


MAY 2019 - MONTHLY SCHEDULE BY WEEK

** Represents classes where suggested donation is requested

	WEDNESDAY	THURSDAY	FRIDAY
 <p>City Advocacy Day Wed., May 8, 2019 City Hall</p> <ul style="list-style-type: none"> ✓ Why you should attend? To meet face-to-face with our City Council members: Barry Grodenchik, Paul Vallone, Donovan Richards and I. Daneek Miller ✓ To advocate for those seniors who are too frail to be with us at City Hall ✓ To represent SNAP ✓ Help to keep programs open for today and for future seniors ✓ LIMITED SPACE. Please speak with Nina or Marian to sign up. ✓ SNAP transportation will be provided! 	<p>1 9:00 am:</p> <ul style="list-style-type: none"> • Breakfast with Friends • Jewelry Sale • Arm Chair Yoga <p>10:00 am:</p> <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Bingo • Caregivers Support Group • Mental Wellness Workshop <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Conditioning** • Adult Coloring 	<p>2 9:30 am:</p> <ul style="list-style-type: none"> • Men's Health • Let's Groove • Tai Chi** <p>10:00 am:</p> <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Health & Wellness Workshop <p>11:00 am:</p> <ul style="list-style-type: none"> • Sing Along w/Steph <p>11:30 am:</p> <ul style="list-style-type: none"> • Creative Writing • Men's Strength & Endurance <p>12:00 pm:</p> <ul style="list-style-type: none"> • Wii Bowling <p>1:00 pm:</p> <ul style="list-style-type: none"> • Current Events <p>1:30 pm:</p> <ul style="list-style-type: none"> • Billiards <p>2:30 pm:</p> <ul style="list-style-type: none"> • Exercise** 	<p>3 9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>10:00 am:</p> <ul style="list-style-type: none"> • Quilting Class • SAIL Fall Prevention • Dance It Out 2** <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • Bingo • Nutrition Class <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Sculpting <p>1:30 pm:</p> <ul style="list-style-type: none"> • Painting: Art Therapy**

Home Utility Info Session

presented by State Senator Leroy Comrie & HeartShare

Homeowners and renters are invited to learn about ways to cut down on home utility costs and rectify ongoing billing issues or other matter related to gas, electric, and water usage. We will be joined by our partners from Con Edison, National Grid, the Public Service Commission, and the NYC Department for Environmental Protection.

Thursday, May 2, 2019

10 AM - 3 PM

SNAP Innovative Senior Center

80-45 Winchester Blvd., Bldg. 4
Queens Village, New York



For more information or to RSVP,
please call (718) 765-6359

New York State Senator Leroy Comrie



BREAKFAST WITH FRIENDS

Wednesday, May 1, 2019

Enjoy a hearty breakfast and leisurely conversation with your friends beginning at 9:00am. A \$2.50 contribution for breakfast only and \$4.50 breakfast and lunch. The breakfast menu will consist of:

- Spinach & Mushroom Egg Bake, or Scrambled Eggs
- Sweet Potato Tater Tots
- Crispy Bacon
- Assorted Bagels or Kaiser Rolls w/Lox & Various Spreads
- Assorted Pastry, or Donut
- Banana
- Coffee or Tea



