p> <p>Pancakes Egg Omelet Raisin Bran Cereal</p>	<p>18</p> <p>Scrambled Eggs with Swiss Cinnamon Raisin Bagel with Cream Cheese Oatmeal</p>	<p>19</p> <p>Waffles Scrambled Eggs Oatmeal</p>	<p>20</p> <p>Egg Whites Kaiser Roll with Butter Cheerios</p>	<p>21</p> <p>French Toast Egg Omelet Bran Flakes Cereal</p>
<p>24</p> <p>French Toast Egg Whites Oatmeal</p>	<p>25</p> <p>Scrambled Eggs Veggie Sausage Patty Cheerios</p>	<p>26</p> <p>Hard Boiled Eggs Bran Muffin with Butter Oatmeal</p>	<p>27</p> <p>Pancakes Egg Omelet Bran Flakes Cereal</p>	<p>28</p> <p>Scrambled Eggs Bagel with Cream Cheese Oatmeal</p>
<p>31</p> <p>Greek Yogurt Bran Muffin with Butter Cheerios</p>			<p>SNAP of Eastern Queens Older Adult Center 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>

SNAP of Eastern Queens Lunch Menu - March 2025

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Oven Baked Chicken Egg Barley with Mushrooms Asparagus <i>Bagel w/ Lox & Cream Cheese</i></p>	<p>4</p> <p>Jambalaya White Rice Corn on the Cob <i>Bagel w/ Lox & Cream Cheese</i></p>	<p>5</p> <p>Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables <i>Chicken Salad</i></p>	<p>6</p> <p>Mushroom Barley Soup Vegetarian Chili Baked Potato Broccoli and Cauliflower <i>Veggie Burger</i></p>	<p>7</p> <p>Salmon Cakes with Dill Sauce Cauliflower Potato Mash Whole Baby Carrots <i>Chicken Salad</i></p>
<p>10</p> <p>Vegetable Soup Mushroom Cauliflower Bolognese Whole Baby Carrots Brussels Sprouts <i>Yogurt Parfait & Muffin</i></p>	<p>11</p> <p>Meatloaf Garlic Mashed Potatoes Spinach <i>Yogurt Parfait & Muffin</i></p>	<p>12</p> <p>Jerk Chicken Black Beans and Rice Collard Greens with Tomato <i>Avocado Egg Salad</i></p>	<p>13</p> <p>Roast Turkey Breast Baked Sweet Potato Green Beans <i>Avocado Egg Salad</i></p>	<p>14</p> <p>Lemon Garlic Baked Fish Bowtie Pasta California Blend Vegetables <i>Avocado Egg Salad</i></p>
<p>17</p> <p>Cornd Beef and Cabbage Boiled Potatoes Whole Baby Carrots <i>Pizza Bagel</i></p>	<p>18</p> <p>Lentil Soup Bean and Brown Rice Burrito Cut Corn Sliced Zucchini <i>Pizza Bagel</i></p>	<p>19</p> <p>Pork Chops Macaroni and Cheese Collard Greens <i>Tuna Salad with Eggs</i></p>	<p>20</p> <p>Baked Fish Oreganata Roasted Potatoes Mixed Vegetables <i>Tuna Salad with Eggs</i></p>	<p>21</p> <p>Chicken Parmesan Penne California Blend Vegetables <i>Tuna Salad with Eggs</i></p>
<p>24</p> <p>Turkey Meatloaf Mashed Potatoes Spinach <i>Caprese Sandwich</i></p>	<p>25</p> <p>Baked Fish Amandine Quinoa Whole Baby Carrots <i>Caprese Sandwich</i></p>	<p>26</p> <p>Cheeseburger with Lettuce, Tomato and Onions Baked Potato Wedges Capri Blend Vegetables <i>Seafood Salad</i></p>	<p>27</p> <p>Chicken Hawaiian Egg Noodles Broccoli Florets <i>Seafood Salad</i></p>	<p>28</p> <p>Minestrone Soup Baked Ziti Italian Blend Vegetables Italian Cut Green Beans <i>Grilled Cheese Sandwich</i></p>
<p>31</p> <p>Baked Fish with Lemon Garlic Sauce Sesame Soba Noodles Broccoli Florets <i>Hummus, Pita & Garden Salad</i></p>			<p>SNAP of Eastern Queens Older Adult Center 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>