

What's Happening at

SNAP



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

July 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, B.A.
rpersaud@snapqueens.org

Program Coordinator
Michael Pagano
mpagano@snapqueens.org
718-454-2100 ext. 179

Assistant Director
Kashana Sarvis, B.A.
ksarvis@snapqueens.org
718-454-2100 ext. 109

Data Manager
Dean Colbert, B.A.
dcolbert@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,

Summer is officially in full swing, and we have an exciting month ahead filled with opportunities to connect, explore, and enjoy the season together!

We are thrilled to kick off a variety of special summer activities, including our Summer BBQ, where members can enjoy great food, music, games, and fellowship. We also have several wonderful trips planned, including a visit to the beautiful Nautical Mile featuring a scenic water tour and luncheon, relaxing outings to Jones Beach, adventures to City Island, and many more exciting destinations throughout the summer.

In addition to our trips, we are introducing new seasonal programs designed to keep you active, engaged, and connected. Whether you're interested in wellness activities, educational workshops, social groups, creative arts, technology classes, or outdoor recreation, there will be something for everyone to enjoy.

Summer is a wonderful time to slow down, create new memories, and appreciate the people who matter most. We encourage everyone to take time to enjoy the company of friends and family, reconnect with loved ones, and embrace the simple joys that make this season special. Whether it's sharing a meal, taking a walk, attending a community event, or simply spending quality time together, these moments help strengthen the bonds that enrich our lives.

Thank you for being an important part of our SNAP family. We look forward to sharing a fun-filled and memorable summer with all of you. Be sure to check the monthly calendar for upcoming programs, trips, and special events.

Wishing you a safe, happy, and sunshine-filled July!

With warmth and appreciation,

Nina Bhola-Cruz

Director, SNAP Older Adult Center

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MENTAL HEALTH MINUTE: *with Malka*

Caring for your emotional well-being keeps your mind sharp, boosts your immune system, and helps you handle life's changes with resilience. Making time for simple joys—like a warm chat with a friend or a restful night's sleep—is essential for a vibrant and happy life! If you or anyone you know is struggling, or needs support, 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

ASSISTANT DIRECTOR: *Kashana S.*

Hello everyone! I'm Kashana—though most of you know me as Kash. For over two years, I've had the pleasure of serving as the Art Instructor here at SNAP. Today, I am thrilled to step into a new role as your Assistant Center Director for the SNAP OAC, working closely alongside Nina. Over the years, I've developed a deep appreciation for our center's mission, our incredible participants, and our daily operations. With my background in entrepreneurship, the arts, and community engagement, I am excited to expand my impact and further support both our staff and participants. Thank you all for such a warm welcome!

PROGRAM COORDINATOR: *Michael P.*

I am excited to announce that our Walking Club is back! Dean and I will be alternating as group leaders, and I look forward to joining many of you on our walks as we stay active, healthy, and connected throughout the summer. We are also pleased to welcome Christian, who will be launching a new Computer Class beginning in July. This class will provide members with an opportunity to build their technology skills, gain confidence using computers, and learn valuable digital tools in a supportive environment. In addition, I will be scheduling appointments with Jarnee from the NYC Department for the Aging, who will be available to provide information and assistance related to Medicare. If you have questions about your Medicare benefits or would like individualized guidance, please see me to schedule an appointment. We look forward to a season filled with learning, wellness, and fun. Thank you for being a valued part of our community, and we hope to see you participating in these exciting programs!

VOLUNTEER SPOTLIGHT!

As the Advisory Board President for several years, Stanley has been a strong advocate for our members, helping to guide the center's growth and ensuring that the voices of older adults were heard and represented. His leadership, commitment, and willingness to serve have made a lasting impact on our community. Beyond his role as Advisory Board President, he has been an active and engaged member of the center. He faithfully served on the Menu Committee, offering thoughtful suggestions and helping to ensure that members enjoyed nutritious and enjoyable meal options. He also generously supported our Men's Group, sharing his time, encouragement, and wisdom with fellow members whenever needed.

Recently, Stanley made the decision to step down from his position as Advisory Board President. While we will miss his leadership in this role, we are incredibly grateful for the countless hours he has devoted to making our center a welcoming and vibrant place for everyone. His dedication, kindness, and commitment to service have touched the lives of many members and staff alike. We thank him for his years of leadership and volunteerism and look forward to continuing to see him as an active member of our center family.

Please join us in congratulating and thanking Stanley for his remarkable contributions and unwavering dedication to our community.

