**Services Now for Adult Persons, Inc.**

SNAP OF EASTERN QUEENS INNOVATIVE SENIOR CENTER
80-45 WINCHESTER BLVD., BLDG. #4, CBU #29
QUEENS VILLAGE, N.Y. 11427
T: (718) 454-2100  W: www.snapqueens.org

PAOLA MICELI, MPA, CEO/PRESIDENT
MARIAN LEWEK, LMSW, CHIEF OPERATING OFFICER
COREY BEARAK, ESQ., EXECUTIVE BOARD CHAIR
NINA BHOLA, MA, CENTER DIRECTOR

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*MARCH NEWSLETTER*

**SPEAKING FROM THE HEART**

It is February and we only need to look around in the store windows to see that it is a time for hearts and flowers and words of love. In order that each of us can plant the seeds of love, we must first and foremost invest in the nurturance of our own heart and soul. Have you cleared away the weeds of self-doubt and made space for warm and satisfying feelings to take root? Have you opened your heart to receive the blessings of unconditional love? Can you embrace your own unique style with genuine self-acceptance?

If you want to feel love, then you need to sow love. Reach out to those whom you care the most about and love them as you want to be loved. For what is love other than the comfort of a positive feeling of affection, respect, acceptance and simple caring about the physical, emotional, spiritual and psychological well-being of another person. Love allows us to hold on without doubt, hesitation or judgement. Mostly, love is tender and kind.

Love is meant to be experienced. When we focus on the goodness present in the other person, then love will flow. Love is an opportunity for togetherness: the sharing of joy or sorrow as one, the opening of your heart to understand each other, the provision of uncensored emotional space for one another ---that is love.

Love begins with a nurturing of the self. We are each but a seed with the potential to blossom into full beauty. To love yourself is to practice self-care. Nurture your body, your emotions and your mind.... pay close attention to your quiet thoughts and feelings and enjoy simply being in the moment. As you breathe in the tranquility of peace you will allow space for lovingkindness.

Let us not miss an opportunity to give a hug, smell a lovely flower, watch a grandchild at play, listen, understand, and appreciate another person. Let us reach out to another human being with genuine caring and without thinking about “what’s in it for me”. Life is too precious and much too short to be without the pleasures of love, friendship and companionship. Let us each begin with kindness.... and pass it on. May we find the expression of our warm words returned in kind and feel the secure and tender embrace of heartfelt love.

*With love, Marian*
Senior Center Luncheon Menu - FEBRUARY 2020

**Monday, Tuesday & Wednesday**, lunch is served from 12:00pm – 1:00pm

**Thursday & Friday**, lunch is served from 12:30pm – 1:30pm

The suggested donation is $2.50. Your support is greatly appreciated and helps sustain our program! Please note, menus are subject to change without notice.

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
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<td>3</td>
<td>Chicken Parmigiana Spaghetti</td>
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<td></td>
<td>Italian Blend</td>
<td>Pot Roast</td>
<td>Apricot Glazed Fish Egg Barley &amp; Mushrooms</td>
<td>Turkey Breast</td>
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<td>Mashed Potatoes</td>
<td>Zucchini</td>
<td>Baked Sweet Potatoes</td>
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<td>Whole Baby Carrots</td>
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<td>Green Beans</td>
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<td>Salisbury Steak</td>
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<td>Cauliflower &amp; Potato Mash Spinach</td>
<td>Tuna Fish Salad,</td>
<td>Italian Meatballs Spaghetti Broccoli Florets</td>
<td>Oven Fried Chicken</td>
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<td>Hard Boiled Egg</td>
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<td>Roasted Potatoes</td>
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<td>Pasta Primavera</td>
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<td>Whole Baby Carrots</td>
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<td>Garden Salad</td>
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<td>17</td>
<td>SNAP Closed for President’s Day.</td>
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<td>Pork Loin</td>
<td>Chicken Cacciatore Penne California Blend</td>
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<td>Red Cabbage w/Apples</td>
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<td>Turkey Salad,</td>
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<td>Mashed Potatoes w/Baby Spinach</td>
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<td>Salmon Cakes</td>
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<td>Peas and Carrots</td>
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<td>Stewed Okra &amp; Tomatoes</td>
<td>Mixed Vegetables</td>
<td>Brussel Sprouts</td>
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During the season of Lent, Baked Fish will be available every Friday beginning Friday, February 28th. If you want the fish lunch, please sign up for this alternative at Lunch Table #3. Thank you!

