

JUNE 2019 – MONTHLY SCHEDULE BY WEEK

** Represents classes where suggested donation is requested

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <div style="background-color: #e0e0e0; padding: 5px; text-align: center;"> TRIP: Museum of Natural History </div> 9:00 am: <ul style="list-style-type: none"> Line Dancing w/Harrison 10:00 am: <ul style="list-style-type: none"> Knitting & Crocheting Class SAIL - Fall Prevention 11:00 am: <ul style="list-style-type: none"> Exercise Class** - Advanced Men's Discussion Group Women's Discussion Group with Nurse Mindy 1:00 pm: <ul style="list-style-type: none"> Adult Coloring Exercise Class** - Beginners/Interm. Canasta 	4 9:00 am: <ul style="list-style-type: none"> Exercise Class** Mahjong 9:30 am: <ul style="list-style-type: none"> Let's Groove in the Radio Room 9:45 am: <ul style="list-style-type: none"> Conversational Spanish w/Jo 10:00 am: <ul style="list-style-type: none"> Tai Chi with June Computers w/Ken (Dining Room) 10:30 am: <ul style="list-style-type: none"> Reminiscence Group 11:00 am: <ul style="list-style-type: none"> Canasta Looming 11:15 am: <ul style="list-style-type: none"> Line Dancing** 1:00 pm: <ul style="list-style-type: none"> Canasta 	5 9:00 am: <ul style="list-style-type: none"> Breakfast with Friends Arm Chair Yoga 10:00 am: <ul style="list-style-type: none"> Haircuts by Marilyn Plastic Mesh Class Zumba Gold Mahjong 10:30 am: <ul style="list-style-type: none"> Bingo 11:00 am: <ul style="list-style-type: none"> Chair Yoga BP Monitoring 1:00 pm: <ul style="list-style-type: none"> Body Conditioning** Adult Coloring 1:30 pm: <ul style="list-style-type: none"> Walking Club: Walk with Ease 	6 9:30 am: <ul style="list-style-type: none"> Men's Health Let's Groove Tai Chi** 10:00 am: <ul style="list-style-type: none"> Computers w/Ken Jewelry Making** Mahjong 11:00 am: <ul style="list-style-type: none"> Sing Along w/Steph 11:30 am: <ul style="list-style-type: none"> Creative Writing Men's Strength & Endurance 12:00 pm: <ul style="list-style-type: none"> Wii Bowling 1:00 pm: <ul style="list-style-type: none"> Current Events 1:30 pm: <ul style="list-style-type: none"> Billiards SNAP's Annual Art Exhibit 2:30 pm: <ul style="list-style-type: none"> Exercise** 	7 9:00 am: <ul style="list-style-type: none"> Exercise Class** 10:00 am: <ul style="list-style-type: none"> Quilting Class SAIL Fall Prevention Dance It Out 2** 11:00 am: <ul style="list-style-type: none"> Chair Yoga Bingo 1:00 pm: <ul style="list-style-type: none"> Body Sculpting 1:30 pm: <ul style="list-style-type: none"> Painting: Art Therapy**



Friday, June 7, 2019

The birds are chirping with delight and the angels are singing today ladies and gentleman! It's National Donut Day! On the first Friday of June in 1938, the good folks at the Salvation Army in Chicago created this holiday as a way to raise funds for World War 1. These days we keep the tradition alive by raising fun for our pleasure.

Enjoy a free donut today with every cup of coffee or tea purchased at the SNAP coffee Club!

Happy National Donut Day everyone!

BREAKFAST WITH FRIENDS Wednesday, June 5, 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 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>10 9:00 am: <ul style="list-style-type: none"> Line Dancing w/Harrison 10:00 am: <ul style="list-style-type: none"> Knitting & Crocheting Class SAIL - Fall Prevention Trip Committee Meeting 11:00 am: <ul style="list-style-type: none"> Exercise Class** - Advanced Men's Discussion Group Women's Discussion Group with Nurse Mindy 1:00 pm: <ul style="list-style-type: none"> Adult Coloring Exercise Class** - Beginners/Interm. Canasta </p>	<p>11 <div style="background-color: #cccccc; padding: 5px; text-align: center;"> TRIP: Randall's Island </div> 9:00 am: <ul style="list-style-type: none"> Exercise Class** Mahjong 9:30 am: <ul style="list-style-type: none"> Let's Groove in the Radio Room 9:45 am: <ul style="list-style-type: none"> Conversational Spanish w/Jo 10:00 am: <ul style="list-style-type: none"> Tai Chi with June Computers w/Ken (Dining Room) 10:30 am: <ul style="list-style-type: none"> Reminiscence Group 11:00 am: <ul style="list-style-type: none"> Canasta Looming 11:15 am: <ul style="list-style-type: none"> Line Dancing** 1:00 pm: <ul style="list-style-type: none"> Canasta </p>	<p>12 9:00 am: <ul style="list-style-type: none"> Arm Chair Yoga OATS Computer Class: Explore Tech 10:00 am: <ul style="list-style-type: none"> Haircuts by Marilyn Plastic Mesh Class Zumba Gold Mahjong 10:30 am: <ul style="list-style-type: none"> Bingo OATS Computer Class: Beyond the Basics 11:00 am: <ul style="list-style-type: none"> Chair Yoga BP Monitoring 1:00 pm: <ul style="list-style-type: none"> Body Conditioning** Adult Coloring 1:30 pm: <ul style="list-style-type: none"> Walking Club: <i>Walk with Ease</i> </p>	<p>13 9:30 am: <ul style="list-style-type: none"> Men's Health Let's Groove in the Radio Room Tai Chi** 10:00 am: <ul style="list-style-type: none"> Computers w/Ken Jewelry Making** Mahjong 11:00 am: <ul style="list-style-type: none"> Diversity Program: Gay Pride Celebration 11:30 am: <ul style="list-style-type: none"> Creative Writing Men's Strength & Endurance 12:00 pm: <ul style="list-style-type: none"> Wii Bowling 1:00 pm: <ul style="list-style-type: none"> Current Events 1:30 pm: <ul style="list-style-type: none"> Billiards 2:30 pm: <ul style="list-style-type: none"> Exercise** </p>	<p>14 <div style="background-color: #cccccc; padding: 5px; text-align: center;"> FATHER'S DAY CELEBRATION! </div> 9:00 am: <ul style="list-style-type: none"> Exercise Class** OATS Computer Class: Explore Tech 10:00 am: <ul style="list-style-type: none"> Quilting Class SAIL Fall Prevention Dance It Out 2** 10:30 am: <ul style="list-style-type: none"> OATS Computer Class: Beyond the Basics 11:00 am: <ul style="list-style-type: none"> Su Casa Final Show Chair Yoga- CANCELLED Bingo 1:00 pm: <ul style="list-style-type: none"> Body Sculpting 1:30 pm: <ul style="list-style-type: none"> Painting: Art Therapy** </p>



