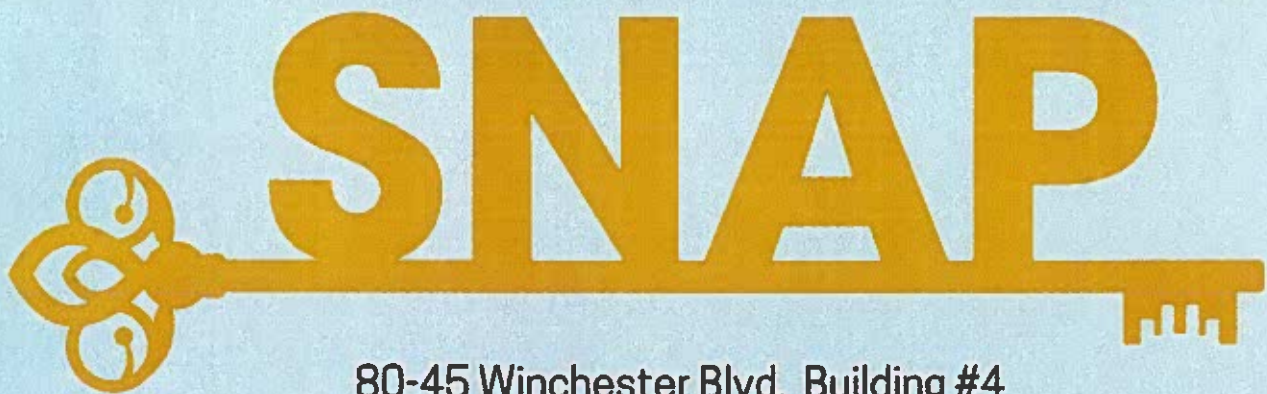


# What's Happening at



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

## JUNE 2025

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*Betty Gibson*

[bgibson@snapqueens.org](mailto:bgibson@snapqueens.org)

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**Director of Eastern Queens**

Older Adult Center Operations

*Nina Bhola-Cruz, M.A.*

[nbhola@snapqueens.org](mailto:nbhola@snapqueens.org)

718-454-2100 ext. 120



# Advertise with SNAP

## Ad Sizes and Rates

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- File Requirements: Ads should be submitted in PDF or high-resolution JPG format.
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For more details or to book your ad space, please contact us at (718) 454-2100 ext. 120

# SNAP

Services Now for Adult Persons, Inc.  
Your Key to Aging Services

## SAVE THE DATE

# 45<sup>th</sup>

## ANNIVERSARY

# Gala

THURSDAY  
SEPTEMBER 18, 2025  
Stewart Manor Country Club



## MARC S. BERLIN

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## A MESSAGE FROM THE DIRECTOR

Dear Beloved Community,

As we welcome the vibrant month of June, I'm filled with gratitude and excitement for all that lies ahead in our wonderful community. June is a time of joy, celebration, and connection—and here at SNAP, we're embracing every moment of it with open arms and full hearts.

This month, we honor Pride Month, Juneteenth, and Father's Day, all of which remind us of the beauty in diversity, freedom, and the deep bonds we share as a community. These celebrations are not only meaningful milestones in our national story but also wonderful opportunities for us to come together in reflection, learning, and joy.

We have a full calendar of engaging events, special programs, and social gatherings designed to inspire, uplift, and connect you with old and new friends. Whether you're joining us for our Su Casa dance class, our women's empowerment group, or just a cup of coffee and conversation, know that your presence enriches our community in every way.

And while we're celebrating June, we're also eagerly looking ahead to a truly special occasion—our 45th Anniversary Gala on September 18th! Mark your calendars now for what promises to be a night to remember. It will be a joyous evening filled with music, memories, and celebration as we honor the incredible journey of our center and the people—like you—who make it all possible.

As always, thank you for being part of our community. Your warmth, wisdom, and spirit are what make this center a home.

