



What's Happening at SNAP October 2026



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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

OCTOBER 2026

Dear beloved community

As we welcome a new month, I want to take a moment to speak directly to our SNAP family about where we are, where we are going, and the many opportunities that remain ahead of us.

The unexpected need to leave our current location because of significant electrical issues—through no fault of SNAP—has certainly brought change and uncertainty. These issues are beyond repair, and our priority must always be the safety, comfort, and well-being of our members and staff. While we continue our search for a temporary home and look forward to the completion of our future permanent location, I want you to know one very important thing: **SNAP is still here. We are still open. We are still serving you.**

And we are still moving forward. Even though we may not be able to gather together every day in the way we have become accustomed to, there are still many ways for us to remain connected and engaged. Our transportation services, case assistance, and mental health support through CAPE continue to provide valuable resources to our members. We also have trips, special activities, birthday celebrations, and exciting events planned—including our Halloween Extravaganza and our Annual Volunteer Recognition Ceremony, where we will come together to celebrate those who give so much to our community.

Our current circumstances may have changed where we meet, but they have not changed who we are. SNAP is more than a building. SNAP is the relationships we have built, the friendships we have formed, the laughter we share, the support we provide to one another, and the sense of belonging that makes our center special. We are actively working to identify a temporary space that will allow us to continue providing the programs, services, activities, meals, and opportunities that our members value. We are very happy to let you know that we have resumed work in the new building and we see the completion on the horizon. We are excited about this Good News!



I also ask that we continue to support one another by keeping rumors and misinformation to a minimum. I understand that change creates questions, but please remember that you can always come directly to me and the SNAP leadership team for the most accurate and current information. We are committed to communicating with you as decisions are confirmed and developments take place. October is a new month—and with a new month comes new hope, new opportunities, and new possibilities. We may not be together every day right now, but that makes the moments when we are together even more meaningful. Let us continue to make those moments count. Let us celebrate one another, support one another, and remind each other that our SNAP family remains strong.

I truly believe that the future of SNAP is bright. This is a transition—not an ending. There is much more ahead for SNAP, and I believe that together, we can create something even more meaningful for our members and our community.

Thank you for your patience, your understanding, your flexibility, and most importantly, your continued trust and support. Wherever we gather, SNAP is home because of the people who make it what it is—you. I look forward to seeing you, celebrating with you, and sharing many more positive updates as we move forward together.

With appreciation and hope,

Nina Bhola-Cruz

Director, SNAP of Eastern Queens Older Adult Center Operations

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VIRTUAL / HYBRID**Mondays**

10:00 AM | Meditation with Michael
ID# 893 1034 6436
11:00 AM | Chair Yoga with Irene
ID# 809-327-718

Tuesdays

10:00 AM | Lost in the 50's Music with Stan
ID# 840 8066 7521
11:00 AM | Chair Dance with Irene
ID# 809-327-718
1:00 PM | Heart Strong with Doreen
ID# 865 5195 3397

Wednesdays

11:00 AM | Chair Yoga with Irene
ID# 809-327-718
1:00 PM | Core Confidence with Doreen
(Intermediate to Advanced)
ID#: 865 5195 3397

Thursdays

10:00 AM | Meditation with Michael
ID#: 893 1034 6436
1:00 PM | Functional Fitness with Doreen
ID#: 865 5195 3397

Fridays

11:00 AM | Chair Yoga with Irene
ID# 809-327-718
1:00PM | Stretch & Strength with Doreen
ID#: 865 5195 3397

Book Club Meeting:

12:00PM | Friday, October 23rd
"The Things We Never Say" By Elizabeth Strout
ID#: 850 1037 7896

**DAILY CLASS
SCHEDULE****ON****zoom***All passwords:***SNAP**



JOIN US ON A TRIP TO

QUEENS COUNTY FARM

FRIDAY, OCTOBER 16TH

TIME: 12:00PM

-
- Tour of the farm
 - A visit to the Pumpkin Patch
 - Seasonal Craft Decoration
 - Treat of Pumpkin Donuts

SNAP LUNCH & TRANSPORTATION INCLUDED
LIMITED SPACE. SIGN UP & JOIN US BY 10/2

SNAP

Services Now for Adult Persons, Inc

YOUR KEY TO AGING SERVICES

\$25
P/P

Council Member Linda Lee's Fall Health Fair



COME & JOIN US FOR COUNCIL MEMBER LINDA LEE'S

FALL HEALTH FAIR

IN COLLABORATION WITH
REPRESENTATIVE GRACE MENG,
QUEENS BOROUGH PRESIDENT
DONOVAN RICHARDS,
QUEENS DA MELINDA KATZ, AND
SENATOR TOBY ANN STAVISKY



SUNDAY, OCTOBER 4TH, 2026
12PM - 3PM
CUNNINGHAM PARK
196-00 UNION TURNPIKE

ACTIVITIES INCLUDE:

- FOOT TESTING
- BLOOD PRESSURE CHECK-UPS
- DIABETES TESTING
- COMPOST AND CONTAINERS GIVEAWAY

COMMUNITY SPONSORS/PARTNERS:





QUEENS PUBLIC LIBRARY



Breast Cancer

PREVENTION & AWARENESS

Join us for an informative discussion:
"Understanding the Role of Nutrition and Genetics
in Breast Cancer Prevention"
presented by the Queens Public Library.