Please let us hear your comments about SNAP meals. Your feedback is important and helps to determine how we can improve our lunch meals. You can always speak with Marian to discuss menus and meals, or speak with any member of the Menu Committee – Lenore Feinstein, Roz Kleinman, Nancy Kirsch, Stanley Starr, Denise Taylor, Pat Murray, and Jane Lynch.
**FEBRUARY 2020 – MONTHLY SCHEDULE BY WEEK**

**Represents classes where suggested donation is requested**

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<th>MONDAY</th>
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<td>● Exercise Class**</td>
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<td>● Men’s Health</td>
<td>● Exercise Class**</td>
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<td>10:00 am:</td>
<td>● Mahjong</td>
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<td>● Let’s Groove in the Radio Room</td>
<td>● Knitting &amp; Crocheting Class</td>
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<td>● Knitting &amp; Crocheting Class</td>
<td>● Spanish Class</td>
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<td>● Arm Chair Yoga</td>
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<td>● SAIL - Fall Prevention</td>
<td>● Tai Chi with June</td>
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<td>● Tai Chi**</td>
<td>● Quilting Class</td>
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<td>● Meditation</td>
<td>● Computers w/Ken</td>
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<td>● Computers w/Ken</td>
<td>● SAIL - Fall Prevention</td>
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<td>11:00 am:</td>
<td>● Reminiscence Group</td>
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<td>● Sing Along w/Steph</td>
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<td>● Men’s Discussion Group</td>
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<td>● Creative Writing</td>
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<td>● Women’s Discussion Group</td>
<td>● BP Monitoring</td>
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<td>● Men’s Strength &amp; Endurance</td>
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<td>● Guided Meditation w/Ben</td>
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<td>● Canasta</td>
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<td>● Lunch &amp; Learn w/Nurse Mindy</td>
<td>● Painting: Freestyle Paint</td>
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<td>● Looming</td>
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<td>● Bridge Game</td>
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**February 3 - 7, 2020**

This week is designated “**Pride in Foodservice Week**” by the Association of Nutrition & Foodservice Professionals (ANFP). This recognition week applauds nutrition and foodservice professionals and other members of the team for their hard work and dedication on the job. Now in its 29th year, Pride in Foodservice Week will be celebrated across the country.

SNAP is most fortunate to have such a dedicated and skilled food service team. Let us each express our gratitude and appreciation for their talents and abilities. You fill us up with love and a delicious and nutritional lunch!!!!!!

**Thank you!!**

to our SNAP of Eastern Queens food service staff:

*Tomas * Frantz * Flory * Bill * Mike*

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**BREAKFAST WITH FRIENDS**

**Wednesday, February 5, 2020**

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 & Rolls with various spreads
- Assorted Pastries or Donuts
- Banana
- Orange Juice, Coffee or Tea
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** Valentine’s Day Party!**

9:00 am:        |                 |
| Exercise Class**|                 |
10:00 am:       |                 |
| Quilting Class  |                 |
| SAIL - Fall     | Prevention      |
11:00 am:       |                 |
| Chair Yoga      |                 |
| Bingo           |                 |
1:00 pm:        |                 |
| Body Sculpting  |                 |
1:30 pm:        |                 |
| Painting: Freestyle Paint | |

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** DIVERSITY DAY **

**Thursday, February 13, 2020**

February has been designated Black History Month to allow all Americans to commemorate the achievements of prominent African Americans through the country’s history. Join us for a breakfast followed by a program at 11:00am to learn and discuss the accomplishments of African Americans in the world of arts, culture, government and sports. We will enjoy a dessert table of tasty southern “soul food” sweets.

9:00am Breakfast:
- Orange Juice
- Chicken & Waffles with Breakfast Syrup
- Lemon Pound Cake
- Banana or Tangerine
- Coffee, Tea or Hot Chocolate

11:00am: Educational Workshop & Sample Tasty Treats: Banana Pudding *(homemade by Nina)* & Pecan Pie

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**Friday, February 14, 2020**

Join your friends at SNAP as we celebrate Valentine’s Day ($5.00 per person)

9:00am Breakfast:
- Orange Juice & Coffee, Tea or Hot Chocolate
- Assorted Muffins, Scones and Croissants with Margarine & Jelly
- Yogurt
- Banana

10:30am Entertainment: Enjoy musical entertainment for your listening and dancing pleasure by Musicfest.

