

Queens Community Board 13
219-41 Jamaica Avenue
Queens Village, NY 11428

Telephone: 718.464.9700
Fax : 718.264.2739
www.qcb13.org

Liquor Licenses

- ◆ Santoor Indian Restaurant (Renewal)
257-05 Union Turnpike, Glen Oaks
- ◆ FGDR Restaurant Corp. (Renewal)
247-77 Jamaica Avenue, Bellerose
- ◆ Flavor of India (Renewal)
259-17/19 Hillside Avenue, Floral Park
- ◆ Shai Darbar (Renewal)
83-47 258th Street, Floral Park

You May Be Eligible for Benefits

- What is the application approval process for a Parking Permit for People with Disabilities? The Department of Transportation sends completed applications to a Department of Health and Mental Hygiene assessment center within five business days. The center then contacts you to schedule a certification appointment. If you're approved by the assessment center physician, the Department of Transportation will issue you a permit. For more information about Parking Permits for People with Disabilities, you can call the Department of Transportation at (718) 433-3100.

The Neighborhood

- ⇒ **Silvercrest Senior Housing** will be opening up it's waiting list. Call:718.880.2100
- ⇒ **NYPD "Cash for Guns"**, Saturday, April 16, 2016 @ 10am 227-10 Merrick Blvd.
- ⇒ **Alley Pond Environment Center—"Movie Night"** - Friday, April 22, 2016 @ 6:00 pm
- ⇒ **The next election is the Presidential Primary, April 19th, 2016.** To vote in the upcoming Presidential Primary, you must be a registered Republican or Democrat. For already registered voters, any change to party enrollment was to have been requested by October 9th, 2015 in order for it to have gone into effect and be applicable for any primary election occurring in 2016 or beyond. The deadline for new voter registrations is March 25th.
- ⇒ **York College "College Expo"**, Saturday, April 23, 2016 from 3:00 pm—5:00 pm
- ⇒ **NYPD Patrol Boro Queens South—Prom Drive 2016—Drop off @ PBQS Community Affairs** by April 25th or Contact Sgt. Clarke 917.681.5428
- ⇒ **105th Precinct Council Meeting—April 27 @ 8pm**
- ⇒ **Assemblyman Braunstein's "Mothers Day Essay Contest"**, Submissions should be turned in by Friday, May 6th, 2016, For Information call: 718.357.5947

Mindfulness

- ✓ Practice listening without making judgements.
- ✓ Notice what you do while you are doing it. When you are eating, notice the color, texture and taste of the food.
- ✓ Take a couple of minutes to notice your breathing. Sense the flow of breath, the rise and fall of your belly.
- ✓ Recognize that thoughts are simply thoughts; you don't need to believe them or react to them.
- ✓ Don't fuel the need to fill up all your time with doing. Take some time to simply be.

Volunteering

Good for you.
Good for your New York City.

Hotline work is not for everyone. Volunteers on NYC's 24-hour suicide prevention hotline must be focused, disciplined, keep the commitments they make and be willing to work as a member of a collaborative team.

Please email your full name, phone number and residential street address to samari-tansnycvol@aol.com or call 212-673-3041 to receive a Volunteer Information Packet by mail. (In your message, mention "NYC Code B") We look forward to hearing from you!

Wisdom

- With every hardship you encounter, you become stronger.
- At any moment you can meet someone who is going to change your life.
- Some people look up to you without you even knowing.
- Whatever you think about, you attract. So keep it positive and you will have a good life.
- When you fix your relationship with yourself—and start to love, listen to, accept and appreciate yourself for who you are—you will be able to have great relationships with other people.

7 Productive Things You Can Do During Your Idle Times

1. Listen to audiobooks
2. Play brain activity games
3. Learn a language
4. Write down your goals
5. Finish up 2-minute tasks
6. Reach out to a mentor
7. Catch up with an old friend
 - Look your friends up on social media. Today, the simplest, most direct way to find someone is usually via social media.
 - Get in contact with mutual acquaintances.
 - Contact your school or alumni organization