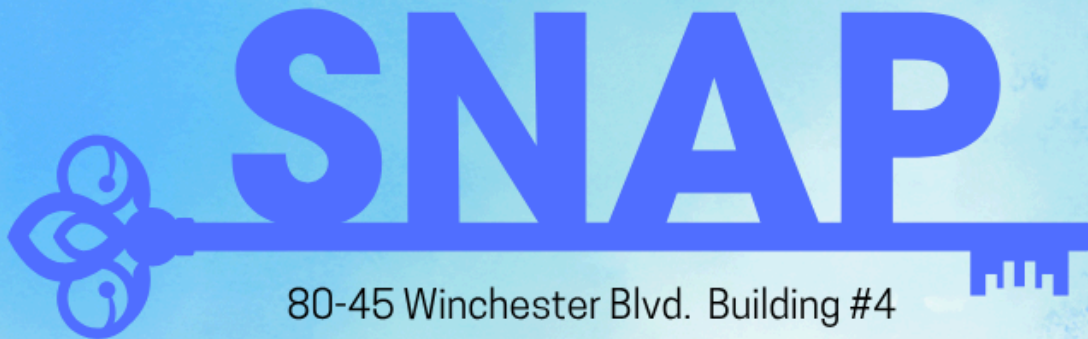


What's Happening at



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

June 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 Coordinator
Michael Pagano

mpagano@snapqueens.org
718-454-2100 ext. 179

Program Assistant
Rhea Persaud

rpersaud@snapqueens.org

Data Manager

Dean Colbert, B.A.
dcolbert@snapqueens.org
718-454-2100 ext. 131



A MESSAGE FROM THE DIRECTOR

Dear Beloved Community,

As we enter this beautiful season of warmer weather, longer days, and sunshine, I would like to take a moment to wish each of you a month filled with joy, laughter, good health, and meaningful moments. June reminds us that life continues to bloom around us, and just like the flowers of the season, SNAP comes alive through the friendships, smiles, and connections we share with one another each day.

This month, we have many exciting programs, activities, and celebrations planned as we continue creating memories together. We look forward to celebrating Father's Day as we recognize and honor the fathers, grandfathers, father figures, and all the men who have helped shape our families and communities with love, wisdom, and guidance. We will also recognize Juneteenth, an important day in American history that celebrates freedom, resilience, and the strength of community.

Additionally, we will celebrate Gay Pride Month, recognizing the importance of inclusion, acceptance, and respect for all individuals.

SNAP continues to be a place where everyone is welcomed, valued, and embraced for who they are.

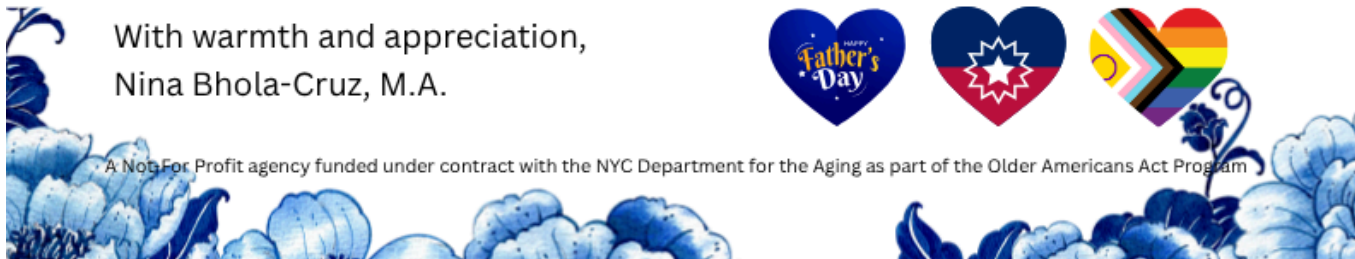
As the weather becomes warmer, I encourage everyone to step outside, enjoy the sunshine, reconnect with friends, and continue building the sense of family that makes SNAP so special. Togetherness brings happiness, and happiness grows when it is shared. Whether you are participating in a group activity, enjoying a conversation over lunch, or simply sharing a smile with someone new, those moments matter.

Thank you for continuing to make SNAP a place filled with warmth, kindness, and community spirit. I look forward to spending another wonderful month together and creating many happy memories with each of you.

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



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MENTAL HEALTH MINUTE: *with Malka*

June is recognized as Men's Mental Health Awareness Month, a time to increase awareness surrounding the emotional well-being of men, and reduce the stigma associated with seeking support. This month encourages open conversations, emotional wellness, and the importance of reaching out for help when needed. Supporting men's mental health promotes stronger relationships, improved overall health, and healthier communities. If you or anyone you know is struggling, 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

CASE ASSISTANCE: *Christian Costeines*

Christian joined SNAP on St. Patrick's Day 2026 and is our case assistance worker. He has worked for various jobs and has vast experience working with people. One of the "coolest" roles, he says, was his account manager job for which he traveled throughout the 5 boroughs to serve merchants ranging from restaurants, bars, diners, cafes, shops, pharmacies, and grocery stores, to gas stations. This gave him not only an inside look at day-to-day events of businesses, but also chances to interact with people from diverse backgrounds.

