

What's Happening at

SNAP

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

April 2026

Director of Eastern Queens

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A MESSAGE FROM THE DIRECTOR

Dear Beloved Community,

As we welcome the month of April, we also welcome a season of renewal. Spring reminds us that every new season brings an opportunity to refresh our outlook, embrace change, and rediscover the beauty of growth in our lives. Just as the flowers begin to bloom and the days grow brighter, we too can take this time to renew our spirits and be open to new experiences.

At our center, April will be filled with wonderful opportunities to connect, learn, and celebrate together. From engaging programs and special events to meaningful conversations and shared laughter, each gathering is a chance to refresh our minds and strengthen our community. Whether you join us for educational workshops, social events, wellness activities, or creative programs, we hope you will find moments that inspire you and bring joy to your day.

Spring also invites us to practice acceptance—accepting where we are in life, appreciating the journeys that have shaped us, and embracing the possibilities still ahead. Every stage of life carries its own wisdom, strength, and purpose. Here at SNAP, we celebrate each individual and the unique stories that make our community so vibrant and welcoming.

As we move through this Spring season together, I encourage you to take time to refresh your goals, nurture friendships, and try something new. Sometimes renewal begins with something as simple as attending a new program, meeting someone new, or sharing your experiences with others.

Thank you for being such an important part of our community. I look forward to seeing you throughout the month as we celebrate the spirit of spring, renewal, and connection.

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

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MENTAL HEALTH MINUTE: *with Malka*

Spring is a time of growth and renewal, and it's a great time to check in with your own mental health and well being. Being cognizant of your own mental health, and creating small changes to nourish yourself, can make all the difference. Remember that fostering your mental health comes with small consistent steps, and even small actions can make you feel lighter and more balanced. If you or anyone you know is struggling with their mental health, please don't hesitate to reach out.

-Malka Pill, LCSW Wednesday and Friday 9:00 AM – 2:45 PM

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

PROGRAM COORDINATOR: *Michael*

Hi everyone, and Happy April!

I'm excited to share that I will be leading two new programs at the center. On Mondays at 10AM in the library, I will be hosting Guided Meditation sessions. These gatherings will focus on relaxation, gratitude, and connecting with our inner sense of calm. Thank you to everyone who has already participated—your presence has made the sessions truly meaningful. As we continue, I look forward to introducing a variety of meditation styles.

In addition, on Fridays in Classroom 5, at 1PM in the afternoon, we will be hosting a Reminiscence Program. This is a wonderful opportunity to come together and share meaningful memories and stories. Participants are welcome to bring items that hold special significance to them, such as photographs, music, or small keepsakes. I hope you will consider joining us for one or both of these programs. I look forward to seeing you there!

VOLUNTEER SPOTLIGHT! *Carol Holland*

We are proud to recognize one of our incredible volunteers who helps make our center such a special place. Through her dedication, creativity, and generosity of time, she continues to make a meaningful difference in our community.

She plays an essential role in helping manage our thrift shop, ensuring it runs smoothly while helping generate important support for SNAP. In addition to this, she is a valued member of our Advisory Board, where she shares thoughtful ideas and guidance that help us grow and improve.

You will often see her behind the scenes decorating for events, creating beautiful baskets for raffles, and helping prepare for our parties and celebrations. Her creativity and attention to detail always add something special to everything we do.

Her dedication, skills, and innovative ideas truly help make SNAP a better place for everyone. Volunteers like her are the heart of our community, and we are incredibly grateful for the time, talent, and passion she brings to our center.

Please join us in thanking Carol for all she does!



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, April 7th @10AM \$20 P/P

SNAP Lunch & Transportation Included

Upcoming Trip Suggestions & Estimated Prices:

- Jewish Museum

May 2026 , SNAP Transportation and Lunch \$25 p/p

- Cinco De Mayo Restaurant

May 2026, SNAP Transportation & Lunch \$75 p/p

- Hall of Science

June 2026, SNAP Transportation and Lunch \$25 p/p

- Queens County Farm Museum
- Heritage Farm & Garden

Special Event Ideas! Check out our Visual Survey Board to cast your vote!

