

What's Happening at

SNAP



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

May 2026

Director of Eastern Queens

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A MESSAGE FROM THE DIRECTOR

Dear Beloved Community,

I hope this message finds you well and in good spirits. As we welcome the month of May, I am excited to share a variety of engaging activities and special events planned just for you here at SNAP.

May is a meaningful and vibrant month filled with opportunities to connect, celebrate, and focus on well-being. In honor of Mental Health Awareness Month, we will be offering programs that promote wellness, relaxation, and social connection. We also look forward to celebrating Cinco de Mayo, Mother's Day, and Memorial Day together with themed events, gatherings, and activities that bring our community closer.

Most importantly, this year marks a very special milestone for us—our 45th Anniversary. To celebrate, we will be hosting our Fundraising Gala on Thursday, May 14th. This event is not only a celebration of our history and impact, but also an opportunity to support the future of SNAP and the programs we provide. I warmly encourage you to participate, attend, and spread the word to friends and family who may wish to support this important occasion. There will be van availability from SNAP EQ to the venue with a return to SNAP EQ campus if needed. Some tickets to attend the SNAP fundrasier will be raffled- stay tuned for more information.

Your presence, energy, and participation are what make SNAP such a welcoming and vibrant community. Whether you join us for a class, a celebration, or simply to connect with others, we are always happy to see you.

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

MENTAL HEALTH MINUTE: *with Malka*

May is recognized as Mental Health Awareness Month and Older Americans Month. It's a time to raise awareness about the importance of emotional well-being at every stage of life. Mental health plays a vital role in how individuals think, feel, and function in their daily lives. Prioritizing mental health supports resilience, strengthens relationships, and enhances overall quality of life. If you or anyone you know would benefit from mental health services 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*

Wishing you all a Happy Mother's day. May being mental health awareness month I'm happy to share that on Thursday May 7th we will be having Jeanne Cacciatore come to our center at 10am to give a presentation about her mental health first aid program for older adults. Join us for what I hope can provide useful information to not only help you but those in your life. Also, our meditation class will now be held in classroom 5. Thank you to everyone who has been joining us!

Get ready to celebrate in style—our winning trip is here!

Based on your votes, the Yacht Party came out on top, and we are excited to officially open registration!

Join us on Friday, June 26 at 4:30 PM for an unforgettable evening on the water filled with music, dancing, delicious food, raffles, prizes, and breathtaking views.

This is more than just a trip—it's a full experience! Dress to impress in red, black, and gold for a chance to win our Best Dressed and Best Dressed Couple prizes. Whether you're coming to dance, relax, or celebrate with friends, this is an event you don't want to miss.

Transportation is included | Live music and entertainment | Raffles and exciting prizes

No Payment required! Spots are limited, and priority will be given to volunteers and frequent members—so don't wait! Registration is required by June 5th

See Nina to secure your spot today!

VOLUNTEER SPOTLIGHT! *Naomi Brynien*

This month, we're proud to spotlight Naomi, one of our dedicated volunteers. A longtime member of the center, she has been generously giving her time for the past 2-3 years, helping in the dining room and with lunch deliveries. She brings her all to everything she does and is always ready to lend a hand. Naomi is sweet, thoughtful, and truly kind. Her positive presence makes a difference to both staff and members every day. We are so grateful for her continued support and the care she brings to our community.



UPCOMING TRIPS

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

5 DE MAYO MEXICAN RESTAURANT

Friday, May 1ST @11AM \$20 P/P
Lunch & SNAP Transportation Included

THE SUGAR FACTORY

Tuesday, May 5th @10AM \$20 P/P
SNAP Lunch & SNAP Transportation Included

THE JEWISH MUSEUM

Wednesday, May 20th @9:30AM \$60 P/P
Admission, SNAP Lunch & Coach Bus Transportation Included

THE HALL OF SCIENCE

Wednesday, June 3rd @9:30AM \$25 P/P
Admission, SNAP Lunch & SNAP Transportation Included

BROADWAY: BUENA VISTA

Wednesday, June 24th @11 AM \$120 P/P
Admission, SNAP Lunch & Coach Bus Transportation Included

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

Monday, May 4th

1:00 PM - Women's Empowerment Group (Special Mother's Day Theme)

Thursday, May 7th

10:00AM- Mental Health First Aide Presents:

"From Awareness to Action: Supporting Mental Health in Older Adults"

Friday, May 8th

9:15AM – Mother's Day Celebration \$12

Join us for a heartfelt celebration honoring mothers and caregivers.

