

What's Happening at



MAY 2025

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Older Adult Center Operations**

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A MESSAGE FROM THE DIRECTOR

Dear Beloved Community,

As the days grow longer and the warmth of the sun gently returns, we welcome the arrival of spring—a season that speaks to the soul in a way few others can. All around us, life is budding anew. Trees bloom with color, gardens awaken from their slumber, and the air fills with the sound of birds singing and possibility. Spring is more than a change in weather—it's a reminder that renewal is always possible, no matter the season of life we're in.

For older adults, spring carries a unique significance. It's a reminder that growth and beauty don't end—they simply evolve. Each of you carries with you a garden of memories, wisdom, and experiences that continue to bloom in countless ways. Whether it's the joy of trying something new, rekindling a friendship, or simply savoring the sunshine on your face, spring invites us to celebrate the richness of life all over again.

This season, we honor you—your resilience, your stories, and your continued journey. You are living proof that each day holds promise, and that there is always something new to discover, enjoy, and share.

I would like to take a moment to share with you how this year is especially meaningful for us—we are proud to be celebrating 45 years of community, care, and connection at our beloved SNAP! Since opening our doors in 1980, we've grown into more than just a gathering place—we've become a family. And this year, we're honoring all the memories we've made together with a special 45th Anniversary Gala happening this fall.

We'll be sharing more details soon, but get ready for an evening of music, dancing, dinner, and looking back on decades of friendship.

With warmth and gratitude,

Nina Bhola-Cruz, M.A., *Director of SNAP of Eastern Queens OAC Operations*

SAVE THE DATE: SEPTEMBER 18TH 2025
OUR 45TH ANNIVERSARY GALA IS COMING THIS FALL!

Stay tuned for official invitations and details. It's going to be a night to remember!

Thank you for being the heart and soul of our center. Here's to a joyful May and an unforgettable 45th year!

KIND MOMENTS *with Kim*

Dear fellow SNAPPERS,

The flowers are beginning to bloom big and stand tall. May is the month of renewal, growth, and joy. Those attributes fit perfectly here at SNAP as we are always looking for ways to create something fresh and innovative for our members. That said, I encourage everyone to continue writing any suggestions they have whether it is for trips, events, or what they would like to see at SNAP. We will do our best to make it happen! (within reason).

-Kim, Assistant Director

MENTAL HEALTH MINUTE *with Malka from APE*

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.

VOLUNTEER OF THE MONTH: *Yolanda Georgeas*



Yolanda Georgeas has been a consistent and faithful member here at SNAP for about 5 years! With her love for everything involving arts and crafts, Yolanda has made a huge impact with her participation at our center. When asked why she chooses to volunteer, she stated that "she loves the people here at SNAP, and that SNAP is a gem in Queens. I am happy to be here."

Congratulations Yolanda! Thank you for all you do here at SNAP!

CASE ASSISTANCE *Theresa Richardson*

Hello everyone! I am SNAP's Case Assistance Worker.

Are you feeling stressed with documents or notices you receive in the mail?

Are you overwhelmed with applications/ renewals and recertification forms?

Do you have questions about benefits and entitlements or need a referral?

Do you have questions in general?

Come to my office or call for assistance, I may be able to help.

There may be assistance that is available to you that you may not know about. Let's talk.

I am available Monday, Wednesday, & Friday 8:30 am-4:30 pm (walk-ins welcome)

UPCOMING TRIPS

For any questions about all trips listed, please see **Betty Gibson** or **Samantha Bazile**.

CINCO DE MAYO RESTAURANT

Friday May 2nd @ 11AM

\$70P/P

Lunch and mariachi band.

THE SUGAR FACTORY

Tuesday May 6 @10AM

\$20P/P

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

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.**

UPCOMING EVENTS

Monday May 5

Cinco de Mayo Meal Celebration at SNAP

Tuesday May 6

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

Friday May 9

Mother's Day Celebration (\$12/P)

Wednesday May 14

10:30AM- Jericho Chemist Presents- "Spring is here - How to Add Sunshine to our Days"

Thursday May 15

10:00AM - Talent is Timeless 1st Round

Monday May 19

10:00AM - Open Board Meeting (All are welcomed!)

