

WHAT'S HAPPENING AT SNAP

April 2025

KIND MOMENT with KIM

Dear fellow Snappers,

As we enter April and welcome the new beginnings that the vernal equinox brings us, I'd like to reflect on the completion of my first month at SNAP. I've gotten to meet an extraordinary group of people and learn so many names. (which I'm continuously doing!) As I continue to pave my way as Assistant Director, I'd like to thank everyone for the warm reception and patience. I am thrilled to be a part of this collaborative environment and look forward to continuing working on creating long-lasting memories at the older adult center of Eastern Queens.

-Kim, Assistant Director

Juana Solano has been a faithful member of SNAP for about 3 years. She is always willing to help anyone no matter the task, and has been a dedicated volunteer for quite some time. When asked about why she chooses to volunteer, she stated that she "likes to help other people, and volunteering here makes her happy."

Congratulations Juana!

Thank you for everything that you do here at SNAP!

VOLUNTEER OF THE MONTH:

Juana Solano



MENTAL HEALTH MINUTE with MALKA FROM CAPE

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

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.

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MEMBER SUGGESTIONS *from the* SUGGESTION BOX!

SUGGESTION: For the lunch menu, have a vegetarian and meat option instead of 2 vegetarian options so that way everyone can have a choice.

Thank you for this suggestion! Our lunch menu requires us to have 1 plant based, 1 chicken, 1 beef, and 1 fish meal a week. The menu is subject to change however, we welcome all suggestions on how to make our menus better!

SUGGESTION: It might be nice to have the birthday honorees be called to the lunch food line ahead of everyone else.

This is a great idea! We will try to call birthday recipients first up for lunch. Thank you for your suggestion!

SUGGESTION: We can't find parking in the front. Tell staff to park somewhere else.

We will continue to inform staff to leave parking in the front for our members!

Easter Word Search

w b s i n
b l u k u i i
l a i n c u n h d
o s b n i z r d l
g y k b y h n u n a x
e d e a m c c o h m y
c n t r i k i o o b l
c a s n l t l e s y q
b c u i a i q p l v a
v h n c d k r x o p j
g a a n i n s r c
v y s n p g i f t
i g p g l h s
e i l



eggs	spring	hunt	gift
bunny	April	candy	sun
rabbit	Sunday	vacation	duckling
chick	basket	lamb	holiday

Roasted Lamb Recipe

Ingredients

- 4 cloves garlic, finely chopped
- 1 tbsp. chopped fresh rosemary
- 2 tsp. fresh thyme leaves
- 3 Tbsp. extra-virgin olive oil, divided kosher salt & freshly ground black pepper
- 1 (2-lb.) boneless lamb shoulder roast
- 2 lb. baby potatoes

Directions:

Step 1: Place a rack in lower third of oven; preheat to 450°. In a small bowl, mix garlic, rosemary, thyme, and 1 Tbsp. oil; generously season with salt and pepper. Rub all over lamb.

Step 2: In a 13" x 9" baking dish, toss potatoes with remaining 2 Tbsp. oil; season with salt and pepper. Place lamb on top of potatoes.

Step 3: Roast until an instant-read thermometer inserted into thickest part registers 145°, about 1 hour.

Step 4: Let rest 15 minutes, remove twine, then slice.

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Upcoming TRIPS

TRIP COMMITTEE MEETING

TUESDAY APRIL 1ST @ 11:00AM IN THE LIBRARY

SHEN YUN

WEDNESDAY APRIL 2ND @ 9AM

\$112P/P

We added a second bus for Shen Yun at Lincoln Center.

THE SUGAR FACTORY

TUESDAY APRIL 8TH @ 10AM

\$20P/P

CINCO DE MAYO RESTAURANT

FRIDAY MAY 3RD @ 11AM

\$70P/P

Lunch and mariachi band.

JEWISH HERITAGE MUSEUM & KATZ DELI

FRIDAY MAY 30TH

\$90P/P

The Kaikow Center is important for Jewish genealogical research. It navigates with experts to explore cultural roots.