Wednesday, May 13th

10:00AM- Staying Strong Connections Presentation w/ Malka

Thursday, May 14th - 45th Anniversary Gala \$175 per person (6pm)

10:00 AM – Nutrition Education w/ Registered Nutritionist Angela Sinclair

Learn practical tips on maintaining a healthy lifestyle.

Monday, May 18th

10:00AM- Open Advisory Board Meeting: **10AM Classes are canceled, please join us for our open board meeting!**

Wednesday, May 20th

10:30 AM – STAR Senior Repertoire Spring Performance

Enjoy a lively and inspiring performance showcasing the talents and creativity of our STAR Senior Repertoire group.

Friday, May 22nd

12:00 PM – Memorial Day BBQ/ Birthday Celebration w/ DJ Lyn \$14
(ALL CLASSES CANCELED)

Thursday, May 28th

10:30 AM – AAPI Heritage Month Celebration

Celebrate Asian American and Pacific Islander Heritage Month with a cultural presentation, music, dance performance and art demonstration.

Friday, May 29th

12:30PM- SNAP Movie Day w/ Pizza & Drinks \$5

"The Young Woman and the Sea" (Registration Required)

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IN PERSON CLASSES

Mondays

10:00 AM - Knitting & Crocheting
 10:00 AM - Guided Meditation w/ Michael*
11:00 AM - Chair Yoga with Irene
 1:00 PM - Billiard's & Ping Pong
 1:00 PM - Mahjong Games

Tuesdays

10:00 AM - Painting with Purpose
 10:00 AM - Walking Club
10:00 AM - Line Dancing
 10:00 AM - Spring Pastries & Tea (Library)*
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 (Library)*
 10:00 AM - Walking Club
 11:00 AM - Tai Chi
1:00 PM - Functional Fitness
 1:00 PM - Karaoke Party (Dining Room)

Fridays

9:15 AM - Su Casa Dance Class (MPR)*
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 / HYBRID

Mondays **CLASSES**

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, May 22nd 2026

12:00PM

"The Doorman"

By: Chris Pavone
 ID#: 850 1037 7896

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

Member Suggestions from **THE SUGGESTION BOX!**

Suggestion: “How about SNAP hats or SNAP T-shirts for birthday celebrants?”

Staff Response: Thank you for your suggestion, that sounds like a great idea. We’ll look into it and see if we can make it possible, we will share updates soon.

Suggestion: “We enjoyed the Improv class, can we bring it back on a regular basis?”

Staff Response: Thank you for your feedback—we’ve heard this from others as well. We’re pleased to share that we now officially offer an improv comedy class every Thursday at 10am in the library.

