

What's Happening at



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

February 2026

Director of Eastern Queens

Older Adult Center Operations

Nina Bhola-Cruz, M.A.

nbhola@snapqueens.org

718-454-2100 ext. 120

Program Assistant

Betty Gibson

bgibson@snapqueens.org

718-454-2100 ext. 111

Program Assistant

Rhea Persaud

rpersaud@snapqueens.org

718-454-2100 ext. 131

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

A MESSAGE FROM THE DIRECTOR

Dear Beloved Community,

February is a beautiful reminder of the power of love, community, and shared traditions. As we spend this month together, we are invited to reflect on connection, appreciation, and the rich cultures that shape who we are.

With Valentine's Day, we celebrate love in all its many forms – friendship, kindness, compassion, and the meaningful relationships we build every day. Love is found in a warm greeting, a shared laugh, a thoughtful gesture, and the sense of belonging we create together at our center. Join us for our celebration on Friday February 13th 2026!

February is also Black History Month, a time to honor and uplift the achievements, resilience, and lasting contributions of Black Americans. It is a moment to reflect on powerful stories of leadership, creativity, and perseverance that continue to inspire us and strengthen our understanding of one another.

This month also brings the celebration of Chinese New Year (Lunar New Year), a joyful time symbolizing renewal, hope, and fresh beginnings. It reminds us that each new year offers opportunities for growth, good fortune, and coming together with loved ones to celebrate culture and tradition.

At our center, February is a celebration of unity – honoring our differences while embracing the love and respect that connect us all. Each of you brings something special to our community, and we are grateful for the warmth, wisdom, and joy you share.

May this month be filled with love, reflection, cultural appreciation, and meaningful moments together. We look forward to celebrating with you throughout February and beyond.

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

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

UPCOMING TRIPS

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

THE SUGAR FACTORY

Tuesday, February 10th @10AM \$20 P/P
SNAP Lunch & Transportation Included

CHINESE NEW YEAR CELEBRATION (SARA PARK)

Tuesday, February 17th @11AM \$35 P/P
SNAP Lunch & Charter Bus Transportation Included

THE TRANSIT MUSUEM

Friday, February 20th @11AM \$25 P/P
SNAP Lunch & Charter Bus Transportation Included

African Burial Ground National Monument

Thursday, February 26th @9:00AM \$45 P/P
SNAP Lunch & Charter Bus Transportation Included

LIBERTY SCIENCE CENTER/LUNCHEON- JERSEY CITY, NJ

Friday, March 6th @9AM \$100 P/P

Trip Suggestions for 2026

March 2026

- Gillette Castle State Park/Luncheon- East Haddam, CT
- Aviation Museum- Long Island, NY

If you have any suggestions or ideas for trips, please see Betty. Our next trip committee meeting will be in March. Please look out for more details.

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



Thursday, February 5th

11:00AM- Heart Health Presentation by Oak Street Health

Monday, February 9th

11:00AM- *“Medicare Cost-Assistance”* Presented by the Office of CM Linda Lee

1:00PM- Women’s Empowerment Group

Wednesday, February 11th

11:00AM- *“Building Brighter Thoughts for a Healthier Mind”* w/Malka

Thursday, February 12th

10:00AM- Lunar New Year Celebration- Traditional Cultural/Lion Dance

Friday, February 13th

9:15AM- Valentine’s Day Party w/ live musical entertainment Sandra Taylor

Monday, February 16th

Program Closed in Observance of President’s Day

Wednesday, February 18th

10:00AM- Black History Month Celebration Performance by Laurissa Jane Music Studio and traditional desserts sponsored by Ridgewood Bank

Thursday, February 19th

9:00AM- Defensive Driving Course \$35 Cash (ALL CLASSES ARE CANCELLED IN THE MULTIPURPOSE ROOM)

Monday, February 23rd

9:15AM- Advisory Board Meeting (Classroom 5)

Tuesday, February 24th

10:30am- Birthday Celebration with live musical entertainment by DJ David

Wednesday, February 25th

9:00AM- Haircuts by Marilyn \$10per person

10:00AM- Clinical Group w/ Malka from CAPE (6 weeks)

