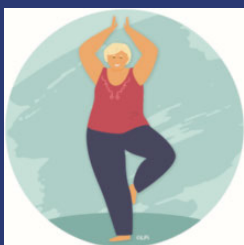




# South Buffalo Community Association

**@ THE TOSH COLLINS COMMUNITY CENTER**

## THIS MONTH



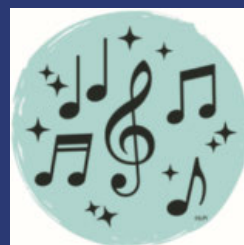
**Movement Class Reboot | P 3**



**New Year's Eve Party p 3**



**New Interns Arrive | p 4**



**Musician Movies | p 8**

## NOVEMBER | 2022



*SBCA Members at the Buffalo Museum of Science September 28, 2022*

## CONTACT US

### Address

35 Cazenovia Street  
Buffalo, NY 14220-1705

### Hours of Operation

Monday - Friday  
8:00am - 4:00pm



(716) 822-4532



[southbuffalo.org](https://southbuffalo.org)



[info@southbuffalo.org](mailto:info@southbuffalo.org)



[@southbuffalocommunity](https://www.facebook.com/southbuffalocommunity)

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Vilma Hongoy  
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Alexis Rowe  
Eric Shiel  
MSW Interns

DIRECTOR'S DESK FROM MICHAEL WEIDRICH

Nurturing and exercising your mind, body and spirit are so important to living a long, healthy life. We're excited to be rebooting our Wednesday Mindful Movement class with Jess taking the reigns and bringing her great touch to movement and meditation. We're also thrilled to welcome two new interns to SBCA for the school year, Lexi & Eric! Make sure to say HI if you see them around Tosh. Lastly, mark your calendar for our New Year's Eve EVE Party on Friday December 30! Cheers!!

LUNCH & LEARN SERIES

Friday 11/04 11:30 AM Center for Elder  
Law & Justice

Friday 11/18 11:30 AM Hearts & Hands

Friday 12/02 11:30 AM Anthropology of  
Christmas

UFO & Paranormal  
Meetup of WNY

Saturday 11/12 11 AM - 1:30 PM

Saturday 12/10 11 AM - 1:30 PM

Cintemple@gmail.com

or call 716-406-7596

Winter Squash

Exotic Fruit

Y E M T A T K P P E R S I M M O N  
L R E A I A I K I W A N O Y S Q J  
Y P R T N U N U P D U M P L I N U  
C R R E O G R I R A D E H W V G J  
H A R D B Y O F K F W U N D U K U  
E T R E R W A S K P D P R R I A B  
E A T I B A O H T C M A A I O E E  
Y C I O C D G R C E A U E W A C J  
A I B T N B U O C H E J P R I N A  
N L U N S U L O N G I N K T B C B  
G E T A D T G I L R T A T C A O U  
M D T T R T K L U C B E U L L E T  
E O E U A E C K I O H S A E X A I  
I D R B B R U M C G H B M A Z N C  
A A C M B N D H A A A O J I E F A  
L T U A U U A P W Z P B F K J A B  
E A P R H T S T A R F R U I T R A

Word List:

PUMPKIN  
SPAGHETTI  
KURI  
CHAYOTE  
STARFRUIT  
JACKFRUIT  
RAMBUTAN  
DUKU  
PAWPAW

KABOCHA  
DELICATA  
DUMPLIN  
PERSIMMON  
KIWANO  
LYCHEE  
UGLI  
CLODBERRY

BUTTERNUT  
BUTTERCUP  
CALABAZA  
DURIAN  
FEIJOA  
MANGOSTEEN  
YANGMEI  
CROWBERRY

ACORN  
HUBBARD  
CUSHAW  
POMELO  
JABUTICABA  
DRAGON  
BREADFRUIT  
JUJUBE





## MINDFUL MOVEMENT CLASS REBOOT

After several wonderful months of Qigong instructor Susi leading our Wednesday Mindful Movement class, we are switching it up. Starting Wednesday November 2nd, our Yoga and Fitness instructor Jess Reino will be taking over the Mindful Movement class and adding some Guided Meditation.