QUEENS ZOO & LEMON ICE KING w/ BOX LUNCH

FRIDAY JUNE 6TH

\$20P/P

Have a fun day at the zoo with a cool treat at Lemon Ice King.

LUNCH BUFFET & SHOW AT THE TROPICANA: 'DIVA 3'- THE THREE VOICES OF FOUR DECADES

WEDNESDAY JUNE 18TH

\$TBA

Upcoming EVENTS

TUESDAY APRIL 1

11:00AM - Trip Committee Meeting

WEDNESDAY APRIL 2

Trip to Shen Yun 2pm Show

FRIDAY APRIL 4

Spring Cleaning Garage Sale (\$10/table)

TUESDAY APRIL 8

9:30AM - Volunteer Breakfast

10:00AM - Trip to Sugar Factory (\$20/p)

10:30AM - Passover Program

FRIDAY APRIL 11

10:30am STAR Program (MPR)

THURSDAY APRIL 17

Easter Celebration Party (\$12/p)

WEDNESDAY APRIL 18

10:00AM - Bereavement Group with Malka from CAPE

WEDNESDAY APRIL 23

Spring Fashion Show

FRIDAY APRIL 25

10:00AM - Emotional Health
with Malka from CAPE

TUESDAY APRIL 29

10:00 AM - Birthday Celebration with Birthday Cake
& Live Musical Entertainment

WEDNESDAY APRIL 30

9:15AM - Haircuts with Marilyn

For any questions about all trips listed, please see **BETTY GIBSON** or **SAMANTHA BAZILE**

Cancelation Policy

If you sign up for a paid activity and find you are unable to participate, contact Betty or Samantha for Trips and parties. No credits are issued for cancellations made the day of or the day before an activity. 5 business days are required for a credit. If you cancel before the deadline, you must notify the Center during business hours of 9:00 AM-3:00 PM Monday-Friday.

****We do not refund ticketed events.** Credits expire after one month.**

IN-PERSON

Mondays

- 10:00 AM - Name That TUNE!
- 10:00 AM - Knitting & Crocheting
- 10:00 AM - Su Casa Social Dance Class
- 11:00 AM - Chair Yoga with Irene
- 01:00 PM - Billard's & Ping Pong
- 01:00 PM - Scrabble Games
- 01:00 PM - Women's Empowerment

Tuesdays

- 10:00 AM - Painting with Purpose
- 10:00 AM - Walking Club
- 10:00 AM - Line Dancing
- 11:00 AM - Chair Dance
- 01:00 PM - Pokeno Games
- 01:00 PM - Cardio Mix

Wednesdays

- 10:00 AM - Name That TUNE!
- 11:00 AM - MET Art Program
- 11:00 AM - Chair Yoga with Brother Ben
- 11:00 AM - Men's Discussion
- 01:00 PM - Mat & Roll Exercise
- 02:00 PM - Billiards & Ping Pong
- 02:00 PM - Pokeno Games

Thursdays

- 10:00 AM - Chinese Karaoke (Classroom 5)
- 10:00 AM - Jewelry Making
- 10:00 AM - Latin Dance
- 11:00 AM - Tai Chi with June
- 11:00 AM - Adult Coloring
- 01:00 PM - Body Conditioning
- 01:00 PM - Karaoke Party (Dining Room)

Fridays

- 10:00 AM - BINGO
- 10:00 AM - Quilting
- 10:00 AM - New ZUMBA (TBD)
- 10:00 AM - Su Casa Social Dance Class
- 11:00 AM - Ballroom Dancing
- 01:00 PM - Casual Conversations Discussion Group
- 01:00 PM - Strength & Stretch
- 02:00 PM - Pokeno Games

VIRTUAL

Mondays

- 11:00AM | Chair Yoga with Irene
ID# 809-327-718
Password: SNAP

Tuesdays

- 10:00AM | Lost In the 50's Music with Stan
ID# 517-027-166
Password: SNAP
- 11:00AM | Chair Dance with Irene
ID# 809-327-718
Password: SNAP
- 1:00PM | Cardio Mix with Doreen
ID# 967-1349-0389
Password: SNAP