Friday, February 27th

10:00AM- American Heart Association Workshop *“Celebrate Heart Health Month”*

IN PERSON CLASSES

Mondays

10:00 AM - Knitting & Crocheting

10:00 AM - Musical Sing Along

10:00 AM - Bereavement Support Group*

11:00 AM - Chair Yoga with Irene

1:00 PM - Billiard's & Ping Pong

1:00 PM - Mahjong Games

1:00 PM - Women's Empowerment

2:00 PM - Billiards & Ping Pong

Tuesdays

10:00 AM - Painting with Purpose

10:00 AM - Nutrition Demo- (Class 5)*

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 Fitness Class

Wednesdays

10:00 AM - Bingo

11:00 AM - MET Art Program

11:00 AM - Chair Yoga with Brother Ben

11:00 AM - Men's Discussion

1:00 PM - Core Confidence Class

2:00 PM - Billiards & Ping Pong

2:00 PM - Pokeno Games

Thursdays

9:00 AM - Chinese Karaoke (Class 5)

10:00 AM - Jewelry Making

10:00 AM - Latin Dance

10:00 AM - Walking Club

11:00 AM - Tai Chi

11:00 AM - Water Coloring (Library)*

1:00 PM - Functional Fitness

1:00 PM - Karaoke Party (Dining Room)

Fridays

10:00 AM - Music and Dance Fusion*

10:00 AM - BINGO

10:00 AM - Quilting

11:00 AM - Ballroom Dancing

1:00 PM - Stretch & Strength Fitness

2:00 PM - Pokeno Games

*Indicates a 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 | *Heart Strong with Doreen*

ID# 865 5195 3397

Wednesdays

11:00AM | *Chair Yoga with Irene*

ID# 809-327-718

1:00PM | *Core Confidence with Doreen*

(Intermediate to Advanced)

ID#: 865 5195 3397

Thursdays

1:00PM | *Functional Fitness with Doreen*

ID#: 865 5195 3397

Fridays

11:00AM | *Chair Yoga with Irene*

ID# 809-327-718

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

ID#: 865 5195 3397

Friday, February 13th 2026

12:00PM

Broken Country

By Clare Leslie Hall

ID#: 850 1037 7896

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

Member Suggestions from THE SUGGESTION BOX!

Suggestion: *“Please start the AARP driving classes again.”*

Staff Response: Great news! We’re excited to share that defensive driving classes are returning through Empire Safety. The next class is scheduled for Thursday, February 19th. Registration is \$35 (cash) and can be completed with Melissa at the front office. Best of all—lunch is included! We hope to see many of you there.

Suggestion: *“Many of the members have diabetes. Can you try to get someone to speak about what it’s like living with diabetes?”*

Staff Response: Thank you for this thoughtful suggestion. Supporting our members’ health is a priority, and diabetes education is already on our list of upcoming health topics. We regularly host speakers and presentations on important wellness issues, so please stay tuned for dates and times for this and other health-related programs.

Suggestion: *“Is it possible to make the women’s bathroom near the multi-purpose room a co-ed or gender-neutral restroom?”*

Staff Response: Thank you for sharing this suggestion. We appreciate your input and will look into the possibility of converting that restroom into a co-ed or gender-neutral option for our members. Please note that this restroom is currently out of order, and for safety reasons, it must remain closed until repairs are completed. Thank you for your patience and cooperation.

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.

Important Notice:

We want to inform everyone that, unfortunately, our kitchen is currently experiencing some unexpected issues. Please know that we are working diligently to resolve the problem as quickly as possible. We understand how essential the kitchen is to our daily operations, and we sincerely appreciate your patience and understanding as we address this matter. We will continue to provide updates as more information becomes available. In the meantime, we hope you enjoy our hot catered meal options.

Thank you for your kindness and cooperation during this time.

FEBRUARY 2026

SNAP of Eastern Queens Breakfast Menu - February 2026

Mon	Tue	Wed	Thu	Fri
2 Pancakes with Syrup Egg Omelet Raisin Bran Cereal Banana	3 Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal Tangerines	4 Waffles with Syrup Scrambled Eggs Oatmeal Orange	5 Egg Whites Kaiser Roll with Butter & Jelly Cheerios Banana	6 French Toast with Syrup Egg Omelet Bran Flakes Strawberries
9 French Toast with Syrup Egg Whites Oatmeal Banana	10 Scrambled Eggs Veggie Sausage Patty Cheerios Banana	11 Hard Boiled Eggs (2) Bran Muffin with Butter Oatmeal Orange	12 Pancakes with Syrup Egg Omelet Bran Flakes Strawberries	13 Scrambled Eggs Bagel with Cream Cheese Oatmeal Tangerines
 16	17 Scrambled Eggs w/ Swiss Cheese Bagel w/Cream Cheese Oatmeal with Raisins Orange	18 French Toast w/Syrup Egg Omelet Bran Flakes Blueberries	19 Egg Omelet Croissant with Butter Oatmeal Banana	20 Waffles with Syrup Scrambled Eggs Wheaties Orange
23 Pancakes with Syrup Egg Whites Cheerios Banana	24 Scrambled Eggs Bagel w/Cream Cheese Raisin Bran Cereal Tangerines	25 Greek Yogurt Oatmeal with Raisins Kaiser Roll with Butter Orange	26 Hard Boiled Eggs (2) Corn Muffin with Butter Bran Flakes Banana	27 French Toast w/Syrup 3-Cheese Egg Bites Oatmeal Blueberries
SNAP of Eastern Queens 8045 Winchester Blvd Bldg. 4 Queens Village, NY 11427 (718) 454-2100 Snapqueens.org				



