

# SNAP BROOKVILLE NEIGHBORHOOD

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COREY BEARAK, ESQ.

**CENTER DIRECTOR**  
SANDRA SMALLS-JONES



## **2018 NEWSLETTER**

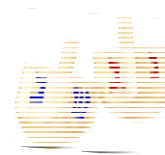
As we enter full throttle into the holiday season, our hearts grow tender with childhood memories of family, friends and good times. I wish we could put some of the holiday spirit in jars and open one every month so that we can keep the spirit of giving, kindness and compassion to our fellow man going all year long!

The reality is that this feeling disappears for some of us right after the New Year when all the hoopla is over and we get back into the hustle and bustle of our regular routine. Some of us never get that “good holiday” feeling because the holidays may dredge up feelings of loneliness and despair.

Let’s do something different this year....Let’s form a conspiracy....a conspiracy of LOVE! Let’s keep the good holiday feelings going throughout the New Year. Let’s lookout for our family, friends, neighbors and even strangers who may not be experiencing that good holiday cheer and extend a helpful hand or even just an ear to listen.

No matter what you celebrate, whether it is Christmas, Hanukkah, Kwanzaa or something else, here are my suggestions for holiday gifts:

- To your enemy, forgiveness.
- To an opponent, tolerance.
- To a friend, your heart.
- To a customer, good service.
- To a child, a great example.
- To all, charity.



Blessings, Peace & Fitness,

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

# SENIOR CENTER LUNCHEON MENU DECEMBER 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>3</b> Chicken Parmigiana Spaghetti California Blend	<b>4</b> Tuna Fish Salad Chickpea Salad Cucumber Tomato Salad	<b>5</b> Pot Roast Mashed Potatoes Baby Carrots	<b>6</b> Baked Ziti with Meatsauce Italian Blend Garden Salad	<b>7</b> Turkey Breast Mashed Sweet Potatoes Green Beans
<b>10</b> Salisbury Steak Egg Noodles Spinach	<b>11</b> Salmon Cakes Mashed Potatoes Peas and Carrots	<b>12</b> Chicken Parmigiana Spaghetti Winter Blend Veg.	<b>13</b> Beef & Broccoli Brown Rice Oriental Blend Veg.	<b>14</b> Baked Fish Roasted Potatoes Zucchini
<b>17</b> Vegetarian Lasagna Italian Green Beans Garden salad	<b>18</b> Sweet & Sour Loin of Pork Mashed Potatoes Red Cabbage	<b>19</b> Salmon (\$10) or Breaded Chicken Cutlet (\$2) Baked Potato California Blend	<b>20</b> Lemon Pepper Fish Brown Rice Pilaf Mixed Vegetables	<b>21</b> Pot Roast Egg Noodles Baby Carrots
<b>24</b> Breaded Chicken Cutlet Penne Mixed Vegetables	<b>25</b> 	<b>26</b> Cheese Ravioli Italian Blend Veg.	<b>27</b> Meatloaf Mashed Potatoes Spinach	<b>28</b> Chicken Marsala Egg Noodles Broccoli
<b>31</b> Chicken Parmigiana Penne Peas and Carrots				

## SNAP BROOKVILLE UPCOMING

*Field Trips*

DATE	Trip Name & Location	Price
Fri., Dec 14, 2018	Radio City Music Hall – Christmas Spectacular	<b>\$99.00</b>
Sat., Dec 15, 2018	Queens College – The Nutcracker Ballet	<b>\$37.50</b>
Mon., Dec. 31, 2018	Royal Manor – New Year’s Eve	<b>\$97.00</b>

# WEEKLY ACTIVITIES FOR DECEMBER 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 9 am – 3 pm: Table Pool</p> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Jewelry making</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> Bowling Club</p>	<p><b>4</b> 9 am – 3 pm: 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>• Quilting Club*</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>5</b> 9 am – 3 pm: 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>• Sewing /Jewelry Club*</li> <li>• Book Club</li> </ul> <p><b>1 pm:</b> Bingo</p>	<p><b>6</b> 9 am–3pm: 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>7</b> 9 am – 3 pm: 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>10</b> 9 am – 3 pm: Table Pool</p> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Jewelry making</li> </ul> <p><b>10 am:</b></p> <ul style="list-style-type: none"> <li>• <i>NYC Library Presentation</i></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> Bowling Club</p>	<p><b>11</b> 9 am – 3 pm: 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>• Quilting Club</li> <li>• Book Club</li> </ul> <p><b>10:30 am:</b></p> <ul style="list-style-type: none"> <li>• <i>The Braata Singers, A Caribbean Christmas Show</i></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>12</b> 9 am – 3 pm: Table Pool</p> <p><b>10 am</b></p> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• Movie Day - TBA</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>1 pm:</b> Bingo</p>	<p><b>13</b> 9 am–3pm: 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 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>14</b> 9 am – 3 pm: 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
<b>17</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> Bowling Club	<b>18</b> <b>9 am – 3 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> <li>• Book Club</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>19</b> <b>9am – 3 pm:</b> Table Pool  <b>10am:</b> <ul style="list-style-type: none"> <li>• Card Playing</li> <li>• Dominoes</li> <li>• <b>SNAP Talent Show Extravaganza!</b></li> </ul> <b>10:30am</b> <ul style="list-style-type: none"> <li>• Walking Club</li> <li>• Sewing/Jewelry Club</li> </ul> <b>12:30 pm:</b> <ul style="list-style-type: none"> <li>• <b>SNAP Birthday Party!</b></li> <li>• <b>SNAP Holiday Party: Live DJ &amp; Dancing!</b></li> </ul>	<b>20</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>10:30am: Theta Chi Christmas Caroling</b>  <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>21</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>• <b>KWANZAA Celebration!</b></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>24</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> </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> Bowling Club	<b>25</b>  <b>Center Closed</b>  	<b>26</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> </ul> <b>1:00pm</b> <ul style="list-style-type: none"> <li>• Bingo</li> </ul>	<b>27</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>28</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				
<b>31</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> </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> Bowling Club				