12:30pm Luncheon:
- Pineapple Juice & Soda or Water
- Oven Fried Chicken w/Roasted Potatoes & Whole Baby Carrots
- Multigrain Bread with Margarine
- Chocolate Pudding & Chocolate Candy Kisses

1:30pm Dessert: Brownie & Ice Cream
**MONDAY**
17

SNAP CLOSED FOR PRESIDENT’S DAY

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**TUESDAY**
18
9:00 am:
- Exercise Class**
9:30 am:
- *Let’s Groove* in the Radio Room
9:45 am:
- Spanish Class
10:00 am:
- Tai Chi w/June
- Computers w/Ken
10:30 am:
- Reminiscence Group
11:00 am:
- Canasta
- Looming
11:15 am:
- Line Dancing**
1:00 pm:
- Canasta

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**WEDNESDAY**
19
9:00 am:
- Arm Chair Yoga
10:00 am:
- Plastic Mesh Class
- Zumba Gold
- Mahjong
- *Guided Meditation w/Ben*
10:30 am:
- Bingo
11:00 am:
- Chair Yoga
- BP Monitoring
11:15 am:
- *Lunch & Learn w/Nurse Mindy*
1:00 pm:
- Bridge Game
- Body Conditioning**

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**THURSDAY**
20
9:30 am:
- Men’s Health
- Tai Chi**
- *Let’s Groove* in the Radio Room
10:00 am:
- Computers w/Ken
- Jewelry Making**
- Mahjong
10:30 am:
- Open Recreation
11:00 am:
- Sing Along w/Steph
- Men’s Strength & Endurance
11:30 am:
- Creative Writing (Radio Room)
1:00 pm:
- Current Events

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**FRIDAY**
21
9:00 am:
- Exercise Class**
10:00 am:
- Quilting Class
- SAIL - Fall Prevention
11:00 am:
- Chair Yoga
- Bingo
- American History (Classroom 5)
1:00 pm:
- Body Sculpting
1:30 pm:
- Painting: Freestyle Paint

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**Join us for Pizza & a Movie!**

**When:** Tuesday, February 11  
**Time:** 12:30pm  
**Where:** Multi-Purpose Room  
**Movie:** Harriet  
**Cost:** $5/pp

Please see Nina or Laura by Monday, February 10 to sign up!

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**New Group Alert! With Ben from Cape**

Join us for a Guided Meditation Group in the Library. Practicing meditation can be extremely beneficial for your physical and mental wellbeing. Meditation can help with the challenges that come before us, and can be a very effective tool for mental and emotional health. Participants will be in a guided meditation and learn helpful breathing techniques that can assist with daily living. Guided Meditation will be held once a week alternating Mondays and Wednesdays starting February 3rd 2020. On Mondays it will be held at 11am and on Wednesdays it will be held at 10am. Please check the Newsletter for dates and times.
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<td>24 9:00 am:</td>
<td>25 Mardi Gras!</td>
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<td>• American History (Classroom 5)</td>
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<td>• Tai Chi with June</td>
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<td>• Canasta for Beginners</td>
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<td>• Current Events</td>
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<td>• Looming</td>
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<td>• Billiards</td>
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**MARDI GRAS CELEBRATION!**
**Tuesday, February 25, 2020**

*Mardi Gras* is French for "Fat Tuesday", reflecting the practice of the last night of eating rich, fatty foods before the ritual fasting of the Lenten season. Related popular practices are associated with Shrovetide celebrations before the fasting and religious obligations associated with the penitential season of Lent.

Let’s join in our own Mardi Gras Celebration here at SNAP! With a New Orleans style lunch!

- Apple Juice
- Creamed Corn Soup & Crackers
- Creole Chicken
- Red Beans & Rice
- Cajun Stewed Okra with Tomatoes
- Corn Muffin with Margarine
- Rice Pudding

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*MA ONLINE* [PICTURE]
SNAP into Spring Bingo Night!

WHEN:
Thursday, March 19th 2020 at 6 P.M.

WHERE:
SNAP of Eastern Queens
80-45 Winchester Blvd.,
Queens Village, NY 11427
(Dining Room)

$20 per person ($25 at the door):
Includes an 8 - Game Pack of Bingo Cards
Great Prizes to be won, including a Vacation Prize!

• $5 for each additional pack
• 50/50 & Raffle Tickets will be sold
• Hot Dogs, Hot Pretzels & Drinks will be sold

To Purchase Tickets:
Please call Ariell at (718) 454-2100, or visit in the front office. Cash or Check Only.
DIRECTOR’S MESSAGE

Hello Everyone!

February is finally here and we have all month to enjoy many holidays and events. From Black History Month to Mardi Gras, and Valentine’s day we will be partying often at SNAP. Please see Laura to sign up in advance so that you don’t miss out on our events. Additionally, February is heart healthy month so we will be having a special presentation on the importance of heart health with Nurse Mindy. She will also be starting weekly lunch and learn health management programs in the dining room before lunch. If you have any questions or suggestions for information you would like to learn, please reach out to Nurse Mindy. Also, here at SNAP we are always looking for new and exciting classes. If you have any suggestions for groups, activities and events you would like to see at SNAP, please feel free to reach out to me. This is a new year and we want to start it with new ideas.