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>CINCO DE MAYO PARTY!</p> <p>9:00 am:</p> <ul style="list-style-type: none"> Line Dancing w/Harrison <p>10:00 am:</p> <ul style="list-style-type: none"> Knitting & Crocheting Class SAIL - Fall Prevention Trip Committee Meeting <p>11:00 am:</p> <ul style="list-style-type: none"> Exercise Class** - <i>Advanced</i> Men's Discussion Group Women's Discussion Group with Nurse Mindy <p>1:00 pm:</p> <ul style="list-style-type: none"> Adult Coloring Exercise Class** - <i>Beginners/Interm.</i> Canasta <p>1:30 pm:</p> <ul style="list-style-type: none"> "Empowerment" Discussion Group with <i>Olivia</i> 	<p>7</p> <p>9:00 am:</p> <ul style="list-style-type: none"> Exercise Class** Mahjong <p>9:30 am:</p> <ul style="list-style-type: none"> Let's Groove in the Radio Room <p>9:45 am:</p> <ul style="list-style-type: none"> Conversational Spanish w/Jo <p>10:00 am:</p> <ul style="list-style-type: none"> Tai Chi with June Computers w/Ken (Dining Room) <p>10:30 am:</p> <ul style="list-style-type: none"> Reminiscence Group <p>11:00 am:</p> <ul style="list-style-type: none"> Canasta Looming <p>11:15 am:</p> <ul style="list-style-type: none"> Line Dancing** <p>1:00 pm:</p> <ul style="list-style-type: none"> Canasta Cooking with Chef Roberto 	<p>8</p> <p>TRIP TO: VERDI'S</p> <p>9:00 am:</p> <ul style="list-style-type: none"> Arm Chair Yoga OATS Computer Class: Explore Tech <p>10:00 am:</p> <ul style="list-style-type: none"> Plastic Mesh Class Zumba Gold Mahjong Haircuts by Marilyn <p>10:30 am:</p> <ul style="list-style-type: none"> Bingo OATS Computer Class: Beyond the Basics <p>11:00 am:</p> <ul style="list-style-type: none"> Chair Yoga BP Monitoring <p>1:00 pm:</p> <ul style="list-style-type: none"> Body Conditioning** Adult Coloring 	<p>9</p> <p>9:30 am:</p> <ul style="list-style-type: none"> Men's Health Let's Groove in the Radio Room Tai Chi** <p>10:00 am:</p> <ul style="list-style-type: none"> Computers w/Ken Jewelry Making** Mahjong <p>11:00 am:</p> <ul style="list-style-type: none"> Diversity Program: Cinco de Mayo <p>11:30 am:</p> <ul style="list-style-type: none"> Creative Writing Men's Strength & Endurance <p>12:00 pm:</p> <ul style="list-style-type: none"> Wii Bowling <p>1:00 pm:</p> <ul style="list-style-type: none"> Current Events <p>1:30 pm:</p> <ul style="list-style-type: none"> Billiards <p>2:30 pm:</p> <ul style="list-style-type: none"> Exercise** 	<p>10</p> <p>MOTHER'S DAY CELEBRATION!</p> <p>9:00 am:</p> <ul style="list-style-type: none"> Exercise Class** OATS Computer Class: Explore Tech <p>10:00 am:</p> <ul style="list-style-type: none"> Quilting Class SAIL Fall Prevention Dance It Out 2** <p>10:30 am:</p> <ul style="list-style-type: none"> OATS Computer Class: Beyond the Basics <p>11:00 am:</p> <ul style="list-style-type: none"> Chair Yoga Bingo Nutrition Class <p>1:00 pm:</p> <ul style="list-style-type: none"> Body Sculpting - CANCELLED <p>1:30 pm:</p> <ul style="list-style-type: none"> Painting: Art Therapy** Bayside Glee Club

**Monday,
May 6, 2019**



Bring your maracas and sombreros and let's celebrate Cinco de Mayo together! Let us all enjoy a full day of delight! A spirited mariachi player will serenade us throughout the lunch hour. The contribution for this day is \$5.00 (includes breakfast, lunch, music and dessert).

8:30am Breakfast: OJ, Corn Muffin or Kaiser Roll with Margarine and Jelly, Strawberry/Banana Yogurt. Coffee or Tea

12:30pm Lunch: Apple Juice, Corn Chowder with Crackers, Chicken Fajitas, Spanish Rice Medley, Broccoli Florets, Rice Pudding

1:30pm Dessert: Vanilla Ice Cream w/warm Apple Cobbler

**Friday,
May 10, 2019**



Let's honor all mothers at a Mother's Day Celebration! A \$4.00 contribution (includes breakfast, lunch and dessert) entitles you to a day full of pleasure!

8:30am Breakfast: OJ, Croissants, Muffins, Bagels w/various spreads, Banana, Coffee or Tea

12:30pm Lunch: Oven Fried Chicken, Mashed Sweet Potatoes, Broccoli Florets, Soda, Chocolate Pudding

1:30pm:

Dessert: Cake & Ice Cream

Entertainment: Bayside Glee Club

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Line Dancing w/Harrison <p>9:45 am:</p> <ul style="list-style-type: none"> • Advisory Board Meeting <p>10:00 am:</p> <ul style="list-style-type: none"> • Knitting & Crocheting Class • SAIL Fall Prevention <p>11:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** - <i>Advanced</i> • Men's Discussion Group • Women's Discussion Group with Nurse Mindy <p>1:00 pm:</p> <ul style="list-style-type: none"> • Adult Coloring • Exercise Class** - <i>Beginners/Interm.</i> • Canasta <p>1:30pm:</p> <ul style="list-style-type: none"> • "Empowerment" Discussion Group with <i>Olivia</i> 	<p>14</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>9:30 am:</p> <ul style="list-style-type: none"> • <i>Let's Groove</i> in the Radio Room <p>9:45 am:</p> <ul style="list-style-type: none"> • Conversational Spanish w/Jo <p>10:00 am:</p> <ul style="list-style-type: none"> • Tai Chi w/June • Computers w/Ken (Dining Room) <p>10:30 am:</p> <ul style="list-style-type: none"> • Reminiscence Group <p>11:00 am:</p> <ul style="list-style-type: none"> • Canasta • Looming <p>11:15 am:</p> <ul style="list-style-type: none"> • Line Dancing** <p>1:00 pm:</p> <ul style="list-style-type: none"> • Canasta • SNAP Movie <p>Afternoon: <i>Green Book</i></p>	<p>15</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • <i>OATS Computer Class: Explore Tech</i> <p>10:00 am:</p> <ul style="list-style-type: none"> • Plastic Mesh Class • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Bingo • Health & Wellness Workshop <p>11:00 am:</p> <ul style="list-style-type: none"> • BP Monitoring <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Conditioning** • Adult Coloring 	<p>16</p> <p>9:30 am:</p> <ul style="list-style-type: none"> • Men's Health • Tai Chi** • <i>Let's Groove</i> in the Radio Room <p>10:00 am:</p> <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Open Recreation <p>11:30 am:</p> <ul style="list-style-type: none"> • Creative Writing • Wii Bowling • Men's Strength & Endurance <p>1:00 pm:</p> <ul style="list-style-type: none"> • Current Events <p>1:30 pm:</p> <ul style="list-style-type: none"> • Billiards • Doo Wop Show <p>2:30 pm:</p> <ul style="list-style-type: none"> • Exercise** 	<p>17</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** • <i>OATS Computer Class: Explore Tech</i> <p>10:00 am:</p> <ul style="list-style-type: none"> • Quilting Class • SAIL Fall Prevention • Dance It Out 2** <p>10:30 am:</p> <ul style="list-style-type: none"> • <i>OATS Computer Class: Beyond the Basics</i> <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • Bingo • Nutrition Class <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Sculpting <p>1:30 pm:</p> <ul style="list-style-type: none"> • Painting: Art Therapy**

Live well, Be well

Living a healthy lifestyle can have positive impacts on your state of mind. Get enough sleep, eat healthy foods, stay active, and surround yourself with positive people.

Try this *Sunshine Smoothie*:

- 1 cup plain nonfat yogurt
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp. vanilla extract
- 4 ice cubes

Directions: Place all ingredients in a blender and puree until smooth. Enjoy!!!!

80-45 Winchester Blvd Bldg 4
Queens Village, New York 11427

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

SNAP Innovative Senior Center Presents

WALK WITH EASE
Spring walking club

Beginning Wednesday, May 15th @ 1:30

For more information or to register see Mindy in the Health and Wellness office
Or call:
(718) 454-2100 Ext 116

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20 9:00 am:</p> <ul style="list-style-type: none"> Line Dancing w/Harrison <p>10:00 am:</p> <ul style="list-style-type: none"> Knitting & Crocheting Class SAIL Fall Prevention <p>11:00 am:</p> <ul style="list-style-type: none"> Exercise Class** - <i>Advanced</i> Men's Discussion Group Women's Discussion Group with Nurse Mindy <p>1:00 pm:</p> <ul style="list-style-type: none"> Adult Coloring Exercise Class** - <i>Beginners/Interm.</i> Canasta <p>1:30pm:</p> <ul style="list-style-type: none"> "Empowerment" Discussion Group with <i>Olivia</i> 	<p>21 9:00 am:</p> <ul style="list-style-type: none"> Exercise Class** <p>9:30 am:</p> <ul style="list-style-type: none"> Let's Groove in the Radio Room <p>9:45 am:</p> <ul style="list-style-type: none"> Conversational Spanish w/Jo <p>10:00 am:</p> <ul style="list-style-type: none"> Menu Committee Meeting Tai Chi with June Computers w/Ken (Dining Room) <p>10:30 am:</p> <ul style="list-style-type: none"> Reminiscence Group <p>11:00 am:</p> <ul style="list-style-type: none"> Performance: Show Choir Canasta for Beginners Looming <p>11:15 am:</p> <ul style="list-style-type: none"> Line Dancing** <p>1:00 pm:</p> <ul style="list-style-type: none"> Canasta 	<p>22 9:00 am:</p> <ul style="list-style-type: none"> Arm Chair Yoga OATS Computer Class: Explore Tech <p>10:00 am:</p> <ul style="list-style-type: none"> Plastic Mesh Class Zumba Gold Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> Bingo OATS Computer Class: Beyond the Basics <p>11:00 am:</p> <ul style="list-style-type: none"> Chair Yoga BP Monitoring <p>1:00 pm:</p> <ul style="list-style-type: none"> Body Conditioning** Adult Coloring 	<p>23 9:30 am:</p> <ul style="list-style-type: none"> Men's Health Tai Chi** Let's Groove in the Radio Room <p>10:00 am:</p> <ul style="list-style-type: none"> Computers w/Ken Jewelry Making** Mahjong Haircuts by Marilyn <p>10:30 am:</p> <ul style="list-style-type: none"> Open Recreation <p>11:00 am:</p> <ul style="list-style-type: none"> Sing Along w/Steph Men's Strength & Endurance <p>11:30 am:</p> <ul style="list-style-type: none"> Creative Writing Wii Bowling <p>1:00 pm:</p> <ul style="list-style-type: none"> Current Events <p>1:30 pm:</p> <ul style="list-style-type: none"> Billiards <p>2:30 pm:</p> <ul style="list-style-type: none"> Exercise** 	<p>24 8:30 am:</p> <ul style="list-style-type: none"> Memorial Day Breakfast <p>9:00 am:</p> <ul style="list-style-type: none"> Exercise Class** OATS Computer Class: Explore Tech <p>10:00 am:</p> <ul style="list-style-type: none"> Quilting Class SAIL Fall Prevention Dance It Out 2** <p>10:30 am:</p> <ul style="list-style-type: none"> OATS Computer Class: Beyond the Basics <p>11:00 am:</p> <ul style="list-style-type: none"> Chair Yoga Bingo Caregiver Program Nutrition Class <p>1:00 pm:</p> <ul style="list-style-type: none"> Body Sculpting <p>1:30 pm:</p> <ul style="list-style-type: none"> Painting: Art Therapy**