*Looking for a quieter practice? This class is for you. Jess will guide you through some gentle, chair based movement focused on connecting the breath and the body. This will be followed by a short guided relaxation and Jess will finish the class by guiding you through a themed meditation. This practice can help ease anxiety and stress, increase focus, positive feelings and improve overall mood.*

Mindful Movement & Guided Meditation class will be every Wednesday from 10am to 11am. The cost is \$5 per class or a Movement Card can be purchased for 10 classes for \$30.

**Tuesday November 22nd**

**11:30 AM to 3:00 PM**

Let us give THANKS for all the gifts in our lives as we share a special meal with some extra special activities.

- Thanksgiving Lunch (\$3 donation)
- BIG BINGO with BIG PRIZES
- EXTRA Special 50/50 Drawing
- Special Gratitudes

RSVP to Kim by Tuesday November 15th at (716) 822-4532 x0 or kim@southbuffalo.org



## The SNOW BALL A Winter Semi- *Un*-Formal Event

**Friday December 9th  
11 AM to 3 PM**

You are cordially invited to our new Winter Celebration with a delicious catered lunch, live music and dancing, fun and games, gifts for all the good children, and much more! Semi-formal attire encouraged!

\$20 per person. Limit 50 people. First come, first serve, payment required in advance. RSVP deadline Friday December 2nd. Call Kim at (716) 822-4532 x 0



## Come Celebrate New Year's Eve Eve!

**Friday December 30th**

New Year's Luncheon at 11:30 am

Special New Year's 50/50 Drawing

Sparkling Cider Toast at the Ball Drop at Noon

New Year's BINGO at 12:30 pm

Party Favors For All!

To register, RSVP Kim at (716) 822-4532 x0 by Tuesday Dec. 20th

## NEW INTERNS FOR THE SCHOOL YEAR

As we see the colors of the leaves change outside and feel the temperature going down, we are seeing the signs of the fall season. This is also the time of year when students far and wide are going back to school. Once again, the South Buffalo Community Association, has partnered with the University at Buffalo: School of Social Work by hosting two Master of Social Work interns: Alexis Rowe and Eric Shiel. Alexis and Eric are with us from the end of September 2022 to the beginning of May 2023. During their stay, Alexis and Eric will experience a wide variety of case management roles as well as engage in exciting activities at the South Buffalo Community Association. We are happy they are here with us and look forward to providing them with a great experience for the year to come.



### ERIC SHIEL

"I'm a New York native who grew up in the Adirondacks region of upstate NY. I started as a pharmacy technician, working primarily out of retail supermarkets. Since that role, I transitioned into job coaching for transitional employment services, working solely with the incarcerated populations, thus having a small background in the criminal justice system. I started as a nursing student, switched to psychology, and now to social work. My passion for the field of social work stems from a desire to pursue a career in clinical psychotherapy. It's my goal to become a voice in the field of mental health and provide counseling services to enhance the well-being of my clients. In my free time, I enjoy spending time in nature, and engaging in various activities like camping and hiking."

### LEXI ROWE

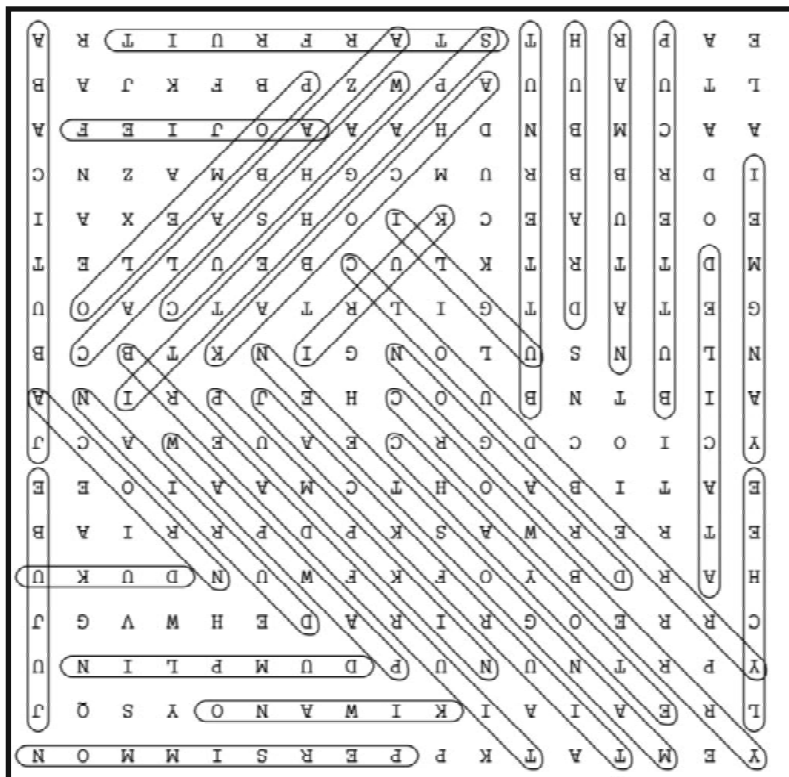
Lexi is a second year graduate student completing her Masters of Social Work at UB. She has lived in Arizona and Texas, and recently moved back to New York where she was born and raised to complete her Master's. She has worked as an Admissions Coordinator for the last two years serving clients struggling with eating disorders and/or substance use. Lexi owns a 4 year old rednose pitbull that loves cantaloupe and stuffed animals! Lexi enjoys reading, running, and testing out new cooking recipes with friends!

