

SNAP BROOKVILLE NEIGHBORHOOD SENIOR CENTER

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2019 NEWSLETTER

May is the third and last month of Spring and the next stop is summer. With Summer fast approaching, this is the time of year when some people start trying to get in better physical shape. This is very apropos for May since it is National Physical Fitness & Sports Month!

One of the best gifts that we as older adults can give to our children is taking care of our health and wellness, by exercising and following a healthy eating regimen. For those of us who are being cared for by our children, this would help to make their lives easier. This is also one of the best gifts we can give to ourselves.

It is never too late to start an exercise routine. You should first consult your doctor. Then whether you choose to walk, do some weight training or ride a bike, start slowly and work in intervals. Following are some of the benefits you can gain from exercise:

- Increased bone density – With denser bones, if you happen to fall, you are less likely to break a bone.
- Helps to improve your balance – With better balance you are less likely to fall.
- Reduces chances of developing high blood pressure, high cholesterol, diabetes, stroke or heart attack. If you already suffer from any of these, exercise can help to reduce the affect it has on your life.
- Improves your mood

All of the above puts you in a win, win situation! So make May the month you start an exercise program and start on the journey of a better quality of life through fitness! Happy and Blessed May!



Blessings, Peace & Fitness,
SANDRA

SENIOR CENTER LUNCHEON MENU MAY 2019



Lunch is served from 12:00 pm - 1:00pm, Monday - Friday.
Salads need to be ordered before 11:00am

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
		1 Tuna Fish Salad Chickpea Salad Cucumber & Tomato Salad	2 Chili Con Carne Brown Rice Brussel Sprouts	3 Turkey Breast Mashed Butternut Squash Broccoli Florets
6 Chicken Fajitas Spanish Rice Broccoli Florets	7 Salisbury Steak Egg Noodles Spinach	8 Fish Fillets Brown Rice Pilaf California Blend	9 Italian Meatballs Spaghetti Green Peas	10 Oven Fried Chicken Mashed Sweet Potatoes Broccoli w/Garlic
13 Cauliflower Chickpea Bulgar Bake Mixed Vegetables	14 Loin of Pork Mashed Potatoes Red Cabbage	15 Mushroom Chicken Noodles & Cabbage Carrots	16 Lemon Pepper Fish Brown Rice Pilaf Broccoli w/ Garlic	17 Roast Baked Potato Spinach
20 Baked Fish with Garlic Sauce Roasted Potatoes Brussel Sprouts	21 Chicken Parmigiana Spaghetti Peas and Carrots	22 Cheese Ravioli Italian Blend Veggies	23 Meatloaf Mashed Potatoes Spinach	24 Hamburger or Cheeseburger Hot Dog Baked Beans Corn-on-the-Cob
27 	28 Beef Stroganoff Egg Noodles Mixed Vegetables	29 Turkey Breast Baked Sweet Potato Green Beans	30 Breaded Chicken Cutlet Egg Barley & Mushrooms Spinach	31 Baked Ziti Meatballs Italian Blend Veg.

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!!!!