Wednesdays

- 11:00AM | Chair Yoga with Irene
ID# 809-327-718
Password: SNAP
- 1:00PM | Mat & Roll with Doreen
(Intermediate to Advanced)
ID#: 967-1349-0389
Password: SNAP

Thursdays

- 1:00PM | Body Conditioning with Doreen
ID#: 967-1349-0389
Password: SNAP

Fridays

- 11:00AM | Chair Yoga with Irene
ID# 809-327-718
Password: SNAP
- 1:00PM | Stretch & Strength with Doreen
ID#: 967-1349-0389
Password: SNAP
- 1:00PM | Stretch & Strength with Doreen
ID#: 967-1349-0389
Password: SNAP
- 12:00PM April 11th
Virtual Book Club Meeting in Partnership
with Glen Oaks Library for
The Most Fun We Ever Had by Claire Lombardo
ID#: 850-1037-7896
Password: SNAP



Dear Beloved Community,

Spring is finally here, and with it comes a renewed sense of energy, beauty, and excitement! The flowers are blooming and the sun is shining a little longer. This season of renewal is a time to welcome fresh possibilities, new friendships, and exciting opportunities. It symbolizes resilience, reminding us that change, though sometimes uncertain, brings beauty and joy.

At SNAP, we are experiencing our own season of change. Whether it's new programs, new staff, or fresh faces in our community, we are evolving in ways that will bring even more joy, connection, and vitality to our center. We invite you to embrace these changes with open hearts and curiosity. Together, let's make this new season one of growth, laughter, and shared experiences.

I also want to take a moment to express my heartfelt gratitude to the thoughtful members who take the time to write inspiring notes in our suggestion box. Your kind words, ideas, and encouragement mean so much to us and help shape our community in meaningful ways. Thank you for sharing your voices and for being such an important part of our journey.

Below are a few wonderful events happening this month that I can't wait to share with you:

Spring Fashion Show – Get ready for an event of style and fun as we showcase fabulous spring looks, modeled by our very own members! Whether you're in the audience or on the runway, this is a celebration of confidence, creativity, and community.

Trip to Lincoln Center – Shen Yun – We're heading to the iconic Lincoln Center for an unforgettable performance of Shen Yun! This breathtaking show brings ancient Chinese culture to life through dance, music, and storytelling.

Volunteer Recognition Breakfast – Our volunteers are the heart of our center, and we want to celebrate YOU! If you've given your time and talents to our community, join us for a special breakfast filled with gratitude, delicious food, and great company. This is an invite only event. Please see me for more details!

Spring brings so many simple joys—longer walks, fresh blooms, and the perfect excuse to gather with friends, old and new. Our doors are always open, whether you want to join a class, try something new, or just sit and chat over a cup of coffee. Let's make this season one of joy, connection, and new beginnings. I look forward to seeing you all soon!

With warmth and gratitude,
Nina Bhola-Cruz, M.A.

Our newsletter reaches an engaged community of older adults & their families. Advertise with us to promote your services while supporting the senior community!

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

Ad Sizes and Rates

- **Full Page**
 - **Dimensions: 8.5" x 11"**
 - **Price: \$125 per issue**
- **Half Page**
 - **Dimensions: 8.5" x 5.5" (horizontal) or 4.25" x 11" (vertical)**
 - **Price: \$70 per issue**
- **Quarter Page**
 - **Dimensions: 4.25" x 5.5"**
 - **Price: \$40 per issue**
- **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

A Not-For Profit agency funded under contract with the NYC Department for the Aging as part of the Older Americans Act Program

