

What's Happening at



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

October 2025



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Older Adult Center Operations

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Older Adult Center

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A MESSAGE FROM THE DIRECTOR

Dear Beloved Community,

As we welcome the month of October, SNAP is proud to present a series of meaningful programs and celebrations that highlight awareness, creativity, and cultural appreciation. This month is a wonderful opportunity for us to come together, strengthen connections, and honor the many traditions and causes that matter to our community.

In recognition of Breast Cancer Awareness Month, we will hold a Breast Cancer Walk on Campus, a T-shirt sale in support of awareness and education, reminding us all of the importance of health and hope. Members can also look forward to a creative Paint and Sip gathering, as well as a jewelry sale and presentation that combines artistry with learning.

We are honored to host our Annual Volunteer Luncheon (by invitation only) this month, an event dedicated to recognizing the invaluable contributions of our volunteers whose generosity and commitment are the foundation of our Center's success.

In addition, October offers a rich calendar of cultural celebrations that showcase the diversity and unity within our community, including: Our festive Halloween Extravaganza, the joyous Diwali Celebration, the traditional Mid-Autumn Festival, and a vibrant Hispanic Heritage Celebration.

Each of these events reflects our mission to provide meaningful experiences, foster cultural appreciation, and strengthen the bonds that make SNAP a welcoming place for all.

We encourage you to join us throughout the month as we highlight awareness, creativity, service, and cultural traditions. Together, let us make this October a memorable and inspiring season.

With appreciation and joy,
Nina Bhola-Cruz





MENTAL HEALTH MINUTE *with Malka from CAPE*

Malka Pill, LMSW Hello Everyone- As many of you already know I will be on leave until further notice. Please know that Nina will inform everyone when I am expected to return. If you need any assistance in regard to mental health and well-being please do not hesitate to talk with Nina or other staff at the center about getting support and finding out about other available resources.

NEW STAFF ALERT: *Please Welcome Timika* ASSISTANT DIRECTOR

Hello everyone! My name is Timika, and I'm so excited to join SNAP as the new Assistant Program Director. I've always had a passion for dance, the arts, and (of course) pastries! My background includes several years of experience in both mental health and recreation therapy. I also hold a master's degree in Recreation Therapy and am certified to teach English as a Second Language. I'm truly thrilled to be part of this wonderful team and look forward to connecting with all of you!

THE WELLNESS WORD *with Semira*

Let's talk wellness: Did you know Queens has some of the highest rates of late-detected breast cancer? This October, let's paint the month pink to raise awareness, honor survivors, and support healing. On **October 10th**, we're hosting our *Paint It Pink* affair (free), featuring a fun paint and sip with Kash, a workshop by the Adelphi Breast Cancer Support Program, and a jewelry & pink SNAP t-shirt sale with proceeds being donated. On **October 15th**, join us for our *Pink Ribbon Walk* (free!), sponsored by Oak Street, with a complimentary lunch provided. Pink SNAP shirts are available all month—see me to grab yours—and let's flood this month with pink! Remember: schedule your yearly mammogram if you're due, nourish your body with cruciferous vegetables such as broccoli and cauliflower, and keep moving daily—prevention starts with you.

VOLUNTEER OF THE MONTH:

This month, we remember and honor Eleanor, an extraordinary volunteer whose kindness and dedication touched everyone at our center. Eleanor gave so much of herself—her time, her compassion, and her generous spirit—to brighten the lives of others. Her warmth and care left a lasting impact on our community, and her memory will always remain in our hearts. Though she has passed, her legacy of service and love continues to inspire us all. We are deeply grateful for the moments we shared with her and will forever cherish the difference she made in so many lives.

Eleanor Gerring





UPCOMING TRIPS

*For any questions about all trips listed,
please see Betty Gibson or Rhea Persaud
Mon-Friday at 11am-12pm in their office.*



SENIOR APPRECIATION MONTH -KICKOFF

Friday, October 3rd 2025 @10AM (Free)

Roy Wilkins Park- See Betty to sign-up (seating is limited)
Transportation Provided by SNAP

THE SUGAR FACTORY

Tuesday, October 14th @10AM \$20 P/P

SNAP Lunch & Transportation Included

SENIOR CENTER APPRECIATION MONTH LUNCHEON- ROBERT CROUCH CENTER

Thursday, October 16th 2025 @ 10am (Free)

Joins SNAP in a celebration provided by Assemblyman Clyde Vanel
to show appreciation to the incredible work of older adult centers.

FALL FOLIAGE CRUISE

FRI.,OCT. 17th. 2025 PRICE: \$130 P/P (Only taking names for waiting-list)

The cruise offers a unique way to experience the beauty of fall
foliage. A narrated tour and sightseeing of the changing colors of
leaves up the Hudson River.

Transportation, lunch, boat admission, and lighthouse admission.