WEEKLY ACTIVITIES FOR MAY 2019

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

		WEDNESDAY	THURSDAY	FRIDAY	
 		 	<p>1 9 am –3 pm: Table Pool</p> <p>10 am</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>10:30 am:</p> <ul style="list-style-type: none"> • Walk with Ease • Sewing Club • Book Club • Intergenerational Program: <i>PS195</i> <p>1 pm: Bingo</p>	<p>2 9 am– 3pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • 2D/3D Art Program <p>10:30 am:</p> <ul style="list-style-type: none"> • Tai Chi for Arthritis <p>11 am:</p> <ul style="list-style-type: none"> • *Yoga • *Bingo <p>12pm: Lunch & Learn</p> <p>1:15 pm: *Aerobic/Strength Training</p> <p>2pm: Creative Writing</p>	<p>3 9 am –3 pm: <i>Table Pool Tournament</i></p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>11am:</p> <ul style="list-style-type: none"> • Line Dance w/Roselle* • Bingo <p>1:15 pm: *Aerobic/Strength Training *</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>6 TRIP: THE DRIFTERS</p> <p>9 am –3 pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>10:30 am:</p> <ul style="list-style-type: none"> • Women’s Discussion Group* • Tai Chi for Arthritis <p>11 am:</p> <ul style="list-style-type: none"> • Chair/Standing Exercise w/Jewel* <p>1 pm: Bingo</p>	<p>7 9 am –3 pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Crocheting Club • Dominoes • Creative Writing • Jewelry Club <p>11:00 am: Zumba*</p> <p>1 pm: Bingo</p>	<p>8 SENIOR ADVOCACY DAY</p> <p>9 am –3 pm: Table Pool</p> <p>10 am</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>10:30 am:</p> <ul style="list-style-type: none"> • <i>Federated Blocks of Laurelton – Mr. Glover</i> • Walk with Ease • Book Club • Sewing Club <p>1 pm: Bingo</p>	<p>9 9 am– 3pm: Table pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • 2D/3D Art Program <p>10:30 am:</p> <ul style="list-style-type: none"> • Tai Chi for Arthritis <p>11 am:</p> <ul style="list-style-type: none"> • Yoga* • Bingo • Pool Tournament: Brookville vs. Queens Village <p>12pm: Lunch & Learn W/Becky</p> <p>1:15 pm: *Aerobic/Strength Training *</p> <p>2pm: Creative Writing</p>	<p>10 9 am –3 pm: <i>Table Pool Tournament</i></p> <p>10 am:</p> <ul style="list-style-type: none"> • <i>Mother’s Day Manicures</i> • Card Playing • Dominoes <p>11am:</p> <ul style="list-style-type: none"> • Line Dance w/Roselle* • Bingo <p>1:15 pm: *Aerobic/Strength Training *</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13 9 am – 3pm Table Pool</p> <p>10am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>10:30 am:</p> <ul style="list-style-type: none"> • Women’s Discussion Group • Tai Chi for Arthritis <p>11 am: Chair/Standing Exercise w/Jewel*</p> <p>1 pm: Bingo</p>	<p>14 9 am –3pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Crocheting Club • Dominoes • Creative Writing • Jewelry Club <p>11:00 am: Zumba*</p> <p>1 pm: Bingo</p>	<p>15 9am – 3 pm: Table Pool</p> <p>10am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • <u>Haircuts by Marilyn</u> <p>10:30 am</p> <ul style="list-style-type: none"> • Walk with Ease - CANCELLED • Book club • Sewing Club • <i>Intergenerational Program: PS195</i> <p>12pm:</p> <ul style="list-style-type: none"> • May Birthday Party with Live DJ & Dancing • SNAP Jewelry Sale 	<p>16 9 am– 3 pm: Table pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • 2D/3D Art Program <p>10:30am:</p> <ul style="list-style-type: none"> • Tai Chi for Arthritis- CANCELLED <p>11am:</p> <ul style="list-style-type: none"> • *Yoga • Bingo* <p>12pm: Lunch & Learn W/Becky</p> <p>1:15 pm: *Aerobic/Strength Training *</p> <p>2pm: Creative Writing</p>	<p>17 9 am – 3 pm: <u>Table Pool Tournament</u></p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>11:15 am:</p> <ul style="list-style-type: none"> • *Line Dance w/Roselle • *Bingo <p>1:15 pm: *Aerobic/Strength Training *</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20 9 am – 3 pm: Table pool</p> <p>10am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • Women’s Discussion Group <p>10:30am:</p> <ul style="list-style-type: none"> • *Sewing Club • Tai Chi for Arthritis - CANCELLED <p>11 am: *Chair/Standing Exercise w/Jewel*</p> <p>1 pm: Bingo</p>	<p>21 BAKE SALE</p> <p>9 am – 3 pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Crocheting Club • Dominoes • Creative Writing • Jewelry Club <p>1 pm: Bingo</p>	<p>22 TRIP: MT. AIRY CASINO: MOTOWN YEARS</p> <p>9am – 3pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>10:30am</p> <ul style="list-style-type: none"> • Walking with Ease - CANCELLED • Book Club* • Sewing Club 	<p>23 9 am– 3 pm: Table pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • 2D/3D Art Program8 <p>10:30am:</p> <ul style="list-style-type: none"> • Tai Chi for Arthritis - CANCELLED <p>11am:</p> <ul style="list-style-type: none"> • Bingo <p>12pm: Lunch & Learn W/Becky</p> <p>1:15 pm: *Aerobic/Strength Training *</p> <p>2pm: Creative Writing</p>	<p>24 9 am – 3 pm: <u>Table Pool Tournament</u></p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>11:15 am:</p> <ul style="list-style-type: none"> • *Line Dance w/Roselle • *Bingo <p>1:15 pm: *Aerobic/Strength Training *</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>CENTER CLOSED FOR MEMORIAL DAY</p> 	<p>28</p> <p>9 am – 3 pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • CENTER MOVIE DAY • Card Playing • Crocheting Club • Dominoes • Jewelry Club <p>1 pm: Bingo*</p>	<p>29</p> <p>9am – 3pm: Table Pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>10:30am</p> <ul style="list-style-type: none"> • Walk with Ease • Sewing club • Book Club • Intergenerational Program w/PS 195 <p>12pm:</p> <ul style="list-style-type: none"> • <i>Hofstra University's Health Awareness Presentation</i> 	<p>30</p> <p>9 am– 3 pm: Table pool</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes • 2D/3D Art Program • DOCUMENT SHRED DAY <p>10:30am:</p> <ul style="list-style-type: none"> • Tai Chi for Arthritis <p>11am:</p> <ul style="list-style-type: none"> • Bingo • PRESENTATION: Mitchell Rabbino National Healthcare Decisions Day <p>12pm: Lunch & Learn W/Becky</p> <p>1:15 pm:</p> <ul style="list-style-type: none"> *Aerobic/Strength Training * <p>2pm: Creative Writing</p>	<p>31</p> <p>9 am – 3 pm: Table Pool Tournament</p> <p>10 am:</p> <ul style="list-style-type: none"> • Card Playing • Dominoes <p>11:15 am:</p> <ul style="list-style-type: none"> *Line Dance w/Roselle *Bingo <p>12pm:</p> <ul style="list-style-type: none"> Elizabeth Madison's Nutritional Presentation <p>1:15 pm:</p> <ul style="list-style-type: none"> *Aerobic/Strength Training *