MEMORIAL DAY BBQ CELEBRATION!

Friday, May 24, 2019

Let's celebrate Memorial Day with an optional Patriotic Breakfast and a traditional style Barbecue Lunch.

8:30am Breakfast (\$1.50 Contribution): OJ, Red, White & Blueberry high stack of pancakes w/various toppings, Coffee or Tea

Cognizant of the sacrifices that many men and women made for this country we will pause to give thanks before enjoying a **delicious lunch** of:


- Hamburger or Cheeseburger on a Whole Wheat Bun
- Hot Dog with Sauerkraut on a Whole Wheat Bun
- Baked Beans
- Corn on the Cob
- Soda
- Watermelon
- Ice Cream Sandwich



SHOW CHOIR PERFORMANCE

When
TUESDAY, MAY 21, 2019
11AM-12PM

Please join us in the multi-purpose room as Show Choir Students from the Queens School of Inquiry sing and dance to popular songs from the 1950's, 60's, 70's, 80's, 90's, and present day! We can't wait to see you there.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p style="text-align: center;">SNAP CLOSED</p> 	<p>28</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>9:30 am:</p> <ul style="list-style-type: none"> • Let's Groove in the Radio Room <p>9:45 am:</p> <ul style="list-style-type: none"> • Conversational Spanish w/Jo <p>10:00 am:</p> <ul style="list-style-type: none"> • Tai Chi with June • Computers w/Ken (Dining Room) <p>10:30 am:</p> <ul style="list-style-type: none"> • Reminiscence Group • MAY Birthday Celebration w/Frank Ambrosio <p>11:00 am:</p> <ul style="list-style-type: none"> • Canasta for Beginners • Looming <p>11:15 am:</p> <ul style="list-style-type: none"> • Line Dancing** <p>1:00 pm:</p> <ul style="list-style-type: none"> • Canasta 	<p>29</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Arm Chair Yoga • OATS Computer Class: Explore Tech <p>10:00 am:</p> <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Bingo • OATS Computer Class: Beyond the Basics <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Conditioning** • Adult Coloring 	<p>30</p> <p style="text-align: center;">All morning classes are canceled due to the Annual Health Fair</p> <p>1:00 pm:</p> <ul style="list-style-type: none"> • Current Events <p>1:30 pm:</p> <ul style="list-style-type: none"> • Billiards <p>2:30 pm:</p> <ul style="list-style-type: none"> • Exercise** 	<p>31</p> <p style="text-align: center;">TRIP TO: SOCRATES SCULPTURE PARK</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** • OATS Computer Class: Explore Tech <p>10:00 am:</p> <ul style="list-style-type: none"> • Quilting Class • SAIL Fall Prevention • Dance It Out 2** <p>10:30 am:</p> <ul style="list-style-type: none"> • OATS Computer Class: Beyond the Basics <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • Bingo • Caregiver Program • Nutrition Class <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Sculpting – CANCELLED • Chinese American Dance Celebration (\$2/pp) <p>1:30 pm:</p> <ul style="list-style-type: none"> • Painting: Art Therapy**

HEALTH EXPO

Thursday, May 30th 10:00AM-1:00PM

www.snapqueens.org



Screenings, blood pressure monitoring and Informative seminars on living a heart healthy lifestyle!

Participating organizations offering home health care, rehabilitation services, legal services, Medicare and prescription plans, and programs for the hearing and visually impaired

718-454-2100



Over 25 Health Care Providers

Free Continental Breakfast

A Delicious Hot Lunch Served Daily for a Suggested Contribution



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