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MENUS

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Cacciatore Penne Italian Blend Vegetables <i>Humana's Pks and Garden Salad</i>	Pot Roast Baked Potato Peas and Carrots <i>Tuna Fish Salad</i>	Minestrone Soup Eggplant Parmesan Spaghetti Spinach <i>Tuna Fish Salad</i>	Turkey Breast Baked Sweet Potato Green Beans <i>Tuna Fish Salad</i>
7	8	9	10	11
Tomato Soup Black Bean and Mushroom Burger Sweet Potato Fries Broccoli Florets <i>Pizza Bagel</i>	Roast Loin of Pork Mashed Potatoes Red Cabbage with Sliced Apples <i>Pizza Bagel</i>	Baked Chicken Apple Noodle Kugel California Blend Vegetables <i>Turkey Salad</i>	Italian Meatballs Spaghetti Italian Cut Green Beans <i>Turkey Salad</i>	Breaded Fish Fillets Brown Rice with Mushrooms Brussels Sprouts <i>Turkey Salad</i>
14	15	16	17	18
Oven Fried Chicken Egg Barley with Mushrooms Asparagus <i>Bagel with Lun and Cream Cheese</i>	Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables <i>Bagel with Lun and Cream Cheese</i>	Vegetable Soup Rotini with Spinach and Chickpeas Italian Cut Green Beans <i>Veggie Burger</i>	Beef Stew Noodles Collard Greens <i>Chicken Salad</i>	Salmon Cakes with Dill Sauce Cauliflower Potato Mash Whole Baby Carrots <i>Chicken Salad</i>
21	22	23	24	25
Meatloaf Garlic Mashed Potatoes Spinach <i>Grilled Cheese Sandwich</i>	Vegetable Soup Mushroom Cauliflower Bolognese Baby Carrots Brussels Sprouts <i>Grilled Cheese Sandwich</i>	Chicken Marsala Bowtie Pasta Asparagus <i>Avocado Egg Salad</i>	Turkey Breast Baked Sweet Potato Green Beans <i>Avocado Egg Salad</i>	Lemon Garlic Baked Fish Brown Rice Pilaf Butternut Squash <i>Avocado Egg Salad</i>
28	29	30		
Pepper Steak Brown Rice Asparagus <i>Egg & Cheese on a Croissant</i>	Broccoli Cheddar Soup Spinach Frittata Baked Potato Wedges Peas and Carrots <i>Egg & Cheese on a Croissant</i>	Pork Chops Macaroni and Cheese Collard Greens <i>Tuna Salad with Eggs</i>	<p>SNAP of Eastern Queens UAC 80-45 Winchester Blvd. Bldg 84 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>	

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal w/ Raisins	Waffles Scrambled Eggs Bran Flakes	Egg Omelets Croissant w/ Butter Oatmeal	French Toast Scrambled Eggs Wheaties Cereal
7	8	9	10	11
Pancakes Egg Whites Cheerios & Banana	Scrambled Eggs Bagel w/ Cream Cheese Raisin Bran Cereal	Greek Yogurt Kaiser Roll w/ Butter & Jelly Oatmeal w/ Raisins	Hard Boiled Eggs Corn Muffin Bran Flakes Cereal	French Toast Scrambled Eggs Oatmeal
14	15	16	17	18
Egg Omelets Bagel with Cream Cheese Greek Yogurt	Waffles Veggie Sausage Patty Bran Flakes Cereal Banana	Scrambled Eggs with Swiss Cheese Bran Muffin Oatmeal	Pancakes Egg Whites Shredded Wheat Cereal Banana	Scrambled Eggs Kaiser Roll Oatmeal w/ Raisins
21	22	23	24	25
French Toast Scrambled Eggs Oatmeal	Egg Whites Egg Twist Roll Greek Yogurt Banana	Pancakes Egg Omelets Oatmeal w/ Raisins	Scrambled Eggs Bagel with Cream Cheese Bran Flakes Cereal Banana	Cheese Blintzes Hard Boiled Eggs Oatmeal
28	29	30		
Pancakes Egg Whites Raisin Bran Cereal Banana	Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal w/ Raisins	Waffles Scrambled Eggs Oatmeal	<p>SNAP of Eastern Queens UAC 80-45 Winchester Blvd. Bldg 84 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>	