Thank you for your service, leadership, and friendship!

Stanley Starr



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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, July 7th @10AM \$20 P/P
SNAP Lunch & SNAP Transportation Included

JONES BEACH DAY TRIP

WEDNESDAY, JULY 22nd @9AM \$30 P/P
SNAP Breakfast, SNAP Lunch and SNAP Transportation Included

NAUTICAL MILE

Friday, July 24th @9 AM \$80 P/P
SNAP Breakfast, Lunch, Bus Transportation & Boat Ride Included

CRAB SHANTY & CITY ISLAND

Friday, August 14th @10AM \$75 P/P
SNAP Breakfast, Museum Admission, Coach Bus Transportation
and Lunch Included

USTA: Billie Jean King National Tennis Center

Friday, August 28th @10AM \$20 P/P
SNAP Lunch, SNAP Transportation Included

LANCASTER 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

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UPCOMING EVENTS

Thursday, July 2nd

9:15AM - Fourth of July Celebration \$14 P/P

Friday, July 3rd

CENTER IS CLOSED FOR OBSERVANCE OF FOURTH OF JULY

Wednesday, July 8th

10:00AM – Fashion Show Rehearsal #1(Multi-Purpose Room)

Friday, July 10th

2:00PM – Fashion Show Rehearsal #2(Multi-Purpose Room)

Monday, July 13th

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

Wednesday, July 15th

10:00AM – Fashion Show ***Final Rehearsal*** (Multi-Purpose Room)

Thursday, July 16th

9:30AM- Nail Salon by Cayla \$10 Registration Required (Snap Cafe)

Friday, July 17th

10:00AM- “Sleep Better Age Brighter/ Malka from CAPE (Dining Room)

11:00AM- Summer Fashion Show (Multi-Purpose Room)

12:30PM- Movie Day w/ Pizza & Drinks \$5 Registration Required (Classroom 5)

Wednesday, July 22nd

9:15AM- Haircuts by Marilyn \$10 (SNAP Cafe)

Thursday, July 23rd

1:00PM- Sculpture Painting w/ Kash \$5 with Registration

Tuesday, July 28th

10:30AM Birthday Celebration w/ Musical Entertainment by DJ David (Dining Room)

Wednesday, July 29th

10:30AM- Scam Prevention w/ Elder Justice Practice NYC Aging

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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
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
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, July 17th 2026

12:00PM

"Vinegar Girl" By Anne Taylor

ID#: 850 1037 7896

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

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Member Suggestions from THE SUGGESTION BOX!

Suggestion: “During celebrations, can we have different games? The word search was more fun and different compared to the trivia we always do.

Staff Response: Thank you for your suggestion! We really appreciate you sharing your feedback. We’re glad to hear you enjoyed the word search, and we agree that adding more variety to our celebration activities could make them even more fun and engaging. We will definitely keep this in mind and work on incorporating different games and activities into future celebrations.

Suggestion: “I think it would be nice if the center brought back a first aid class. It would be beneficial to a lot of the seniors here.”

Staff Response: Thank you for your suggestion! We appreciate you sharing this idea with us. We agree that offering a first aid class could be a valuable and beneficial resource for many of our seniors. We have been looking into the possibility of bringing this class back and consider it as we plan future programs and educational opportunities.

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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JULY 2026