Tuesday May 20

Asian American Pacific Islander Heritage Month (AAPI)

Thursday May 22

11:00AM - Chair Zumba Presented by 105th Precinct in Dining Room

Friday May 23

Memorial Day BBQ (\$14)

Monday May 26

Center CLOSED in celebration of Memorial Day

Wednesday May 28

10:00 AM - Birthday Celebration with Live Musical Entertainment, Birthday Cake and Ice Cream

10:00AM- 31 Days of Self Care Follow-up w/Malka from CAPE

Friday May 30

Trip to Jewish Heritage Museum & Katz Deli (\$90/p) **(Canceled)**

IN PERSON CLASSES

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
1:00 PM - Billiard's & Ping Pong
1:00 PM - Scrabble Games
1:00 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
1:00 PM - Pokeno Games
1:00 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
1:00 PM - Mat & Roll Exercise
2:00 PM - Billiards & Ping Pong
2:00 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
1:00 PM - Body Conditioning
1:00 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
1:00 PM - Casual Conversations Discussion
1:00 PM - Strength & Stretch
2:00 PM - Pokeno Games

VIRTUAL CLASSES

Mondays

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

Tuesdays

10:00AM | *Lost in the 50's Music with Stan*
ID# 840 8066 7521

11:00AM | *Chair Dance with Irene*
ID# 809-327-718

1:00PM | *Cardio Mix with Doreen*
ID# 967-1349-0389

Wednesdays

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

1:00PM | *Mat & Roll with Doreen*
(Intermediate to Advanced)
ID#: 967-1349-0389

Thursdays

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

Fridays

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

1:00PM | *Stretch & Strength with Doreen*
ID#: 967-1349-0389

12:00PM May 6th

Virtual Book Club Meeting in Partnership
with Glen Oaks Library Book Selection:
"Last Twilight in Paris" By Pam Jenoff
ID#: 850 1037 7896

Password for *all*
virtual classes: **SNAP**

Member Suggestions from

THE SUGGESTION BOX!

Suggestion:

Can you ask the ladies from the thrift shop to post the regular hours?

Our Response:

Certainly! Our thrift shop hours are from Monday to Friday, 10am-12pm. The hours are posted both in front of the shop and in the shop.

Suggestion:

Can you please ask the members not to wear political type clothing? They are inappropriate.

Our Response:

Thank you for your suggestion! We want to make sure our center is a comfortable and safe space for all of our members, so we will remind everyone to refrain from wearing clothing with political messages. It is important that we maintain an inclusive environment for all.

Suggestion:

Can you add another day for the walking club?

Our Response:

Thank you for this suggestion! We will look into adding another day. Thursdays are another day we are considering. As we are preparing for our The Big Apple Walk-A-thon we will need another day during the week.

Suggestion:


We want to go to a METS game. Please plan a trip!

Our Response:

Thank you for this suggestion! We have reached out to the METS and they have granted us tickets to see the May 11th game at 12pm. The tickets are free and they are first come first served. We are trying to put together a bus to take some of our members but there will be a fee for transportation.