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

CORDIALLY INVITES YOU TO OUR

45th
ANNIVERSARY
Gala

THURSDAY, MAY 14, 2026
6:00PM- 10:00PM

STEWART MANOR COUNTRY CLUB

51 Salisbury Avenue
Stewart Manor, NY 11530

\$175
PER PERSON
DINNER AND DANCING

ZELLE PAYMENTS TO: GALA@SNAPQUEENS.ORG



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MAY 2026



SNAP of Eastern Queens Breakfast Menu - May 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 w/Syrup Egg Omelet Bran Flakes Strawberries</p>
<p>French Toast w/Syrup Egg Whites Oatmeal Banana</p>	<p>Scrambled Eggs Veggie Sausage Patty Cheerios Banana</p>	<p>Hard Boiled Eggs (2) Bran Muffin w/Butter Oatmeal Orange</p>	<p>Pancakes w/Syrup Egg Omelet Bran Flakes Strawberries</p>	<p>Scrambled Eggs Bagel w/ Cream Cheese Oatmeal Tangerines</p>
<p>Greek Yogurt Bran Muffin w/ Butter Cheerios Banana</p>	<p>Scrambled Eggs w/Swiss Cheese Bagel w/Cream Cheese Oatmeal Raisins</p>	<p>French Toast w/Syrup Egg Whites Bran Flakes Blueberries</p>	<p>Egg Omelet Croissant w/Butter Oatmeal Banana</p>	<p>Waffles w/Syrup Scrambled Eggs Wheat Flakes Orange</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>Pancakes w/Syrup Egg Whites Cheerios Banana</p>	<p>Scrambled Eggs Bagel w/Cream Cheese Raisin Bran Tangerines</p>	<p>Greek Yogurt Oatmeal w/Raisins Kaiser Roll w/Butter Orange</p>	<p>Hard Boiled Eggs (2) Corn Muffin w/Butter Bran Flakes Banana</p>	<p>French Toast w/Syrup 3-Cheese Egg Bites Oatmeal Blueberries</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
	<p>Waffles w/Syrup Veggie Sausage Patty Bran Flakes Banana</p>	<p>Scrambled Eggs w/Swiss Cheese Bran Muffin w/Butter Oatmeal Tangerines</p>	<p>Pancakes w/Syrup Egg Whites Cheerios Banana</p>	<p>Scrambled Eggs Kaiser Roll w/Butter Oatmeal w/Raisins Orange</p>

Menu subject to change without notice

MAY 2026

SNAP of Eastern Queens Lunch Menu - May 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>Baked Fish with Lemon Garlic Sauce White Rice Green Beans <i>Hummus w/Crudité</i></p>
<p>Jerk Chicken Mashed Potatoes California Blend Vegetables <i>Yogurt Parfait</i></p>	<p>Pinto Bean Ragout Brown Rice Caesar Salad <i>Hummus & Veggie Pita</i></p>	<p>Italian Style Pork Loim Penne w/Tomato Sauce Baby Spinach Salad <i>Yogurt Parfait</i></p>	<p>Beef Stew Garlic Mashed Potatoes Carrots <i>Turkey Salad</i></p>	<p>Baked Salmon Oreganata Roasted Potatoes Garden Salad <i>Turkey Salad</i></p>
<p>Chicken Salad Potato Salad Cole Slaw <i>Salmon Salad</i></p>	<p>Three Bean & Spinach Stew Brown Rice w/ Black Beans Caesar Salad <i>Mushroom & Egg Salad</i></p>	<p>Dominican Stew with Pork, Vegetables and Brown Rice Yellow Rice Green Beans <i>Salmon Salad</i></p>	<p>Shepherd's Pie Italian Blend Vegetables <i>Chicken Salad Wrap</i></p>	<p>Baked Salmon with Citrus Sauce Roasted Potatoes Garden Salad <i>Chicken Salad Wrap</i></p>
<p>BBQ Chicken Thighs Baked Sweet Potato Carrots <i>Cottage Cheese w/Tomato Salad & Mozzarella Cheese</i></p>	<p>Mexican Style Brown Rice with Pigeon Peas California Blend Vegetables <i>Cottage Cheese w/Tomato Salad & Mozzarella Cheese</i></p>	<p>Baked Pork with Lemon Garlic Sauce White Rice Italian Blend Vegetables <i>Tuna Salad Sandwich</i></p>	<p>Roast Beef Mashed Potatoes Garden Salad <i>Tuna Salad Sandwich</i></p>	<p>Baked Fish Oreganata Brown Rice Green Beans <i>Chickpea of the Sea Tuna Salad</i></p>
	<p>Zesty Chickpea Stew Brown Rice Garden Salad <i>Hummus & Veggie Pita</i></p>	<p>Dominican Stew with Pork, Vegetables and Brown Rice Yellow Rice Prince Edward Blend Veg. <i>Turkey Salad</i></p>	<p>Italian Meatballs Penne with Tomato Sauce California Blend Vegetables <i>Turkey Salad</i></p>	<p>Cajun Shrimp White Rice Caesar Salad <i>Hard Boiled Eggs w/Tomato Salad & Mozzarella Cheese</i></p>

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