



South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

THIS MONTH



Emergency Preparedness | p 5



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May Workshops | p 8

APRIL | 2023



SBCA Member in the fish bowl at the Aquarium of Niagara. March 8, 2023

CONTACT US

Address

35 Cazenovia Street
Buffalo, NY 14220-1705

Hours of Operation

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



(716) 822-4532



southbuffalo.org



info@southbuffalo.org



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DIRECTOR'S DESK FROM MICHAEL WEIDRICH

To say we've had a rough winter is an understatement. With the November snowstorm that pounded South Buffalo, then the Christmas Blizzard, then the February ice storm, and for good measure, a little earthquake, we've been at the mercy of the elements a lot lately. I'm excited to bring an Emergency Preparedness Seminar to Tosh to help us better plan for future events. We'll also be bringing CPR classes to Tosh in May along with a self-defense class.

New Membership at Tosh Collins

- Early Registration for Special Events, Trips, and Classes
- Discounted Prices for Special Events & Trips
- Members-Only Special Events & Trips

- Advance Preview of upcoming Special Events, Trips & Classes
- Exclusive access to Discount Exercise Card

One-year memberships can start any-time of the year. Only \$10!
See Kim to start your membership today!

Go Fish!

T S T U N A L E R E K C A M A R H L
U N O M L A S P I K E O M I T S S C
B E A E E K C O D D A H B I I U A C
I M A R L I N P R M I O L F N T H H
L A D U C A R R A B C A D F F S S C
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S A R M T H B O W F I N I S E D L E
H H E R R I N G C L E E T H P S O R
E R E T S B O L R I O S E O W A E C

Word List:

TILAPIA	TIGERFISH	TUNA	BARRACUDA
TUNA	BASS	BLUEFISH	PIKE
SWORDFISH	BOWFIN	BREAM	TROUT
WHITEFISH	PERCH	CARP	CATFISH
TILEFISH	COBIA	COD	EEL
TROUT	CRAPPIE	CRAYFISH	STURGEON
SUNFISH	DOGFISH	FLOUNDER	SEABASS
SALMON	GROUPE	HADDOCK	HALIBUT
HERRING	MACKEREL	KINGFISH	LIONFISH
LOBSTER	MARLIN	SNAPPER	

A VISIT TO THE BROADWAY MARKET

Just in time for Easter, hop on the bus for our annual Broadway Market visit! Go shopping for your favorite Easter items at Buffalo's best



market. Lunch will not be provided, so plan to have lunch there. We'll be going Wednesday April 5th from 10 am to 2:30 pm. Call Greg today to save your seat! 822-4532 x105

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "I" = "O"

"HIZGSHE SH OSJT SW ZI NT JTAUTC.
SZ SW IHOF ZI NT MHCTUWZIIIC."
— BAUST VMUST

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E062



Pickleball Comes to Tosh

The Tosh Collins Center at long last is bringing Pickleball to the gym. Open court times are currently Wednesdays from 5pm to 7 pm. Call (716) 828-1445 to reserve your court time.



MONDAY MOVIE MATINEE CELEBRATES PAGE TO SCREEN

For the month of April, we are presenting two Academy Award nominated films that showcase literary authors who's work went on to shine on the silver screen with two timeless, beloved characters— Mary Poppins and Peter Pan. Showtime is Mondays at 12:30 PM.

April 3—NO MOVIE

April 10—Saving Mr. Banks (2013)

- Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen, starring Emma Thompson as author P. L. Travers and Tom Hanks as film producer Walt Disney.

April 17– Finding Neverland (2004)

- The story of Sir J.M. Barrie's friendship with a family who inspired him to create Peter Pan. Starring Johnny Depp and Kate Winslet.

April 24– NO MOVIE

A ROYAL TEA PARTY FOR THE DERBY

By popular demand, we're bring back the tea party just in time for the Kentucky Derby AND the coronation of King Charles! To mark both occasions, wear



your best hat to impress both the ponies and the Brits. Tea time will be Thursday May 4th from 12:30 pm to 3:00 pm. Once again, a wonderful selection of teas, treats and finger foods will be served. Bring your favorite tea cup too! We will have a guest speaker, Angela Keppel, on Discovering Buffalo One Street at a Time. The cost will be \$5 for members and \$10 for non-members. Registration opens Thursday April 13th for members and Thursday April 20th for non-members.