With warmth and gratitude,

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

**SAVE THE DATE: SEPTEMBER 18<sup>TH</sup> 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 June and an unforgettable 45th year!**



## KIND MOMENTS *with Kim*

Hello everyone! Welcome to June! Summer is making its way and that means events at SNAP are about to be hotter! (Don't worry we will do our best to keep things cool). On a serious note, with a heavy heart I'm announcing my departure from SNAP OAC as Assistant Director. This was a very difficult decision to come to, and I will forever cherish the memories I've made at SNAP and will carry them with me for years to come. The members at SNAP are a wonderful, witty, and caring bunch and will be in the wonderful hands of our amazing OAC team!



## MENTAL HEALTH MINUTE *with Malka from CAPE*

**Malka Pill, LMSW**

Wednesdays & Fridays | 8:30 AM - 4:30 PM

**(917)-670-5036**

*By appointment only*

Summer can bring joy and relaxation, but it's also important to recognize that mental health needs attention year-round. Tips for staying mentally healthy this summer include: Getting outdoors, nourishing your body, practicing mindfulness, connecting with others, and engaging in creative activities to express yourself. Nourishing one's mental health takes priority during every season! If you or anyone you know is struggling with nourishing their mental health, please don't hesitate to reach out.

## VOLUNTEER OF THE MONTH: *Evelyne Singh*



We are proud to honor Evelyne as our Volunteer of the Month! Evelyne has been a member at SNAP for over 10 years and her contributions are endless. She brings warmth, joy and a vibrant spirit to everything that she does. Whether she's chatting with other members, assisting in the thrift shop or sharing the beauty of Holi and Diwali, she's always finding ways to make our center more inclusive and welcoming.

When asked why she likes to volunteer, she stated that "SNAP keeps me grounded, and I love giving back. I always look forward to seeing everyone."

Congratulations Evelyne! Thank you for your hard work!

## 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-4:30pm (walk-ins welcome)

# UPCOMING EVENTS

## **Thursday, June 5**

10:00AM - Larissa Dance Performance

1:00PM - 2<sup>nd</sup> Round of Talent is Timeless

## **Friday, June 6**

10:00AM - Queens Zoo Trip and Lemon Ice King \$20

1:00PM - Quilting Program to begin

## **Monday, June 9**

10:30AM- "Seeing Senior Living" A presentation by Teres from OASIS

1:30PM - Women's Empowerment w/Nina

## **Tuesday, June 10 - Thursday, June 12**

10:00 AM - Peoples Vote Campaign at SNAP

## **Friday, June 13**

9:15AM - Father's Day Breakfast (\$5/\$8/\$10) Please see flyer for details

## **Tuesday, June 17**

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

## **Wednesday, June 18- All Classes Cancelled**

10:00AM - Juneteenth/ Caribbean Heritage Month Celebration at SNAP w/ Line Dancing Presented by the 105<sup>th</sup> Pct. and Steel Pan performance (\$14/p) (MPR)

## **Thursday, June 19**

Center CLOSED in celebration of Juneteenth

## **Friday, June 20**

10:00AM - Mental Health w/ Malka "Roll Dice" Game in Classroom 5

11:00AM - NYPD Steel Pan Band Performance at SNAP! (MPR)

## **Monday, June 23**

10:00AM- Advisory Board Meeting (Classroom 5)

## **Tuesday, June 24**

10:00 AM - Birthday Celebration with Live Musical Entertainment w/ DJ Lo, Birthday Cake and Ice Cream (Dining Room)

1:00 PM - **SNAP ANNUAL ART SHOW**

## **Wednesday, June 25**

9:30AM- Haircuts w/ Marilyn \$10

10:30AM - Pride Celebration at SNAP w/ SAGE (Dining Room)

## **Thursday, June 26**

8:00AM - Tropicana Show Trip Atlantic City (\$150/p)

## **Friday, June 27**

11:00AM - Entitlements & Benefits Presentation by Theresa (Dining Room)

## **Monday, June 30**

11:00AM - Su Casa Final Showcase (Multi Purpose Room)