## ERIE COUNTY SENIOR SERVICES ANNUAL PUBLIC HEARING Tuesday November 1st, Noon-1 PM



The Erie County Department of Senior Services Public Hearing is held in order to seek community input regarding unmet needs of the County's older adult population, existing programs and services offered by the Department, and to solicit comments and ideas on how to better serve the county's older population.

***Tuesday BINGO will follow immediately after.***





## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



### MOVE & GROOVE MONDAY

Low impact exercise to music and fun with light weights, balance and coordination. With Jess Reino Monday's at 10am. \$5 or 10/\$30



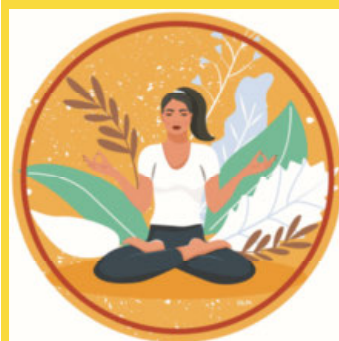
### TAI CHI TUESDAYS

Mindful, meditative movements in a standing stance. With Monica Zucco Tuesdays at 10am. \$5 or 10/\$30



### MINDFUL MOVEMENT & GUIDED MEDITATION

Jess Reino guides gentle chair based movement focused on connecting breath to body. Wed at 10am. \$5 or 10/\$30



### CHAIR YOGA THURSDAYS

Gentle movement session that includes seated and standing poses using a chair. With Jess Reino on Thursday at 10am. \$5 or 10/\$30



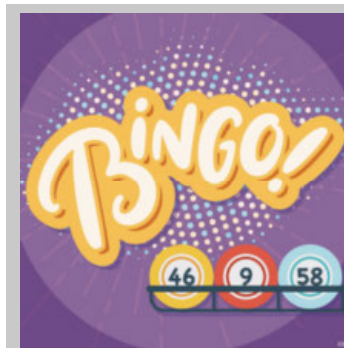
### FRIDAY FITNESS

Up-tempo aerobic fitness class set to your favorite dance music hits! With Jess Reino Friday at 10am. \$5 or 10/\$30



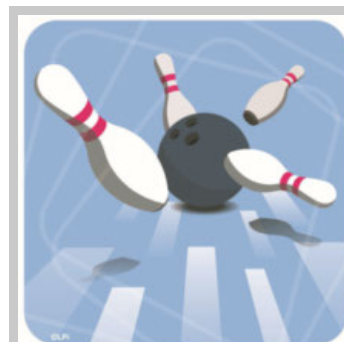
### MONDAY MOVIE MATINEE

A new movie or TV episode every week for your viewing pleasure with popcorn! Showtime is 12:30 pm. FREE



### TUESDAY BINGO

The hottest game in town and Tosh does it on Tues! Prizes for every game and a 50/50 draw! \$1 a board. First ball drawn at 12:30PM.