SNAP of Eastern Queens Breakfast Menu - July 2026




Mon	Tue	Wed	Thu	Fri
<p>SNAP of Eastern Queens 8045 Winchester Blvd #4 Queens Village, NY 11427 (718) 454-2100 Snappqueens.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>6 Egg Omelet Bagel with Cream Cheese Raisin Bran Orange</p>	<p>7 Waffles with Syrup Veggie Sausage Patty Bran Flakes Banana</p>	<p>1 Oatmeal Raisins Yogurt Parfait with Blueberries English Muffin</p>	<p>2 Hard Boiled Eggs Bran Flakes Corn Muffin w/Butter Banana</p>	<p>3  Scrambled Eggs Oatmeal w/Raisins English Muffin with Butter & Jelly Orange</p>
<p>13 French Toast with Syrup Scrambled Eggs Oatmeal Blueberries</p>	<p>14 Egg Whites Egg Twist Roll w/Butter Greek Yogurt Banana</p>	<p>15 Pancakes with Syrup Egg Omelet Oatmeal with Raisins Orange</p>	<p>16 Scrambled Eggs Bagel with Cream Cheese Bran Flakes Banana</p>	<p>17 Egg Omelet Cheese Blintzes w/ Sour Cream Oatmeal Blueberries</p>
<p>20 Pancakes with Syrup Scrambled Eggs Raisin Bran Banana</p>	<p>21 Scrambled Eggs with Swiss Cheese Cinnamon Raisin Bagel with Cream Cheese Shredded Wheat Tangerines</p>	<p>22 Waffles with Syrup Scrambled Eggs Oatmeal Orange</p>	<p>23 Egg Whites Blueberry Muffin with Butter Cheerios Banana</p>	<p>24 French Toast with Syrup Egg Omelet Bran Flakes Strawberries</p>
<p>27 Scrambled Eggs Veggie Sausage Patty Cheerios Banana</p>	<p>28 French Toast with Syrup Egg Whites Oatmeal Banana</p>	<p>29 Hard Boiled Eggs Bran Muffin with Butter Oatmeal Orange</p>	<p>30 Pancakes with Syrup Egg Omelet Bran Flakes Strawberries</p>	<p>31 Scrambled Eggs Bagel with Cream Cheese Oatmeal Tangerines</p>

Menu subject to change without notice

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JULY 2026

SNAP of Eastern Queens Lunch Menu - July 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 Pork with Lemon Garlic Sauce White Rice Italian Blend Vegetables <i>Salmon Salad</i></p>	<p>Hamburger and Hot Dog Baked Beans Corn-on-the-Cob <i>Salmon Salad</i></p>		
<p>6 Egg Salad Potato Salad Pasta Salad <i>Hummus & Veggie Stuffed Pita</i></p>	<p>7 Chickpea Stew Brown Rice Garden Salad <i>Hummus & Veggie Stuffed Pita</i></p>	<p>8 Dominican Stew with Pork, Vegetables & Brown Rice Yellow Rice Prince Edward Blend Veg, <i>Turkey Salad</i></p>	<p>9 Italian Meatballs Penne with Tomato Sauce California Blend Vegetables <i>Turkey Salad</i></p>	<p>10 Cajun Shrimp White Rice Caesar Salad <i>Hard Boiled Eggs</i></p>	
<p>13 Creamy Mushroom Soup Veggie Chili Brown Rice Broccoli & Cauliflower <i>English Muffin Veggie BLT</i></p>	<p>14 Meatloaf Roasted Potatoes Whole Baby Carrots <i>English Muffin Veggie BLT</i></p>	<p>15 Jerk Chicken Coconut Rice Zucchini w/Onions & Peppers <i>Avocado Egg Salad</i></p>	<p>16 Roast Turkey Breast Baked Sweet Potato Green Beans <i>Avocado Egg Salad</i></p>	<p>17 Moroccan Fish Vegetable Couscous Spinach <i>Avocado Egg Salad</i></p>	
<p>20 Pepper Steak Egg Noodles Asian Inspired Asparagus <i>Hummus & Veggie Pita</i></p>	<p>21 Vegetable Soup BBQ Tofu Fingers Washed Potatoes Broccoli Florets <i>Hummus & Veggie Pita</i></p>	<p>22 Pork Chops Macaroni and Cheese Collard Greens <i>Tuna Salad with Eggs</i></p>	<p>23 Baked Fish Oreganata Brown Rice Pilaf Mixed Vegetables <i>Tuna Salad with Eggs</i></p>	<p>24 Chicken Parmesan Spaghetti w/Tomato Sauce California Blend Veg, <i>Tuna Salad with Eggs</i></p>	
<p>27 Turkey Meatloaf Cauliflower Mash Spinach <i>Mozzarella & Tomato Sandwich</i></p>	<p>28 Baked Fish Amandine Quinoa Brussels Sprouts <i>Mozzarella & Tomato Sandwich</i></p>	<p>29 Hamburger Roasted Potatoes Green Beans Arugula Salad <i>Seafood Salad</i></p>	<p>30 Chicken Cacciatore Bowtie Pasta Italian Blend Vegetables <i>Seafood Salad</i></p>	<p>31 Egg Drop Soup Lo Mein with Chickpeas Broccoli Soufflé <i>Black Bean Burger</i></p>	

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Nina Bhola-Cruz M.A.
Director of Eastern Queens Older Adult Center Operations

Services Now for Adult Persons, Inc. (SNAP)
80-45 Winchester Blvd., Bldg. 4
Queens Village, NY 11427