

# SNAP BROOKVILLE NEIGHBORHOOD SENIOR CENTER

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**CENTER DIRECTOR**  
SANDRA SMALLS-JONES



**CHIEF EXECUTIVE OFFICER/PRESIDENT**  
PAOLA MICELI, MPA  
**CHIEF OPERATING OFFICER**  
MARIAN LEWEK, LMSW  
**EXECUTIVE BOARD CHAIR**  
COREY BEARAK, ESQ.

## NOVEMBER



## 2018 NEWSLETTER

When November comes, autumn is in full swing. It brings the beauty of seedtime and harvest. The foliage is falling and the crisp weather has begun. November also brings Veterans Day, Child safety protection month, Native American Heritage month and Diabetes awareness month.

Another event celebrated that does not get enough recognition is Caregivers Appreciation Month. As a newly recruited caregiver, I found out just how big of a job this can be. Taking on the responsibility of caring for a loved one has its challenges, but at the end of the day it can be very rewarding and heart-warming. One should always keep in mind that one day you may need someone to care for you, so while you are able you should pay it forward. According to Renee Stepler, a Survey Statistician at U.S. Census Bureau, the following are 5 facts about caregivers:

- There are 40.4 million unpaid caregivers of adults ages 65 and older in the US.
- Adults ages 45 to 64 are the most likely to be caregivers
- Most caregiving for aging parents is not in the form of financial support or personal care, but with helping with errands, housework or home repairs.
- Emotional support is a big part of caregiving.
- Most adults who have helped an aging parent see it as rewarding, relatively few say it is stressful.

I am currently a caregiver for my mother and son and I can honestly say that I am thankful that I still have them in my life to care for! Speaking of being thankful the most celebrated holiday in November is Thanksgiving, the season of gratefulness & peace! Thanksgiving dates back to the 17<sup>th</sup> century. Pilgrims and American Indians had a 3-day celebration, which included a grand feast. This community feast set the standard for the foods still served today on Thanksgiving, like turkey and pumpkin pie! The Thanksgiving feast has become a symbol of American Culture.

I have a lot to be thankful for and I don't have a problem sharing what I'm thankful for. I'd like to hear what you are thankful for. I declare November as the Thanksgiving Challenge Month! I challenge you to tell someone you don't know, something you are thankful for each day in November. Just one stranger a day and hopefully this will give us some ebbs and flows of joy! I am thankful to have the opportunity to serve the seniors of SNAP Brookville!

*"Though I Ebb in worth, I flow in thanks!" John Taylor.*

Blessings, Peace & Fitness,

\*\*\**SANDRA*\*\*\*



# SENIOR CENTER LUNCHEON MENU NOVEMBER 2018

Lunch is served from 12:00 pm - 1:00pm, Monday-Friday.

The suggested contribution is \$2.00. Menus are subject to change without notice. Your support helps sustain our program. Thank you!

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Baked Fish Roasted Potatoes Zucchini	<b>2</b> Beef & Broccoli Brown Rice Oriental Veg. Blend
<b>5</b> Vegetarian Lasagna Baby Carrots Garden Salad	<b>6</b> Sweet & Sour Pork Loin Mashed Potatoes Red Cabbage	<b>7</b> Mushroom Chicken Noodles & Cabbage Broccoli	<b>8</b> Lemon Pepper Fish Brown Rice Pilaf Mixed Vegetables	<b>9</b> Pot Roast Baked Potatoes Green Peas
<b>12</b> Italian Sausage Penne Italian Cut Green Beans	<b>13</b> Breaded Chicken Cutlet Sweet Potato Fries Mixed Vegetables	<b>14</b> Cheese Ravioli Italian Vegetable Blend	<b>15</b> Meatloaf Mashed Potatoes Spinach	<b>16</b> Chicken Marsala Egg Noodles Broccoli
<b>19</b> Baked Fish Roasted Potatoes Zucchini	<b>20</b> Beef Stroganoff Egg Noodles Broccoli	<b>21</b> Pot Roast Turkey Mashed Sweet Potato Green Beans		
<b>26</b> Honey Mustard Chicken Vegetable Couscous Baby Carrots	<b>27</b> Meatballs Spaghetti Mixed Vegetables	<b>28</b> Pork Chops Macaroni & Cheese Kale with Lemon	<b>29</b> Chicken Cacciatore Roasted Potatoes Green Peas	<b>30</b> Breaded Fish Rice Pilaf String Beans