### Wii BOWLING WEDNESDAYS

The popular game finally comes to Tosh! Sign up for a timeslot to bowl with your friends. Open slots from 12:30pm-2PM FREE

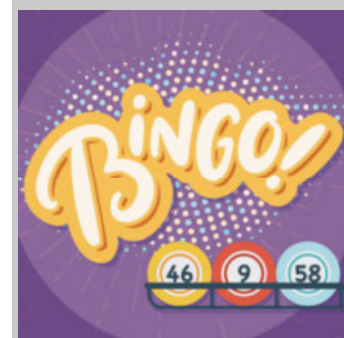
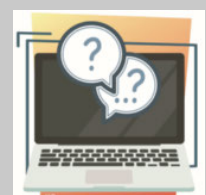
### POKER

Texas Hold'em every Thursday from 12:30 PM to 3 PM.



### COMPUTER CLASS

Thursday from 1 PM to 3 PM with different topics every week.



### FRIDAY BINGO

Bingo is the hottest game in town and Tosh does it on Tuesdays! Prizes for every game \$1 a game board. First ball drawn at 12:30PM.

## Place Your Ad Here and Support our Community!

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**South Buffalo**  
Community Association

**@Tosh Collins Community Center**  
**35 Cazenovia Street**  
**Buffalo NY 14220-1705**  
**(716) 822-4532**  
**www.southbuffalo.org**

*The mission of the South Buffalo Community Association is to maintain and enhance the general cultural, social and recreational well-being of the neighborhoods of South Buffalo through human service programs. These programs include, but are not limited to the elderly, youth services, recreational programs for all ages, plus information and referral.*

## 8 NOVEMBER



**South Buffalo**  
Community Association

## DAILY EVENTS

### MONDAYS

10:00 am to 11:00am

- Move & Groove Monday

11:30 am to 12:30 pm

- Congregate Lunch

12:30 am to 2:00 pm

- Monday Movie Matinee

### TUESDAYS

10:00 am to 11:00am

- Tai Chi

11:30 am to 12:30 pm

- Congregate Lunch

12:30 pm to 2:00 pm

- BINGO

### WEDNESDAYS

10:00 am to 11:00 am

- Mindful Movement

11:30 am to 12:30 pm

- Congregate Lunch

12:30 pm to 2:00

- Wii Bowling

### THURSDAYS

10:00 am to 11:00 am

- Chair Yoga

11:30 am to 12:30 pm

- Lunch

12:30 pm to 2:00

- Poker

1:00 pm to 3:00 pm

- Computer Class

### FRIDAYS

10:00 am to 11:00 am

- Friday Fitness

11:30 am to 12:30 pm

- Congregate Lunch
- Lunch & Learn

12:30 pm to 2:00 pm

- BINGO

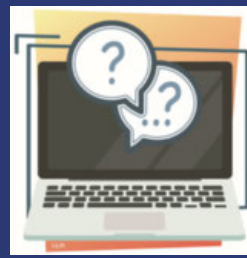


### Monday Movie Matinee! MONDAYS @ 12:30 PM

11/7— What's Love Got to Do with It (1993)  
11/14— Elvis (2022)  
11/21— Judy (2019)  
11/28— Rocketman (2019)

### COMPUTER CLASSES 4 SENIORS Thursdays 1 PM to 3 PM

Our Fall Semester is currently full to capacity. Get on the wait list for our Spring Semester!