MAY 2025


SNAP of Eastern Queens Breakfast Menu - May 2025

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
| <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</p> |
| <p>French Toast Egg Whites Oatmeal Banana</p> | <p>6</p> | <p>7</p> | <p>8</p> | <p>9</p> |
| <p>Scrambled Eggs Veggie Sausage Patty Cheerios Banana</p> | <p>Hard Boiled Eggs (2) Bran Muffin w/ Butter Oatmeal Orange</p> | <p>Pancakes Egg Omelet Bran Flakes</p> | <p>Scrambled Eggs Bagel w/ Cream Cheese Oatmeal Tangerine</p> | <p>French Toast Scrambled Eggs Wheaties Orange</p> |
| <p>12</p> | <p>13</p> | <p>14</p> | <p>15</p> | <p>16</p> |
| <p>Greek Yogurt Bran Muffin w/ Butter Cheerios Banana</p> | <p>Scrambled Eggs with Swiss Cheese Bagel w/ Cream Cheese Oatmeal w/ Raisins</p> | <p>Waffles Egg Whites Bran Flakes</p> | <p>Egg Omelet Croissant w/ Butter Oatmeal Banana</p> | <p>French Toast Scrambled Eggs Wheaties Orange</p> |
| <p>19</p> | <p>20</p> | <p>21</p> | <p>22</p> | <p>23</p> |
| <p>Pancakes Egg Whites Cheerios Banana</p> | <p>Scrambled Eggs Bagel w/ Cream Cheese Raisin Bran Cereal Tangerine</p> | <p>Greek Yogurt Kaiser Roll w/ Butter & Jelly Oatmeal w/ Raisins</p> | <p>Hard Boiled Eggs (2) Corn Muffin w/ Butter Bran Flakes Banana</p> | <p>French Toast Scrambled Eggs Oatmeal</p> |
| <p>26</p> | <p>27</p> | <p>28</p> | <p>29</p> | <p>30</p> |
| <p>Waffles Veggie Sausage Patty Bran Flakes Banana</p> | <p>Scrambled Eggs w. Swiss Cheese Bran Muffin w/ Butter Oatmeal</p> | <p>Pancakes Egg Whites Raisin Bran Banana</p> | <p>Scrambled Eggs Kaiser Roll w/ Butter & Jelly Oatmeal w/ Raisins</p> | |



MAY 2025

SNAP of Eastern Queens Lunch Menu - May 2025

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|--|---|
| <p>SNAP of Eastern Queens OAC 80-45 Winchester Blvd, Bldg #4 Queens Village, NY 11427 (718) 434-2100 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>5 Chicken Fajitas Spanish Rice Corn on the Cob <i>Greek Yogurt & Muffin</i></p> | <p>6 Baked Fish Amandine Quinoa Brussels Sprouts <i>Greek Yogurt & Muffin</i></p> | <p>7 Cheeseburger Baked Potato Wedges Capri Blend Vegetables <i>Seafood Salad</i></p> | <p>1 Baked Fish Oreganata Roasted Potatoes Mixed Vegetables <i>Tuna Salad with Eggs</i></p> | <p>2 Chicken Parmesan Penne California Blend Veg. <i>Tuna Salad with Eggs</i></p> |
| <p>12 Baked Fish with Lemon Garlic Butter Sauce Sesame Soba Noodles Sugar Snap Peas <i>Egg & Cheese on a Croissant</i></p> | <p>13 Chicken Cacciatore Penne Italian Blend Vegetables <i>Egg & Cheese on a Croissant</i></p> | <p>14 Pot Roast Baked Potato Peas and Carrots <i>Tuna Fish Salad</i></p> | <p>15 Minestrone Soup Eggplant Parmesan Spaghetti Spinach <i>Tuna Fish Salad</i></p> | <p>16 Roast Turkey Breast Baked Sweet Potato Green Beans <i>Tuna Fish Salad</i></p> |
| <p>19 Split Pea Soup Surfined Tomato Chickpea Burger Sweet Potato Fries Broccoli <i>Pizza Bagel</i></p> | <p>20 Loin of Pork Mashed Potatoes Red Cabbage with Apples <i>Pizza Bagel</i></p> | <p>21 Breaded Fish Fillet Brown Rice w/ Mushrooms Brussels Sprouts <i>Turkey Salad</i></p> | <p>22 Italian Meatballs Spaghetti Italian Cut Green Beans <i>Turkey Salad</i></p> | <p>23 BBQ Hamburger & Hot Dog Baked Beans Corn on the Cob <i>Turkey Salad</i></p> |
| <p>26  Memorial Day</p> | <p>27 Terryaki Baked Fish Brown Rice Oriental Blend Vegetable <i>Hummus with Pita Bread</i></p> | <p>28 Vegetable Soup Ratini with Spinach and Chickpeas Italian Cut Green Beans <i>Hummus with Pita Bread</i></p> | <p>29 Salmon Cakes w/ Dill Sauce Cauliflower Potato Mash Whole Baby Carrots <i>Chicken Salad</i></p> | <p>30 Beef Stew Egg Noodles Collard Greens <i>Chicken Salad</i></p> |