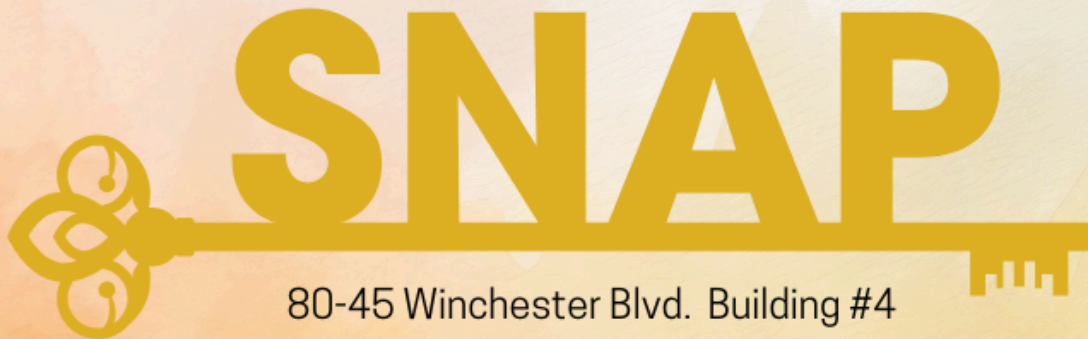
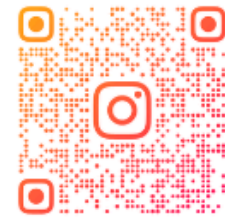


What's Happening at



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

August 2026



@SNAP_EASTQUEENS_SENIORCENTER

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

Assistant Director

Kashana Sarvis, B.A.

ksarvis@snapqueens.org

718-454-2100 ext. 109

Program Assistant

Rhea Persaud, B.A.

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,

Welcome to August!

I hope you are enjoying a wonderful summer filled with sunshine, laughter, and time spent with family and friends. As we continue to make the most of the season, I am thrilled to share some exciting news and invite you to another month filled with opportunities to connect, learn, and have fun.

This month, we proudly celebrate the Grand Reopening of our newly renovated kitchen. After months of planning and renovations, we are excited to once again prepare and serve fresh, delicious, and nutritious meals right here at the center. Our kitchen has always been the heart of SNAP, bringing people together over great food and conversation.

August is also the perfect time to begin focusing on Healthy Aging Month, and we have planned a variety of engaging activities that promote physical, mental, and emotional well-being. From our new Fall Prevention program with Michael and health education to social programs and recreational activities, we encourage everyone to participate, stay active, and discover new ways to live a healthy, fulfilling life.

Our program continues to create unforgettable experiences, and we are especially excited about our upcoming overnight trip to Lancaster's Sight & Sound Theatre, featuring comfortable accommodations, delicious meals, and an inspiring theatrical performance. Along with this exciting getaway, our August calendar is packed with special events such as our National Night Out Pre-Luau celebration and our actual Luau on August 7th, educational workshops such as "How to stay Hydrated during the summer," and opportunities to make lasting memories with friends.

At SNAP, every month brings new opportunities to grow, connect, and celebrate life together. Thank you for making our center such a welcoming and vibrant community. Your enthusiasm and participation inspire us each day, and we look forward to sharing another incredible month with you.

Enjoy the remainder of your summer, stay safe, stay healthy, and we look forward to seeing you at the center!

With warmth and appreciation,

Nina Bhola-Cruz

Director of SNAP of Eastern Queens Older Adult Center Operations

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*

August is a great time to check in with your emotional well-being. Staying connected with others, enjoying time outdoors, keeping your mind active, and making time for activities you enjoy can all support good mental health. Remember, even small steps toward self-care can make a big difference. Your mental health matters at every age. If you or anyone you know could use extra support, please don't hesitate to reach out.

Malka Pill, LCSW/ (917)-670-5036/ mpill@commonpoint.org

Wednesday and Fridays 9:15 AM to 2:45 PM

ASSISTANT DIRECTOR: *Kashana S.*

We are thrilled to give a warm SNAP welcome to our wonderful summer interns! Many of you have already spotted these new faces working hard alongside our staff—whether they're lending a hand with meal service, sprucing up our space with festive decor, or helping run our daily events and programs. As they dive into their time with us, we encourage them during the beginning of their workforce journeys. A pivotal part of their internship experience is the unique opportunity to connect with, listen to, and learn from our vibrant community. Your wisdom, stories, and guidance are the greatest lessons they could ever receive, so please help us make them feel right at home! Also, thank you to everyone who joined me for our figurine painting, fundraising art class. I had an amazing time with you!