# UPCOMING TRIPS

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

## **QUEENS ZOO & LEMON ICE KING w/ BOX LUNCH**

Friday, June 6th

\$20P/P SNAP Lunch Included & Transportation

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

## **THE SUGAR FACTORY**

Tuesday, June 17<sup>th</sup> @ 10AM

\$20P/P- SNAP Breakfast Included & Transportation

## **LUNCH BUFFET & SHOW AT THE TROPICANA ATLANTIC CITY:**

**'The Bronx Wanderers'- Hits of the 50', 60's and 70's**

Thursday, June 26th @ 8AM

\$130P/P-SNAP Breakfast Included w/ Transportation

## **THE SUGAR FACTORY**

Tuesday, July 8<sup>th</sup> @ 10AM

\$20P/P- SNAP Breakfast Included & Transportation

## **THE NAUTICAL MILE LUNCH AND CRUISE**

Friday, July 18<sup>th</sup> @ 10AM

\$80P/P- SNAP Breakfast Included & Transportation

## **SENIOR DAY @ HOLIDAY HILL**

Prospect, Connecticut

Wednesday, August 27<sup>th</sup> @ 7AM

\$150P/P- SNAP Breakfast Included & Transportation

Have a day of unlimited food, fun, swimming, gaming and entertainment!

## **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.**

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

## IN PERSON CLASSES

### **Mondays**

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**

10:00 AM - *Walking Club\**

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 - *Su Casa Social Dance Class\**

**11:00 AM - Ballroom Dancing**

1:00 PM - Casual Conversations Discussion

**1:00 PM - Strength & Stretch**

1:00 PM - *Community Quilt Class\**

2:00 PM - Pokeno Games

**All Classes in BOLD have \$1 Contribution**

**\*NEW CLASS**

## 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 June 13th**

*Virtual Book Club Meeting in Partnership  
with Glen Oaks Library Book Selection:*

*"We All Live Here" By JoJo Moyes*

ID#: 850 1037 7896

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

# Member Suggestions from

## THE SUGGESTION BOX!

**Suggestion:** Can you bring back the comfort dogs (perhaps in an area where only those who would like to pet them won't be in the way of others)?

**Our Response:** We will look into another program to bring back the therapy dogs to SNAP. The program we used to work with no longer have dogs available. If you know of a program, please let us know!

---

**Suggestion:** With the electrical prices going up and the hot weather approaching, could you please get someone (Con Ed maybe) for cost-cutting tips?

**Our Response:** Thank you for this suggestion! We know how uncomfortable the hot weather can be which can cause us to keep the air conditioning on longer than usual. We can look into providing resources on energy-saving strategies to help everyone stay cool while managing expenses.

---

**Suggestion:** Can we have more trips to museums and theatres?

**Our Response:** We love hearing about the different ideas that our members have for trips and outings. Our trip committee meetings, which happens every other month allows you all to come and share your lovely ideas. We will look into seeing which opportunities are available during the upcoming months. Looking forward to seeing you all at the next meeting, thank you for your input!

---

**Suggestion:**

At our open board meeting, one of the board members was wearing a political shirt and hat that can be offensive to people. Last month you said it would be addressed but they continue to wear inappropriate clothing. What are you doing about that?

**Our Response:** Thank you for bringing this to our attention again. We understand your concern and take it seriously. SNAP is committed to maintaining an inclusive and respectful environment for all. While we respect individuals' rights to personal expression, we also have a responsibility to ensure that our center remains welcoming to everyone, free from political messaging or attire that could be seen as divisive or offensive. We are currently reviewing our code of conduct and dress guidelines to ensure they reflect these values clearly. Additionally, we are addressing the matter directly with the board member in question to reinforce our expectations moving forward.





