

What's Happening at **SNAP**



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

JULY 2025

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Director of Eastern Queens

Older Adult Center Operations

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STEWART SCHARFMAN

PHYSICAL THERAPY

79-14 254th Street Glen Oaks, NY, 11004

HAVE PAIN?

WE'RE HERE TO HELP

 **CALL US TODAY!**
718-343-4262

HOURS

MONDAY	7:30AM-3:30PM
TUESDAY	7:30AM-6:00PM
WEDNESDAY	7:30AM-3:30PM
THURSDAY	7:30AM-3:00PM
FRIDAY	7:30AM-12:00PM



SNAP

Snap is a Non-Profit Organization
Your Key to Aging Services

CORDIALLY INVITES YOU TO OUR

45th

ANNIVERSARY

Gala

THURSDAY, SEPTEMBER 18, 2025

6:00PM - 10:00PM

STEWART MANOR COUNTRY CLUB

51 Salisbury Avenue

Stewart Manor, NY 11530

\$175 P/P

ZELLE PAYMENTS TO: GALA@SNAPQUEENS.ORG

SEND CHECKS TO:

SNAP BROOKVILLE, ATT: CATHY CALEN

133-33 Brookville Blvd Suite LL5, Rosedale, NY 11422

BY SEPTEMBER 1st

SNAP IS A 501(c)(3) NON-PROFIT ORGANIZATION

Advertise with SNAP



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LIFE IS SMOOTHER WITH A PATIENT ADVOCATE BY YOUR SIDE

Marc S. Berlin
Board Certified
Patient Advocate

A decorative border of tropical flowers and leaves, including pink and red hibiscus, green monstera leaves, and palm fronds, frames the text.

A MESSAGE FROM THE DIRECTOR

Dear Beloved Community,

Summer is here, and our center is bursting with energy, connection, and opportunities to enjoy all the season has to offer! This is a time to celebrate the warmth of community, the joy of shared experiences, and the impact we continue to make together.

We're proud to offer a wide range of activities to keep you active, engaged, and connected—from fitness classes and art workshops to game days, music, and outdoor fun. Our center isn't just a place to visit—it's a space where friendships grow, purpose is renewed, and the entire community benefits from the strength and wisdom of our members.

July is filled with exciting events you won't want to miss. Join us for our 4th of July Celebration, where we'll honor the spirit of independence with music, refreshments, and patriotic fun.

This summer, let's make it a point to reach out, try something new, and celebrate the beauty of being together. Whether it's joining a dance class, bringing a friend to an art workshop, or just spending time in good company—let this be a season full of laughter, purpose, and love.

With warmth and gratitude,

Nina Bhola-Cruz, M.A.,

Director of SNAP of Eastern Queens OAC Operations

NEW STAFF ALERT! *Semira Salam*

We are thrilled to welcome Semira Salam as our new Health and Wellness Coordinator! She will be a dynamic leader, with a Bachelor's in Kinesiology and a background in leadership studies, Semira brings over four years of experience in fitness instruction, patient care, and community programming. Her passion for holistic wellness, dedication to promoting healthy lifestyles, and hands-on expertise as a certified personal trainer, nutritionist, and Pilates instructor make her an excellent addition to our team. With her energy and vision, we're excited to see our wellness programs reach new heights! Please join us in giving Semira a warm welcome to our center—we're excited to have her as part of our community!

MENTAL HEALTH MINUTE *with Malka from CAPE*

Malka Pill, LMSW

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

(917)-670-5036 *By appointment only*

Although July 4th can be a celebratory time for many, it can be a complicated time for individuals as well. This celebratory time can cause unease for individuals due to the loud noises or feelings of isolation. It is important to mentally prepare yourself for July 4th, and only engage in activities or plans that you are comfortable with. If you or anyone you know is experiencing feelings of loneliness or isolation due to this time of year, please don't hesitate to reach out.

VOLUNTEER OF THE MONTH: *Lilian Marona*



Congratulations to our Volunteer of the Month, Lilian. She is a dedicated and caring presence at our center, always ready to lend a hand and support others. Volunteering brings her a strong sense of purpose and keeps her active and engaged in the community she loves. Her kindness, reliability, and warm spirit have made a lasting impact on everyone she meets. We are so grateful for all she does!