PROGRAM COORDINATOR: *Michael P.*

I hope everyone is enjoying all that summer has to offer! I would like to thank everyone who participated in my Alzheimer's presentation. It was wonderful to hear your personal stories and memories, and I appreciate everyone who joined in the fun during our "Name That Tune" trivia game. A special thank you also goes to those who have been participating in our Walking Club. Walking is recognized by the American Heart Association as one of the best forms of exercise for maintaining overall health, and we would love to welcome even more members to join us. On August 12 we will be presenting a Healthy Aging program focused on the importance of hydration—a timely topic as we continue through the summer months. Additionally August 26th, I will be doing a Fall Prevention Boot Camp to prepare you for our classes which will be scheduled for September. As a reminder, I am still scheduling appointments with Jarnee from the NYC Department for the Aging, who is available to provide information and personalized assistance with Medicare. If you have questions about your Medicare benefits or would like one-on-one guidance, please stop by and see me to schedule an appointment.

VOLUNTEER SPOTLIGHT!

Robert & Marilyn Nadasy

This month, we are proud to recognize Bob and Marilyn Nadasy as our Volunteers of the Month. For the past few years, Bob and Marilyn have been a welcoming presence at our Thursday registration desk, greeting members with warm smiles and genuine kindness. Whether they are assisting with check-in, offering a helping hand, or taking a moment to share a friendly conversation, they have a remarkable ability to make everyone feel welcomed and valued. Their dedication, compassion, and positive spirit have made a lasting impact on our center. Together, they exemplify the true meaning of volunteerism through their generosity, reliability, and commitment to serving others. We are incredibly grateful for the warmth, enthusiasm, and care Bob and Marilyn bring to our center each week. Please join us in thanking them for their outstanding service and congratulating them on this well-deserved recognition as our Volunteers of the Month.



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

UPCOMING EVENTS



Monday, August 3rd

10:00AM- Mandatory Volunteer Meeting (MPR Room)

Tuesday, August 4th

4:00PM - National Night Out (Pre-Luau Celebration)

Friday, August 7th

9:15AM- Luau Celebration \$14 p/p

Monday, August 10th

9:00AM- Defensive Driving Course \$35 Cash Only (Lunch Included)

11:00AM- Financial Workshop led by Terry Pena (Dining Room)

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

Tuesday, August 11th

10:00AM- "Understanding the Benefits of Influenza, COVID-19, and RSV Vaccines"
(Zoom Virtual)

Wednesday, August 12th

10:00AM- "Understanding the Benefits of Pneumonia, Shingles, and MMR Vaccines"
(Zoom Virtual)

11:00AM – Health Aging Month Presentation w/ Michael (Dining Room)

Thursday, August 13th

9:00AM- Mary Siegel's Breakfast Memorial (Dining Room)

1:00PM- Special Clay Molding Class w/ Kash \$5 Registration Required (Arts & Crafts Room)

Friday, August 14th

12:00PM- Movie Day w/ Pizza & Drinks \$5 Registration Required (MPR Room) "Michael"

Monday, August 17th

11:00AM- A Cello Performance by Alyssa & Emma Sugiyama (MPR Room)

Tuesday, August 18th

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

Wednesday, August 19th

10:00AM- Healing After Loss: Adjusting to Life Changes w/ Malka from CAPE (Dining Room)

Thursday, August 20th

11:00AM- Senior Citizen Day Presented by 105th Precinct Officer Farell (Dining Room)

Tuesday, August 25th

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

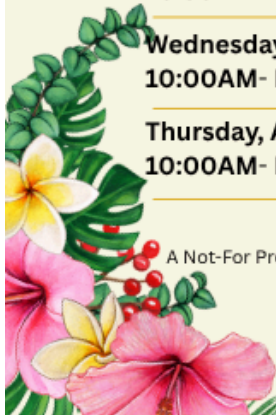
Wednesday, August 26th

10:00AM- Fall Prevention Bootcamp Presentation w/ Michael (Dining Room)

Thursday, August 27th

10:00AM- Nutrition Education w/ Angela Sinclair (Dining Room)

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



IN PERSON CLASSES

VIRTUAL / HYBRID

Member Suggestions from THE SUGGESTION BOX!