For the past 7 years, however, Christian worked as a chaplain in hospitals. If you happen to be in a time of distress, he offers a listening ear and wise counsel. Another way Christian envisions helping our older adults is to present a workshop about how to use smartphones, computers, and other technology (Stay tuned).

Christian also loves learning musical instruments and practicing his faith. He finds our SNAP community to be warm and uplifting. If you have a life issue that seems difficult to tackle or might involve office skills or resources that you do not possess, feel free to ask for an appointment and he will do his best to help with, getting you the information you need, or pointing you to someone who can. To schedule an appointment, feel free to stop him in the hall or to call the center and leave him a voicemail.

VOLUNTEER SPOTLIGHT! *Victor Marcovici*

This month, our spotlight volunteer is Victor. He has been a part of our community for several years, and we are so grateful for all he does at the older adult center. He helps at the registration desk if needed but he is mainly in the dining room serving meals. Victor always brings kindness, dedication, and a welcoming smile. He often comes in simply because he enjoys volunteering and connecting with others. His warm conversations and positive attitude brighten everyone's day. Thank you, Victor, for your time, generosity, and all the support you give to our community!



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UPCOMING TRIPS

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

SUGAR FACTORY

Tuesday, June 9th @10AM \$20 P/P
SNAP Lunch & SNAP Transportation Included

BROADWAY: BUENA VISTA SOCIAL CLUB

Wednesday, June 24th @11 AM \$120 P/P
Admission, SNAP Lunch & Coach Bus Transportation Included
Please see Betty or Rhea to join our waitlist

YACHT PARTY

Friday, June 26th @4:00PM
Coach Bus Transportation to and from yacht from SNAP. You must find your own transportation home from SNAP. Expected return is 11pm at night.

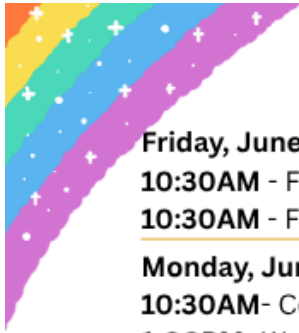
LANCESTER TRIP

Tuesday, Sept. 22nd to Thursday, Sept. 24th
\$500 P/P (Double Occupany) **\$75** Due Upon Signing Up

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, June 5th

10:30AM - FDNY Presentation- Fire Safety (Dining Room)

10:30AM - Follow-Up for Hearing Truck (Outside in Hearing Truck)

Monday, June 8th

10:30AM- Con Edison Program Informational Workshop (Dining Room)

1:00PM- Women's Empowerment Group w/ Nina (Arts and Crafts Room)

Wednesday, June 10th

10:00AM- NY National Guard Program- Emergency Preparedness (Dining Room)

10:00AM- Living Alone, Living Well Supportive Therapeutic Clinical Group w/ Malka from CAPE (6 weeks in Classroom 5)

Thursday, June 11th

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

1:00PM- Final Performance "Talent's Timeless" (Dining Room)

Friday, June 12th

12:30PM- SNAP Movie and Pizza Day \$5 (Classroom 5)

Tuesday, June 16th

11:00AM- Trip Committee Meeting (Library)

Wednesday, June 17th

9:00AM- Haircuts by Marilyn \$10 (SNAP Cafe)

10:00AM- Scams w/ NYC Aging (Dining Room)

Thursday, June 18th

10:00 AM – Juneteenth Celebration (MPR)

Friday, June 19th

CENTER IS CLOSED FOR JUNETEENTH



Monday, June 22nd

9:15AM- Father's Day Breakfast - Free for Registered Fathers (Dining Room)

Tuesday, June 23rd

11:00AM- LiveOn Presentation (Dining Room)

11:30AM- Art Show Exhibit (Center Hallway)

Wednesday, June 24th

10:00AM- Emergency Preparedness Homeland Security (Dining Room)

Thursday, June 25th

10:30AM- Pride Month Presentation w/ Planned Parenthood (Dining Room)

Friday, June 26th

11:00AM- Mind & Mood Word Connections w/ Malka (Dining Room)

Monday, June 29th

11:00AM- Su Casa Performance (MPR)

Tuesday, June 30th

10:30AM Birthday Celebration w/ Musical Entertainment by Roberta Fabiano (DR)

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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 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

Virtual Book Club

Friday, June 26th 2026

12:00PM

“Educated” By Tara Westover
 ID#: 850 1037 7896

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

Member Suggestions from THE SUGGESTION BOX!

Suggestion: *“Can we consider dedicating a bulletin board with the members doing activities, trips, parties and more?”*

Staff Response: Thank you for a wonderful suggestion, that sounds like a great way to showcase the joyful memories we make here at the center. Look out for more details on our information boards! You may see a picture of you!

Suggestion: *“Would it be possible to have more wellness events to help members stay engaged and active?”*

Staff Response: Thank you for your suggestion! We appreciate your interest in having more wellness events for our members. Promoting health, wellness, and engagement is important to us. Our Program Coordinator Michael, is working on enhancing our health and wellness programs at SNAP. Stay tuned for upcoming updates and programs!