# Tosh Collins Center Senior Activities November 2022



# South Buffalo

## Community Association

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <b>31</b><br>10-11 Move & Groove<br><b>11:30-3 Halloween Party</b><br>11:30-12:30 Lunch<br>2-3 Movie Matinee | <b>1</b><br>10-11 Tai Chi<br>11:30-12:30 Lunch<br><b>12-1 Erie County Panel</b><br>1-2:30 Bingo       | <b>2</b><br>10-11 Movement & Meditation<br>11:30-12:30 Lunch<br>12:30-2 Wii Bowling  | <b>3</b><br>10-11 Chair Yoga<br>11:30-12:30 Lunch<br>12:30-2 Poker<br>1-5 Computer Class  | <b>4</b><br>10-11 Friday Fitness<br>11:30-12:30 Lunch<br><b>11:30-12:30 Lunch &amp; Learn</b><br>12:30-2 Bingo                                     |
| <b>7</b><br>10-11 Move & Groove<br>11:30-12:30 Lunch<br>12:30-2 Movie Matinee                                | <b>8</b><br><b>ELECTION DAY</b><br><br><b>CENTER CLOSED</b>   | <b>9</b><br>10-11 Movement & Meditation<br>11:30-12:30 Lunch<br>12:30-2 Wii Bowling  | <b>10</b><br>10-11 Chair Yoga<br>11:30-12:30 Lunch<br>12:30-2 Poker<br>1-5 Computer Class | <b>11</b><br><b>VETERANS DAY</b><br><br><b>CENTER CLOSED</b>   |
| <b>14</b><br>10-11 Move & Groove<br>11:30-12:30 Lunch<br>12:30-2 Movie Matinee                               | <b>15</b><br>10-11 Tai Chi<br>11:30-12:30 Lunch<br>12:30-2 Bingo                                      | <b>16</b><br>10-11 Movement & Meditation<br>11:30-12:30 Lunch<br>12:30-2 Wii Bowling | <b>17</b><br>10-11 Chair Yoga<br>11:30-12:30 Lunch<br>12:30-2 Poker<br>1-5 Computer Class | <b>18</b><br><b>9:30-11:30 BloodPressure</b><br>10-11 Friday Fitness<br>11:30-12:30 Lunch<br><b>11:30-12:30 Lunch &amp; Learn</b><br>12:30-2 Bingo |
| <b>21</b><br>10-11 Move & Groove<br>11:30-12:30 Lunch<br>12:30-2 Movie Matinee                               | <b>22</b><br>10-11 Tai Chi<br>11:30-12:30 Lunch<br><b>11:30-3 Thanksgiving Feast</b><br>12:30-2 Bingo | <b>23</b><br>10-11 Movement & Meditation<br>11:30-12:30 Lunch<br>12:30-2 Wii Bowling | <b>24</b><br><b>THANKSGIVING DAY</b><br><br><b>CENTER CLOSED</b>                          | <b>25</b><br><b>NATIVE AMERICAN HERITAGE DAY</b><br><br><b>CENTER CLOSED</b>   |
| <b>28</b><br>10-11 Move & Groove<br>11:30-12:30 Lunch<br>2-3 Movie Matinee                                   | <b>29</b><br>10-11 Tai Chi<br>11:30-12:30 Lunch<br>12:30-2 Bingo                                      | <b>30</b><br>10-11 Movement & Meditation<br>11:30-12:30 Lunch<br>12:30-2 Wii Bowling | <b>1</b><br>10-11 Chair Yoga<br>11:30-12:30 Lunch<br>12:30-2 Poker<br>1-5 Computer Class  | <b>2</b><br>10-11 Friday Fitness<br>11:30-12:30 Lunch<br><b>11:30-12:30 Lunch &amp; Learn</b><br>12:30-2 Bingo                                     |

South Buffalo Community Association  
Tosh Collins Community Center  
35 Cazenovia Street, Buffalo NY 14220  
(716) 822-4532 [www.southbuffalo.org](http://www.southbuffalo.org)

Please register for all programs  
In advance to ensure a space.  
Call Kim at (716) 822-4532 x0  
Or email [kim@southbuffalo.org](mailto:kim@southbuffalo.org)

NEXT DEFENSIVE DRIVING CLASS:  
Monday December 5th  
1:00 PM – 7:00 PM  
(Dinner available for \$3.)