UPCOMING TRIPS

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

THE SUGAR FACTORY

Tuesday, July 8th @ 10AM

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

THE NAUTICAL MILE LUNCH AND CRUISE

Friday, July 18th @ 10AM

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

SENIOR DAY @ HOLIDAY HILL- CANCELLED

Prospect, Connecticut

Wednesday, August 27th @ 7AM

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

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

BOARD WALK AND BEACH DAY

Jones Beach- Long Island

Thursday, July 31st @ 10AM

\$30P/P- SNAP Lunch and transportation included!

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



Tuesday, July 1

9:30AM- Bake Sale

10:00AM- Trip Committee Meeting (Classroom 5)

Wednesday, July 2

10:30AM - Fire Safety Presentation

Thursday, July 3

9:15 AM- 4th of July BBQ Celebration

Friday, July 4

Center CLOSED in Observation of Independence Day

Tuesday, July 8

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

Friday, July 11

9:00AM - “Christmas in July” Jewelry Sale

Wednesday, July 16

9:30AM - Evelyn Birthday Celebration w/ Hot Breakfast

Friday, July 18

9:15AM- Trip to Nautical Mile (\$80/p)

10:30AM- “Rewind the Band” Live Performance (All Classes Canceled in the MPR)

Wednesday, July 23

Haircuts w/ Marilyn \$10per person

Friday, July 25

9:15AM: Trip to Nautical Mile (\$80/p)

Tuesday, July 29

10:00AM- Birthday Celebration with Live Musical Entertainment w/ DJ Russell

IN PERSON CLASSES

Mondays

10:00 AM - Knitting & Crocheting

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

9:00 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

11:00 AM - Ballroom Dancing

1:00 PM - Casual Conversations Discussion

1:00 PM - Strength & Stretch

2:00 PM - Pokeno Games

***NEW CLASS**

All Classes in BOLD have \$1 Contribution

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 Friday July 11th

The Secret Life of Sunflowers

By Marta Molnar

ID#: 850 1037 7896

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

Member Suggestions from

THE SUGGESTION BOX!

Suggestion: "Please consider allowing the alternative lunch people all go first before others. This will allow the food line to run more smoothly."

Staff Response: Thank you for your suggestion! Our lunch numbers are called according to tables. If your table is called, and you have signed up for the alternate before 11:30am, you can come up to the lunch alternate table and get your meal without waiting on the line. If you need help, please reach out to center staff that is in the dining room.

Suggestion: "I'd love a weekly class to help us learn how to use smartphones, Zoom, or email more confidently."

Staff Response:

Absolutely! We are launching Tech Tuesdays this summer with the help of summer volunteers. Bring your devices and your questions — they are ready to help!

Suggestion: "It would be nice to have healthier snacks and a better selection of fruits and veggies especially during the summer months, maybe a smoothie day!"

Staff Response:

We hear you! We are looking to have healthy snacks for the summer and we have an amazing health and nutrition class every Tuesday with Marian in classroom 5. She provides how-to healthy recipes and demo on nutrition conscious meals that you make and taste in every class. If you have any suggestions, let us know your favorites!

Suggestion: "We need new exercise equipment for our classes. Some of the equipment needs an update. Can we get new ones?"

Staff Response: Thank you for your suggestion! We will review the current equipment and replace anything that needs to be updated. We thank you for always looking out for our members!