SNAP BROOKVILLE
EXCITING UPCOMING TRIPS

Date	Trip Name & Location	Price
Wednesday, May 22 nd , 2019	Mt. Airy Lodge Casino Motown Show & Free Play	\$86.00/pp
Wednesday, June 12, 2019	City Island Crab Shanty Restaurant	\$71.00/pp
Friday, July 12 th , 2019	Medieval Times	\$78.00/pp

Thank You!

The seniors of SNAP Brookville would like to give a special "Thank You" to Councilman Donovan Richards for the SU CASA creative arts programs that he again, so generously granted our center!



City Advocacy Day
Wed., May 8, 2019
City Hall

- ✓ **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 Sandra or Cathy to sign up.
- ✓ SNAP transportation will be provided!



Mental Health Matters

May is Mental Health Month. Your feelings and outlook affect your mental well-being, so strive to let go of negative emotions.

- **Focus on now and what's happening in the present.**

Do your best to let go of the past and not worry too much about the future.

- **Take a walk and enjoy the great outdoors.** Both exercise and nature are good for mental well-being.

- **Do things that make you feel good.** Try spending time with close friends or volunteering for your favorite community organization.

- **Understand that it's ok to get help if you struggle with your emotions.**

Talk to a trusted friend or family member. If you still struggle seek out a mental health therapist.

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



Free Continental Breakfast
A Delicious Hot Lunch Served Daily for a Suggested Contribution



Over 25 Health Care Providers



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