All the best,
Nina

A MESSAGE FROM THE ADVISORY BOARD

George Schafer led today's meeting as interim President. He did a great job. We discussed a permanent President for the board and will continue the discussion until we have one.

The committees discussed their responsibilities and reported to the board. Trips are planned ahead so sign up as early as possible to guarantee a seat. Melinda Katz is the new District Attorney and an election will be held to fill her former position, Borough President. The fundraising Committee mentioned that there will be a pre-Valentine’s Day dollar jewelry sale on 2/5/2020. All are welcome to attend. The menu committee mentioned planning for one vegetarian meal a week and are looking for suggestions. Meals sold after lunch are announced at 1pm. They are put away around 1:20 and no further lunches will be sold. If you miss the call you miss the sale.

Carol Chrusz took over as Secretary for Carol Miller. She will be in that position as long as possible. The board meets once a month to bring questions they have been asked to the members for discussion. Feel free to discuss your concerns with any board member for resolution. The board voted to eliminate meetings in June and July for summer recess. There will still be open board meetings in May and November.

The next board meeting will be held on 2/10/2020 since we are closed for Presidents Day on 2/17. Carole Vahey will remain to assist George Schafer and the board to guide them on the rules and regulations of the Advisory Board.

Carole Vahey, (for George Schafer, Interim President)
**SNAP OF EASTERN QUEENS**  
**UPCOMING Trips**

- Please sign up in advance.
- When there is a coach bus, or school bus used for a trip, there are **NO VAN PICK UPS**
- **Prices and dates are subject to change.**
- **All PAYMENTS are final, and NON-REFUNDABLE,** unless trip is cancelled.
- Please make payments ASAP, so that all deposits can be made in a timely manner allowing us to book the trip!

<table>
<thead>
<tr>
<th>TRIP &amp; LOCATION</th>
<th>DESCRIPTION</th>
<th>PRICE</th>
<th>DATE</th>
<th>TO SIGN UP PLEASE SEE:</th>
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| **Flushing Town Hall**  
(Flushing, NY) | Join us as we celebrate the Lunar New Year “**A Good Beginning**” at Flushing Town Hall - A cross-cultural exhibition of eight artists which embodies unique life stories and ideas rooted in China, Korea, Japan & Taiwan. Then off to Century China Buffet for a delicious lunch!  
**Included:** Transportation and Box Meal | $28/pp  
Due Jan.31 | Tuesday,  
Feb. 4, 2020 | Betty |
| **Century China Buffet**  
(Queens Village, NY) | | |
| **Michael’s, Joann Fabrics & AC Moore**  
(Westbury, NY) | o Leaving at 9:30 am  
o Returning by 12:45pm  
o Includes a Box Lunch | $8/pp  
Due Feb. 10 | Wednesday,  
Feb. 12, 2020 | Mike |
| **WalMart & Costco**  
(Westbury, NY) | o Leaving at 9:30 am  
o Returning by 12:45pm  
o Includes a Box Lunch | $8/pp  
Due Feb. 24 | Wednesday,  
Feb. 26, 2020 | Mike |
| **Schomburg Center & Amy Ruth’s Restaurant**  
(Harlem, NY) | Join us for a cultural experience at the Schomburg Museum in Harlem. In honor of Black History Month, we will explore the rich culture of people with African Decent. Through research in Black Culture, Schomburg is one of the world’s leading cultural institutions devoted to the research, preservation, and exhibition of materials focused on African American, African Diaspora, and African experiences. Following the tour lunch will be held at Amy’s Ruth famous soul food restaurant.  
**Included:** Box Breakfast, luncheon and transportation to and from SNAP center. | TBA  
Due Feb. 24th | Friday,  
Feb. 28th | Betty |
The Parker Jewish Institute for Health Care and Rehabilitation, is a non-profit that offers short term rehabilitation, sub-acute care and nursing home care, as well as community-based health care, encompassing social adult day care, home health care, and a hospice program that serves terminally ill patients in their own homes or in nursing facilities, including Parker's nursing home.

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PLEASE REMEMBER SNAP
IN YOUR WILL OR TRUST

There are many ways to give to charity and good
causes. Bequests can serve as a memorial to honor
the memory of a loved one, or establish a fund for
a particular aspect of SNAP. Bequests are often a
final communication one has with descendants, a
way of demonstrating your values and setting an
example for your heirs.

A planned gift or bequest to SNAP helps you to
determine your legacy in a truly meaningful way
and have a profound impact on the future of the
organization. Please remember SNAP so that we
can continue to provide important services to
others in our community.

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