JULY 2025

SNAP of Eastern Queens Breakfast Menu – July 2025

Mon	Tue	Wed	Thu	Fri
<p>SNAP of Eastern Queens OAC 30-45 Winchester Blvd, Bldg 4 Queens Village NY 11427 (718) 664-2100 Snapqueens.org</p>	<p>1 Egg Whites Egg Twist Roll with Butter Greek Yogurt Banana</p>	<p>2 Pancakes Egg Omelet Oatmeal with Raisins Orange</p>	<p>3 Scrambled Eggs Bagel with Cream Cheese Bran Flakes Banana</p>	<p>4 </p>
<p>7 Pancakes Egg Omelet Raisin Bran Banana</p>	<p>8 Scrambled Eggs with Swiss Cheese Cinnamon Raisin Bagel with Cream Cheese Tangerines</p>	<p>9 Waffles Scrambled Eggs Oatmeal Orange</p>	<p>10 Egg Whites Kaiser Roll with Butter Cheerios Banana</p>	<p>11 French Toast Egg Omelet Bran Flakes Strawberries</p>
<p>14 French Toast Egg Whites Oatmeal Banana</p>	<p>15 Scrambled Eggs Veggie Sausage Patty Cheerios Banana</p>	<p>16 Hard Boiled Eggs (2) Bran Muffin with Butter Oatmeal Orange</p>	<p>17 Pancakes Egg Omelet Bran Flakes Strawberries</p>	<p>18 Scrambled Eggs Bagel with Cream Cheese Oatmeal Tangerine</p>
<p>21 Greek Yogurt Bran Muffin with Butter Cheerios Banana</p>	<p>22 Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal with Raisins Orange</p>	<p>23 French Toast Scrambled Eggs Bran Flakes Blueberries</p>	<p>24 Egg Omelet Croissant with Butter Oatmeal Banana</p>	<p>25 Waffles Scrambled Eggs Wheaties Orange</p>
<p>28 Pancakes Egg Whites Cheerios Banana</p>	<p>29 Scrambled Eggs Bagel with Cream Cheese Raisin Bran Tangerine</p>	<p>30 Greek Yogurt Kaiser Roll with Butter Oatmeal with Raisins Orange</p>	<p>31 Hard Boiled Eggs (2) Corn Muffin with Butter Bran Flakes Banana</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>

JULY 2025

SNAP of Eastern Queens Lunch Menu – July 2025

Mon	Tue	Wed	Thu	Fri
SNAP of Eastern Queens OAC 80-45 Winchester Blvd., Bldg. 4 Queens Village, NY 11427 (718)454-2100 Snapqueens.org	1 Meatloaf Garlic Mashed Potatoes Spinach Pizza Bagel	2 Curried Chicken Coconut Rice Garlic Snap Peas Egg Salad	3 BBQ Hamburger, Hot Dog & Chicken Drumstick Baked Beans Corn-on-the-Cob Egg Salad	4 
7 Pepper Steak Brown Rice Asparagus Chickpea Salad	8 Tomato Bisque Spaghetti Carbonara Broccoli Florets Chickpea Salad	9 Pork Chops Macaroni and Cheese Collard Greens Tuna Salad w/ Eggs	10 Baked Fish Oreganata Roasted Potatoes Mixed Vegetables Tuna Salad w/ Eggs	11 Chicken Parmesan Penne California Blend Veg. Tuna Salad w/ Eggs
14 Turkey Meatloaf Garlic Mashed Potatoes Spinach Chicken Salad	15 Baked Fish Amandine Quinoa Brussels Sprouts Chicken Salad	16 Cheeseburger Baked Potato Wedges Capri Blend Vegetables Seafood Salad	17 Chicken Hawaiian Egg Noodles Whole Baby Carrots Seafood Salad	18 Split Pea Soup Veggie Chili Brown Rice Broccoli & Cauliflower Veggie Burger
21 Baked Fish with Parmesan Crust Barley & Brown Rice Garlic Snap Peas Bagel w/ Lox & Cream Cheese	22 Chicken Cacciatore Penne Italian Blend Vegetables Bagel w/ Lox & Cream Cheese	23 Pot Roast Baked Potato Peas and Carrots Tuna Fish Salad	24 Minestrone Soup Eggplant Parmesan Spaghetti Spinach Veggie Burger	25 Roast Turkey Breast Baked Sweet Potato Green Beans Tuna Fish Salad
28 Lentil Soup Baked Falafel Lemon Rice Roasted Eggplant Hummus w/ Pita Bread	29 Loin of Pork Mashed Potatoes Red Cabbage with Apples Hummus w/ Pita Bread & Garden Salad	30 Breaded Fish Fillets Potato Kugel Brussels Sprouts Turkey Salad	31 Italian Meatballs Spaghetti Italian Cut Green Beans Turkey Salad	A Not-For-Profit agency funded under contract with the New York City Department for the Aging as part of the Older Americans Act