Suggestion: “Monday’s meditation class with Michael has become a huge success and we love it! Is it possible to add another day/time for this class? Thank you.”

Staff Response: Thank you for your wonderful feedback! We're delighted to hear that you're enjoying Monday's meditation class with Michael and that it has become such a meaningful part of your week. We truly appreciate your suggestion to offer an additional class. As we continue to evaluate member interest and expand our programming, we'll certainly keep this request in mind. We're also excited to introduce several new health and wellness opportunities in the coming months, and we hope you'll enjoy those as well.

Suggestion: “It would be nice to have more themed days throughout the year, like tropical day, western day, or favorite sports team day.”

Staff Response: Thank you for sharing your suggestion! We appreciate your creativity and always enjoy finding new ways to make our community fun and engaging. We'll definitely keep your idea in mind as we plan future events.



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.

AUGUST 2026

SNAP of Eastern Queens Lunch Menu - August 2026

Mon	Tue	Wed	Thu	Fri
3 Fish w/ Tomatoes & Herbs Brown Rice Pilaf Small Veggie Burger Prince Edward Blend Veg. <i>Turkey Burger</i>	4 Roast Turkey Breast Baked Sweet Potato Green Beans <i>Veggie Burger</i>	5 Pot Roast with Gravy Baked Potato w/Sour Cream Whole Baby Carrots <i>Tuna Fish Salad</i>	6 Vegetable Soup w/ Crackers Eggplant Parmesan Spaghetti with Sauce Spinach <i>English Muffin Pizza</i>	7 Chicken Hawaiian Apple Noodle Kugel Sugar Snap Peas <i>Tuna Fish Salad</i>
10 Cauliflower Soup w/Crackers Sundried Tomato Chickpea Burger Roast Sweet Potato Fries Roasted Eggplant <i>Veggie Burger</i>	11 Roast Pork Loin Mashed Potatoes Red Cabbage with Sliced Apples <i>Yogurt Parfait & Bran Muffin</i>	12 Baked Breaded Fish Fillet Potato Soufflé Broccoli Florets <i>Turkey Salad</i>	13 Italian Meatballs Spaghetti with Tomato Sauce Italian Cut Green Beans Garden Salad with Chickpeas <i>Turkey Salad</i>	14 Baked Chicken Noodles and Cabbage California Blend Vegetables <i>Yogurt Parfait & Bran Muffin</i>
17 Oven Fried Chicken Egg Barley with Mushrooms Asparagus <i>English Muffin Pizza</i>	18 Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables <i>English Muffin Pizza</i>	19 Tomato & Rice Soup w/Crackers Rotini with Spinach & Chickpeas Italian Blend Vegetables <i>English Muffin Pizza</i>	20 Salmon Cakes w/Dill Sauce Cauliflower & Potato Mash Whole Baby Carrots <i>Chicken Salad</i>	21 Beef and Lentil Stew Egg Noodles Collard Greens <i>Chicken Salad</i>
24 Creamy Mushroom Soup Veggie Chili Brown Rice Broccoli and Cauliflower <i>English Muffin Veggie BLT</i>	25 Meatloaf with Mushroom Gravy Roasted Potatoes Whole Baby Carrots <i>English Muffin Veggie BLT</i>	26 Jerk Chicken Coconut Rice Zucchini w/Onions & Peppers <i>Avocado Egg Salad</i>	27 Roast Turkey Breast Baked Sweet Potato Green Beans <i>Avocado Egg Salad</i>	28 Moroccan Fish Vegetable Couscous Spinach <i>Avocado Egg Salad</i>
31 Pepper Steak Egg Noodles Asian Inspired Asparagus Hummus & Veggie Stuffed Pita		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