Menu subject to change without notice

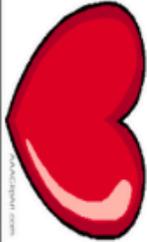
A Not-for-Profit agency funded under contract w the New York City Department for the Aging as part of the Older Americans Act

FEBRUARY 2026

SNAP of Eastern Queens Lunch Menu - February 2026

Mon	Tue	Wed	Thu	Fri
2 Chicken Cacciatore Penne with Tomato Sauce Prince Edward Blend Veg. Tuna Fish Salad	3 Chickpeas Rasta Pasta Italian Blend Vegetables Garden Salad Veggie Pita Sandwich	4 BBQ Pulled Pork Yellow Rice Carrots Veggie Pita Sandwich	5 Salisbury Steak w/Mushroom Gravy Garlic Mashed Potatoes California Blend Veg. Tuna Fish Salad	6 Baked Fish with Lemon Garlic Butter Sauce White Rice Green Beans Hummus Veggie Wrap
9 Jerk Chicken Mashed Potatoes California Blend Veg. Yogurt Parfait	10 Chili-Spiced Pinto Bean Ragout Brown Rice Caesar Salad Hummus Veggie Wrap	11 Italian Style Pork Loin Penne with Tomato Sauce Baby Spinach Salad Yogurt Parfait	12 Beef Stew Garlic Mashed Potatoes Carrots Turkey Salad	13 Cooked Shrimp with Lemon Garlic Sauce Baked Sweet Potato Green Beans Turkey Salad
16 	17 Three Bean & Spinach Stew Brown Rice w/Black Beans Caesar Salad Mushroom Egg Salad	18 Cajun Shrimp White Rice Green Beans Salmon Salad	19 Shepherd's Pie Italian Blend Vegetables Chicken Salad Wrap	20 Baked Salmon w/Cilantro Citrus Sauce Roasted Potatoes Garden Salad Chicken Salad Wrap
23 BBQ Chicken Thighs Baked Sweet Potatoes Carrots Caprese Salad Cottage Cheese	24 Mexican Style Brown Rice with Pigeon Peas California Blend Veg. Caprese Salad Cottage Cheese	25 Baked Pork with Lemon Garlic Sauce White Rice Italian Blend Vegetables Tuna Salad Sandwich	26 Roast Beef w/ Mushroom Gravy Mashed Potatoes Garden Salad Tuna Salad Sandwich	27 Baked Fish Oreganata Brown Rice Green Beans Chickpea of the Sea Tuna Salad

SNAP of Eastern Queens
 8045 Winchester Blvd Bldg. 4
 Queens Village, NY 11427
 (718) 454-2100
Snapqueens.org



Menu subject to change without notice

MUSIC AND DANCE FUSION

Move your body, feel the rhythm, and express yourself through dance!

**STARTING FRIDAY, FEBRUARY 6TH
AT 10AM IN THE MULTI-PURPOSE ROOM**

Learn fun routines, improve your technique, and boost your confidence.



**\$1
CONTRIBUTION**



80-45 Winchester Blvd.
Queens Village NY 11427
(718)454-2100

SNAP
Services Now for Adult Persons, Inc
YOUR KEY TO AGING SERVICES



JOIN US FOR OUR

蛇年吉祥

LUNAR
New Year
Celebration

2026

LINE DANCING W/ STEVE
CULTURAL DANCE PERFORMANCE W/ KITTY
TRADITIONAL LION DANCE AND TASTY TREATS

THURSDAY, FEBRUARY 12TH 2026

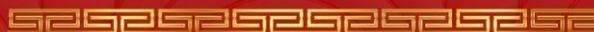
10AM TO 12PM

PLEASE BE ADVISED: ALL CLASSES IN THE MULTI-PURPOSE
ROOM WILL BE CANCELLED DURING PERFORMANCE TIME.

SNAP

Services Now for Adult Persons, Inc

YOUR KEY TO AGING SERVICES



Queens Village, NY 11427

T: (718) 454-2100 ext. 120

E: nbhola@snapqueens.org

W: www.snapqueens.org