Suggestion: *“With the warmer weather arriving, it would be wonderful to have more outdoor walks, gardening activities, or small park gatherings so we can enjoy the sunshine together.”*

Staff Response: We love this idea and are exploring opportunities to incorporate more outdoor experiences into our summer calendar. Weather permitting, members can look forward to walks and outdoor social opportunities throughout the summer as we look to revamp our walking club!



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.

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JUNE 2026

SNAP of Eastern Queens Lunch Menu - June 2026

Mon	Tue	Wed	Thu	Fri
1 Meatballs with Chicken Pasta Primavera Roasted Broccoli <i>Avocado Egg Salad</i>	2 Pasta Fagioli Italian Blend Vegetables Spinach Salad <i>Avocado Egg Salad</i>	3 Baked Pork Yellow Rice String Beans <i>Chicken Salad</i>	4 Spanish Style Beef Stew Mashed Sweet Potatoes Prince Edward Blend Veg. <i>Chicken Salad</i>	5 Tuna Fish Salad Pasta Salad Garden Salad <i>Chicken Salad</i>
8 Chicken Salad Potato Salad Cole Slaw <i>Tuna Fish Salad</i>	9 Rasta Pasta Chickpeas Italian Blend Vegetables Garden Salad <i>Veggie Pita Sandwich</i>	10 BBQ Pulled Pork Yellow Rice Carrots <i>Veggie Pita Sandwich</i>	11 Salisbury Steak Garlic Mashed Potatoes California Blend Vegetables <i>Tuna Fish Salad</i>	12 Baked Fish with Lemon Garlic Sauce White Rice Green Beans <i>Hummus & Crudité</i>
15 Jerk Chicken Mashed Potatoes California Blend Veg. <i>Yogurt Parfait w/ Bran Muffin</i>	16 Chili-Spiced Pinto Bean Ragout Brown Rice Caesar Salad <i>Hummus & Veggie Pita</i>	17 Italian Style Pork Loin Penne w/Tomato Sauce Spinach Salad <i>Yogurt Parfait w/Bran Muffin</i>	18 Beef Stew Garlic Mashed Potatoes Carrots <i>Turkey Salad</i>	19 
22 Chicken Salad Potato Salad Cole Slaw <i>Mushroom Egg Salad</i>	23 3 Bean and Spinach Stew Brown Rice w/ Black Beans Caesar Salad <i>Salmon Salad</i>	24 Dominican Stew w/Pork Yellow Rice Green Beans <i>Salmon Salad</i>	25 Shepherd's Pie Italian Blend Vegetables <i>Mushroom Egg Salad</i>	26 Salmon w/Citrus Sauce Roasted Potatoes Garden Salad <i>Salmon Salad</i>
29 Sundried Tomato Chickpea Burger Sweet Potato Fries Roasted Eggplant <i>Veggie Burger</i>	30 Pork Loin Mashed Potatoes Red Cabbage with Sliced Apples <i>Yogurt Parfait w/Bran Muffin</i>		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



Menu subject to change without notice

JUNE 2026



SNAP of Eastern Queens Breakfast Menu - June 2026



Mon	Tue	Wed	Thu	Fri
1 French Toast with Syrup Oatmeal Scrambled Eggs Blueberries	2 Egg Whites Egg Twist Roll with Butter & Jelly Greek Yogurt Banana	3 Pancakes with Syrup Egg Omelet Oatmeal Raisins	4 Scrambled Eggs Bagel with Cream Cheese Bran Flakes Banana	5 Cheese Blintzes (2) Egg Omelet Oatmeal Blueberries
8 Pancakes with Syrup Egg Omelet Raisin Bran Cereal Banana	9 Scrambled Eggs w/ Swiss Cinnamon Raisin Bagel with Cream Cheese Oatmeal Tangerines	10 Waffles with Syrup Scrambled Eggs Oatmeal Orange	11 Egg Whites Kaiser Roll with Butter Cheerios Banana	12 French Toast with Syrup Egg Omelet Bran Flakes Strawberries
15 French Toast with Syrup Egg Whites Oatmeal Banana	16 Scrambled Eggs Veggie Sausage Patty Cheerios Banana	17 Hard Boiled Eggs (2) Bran Muffin with Butter Oatmeal Orange	18 Pancakes with Syrup Egg Omelet Bran Flakes Strawberries	19 
22 Greek Yogurt Bran Muffin with Butter Cheerios Banana	23 Scrambled Eggs with Swiss Bagel with Cream Cheese Oatmeal Raisins	24 French Toast with Syrup Egg Omelet Bran Flakes Blueberries	25 Egg Omelet Croissant with Butter Oatmeal Banana	26 Waffles with Syrup Scrambled Eggs Wheaties Orange
29 Pancakes with Syrup Egg Whites Cheerios Banana	30 Scrambled Eggs Bagel with Cream Cheese Raisin Bran Cereal Tangerines		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

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