- Hibachi Party
- Yacht Party
- Dinner and Broadway Show
- Day Trip to Niagara Falls

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

Wednesday, April 1st

11:00AM- Passover Celebration

Thursday, April 2nd

9:15AM- Easter Celebration \$12 per person

Friday, April 3rd

PROGRAM CLOSED FOR GOOD FRIDAY

Thursday, April 9th

10:00AM- Nutrition Education w/ Certified Nutrition Angela Sinclair

Wednesday, April 15th

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

Monday, April 20th

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

Tuesday, April 21st

9:15AM- Garage Sale \$10 per table

Wednesday, April 22nd

9:30AM- Volunteer Breakfast (Invite Only)

Thursday, April 23rd

10:30AM- Medicare Presentation

Friday, April 24th

10:00AM- 1st Graders from P.S. 18 with Singing Performance (MPR)

Monday, April 27th

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

Tuesday, April 28th

10:30AM- Birthday Celebration w. Musical Entertainment by DJ Lyn

Wednesday, April 29th

10:00AM- "Big Worries, Helpful Tools" w/ Malka From CAPE

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IN PERSON CLASSES

Mondays

10:00 AM - Su Casa Dance Class*
 10:00 AM - Knitting & Crocheting
 10:00 AM - Bereavement Support Group*
 10:00 AM - Guided Mediation w/ Michael*

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

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 - Pokeno Games

Thursdays

9:00 AM - Chinese Karaoke (Class 5)

10:00 AM - Jewelry Making

10:00 AM - Latin Dance

10:00 AM - Su Casa Improv Class*
 10:00 AM - Walking Club
 11:00 AM - Tai Chi

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
 10:00 AM - Expressive Arts & Action Methods*
11:00 AM - Ballroom Dancing
1:00 PM - Stretch & Strength Fitness
 1:00 PM - Reminiscence Group w/ Michael*
 2:00 PM - Pokeno Games

Ping Pong and Billiard's Tues-Fri. 2pm-3pm

*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

10:00AM | *Dance Fusion with Carmen**
 ID# 822 9442 9342

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

1:00PM | *Stretch & Strength with Doreen*
 ID#: 865 5195 3397

Friday, April 17th 2026

12:00PM

"A Tree Grows In Brooklyn"

By: Betty Smith

ID#: 850 1037 7896

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

Member Suggestions from THE SUGGESTION BOX!

Suggestion: *“Please consider a trip to visit the Amish farm.”*

Staff Response: Thank you for the suggestion. That sounds like a great idea, and we can certainly consider planning a visit to the Amish farm. It would likely be a very enjoyable and worthwhile experience for everyone.

Suggestion: *“Please consider doing a workshop of how seniors can download and work with this application. AI is now applying in every human activity.”*

Staff Response: Thank you for this thoughtful suggestion. We recognize the importance of helping seniors feel confident using new technology. We will certainly consider offering a workshop to guide participants in downloading and using this application, as AI continues to become part of everyday life.

Suggestion: *“Maybe we could stop by the jazz club during the day—it’d be such a nice, relaxed change of pace. I think everyone would really enjoy the music and the atmosphere.”*

Staff Response: Thank you for this wonderful suggestion. We appreciate the idea of a relaxed daytime outing for everyone. We will certainly consider planning a visit to a jazz club, as it could be an enjoyable and refreshing experience for our members.




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.