Tuesday, October 6th 2026
11AM

Join us on ZOOM
Meeting ID 847 5068 0188
Passcode: nutrition

JOIN US ON A TRIP TO QUEENS BOTANICAL

**\$15
P/P**

Garden

FRIDAY, OCTOBER 2ND

10:00 AM

**ADMISSION TICKET, SNAP LUNCH
& TRANSPORTATION INCLUDED**

LIMITED SPACE. SIGN UP & JOIN US BY 09/25



SNAP

Services Now for Adult Persons, Inc

YOUR KEY TO AGING SERVICES

JOIN US TO VISIT VOELKER ORTH MUSEUM



\$25

**ADMISSION TICKET, SNAP LUNCH
& TRANSPORTATION INCLUDED**

**WEDNESDAY
OCTOBER 28TH
10:00AM**

LIMITED SPACE. SIGN UP & JOIN US BY

WED. 10/21

SNAP

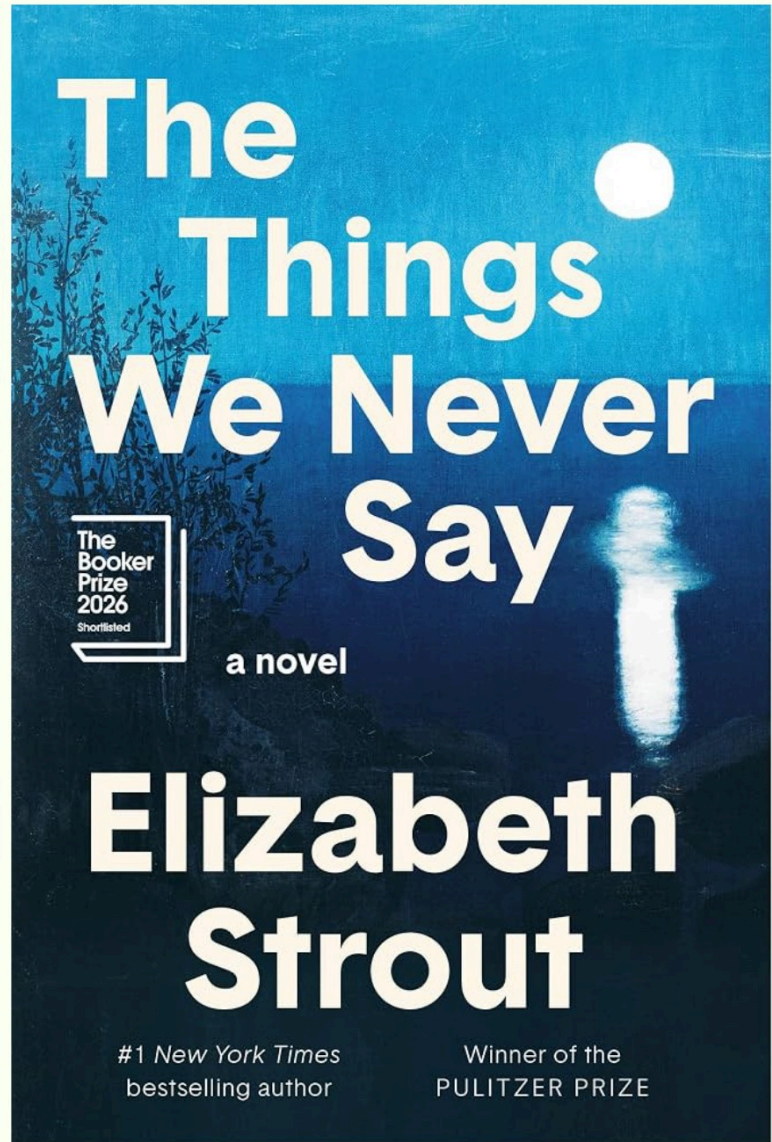
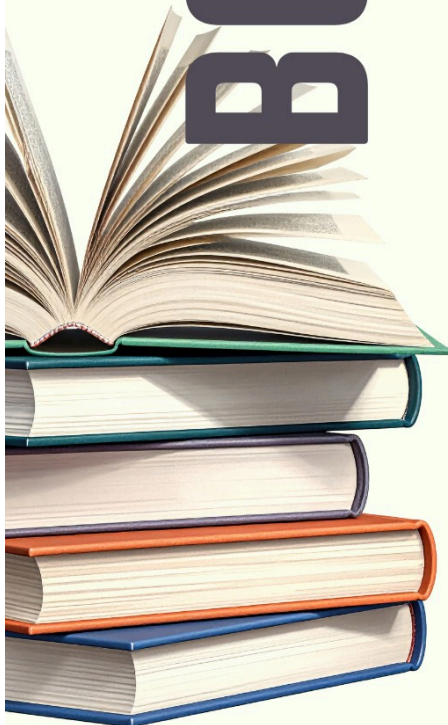
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VIRTUAL BOOK CLUB

PARTNERSHIP WITH QUEENS PUBLIC LIBRARY AT GLEN OAKS



Discussion at 12 PM
Friday, October 23rd
Meeting ID: 850 1037 7896
Password: SNAP

THE
NUTCRACKER
MAGICAL
Christmas
BALLET

SATURDAY
DECEMBER 5TH

SNAP
Services Now for Adult Persons, Inc
YOUR KEY TO AGING SERVICES

\$120

PRICE INCLUDES:

- **COACH TRANSPORTATION**
- **BALLET ADMISSION**
- **LUNCH AT RESTAURANT**

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

Services Now for Adult Persons, Inc. (SNAP)