# JUNE 2025

## SNAP of Eastern Queens Lunch Menu - June 2025

Mon	Tue	Wed	Thu	Fri
2 Minestrone Soup Mushroom Cauliflower Bolognese Whole Baby Carrots Brussels Sprouts <i>Bagel w/ Lox &amp; Cream Cheese</i>	3 Meatloaf Mashed Potatoes Spinach <i>Bagel w/ Lox &amp; Cream Cheese</i>	4 Chicken Marsala Bowtie Pasta Asparagus <i>Avocado Egg Salad</i>	5 Roast Turkey Breast Baked Sweet Potato Green Beans <i>Avocado Egg Salad</i>	6 Lemon Garlic Baked Fish Brown Rice Pilaf Butternut Squash <i>Avocado Egg Salad</i>
9 Pepper Steak Brown Rice Asparagus <i>Avocado Toast &amp; Hard Boiled Eggs</i>	10 Mushroom Barley Soup Spaghetti Carbonara Broccoli Florets Lettuce & Tomato Salad <i>Avocado Toast &amp; Hard Boiled Eggs</i>	11 Cheeseburger Baked Potato Wedges Capri Blend Vegetables <i>Tuna Salad with Eggs</i>	12 Baked Fish Oreganato Roasted Potatoes Mixed Vegetables <i>Tuna Salad with Eggs</i>	13 Chicken Parmesan Penne California Blend Veg. <i>Tuna Salad with Eggs</i>
16 Turkey Meatloaf Mashed Potatoes Spinach <i>Egg &amp; Cheese on a Bagel</i>	17 Baked Fish Amantine Quinoa Brussels Sprouts <i>Egg &amp; Cheese on a Bagel</i>	18 Jerk Chicken Macaroni and Cheese Cabbage with Carrots <i>Seafood Salad</i>	19 	20 Split Pea Soup Veggie Chili Brown Rice Broccoli and Cauliflower <i>Veggie Burger</i>
23 Baked Fish with Lemon Sauce Sesame Soba Noodles Sugar Snap Peas <i>Caprese Sandwich</i>	24 Chicken Cacciatore Penne Italian Blend Vegetables <i>Caprese Sandwich</i>	25 Pot Roast Baked Potato Peas and Carrots <i>Tuna Fish Salad</i>	26 Minestrone Soup Eggplant Parmesan Spaghetti Spinach <i>Tuna Fish Salad</i>	27 Roast Turkey Breast Baked Sweet Potatoes Green Beans <i>Tuna Fish Salad</i>
30 Vegetable Soup Lo Mein with Chickpeas Whole Baby Carrots Broccoli Florets <i>Pizza Bagel</i>			SNAP of Eastern Queens OAC 80-45 Winchester Blvd. Bldg. 4 Queens Village, NY 11427 (718)454-2100 Snapqueens.org	A Not-for-Profit agency funded under contract with the New York City Department for the Aging as part of the Older Americans Act

# JUNE 2025

## SNAP of Eastern Queens Breakfast Menu - June 2025

Mon	Tue	Wed	Thu	Fri
2 French Toast Scrambled Eggs Oatmeal	3 Egg Whites Egg Twist Roll with Butter & Jelly Greek Yogurt Banana	4 Pancakes Egg Omelet Oatmeal with Raisins	5 Scrambled Eggs Bagel with Cream Cheese Bran Flakes Cereal Banana	6 Cheese Blintzes Fruit Salad Oatmeal
9 Pancakes Egg Omelet Raisin Bran Cereal Banana	10 Scrambled Eggs with Swiss Cheese Cinnamon Raisin Bagel with Cream Cheese Oatmeal	11 Waffles Scrambled Eggs Oatmeal Orange	12 Egg Whites Kaiser Roll with Butter Cheerios Banana	13 French Toast Egg Omelet Bran Flakes Cereal
16 French Toast Egg Whites Oatmeal Banana	17 Scrambled Eggs Veggie Sausage Patty Cheerios Banana	18 Hard Boiled Eggs (2) Bran Muffin with Butter Oatmeal Orange	19 	20 Scrambled Eggs Bagel with Cream Cheese Oatmeal
23 Greek Yogurt Bran Muffin with Butter Cheerios Banana	24 Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal with Raisins	25 Waffles Scrambled Eggs Bran Flakes Cereal	26 Egg Omelet Croissant with Butter Oatmeal Banana	27 French Toast Scrambled Eggs Wheaties Orange
30 Pancakes Egg Whites Cheerios Banana			SNAP of Eastern Queens OAC 80-45 Winchester Blvd. Bldg. 4 Queens Village, NY 11427 (718) 454-2100 Snapqueens.org	A Not-for-Profit agency funded under contract with the New York City Department for the Aging as part of the Older Americans Act