CELEBRATION!!



Let's get together to honor and celebrate all the fathers with a hearty day of celebration at SNAP. A \$5.00 contribution entitles you to the following:

9:00 am Breakfast: Orange Juice, Kaiser Roll, Croissant or Bagel with Margarine, Cream Cheese & Jelly Assorted Danish, Banana, Coffee, Tea, Hot Chocolate

11:00 am Entertainment: Drama Performance presented by the Su Casa Group

12:30 pm Lunch: Turkey Breast with Cranberry Sauce, Baked Sweet Potato, Broccoli Florets, Soda. Chocolate Pudding with Cool Whip

1:30 pm Dessert: Brownies and Ice Cream

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17</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 Beautiful Me Program <p>1:00 pm:</p> <ul style="list-style-type: none"> • Adult Coloring • Exercise Class** - <i>Beginners/Interm.</i> • Canasta 	<p>18</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 w/June • Computers w/Ken - (CANCELLED) <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: Aquaman</p>	<p>19</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • OATS Computer Class: Explore Tech <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 • OATS Computer Class: Beyond the Basics <p>11:00 am:</p> <ul style="list-style-type: none"> • "Bring a Friend" Event! • BP Monitoring <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Conditioning** • Adult Coloring <p>1:30 pm:</p> <ul style="list-style-type: none"> • Walking Club: Walk with Ease 	<p>20</p> <p>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 - (CANCELLED) • Jewelry Making** • Mahjong <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 <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 <p>2:30 pm:</p> <ul style="list-style-type: none"> • Exercise** 	<p>21</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 <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**

Self-Esteem
RISING



HANCE FAMILY
FOUNDATION

BEAUTIFUL ME! Monday, June 17, 2019

What is Beautiful Me? It is an educational self-esteem program for females of all ages! Females from 5 through 105 years old learn how to think about themselves with confidence and greater insight.

Join us, Monday, June 17th at 11:00am during the Women's Discussion Group to participate in this wonderful program and discussion group which will include a series of activities & discussions to encourage & empower participants.



BRING A FRIEND DAY! Wednesday, June 19, 2019

Mark your calendars on Wednesday, June 19th as a day to bring a new friend to SNAP. The two of you can enjoy the day's programs and activities and a delicious SNAP lunch.

You – the SNAP participant will receive a free **"Scratch Off"** ticket and your friend will receive a voucher for a free lunch at SNAP.

You will both have a wonderful day learning, socializing and eating healthy food. You will walk away nourished and content from SNAP. Let's all work together to help our senior center grow.

Please see Nina or Betty to sign up in advance.
SNAP – The place to be for healthy aging and lifelong learning!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>24</p> <p>TRIP: Culinary Institute</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 <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 <i>Beautiful Me Program</i> <p>1:00 pm:</p> <ul style="list-style-type: none"> Adult Coloring Exercise Class** - <i>Beginners/Interm.</i> Canasta 	<p>25</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 with June Computers w/Ken - (CANCELLED) <p>10:30 am:</p> <ul style="list-style-type: none"> <i>June Birthday Celebration with Russell!</i> Reminiscence Group <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>26</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>27</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 - (CANCELLED) Jewelry Making** Mahjong <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>28</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 <p>1:30 pm:</p> <ul style="list-style-type: none"> Painting: Art Therapy**

EATING FOR BETTER OVERALL HEALTH

Be mindful of the foods that you choose to eat. Healthy food choices help to improve your general health and well-being!

- Choose foods high in protein:** Lean meats, poultry, fish, Low-fat milk, cheese, yogurt, egg whites, tofu
- Eat foods with complex carbs:** Whole grain breads, cereals, pasta, beans, lentils, chickpeas, peas
- Add foods that contain healthy fats:** Nuts (almonds, peanuts, walnuts), Fatty fish (salmon, tuna, trout, sardines), Seeds (sunflower, sesame), Healthy oils (olive, canola, sunflower, corn, safflower)
- Eat foods high in vitamins, minerals, and fiber:** Choose fruits and vegetables in a rainbow of colors to cover more of your nutritional needs.
- Drink 6 to 8 cups of water,** or other fluids every day.