APRIL 2026


 SNAP of Eastern Queens Breakfast Menu - April 2026 				
Mon	Tue	Wed	Thu	Fri
<p>SNAP of Eastern Queens 8045 Winchester Blvd #4 Queens Village, NY 11427 (718) 454-2100 Snapqueens.org</p>	<p>A Not-for-Profit agency funded under contract with the NYC Department for the Aging as part of the Older Americans Act</p>	<p>French Toast with Syrup Egg Omelet Bran Flakes Blueberries</p>	<p>Egg Omelet Croissant with Butter Oatmeal Banana</p>	<p>Good Friday</p>
<p>6 Pancakes with Syrup Egg Whites Cheerios Banana</p>	<p>7 Scrambled Eggs Bagel with Cream Cheese Raisin Bran Cereal Tangerine</p>	<p>8 Greek Yogurt Oatmeal with Raisins Kaiser Roll with Butter Orange</p>	<p>9 Hard Boiled Eggs Corn Muffin with Butter Bran Flakes Banana</p>	<p>10 French Toast with Syrup 3-Cheese Egg Bites Oatmeal Blueberries</p>
<p>13 Egg Omelet Bagel with Cream Cheese Raisin Bran Cereal Greek Yogurt</p>	<p>14 Waffles with Syrup Veggie Sausage Patty Bran Flakes Banana</p>	<p>15 Scrambled Eggs & Swiss Cheese Bran Muffin with Butter Oatmeal Tangerines</p>	<p>16 Pancakes with Syrup Egg Whites Cheerios Banana</p>	<p>17 Scrambled Eggs Kaiser Roll with Butter Oatmeal with Raisins Orange</p>
<p>20 French Toast with Syrup Scrambled Eggs Oatmeal Blueberries</p>	<p>21 Egg Whites Egg Twist Roll with Butter Greek Yogurt Banana</p>	<p>22 Pancakes with Syrup Egg Omelet Oatmeal Orange</p>	<p>23 Scrambled Eggs Bagel with Cream Cheese Bran Flakes Cereal Banana</p>	<p>24 Cheese Blintzes (2) Egg Omelet Oatmeal Blueberries</p>
<p>27 Pancakes with Syrup Egg Whites Raisin Bran Cereal Banana</p>	<p>28 Scrambled Eggs with Swiss Cheese Bagel with Cream Cheese Oatmeal Tangerines</p>	<p>29 Waffles with Syrup Scrambled Eggs Oatmeal Orange</p>	<p>30 Egg Whites Kaiser Roll with Butter Cheerios Banana</p>	

Menu subject to change without notice

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SNAP of Eastern Queens Lunch Menu - April 2026

Mon	Tue	Wed	Thu	Fri
SNAP of Eastern Queens 8045 Winchester Blvd #4 Queens Village, NY 11427 (718) 454-2100 Snapqueens.org	A Not-for-Profit agency funded under contract with the NYC Department for the Aging as part of the Older Americans Act	Dominican Stew with Pork, Vegetables and Brown Rice Yellow Rice Green Beans <i>Salmon Salad</i>	Shepherd's Pie Italian Blend Vegetables <i>Chicken Salad Wrap</i>	
6	7	8	9	10
BBQ Chicken Thighs Baked Sweet Potato Carrots <i>Caprese Salad</i> <i>Cottage Cheese</i>	Mexican Style Brown Rice with Pigeon Peas California Blend Vegetables <i>Caprese Salad</i> <i>Cottage Cheese</i>	Baked Pork with Lemon Garlic Sauce White Rice Italian Blend Vegetables <i>Tuna Salad Sandwich</i>	Roast Beef with Mushroom Gravy Mashed Potatoes Garden Salad <i>Tuna Salad Sandwich</i>	Baked Fish Oreganata Brown Rice Green Beans <i>Chickpea of the Sea Tuna Salad</i>
13	14	15	16	17
Chicken Thighs with Brown Gravy Mashed Sweet Potatoes Prince Edward Blend Veg. <i>Salmon Salad</i>	Zesty Chickpea Stew Brown Rice Garden Salad <i>Hummus and Veggie Pita</i>	Dominican Stew with Pork, Vegetables and Brown Rice Yellow Rice Prince Edward Blend Veg. <i>Turkey Salad</i>	Italian Meatballs Penne with Tomato Sauce California Blend Vegetables <i>Turkey Salad</i>	Cajun Shrimp White Rice Caesar Salad <i>Hard Boiled Eggs</i> <i>Tomato Salad & Mozzarella Cheese</i>
20	21	22	23	24
Meatballs with Chicken Pasta Primavera Broccoli <i>Avocado Egg Salad</i>	Pasta Fagioli Italian Blend Vegetables Spinach Salad w/ Mushrooms <i>Avocado Egg Salad</i>	Pork with Mushroom Gravy Yellow Rice String Beans <i>Chicken Salad</i>	Spanish Style Beef Stew Mashed Sweet Potatoes Prince Edward Blend Veg. <i>Chicken Salad</i>	Baked Salmon Oreganata Roasted Potatoes Garden Salad <i>Chicken Salad</i>
27	28	29	30	
Chicken Cacciatore Penne with Tomato Sauce Prince Edward Blend Veg. <i>Tuna Fish Salad</i>	Chickpeas Rasta Pasta Italian Blend Vegetables Garden Salad <i>Veggie Pita Sandwich</i>	BBQ Pulled Pork Yellow Rice Carrots <i>Veggie Pita Sandwich</i>	Salisbury Steak with Mushroom Gravy Garlic Mashed Potatoes California Blend Vegetables <i>Tuna Fish Salad</i>	

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