CANCELATION POLICY

If you sign up for a paid activity and find you are unable to participate, contact
Betty or Rhea 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

Friday, October 3rd

12:00PM -Live Lunchtime Entertainment w/ Roberta Fabiano

Tuesday, October 7th

10:30AM - Mid-Autumn Festival- Live Dancing, Karaoke & Moon Cakes

Thursday, October 9th

11:00AM- Hispanic Heritage Celebration w/ Live Traditional Music

Friday, October 10th

10:00AM - "Paint it Pink" Sip & Paint w/ Kash (free)

11:00 AM - "The C-Word" Workshop Presented by Adelphi

12:00PM - Live Lunchtime Entertainment w/ Stephen Benson

Wednesday, October 15th

10:00AM - Pink Ribbon Walk (See Semira to sign up)

Friday, October 17th

9:00AM - Fall Foliage Cruise

10:00AM - Oktoberfest \$10 w/ Live Musical Entertainment
by Richard Frank

Wednesday, October 22nd

9:15 AM - Haircuts w/ Marilyn \$10 per person

10:00AM - Diwali Celebration \$5

Thursday, October 23rd

9:15AM - Volunteer Luncheon (INVITE ONLY)

Friday, October 24th

12:00PM - Live Lunchtime Entertainment w/ Ayodele Maakheru

Friday, October 31st

10:00AM- Halloween Costume Party \$12

10:00AM- Birthday Celebration w/ Live Musical Entertainment
by Sandra Taylor



IN PERSON CLASSES

Mondays

10:00 AM - Knitting & Crocheting

10:00 AM - Blood Pressure Clinic

10:00 AM - Musical Sing Along

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

2:00 PM - Billiards & Ping Pong

Tuesdays

10:00 AM - Painting with Purpose

10:00 AM - Walking Club

10:00 AM - Line Dancing

11:00 AM - Chair Dance

11:00 AM - Chinese Karaoke/Class 5

1:00 PM - Pokeno Games

1:00 PM - Heart Strong

Wednesdays

10:00 AM - Bingo

10:00 AM - Fall Prevention Class

11:00 AM - MET Art Program

11:00 AM - Chair Yoga with Brother Ben

11:00 AM - Men's Discussion

1:00 PM - Flexible Core

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

11:00 AM - Adult Coloring

1:00 PM - Functional Fitness

1:00 PM - Karaoke Party (Dining Room)

Fridays

10:00 AM - BINGO

10:00 AM - Fall Prevention Class

10:00 AM - Quilting

11:00 AM - Ballroom Dancing

1:00 PM - Casual Conversations Discussion

1:00 PM - Stretch & Strength

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 | *Heart Strong with Doreen*

ID# 865 5195 3397

Wednesdays

11:00AM | *Chair Yoga with Irene*

ID# 809-327-718

1:00PM | *Flexible Core with Doreen*

(Intermediate to Advanced)

ID#: 865 5195 3397

Thursdays

1:00PM | *Functional Fitness with Doreen*

ID#: 967-1349-0389

Fridays

11:00AM | *Chair Yoga with Irene*

ID# 809-327-718

1:00PM | *Stretch & Strength with Doreen*

ID#: 865 5195 3397

Friday, October 10th 2025

12:00PM

Becoming Madam Secretary

By Stephanie Dray

ID#: 850 1037 7896

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

All Classes in BOLD have \$1 Contribution



Member Suggestions from

THE SUGGESTION BOX!

Suggestion: “Very awesome event- Thanks for entertaining us with such great music from an elite team, the police department. Please have them again.”

Staff Response: Thank you for the feedback. They were amazing & we’re thrilled to hear you enjoyed the event as well. We will definitely try to have the police department team back for upcoming events!!

Suggestion: “ Can we bring back the breakfast with friends! It was a nice hot breakfast everyone loved!”

Staff Response: Thank you for your suggestion. We will look into bring back this very popular event. We will look at the upcoming months to see if we can fit into our calendar.

Suggestion: “It would be nice to have evening programs for those who can’t always come during the day.”

Staff Response: We appreciate your feedback! While staffing and resources are limited in the evenings, we are exploring the possibility of occasional evening events to make our programs more accessible.

RULES FOR LUNCH

- **Please remain quiet and attentive whenever a staff member is making announcements.** This ensures that everyone can hear important information.
- **Wait for your table to be called before approaching the lunch line.** Only individuals from the table being called should be on the line at that time.
- **Keep your lunch ticket in a safe place.** If you misplace your ticket, please inform a center staff member.
- **After finishing your meal, please clean your space and properly dispose of trays and garbage.** This helps maintain a clean and welcoming environment for everyone.
- **If you arrive late for lunch, you must wait until all tables have been called before receiving your meal.** Kindly respect the process and refrain from cutting the line.
- **Treat fellow members and staff with respect at all times.** A courteous and considerate atmosphere benefits everyone.