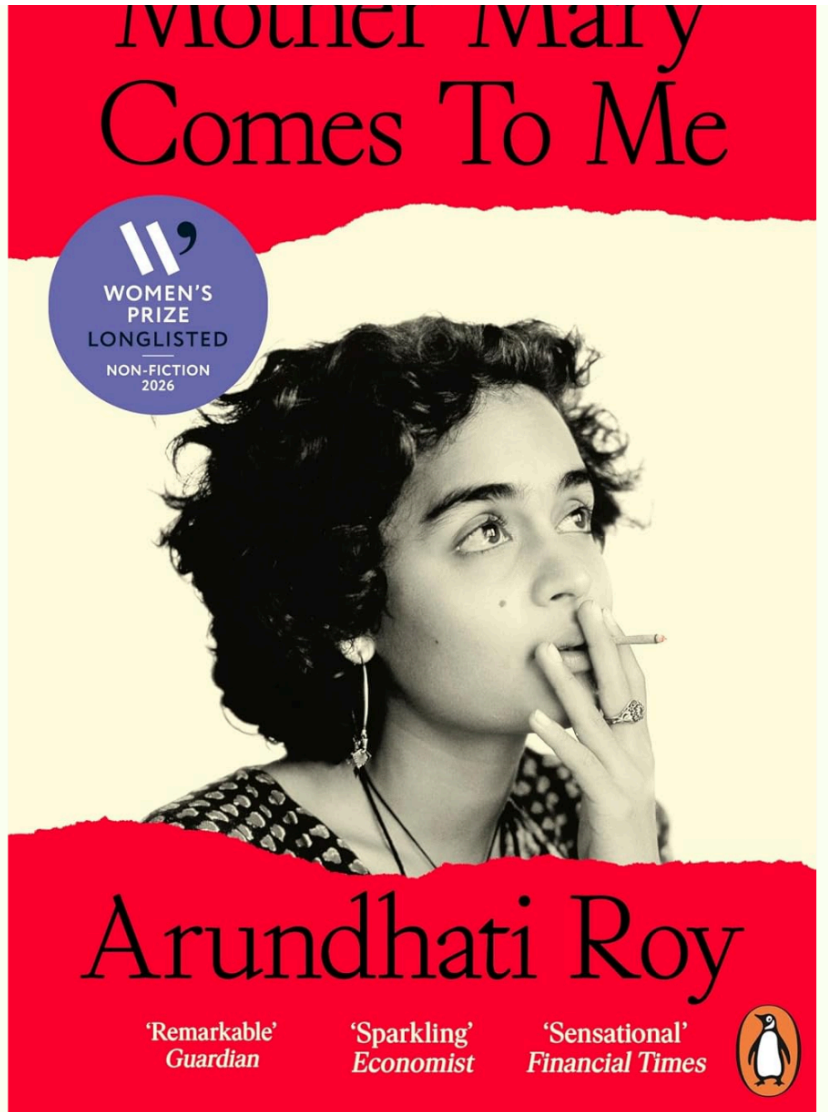
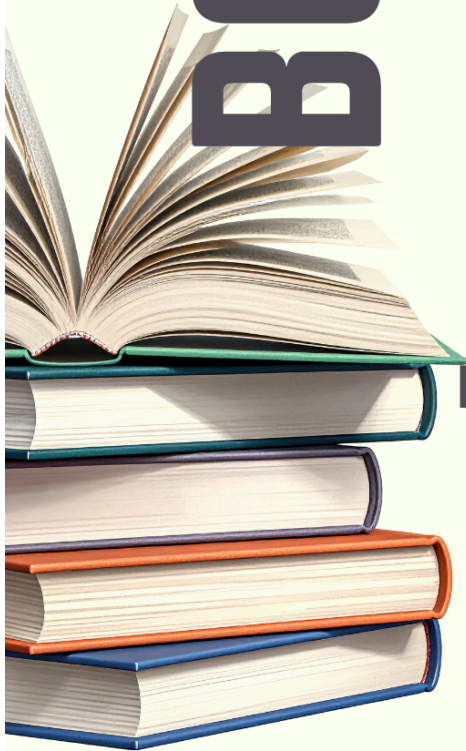
Menu subject to change without notice



VIRTUAL

BOOK CLUB

PARTNERSHIP WITH QUEENS PUBLIC LIBRARY AT GLEN OAK



Discussion at 12 PM
Friday, August 21st

Meeting ID: 850 1037 7896

Password: SNAP

Please click the link below to join:

[https://us02web.zoom.us/j/85010377896?](https://us02web.zoom.us/j/85010377896?pwd=cZKRS82cml3MGFBREhWLOV5OVdZQT09)
pwd=cZKRS82cml3MGFBREhWLOV5OVdZQT09