# South Buffalo

## Community Association

**Erie County Stay Fit Dining Program**  
**Standard Menu**  
**November 2022**  
**Tosh Collins Center (716) 822-4532**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <b>31 Happy Halloween</b><br>Breaded Chicken Drumsticks<br>Cheesy Diced Potatoes<br>Green Beans with Red Peppers<br><b>Marinated Cucumber &amp; Onion Salad</b><br>Whole Wheat Dinner Roll<br>Chocolate Éclair (842) | <b>1 Entrée Salad</b><br><br>Greek Chicken Salad with Dressing<br>Dinner Roll<br>Cinnamon Pear Crisp (868)   | <b>2</b><br>Baked Rigatoni with Italian Sausage, Tomato Sauce & Shredded Mozzarella<br>Broccoli Florets<br><b>Chef Salad with Dressing</b><br>Dinner Roll<br>Peach Bavarian (712) | <b>3</b><br>Breaded Pork Chop with Gravy<br>Lazy Pierogi<br>Carrots<br>Whole Wheat Dinner Roll<br>Pineapple & Mandarin Oranges (678)  | <b>4</b><br>Teriyaki-Seasoned Beef Strips over Rice<br>Oriental Mixed Vegetables<br>Orange-Pineapple Juice<br>Fresh Pear<br><b>Chocolate Milk</b> (640) |
| <b>7</b><br>Breaded Chicken Breast with Herb Gravy<br>Cheddar Mashed Potatoes<br>Lima Bean Bake<br>Dinner Roll<br>Fresh Orange<br><b>Chocolate Milk</b> (762)  | <b>8 No Meals Served</b><br><br><b>ELECTION DAY</b><br><br><b>CENTER CLOSED</b>  | <b>9</b><br>Pork Ribette with BBQ Sauce<br>Scalloped Potatoes<br>Peas with Red Pepper<br>Dinner Roll<br>Chocolate Bavarian (808)  | <b>10 Veterans Day Meal</b><br>Roast Beef with Pepper & Onion Gravy & Shredded Mozzarella on a Wheat Roll<br>Garlic Mashed Potatoes<br>Vegetables Normandy<br><b>Chef Salad with Dressing</b><br>Cherry Pie with Whipped Topping (1050) | <b>11 No Meals Served</b><br><br><b>VETERANS DAY</b><br><br><b>CENTER CLOSED</b>  |
| <b>14</b><br>Chicken & Sausage Paella over Seasoned Rice<br>Broccoli Florets<br>Grape Juice<br>Shortbread Cookies (692)  | <b>15</b><br>Beef Stew<br>Brussels Sprouts<br><b>Marinated Beet &amp; Onion Salad</b><br>Warm Biscuit<br>Cinnamon Applesauce (638)   | <b>16</b><br>Ham Steak with Pineapple Topping<br>Sweet Potatoes<br>Creamy Cabbage with Dill<br>Whole Wheat Dinner Roll<br>Fresh Banana<br><b>Chocolate Milk</b> (638)             | <b>17</b><br>Ancho Chicken Fajita Skillet with Peppers, Onions, Salsa & Cheddar<br>Cheese in a Flour Tortilla<br>Spanish Rice<br>Corn<br><b>Chef Salad with Dressing</b><br>Strawberry Bavarian (844)                                   | <b>18</b><br>Stuffed Pepper with Tomato Meat Sauce<br>Mashed Potatoes<br>Carrots<br>Dinner Roll<br>Fruit Compote (659)                                  |
| <b>21</b><br>Polynesian Chicken over White Rice<br>California Blend Vegetables<br>Zucchini & Summer Squash<br>Chocolate Cake with Chocolate Frosting (762)   | <b>22 Thanksgiving Meal</b><br>Roasted Turkey w/Stuffing & Gravy<br>Sweet Potatoes with Brown Sugar<br>Green Bean Casserole<br><b>Molded Cranberry Salad</b><br>Whole Wheat Dinner Roll<br>Pumpkin Pie with Whipped Topping (1053) | <b>23 Soup &amp; Salad</b><br>Beef Barley Soup<br>Herbed Potato Wedges<br><b>Chef Salad with Dressing</b><br>Deli Rye Bread<br>Mandarin Oranges<br><b>Chocolate Milk</b> (716)    | <b>24 No Meals Served</b><br><br><b>THANKSGIVING DAY</b><br><br><b>CENTER CLOSED</b>  | <b>25 No Meals Served</b><br><br><b>NATIVE AMERICAN HERITAGE DAY</b><br><br><b>CENTER CLOSED</b>  |
| <b>28</b><br>Rotini & Meatballs with Tomato Sauce & Mozzarella<br>Cauliflower<br>Seasoned Spinach<br>Fruit Cocktail<br><b>Chocolate Milk</b> (739)   | <b>29</b><br>Breaded Chicken Breast with Buffalo-Style Sauce on a Bun<br>Fiesta Corn<br>Broccoli<br>Tapioca Pudding (741)  | <b>30</b><br>Sloppy Joe on a Whole Wheat Bun<br>Tater Tots<br>Fruit Punch<br><b>Chef Salad with Dressing</b><br>Fresh Apple (912)   | <b>1 Entrée Salad</b><br>Chicken Caesar Salad with Caesar Dressing<br>Dinner Roll<br>Chocolate Mousse (928)   | <b>2</b><br>Roast Pork with Warm Cinnamon Apples<br>Mashed Butternut Squash<br>Creamy Dill Cabbage<br>Wheat Bread<br>Frosted Spice Cake (737)           |