## SNAP BROOKVILLE UPCOMING

*Field  
Trips*

DATE	Trip Name & Location	Price
Thurs., Nov. 1, 2018	Sight & Sound – “Jesus”	\$138.00
Thur., Nov. 8, 2018	Barclay Center – Disney on Ice	\$28.00
Weds., Nov. 14, 2018	Royal Manor – Temptations Review	\$91.00
Weds., Nov. 28, 2018	Once on This Island – Circle in the Square	\$82.00
Sat., Dec 15, 2018	Queens College – The Nutcracker Ballet	\$37.50

# WEEKLY ACTIVITIES FOR NOVEMBER 2018

An \* next to any class, represents a suggested donation is requested.

			THURSDAY	FRIDAY
			<p><b>1</b></p> <p><b>TRIP:</b> <b>SIGHT &amp; SOUND "JESUS"</b></p> <p><b>9 am – 3pm:</b> Table pool</p> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> <li>• Bingo</li> </ul> <p><b>11 am:</b> *Yoga</p> <p><b>12pm:</b> Lunch &amp; Learn W/Becky the Healthy Lady</p> <p><b>1:15 pm:</b> *Training w/Tommy*</p> <p><b>1 pm:</b> Computer Basics</p> <p><b>2:15 pm:</b> Computer Money Matters</p>	<p><b>2</b></p> <p><b>9 am – 3 pm:</b> Table Pool</p> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p><b>11am:</b></p> <ul style="list-style-type: none"> <li>• *Line Dance w/Roselle</li> <li>• Bingo</li> </ul> <p><b>1:15pm:</b> *Training w/Tommy*</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b></p> <p><b>9 am – 3 pm:</b> Table Pool</p> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Sewing</li> <li>• Jewelry making</li> </ul> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• <b>Workshop: Medicare Open Enrollment &amp; Fraud Prevention</b></li> </ul> <p><b>11 am:</b></p> <ul style="list-style-type: none"> <li>• Chair/Standing Exercise w/Jewel*</li> </ul> <p><b>1 pm:</b> Bingo</p> <p><b>1-3pm:</b> Swimming</p> <p><b>1-3pm:</b> Bowling Club</p>	<p><b>6</b></p> <p><b>9 am – 3 pm:</b> Table Pool</p> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> </ul> <p><b>11:00 am:</b> *ZUMBA</p> <p><b>1 pm:</b> Bingo</p> <p><b>1-2:15:</b> Computer Basics</p> <p><b>2:15-3:30pm:</b> Computer - Money Matters</p>	<p><b>7</b></p> <p><b>9 am – 3 pm:</b> Table Pool</p> <p><b>10 am</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• Book Club</li> <li>• *Sewing /Jewelry club</li> </ul> <p><b>10:30 am:</b> <b>Pier Miller Presents Medicare/Medicaid New Information</b></p> <p><b>1 pm:</b> Bingo</p>	<p><b>8</b></p> <p><b>TRIP</b> <b>"DISNEY ON ICE":</b></p> <p><b>9 am – 3pm:</b> Table pool</p> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> <li>• Bingo</li> </ul> <p><b>10 am: Workshop:</b> <i>Diabetes &amp; Food Nutrition</i></p> <p><b>11 am:</b> *Yoga</p> <p><b>12pm:</b> Lunch &amp; Learn W/Becky the Healthy Lady</p> <p><b>1 pm - 2:15 pm:</b> Computer Basics</p> <p><b>1:15 pm:</b> Training w/Tommy*</p> <p><b>2:15 pm:</b> Computer - Money Matters</p>	<p><b>9</b></p> <p><b>9 am – 3 pm:</b> Table Pool</p> <p><b>9:30 am:</b> <i>Veteran's Day Breakfast</i></p> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <p><b>11am:</b></p> <ul style="list-style-type: none"> <li>• *Line Dance w/Roselle</li> <li>• Bingo</li> </ul> <p><b>1:15pm:</b> *Training w/Tommy*</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12</b> <b>9 am – 3pm</b> Table Pool  <b>10am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Sculpting</li> <li>• Sewing</li> </ul> <b>10:30-12:00:</b> *Sewing / Jewelry making club  <b>11 am:</b> *Chair/Standing Exercise w/Jewel  <b>1 pm:</b> Bingo  <b>1-3pm:</b> Swimming  <b>1-3pm:</b> Bowling Club	<b>13</b> <b>9 am – 3 pm:</b> Table Pool  <b>9:30 am – 4 pm:</b> AARP Defensive  <b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> </ul> <b>11:00 am:</b> *Zumba  <b>1 pm:</b> Bingo  <b>1-2:15pm:</b> Computer Basics  <b>2:15-3:30pm:</b> Computer - Money Matters	<b>14</b> <b>TRIP: ROYAL MANOR - "TEMPTATIONS REVIEW"</b>  <b>9am – 3 pm:</b> Table Pool  <b>10am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>10:30am</b> <ul style="list-style-type: none"> <li>• Book Club</li> <li>• Walking Club</li> <li>• Sewing/Jewelry Club</li> <li>• <b>Presentation:</b> Eye Care by "VISIONS" </li></ul>	<b>15</b> <b>9 am– 3 pm:</b> Table pool  <b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Bingo</li> </ul> <b>11am: *Yoga</b>  <b>12pm:</b> Lunch & Learn W/Becky the Healthy Lady  <b>1:15 pm:</b> * Training w/Tommy  <b>1 pm:</b> Computer Basics  <b>2:15 pm:</b> Computer - Money Matters	<b>16</b> <b>9 am – 3 pm:</b> Table Pool  <b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>11am:</b> <ul style="list-style-type: none"> <li>• *Line Dance w/Roselle</li> <li>• Bingo</li> </ul> <b>1:15pm:</b> * Training w/Tommy*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>19</b> <b>9 am – 3 pm:</b> Table pool  <b>10am</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Sculpting</li> <li>• Sewing</li> <li>• Jewelry making</li> </ul> <b>11 am:</b> *Chair/Standing Exercise w/Jewel*  <b>1 pm:</b> Bingo  <b>1-3pm:</b> Swimming  <b>1-3pm:</b> Bowling Club	<b>20</b> <b>ALL DAY BAKE SALE</b>  <b>9 am – 3:00 pm:</b> Table Pool  <b>10 am</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> </ul> <b>11:00 am:</b> *Zumba  <b>1-2:15pm:</b> Computer Basics  <b>2:15-3:30pm:</b> Computer - Money Matters	<b>21</b> <b>9am – 3pm:</b> Table Pool  <b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>10:30am</b> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• *Sewing/Jewelry Club</li> <li>• Book Club</li> </ul> <b>12:00pm FUN!</b> <ul style="list-style-type: none"> <li>• November Senior Birthday Party!</li> <li>• Thanksgiving Celebration</li> <li>• SNAP's Super Holiday Sale</li> </ul>	 <p><b>Closed Thursday &amp; Friday</b>  <b>HAPPY THANKSGIVING</b>  <b>Have a wonderful holiday!</b></p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>26</b> <b>9 am – 3 pm:</b> Table pool  <b>10am</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Sculpting</li> <li>• Sewing</li> <li>• Jewelry making</li> </ul> <b>11 am:</b> *Chair/Standing Exercise w/Jewel*  <b>1 pm:</b> Bingo  <b>1-3pm:</b> Swimming  <b>1-3pm:</b> Bowling Club	<b>27</b> <b>9 am – 3:00 pm:</b> Table Pool  <b>10 am</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Crocheting Club</li> <li>• Dominoes</li> </ul> <b>1 pm:</b> Bingo  <b>1-2:15pm:</b> Computer Basics  <b>2:15-3:30pm:</b> Computer: Money Matters	<b>28</b> <b>TRIP: "ONCE ON THIS ISLAND"</b>  <b>9 am – 3 pm:</b> Table Pool  <b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>10:30am</b> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• *Sewing/Jewelry Club</li> <li>• Book Club</li> </ul> <b>1 pm:</b> Bingo	<b>29</b> <b>9 am– 3 pm:</b> Table pool  <b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Bingo</li> </ul> <b>12pm:</b> Lunch & Learn W/Becky the Healthy Lady  <b>1:15 pm:</b> *Training w/Tommy  <b>1 pm:</b> Computer Basics  <b>2:15 pm:</b> Computer - Money Matters	<b>30</b> <b>9 am – 3 pm:</b> Table Pool  <b>10 am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> </ul> <b>11am:</b> <ul style="list-style-type: none"> <li>• *Line Dance w/Roselle</li> <li>• Bingo</li> </ul> <b>1:15pm:</b> * Training w/Tommy*