OCTOBER 2025

SNAP of Eastern Queens Breakfast Menu - October 2025

Mon	Tue	Wed	Thu	Fri
<p>SNAP of Eastern Queens OAC 80-45 Winchester Blvd. Bldg 4 Queens Village, NY 11427 (718) 54-2100 Snappqueens.org</p>	<p>A Not-for-Profit agency funded under contract w/ the New York City Department for the Aging as part of the Older Americans Act</p>	<p>Waffles w/ Syrup Scrambled Eggs Oatmeal Orange</p>	<p>Egg Whites Kaiser Roll w/Butter Cheerios Banana</p>	<p>French Toast w/ Syrup Egg Omelet Bagel with Cream Cheese Oatmeal Strawberries</p>
<p>French Toast w/Syrup Egg Whites Oatmeal Banana</p>	<p>Scrambled Eggs Veggie Sausage Patty Cheerios Bananas</p>	<p>Hard Boiled Eggs (2) Bran Muffin with Butter Oatmeal Orange</p>	<p>Pancakes w/ Syrup Egg Omelet Bran Flakes Strawberries</p>	<p>Scrambled Eggs Bagel with Cream Cheese Oatmeal</p>
<p>Greek Yogurt Bran Muffin with Butter Cheerios Banana</p>	<p>Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal with Raisins</p>	<p>French Toast w/Syrup Egg Omelet Bran Flakes Blueberries</p>	<p>Egg Omelet Croissant with Butter Oatmeal Banana</p>	<p>Waffles w/Syrup Scrambled Eggs Wheaties Orange</p>
<p>Pancakes Egg Whites Cheerios Banana</p>	<p>Scrambled Eggs Bagel with Cream Cheese Raisin Bran Cereal</p>	<p>Greek Yogurt Kaiser Roll w/ Butter Oatmeal with Raisins Orange</p>	<p>Hard Boiled Eggs (2) Corn Muffin & Butter Bran Flakes Banana</p>	<p>French Toast w/Syrup 3-Cheese Egg Bites Oatmeal Blueberries</p>
<p>Egg Omelet Bagel w/Cream Cheese Raisin Bran Orange</p>	<p>Waffles w/Syrup Veggie Sausage Patty Bran Flakes Banana</p>	<p>Scrambled Eggs with Swiss Cheese Bran Muffin w/ Butter Oatmeal</p>	<p>Pancakes w/Syrup Egg Whites Cheerios Banana</p>	<p>Scrambled Eggs Kaiser Roll w/Butter Oatmeal Orange</p>

OCTOBER 2025

SNAP of Eastern Queens Lunch Menu - October 2025

Mon	Tue	Wed	Thu	Fri
SNAP of Eastern Queens OAC 80-45 Winchester Blvd, Bldg 4 Queens Village, NY 11427 (718)554-2100 Snapqueens.org				
A Not-for-Profit agency funded under contract w/ the New York City Department for the Aging as part of the Older Americans Act				
Turkey Meatloaf Garlic Mashed Potatoes Spinach Waffles & Chicken 6	Baked Fish Amandine Quinoa Brussels Sprouts Waffles & Chicken 7	Pork Chops Macaroni and Cheese Collard Greens Tuna Salad with Eggs 1	Baked Fish Oreganata Roasted Potatoes Mixed Vegetables Grilled Cheese w/ Tomato 2	Chicken Parmesan Penne w/ Tomato Sauce California Blend Vegetables Tuna Salad with Eggs 3
Turkey Meatloaf Garlic Mashed Potatoes Spinach Waffles & Chicken 6	Baked Fish Amandine Quinoa Brussels Sprouts Waffles & Chicken 7	Cheeseburger w/ Lettuce & Tomato Slices Baked Potato Wedges Green Beans Seafood Salad 8	Chicken Chowdion Egg Noodles Whole Baby Carrots Seafood Salad 9	Potato Soup Veggie Chili Brown Rice Broccoli & Cauliflower Blend Veggie Burger 10
Baked Fish with Parmesan Crust Barley & Brown Rice Garlic Snap Peas Caprese Salad 13	Roast Turkey Breast Baked Sweet Potato Green Beans Caprese Salad 14	Pot Roast Baked Potato Peas and Carrots Tuna Fish Salad 15	Minestrone Soup Eggplant Parmesan Spaghetti w/ Tomato Sauce Spinach Veggie Burger 16	Kielbasa with Sauerkraut Oven Baked Potatoes Broccoli Florets Tuna Fish Salad 17
Split Pea Soup Baked Falafel Lemon Rice Roasted Eggplant Pizza Bogel 20	Roast Pork Loin Mashed Potatoes Red Cabbage w/ Sliced Apples Pizza Bogel 21	Baked Breaded Fish Potato Kugel Brussels Sprouts Turkey Salad 22	Italian Meatballs Spaghetti w/ Tomato Sauce Italian Cut Green Beans Turkey Salad 23	Baked Chicken Noodles and Cabbage California Blend Vegetables Turkey Salad 24
Beef Stew Egg Noodles Collard Greens Egg Salad 27	Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables Egg Salad 28	Vegetable Soup Rotini w/ Spinach & Chickpeas Italian Cut Green Beans Veggie Burger 29	Salmon Cakes with Dill Sauce Cauliflower Potato Mash Whole Baby Carrots Chicken Salad 30	Chicken Parmesan Penne with Tomato Sauce California Blend Vegetables Chicken Salad 31