Lifelong Learning



We are very excited to bring back University Express for another series of Lunch & Learns. Starting Friday May 5th and running through July 14th, these bite-sized classes are perfect to feed your brain while you're feeding your body. Register with Kim at the front desk today!



Day	Date	Time	Topic	Instructor
Friday	May 5, 2023	11:30 - 12:30	The Mystique of South Buffalo	Marla Bujnicki
Friday	May 19, 2023	11:30 - 12:30	History of the Buffalo Mafia	Lee Coppola
Friday	June 2, 2023	11:30 - 12:30	The Legacy of Jazz Legends in WNY	George Scott
Friday	June 16, 2023	11:30 - 12:30	Cooking with the Commissioner	Angela Marinucci
Friday	June 30, 2023	11:30 - 12:30	From "Bitter to Better"	Sr Judith
Friday	July 7, 2023	11:30 - 12:30	Tango with the BPO	Fernanda Lastra
Friday	July 14, 2023	11:30 - 12:30	Music & Memories	Richard Derwald

Friday, May 5 from 11:30 am – 12:30 pm – The Mystique of South Buffalo. No other area within Buffalo's limits can boast a history as rich and diverse as that of S. Buffalo. Learn about the remains of an Indian burial ground, the lore of the underground railroad and the beauty of an Olmstead designed park – all in a multicultural neighborhood.

Friday, May 19 from 11:30 am – 12:30 pm – History of the Buffalo Mafia. History of the Buffalo Mafia examines the crime unit through its formation in Sicily, emergence in Western New York, and demise as the 20th century ended.

Friday, June 2 from 11:30 am – 12:30 pm – The Legacy of Jazz Legends in WNY. Grover Washington, Dodo Green, Al Tinney, Duke Ellington, Count Basie, and more. Come here George Scott, a legend in his own right, as he tells the stories of Jazz legends, their time spent in Buffalo and the legacy they left on our city and the World of Jazz Music.

Friday, June 16 from 11:30 am – 12:30 pm – Cooking with the Commissioner. Join Commissioner, Angela Marinucci, as she makes a favorite recipe and engages in a lively Q&A. Yes, there will be food to sample! You can bring your favorite recipes to share with the group too!

Friday, June 30 from 11:30 am – 12:30 pm – From "Bitter to Better". Insight into living with a positive attitude after a life changing event.

Friday, July 7 from 11:30 am – 12:30 pm – Tango with the Buffalo Philharmonic Orchestra's Newest Conductor. Learn about Fernanda Lastra's journey to the BPO and her passionate advocacy for the music of South America and her homeland of Argentina, especially the Tango. She will discuss how her education and love of Tango influenced her choices.

Friday, July 14 from 11:30 am – 12:30 pm – Music & Memories. Let's take a trip down memory lane. We'll listen to and discuss hits from the 50s, 60s, and 70s, and reminisce together.



Citizen Preparedness Corps



With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plan and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit.

When: Monday, April 24, 2023
1:30PM

Where: Tosh Collins Senior Center
35 Cazenovia Street
Buffalo, NY 14220

**THIS EVENT IS BROUGHT TO YOU BY THE
GOVERNOR IN CONJUNCTION WITH:**

**South Buffalo
Community Association**

***ALL PARTICIPANTS MUST REGISTER IN ADVANCE**



To register and for additional
information, visit
www.prepare.ny.gov

6 APRIL



NYS DMV's only Approved Humor Based Defensive Driving Class

Save 10% on your Auto Insurance for 3 Years plus reduce up to 4 points on your DMV Record.

MONDAY's from 1 pm—7 pm

\$35 per person + Dinner available for \$3

Upcoming Dates:

April 3rd June 5th August 7th

Call Kim to register at 822-4532 x0



Supporting ALL forms of grief. Peer-run group with the guidance of a staff group leader. Meeting the 3rd Thursday of every month from 5 PM to 6 PM. Call Rob at 822-4532 or email

robert@southbuffalo.org

LGBTQ+ Seniors Coffee Hour

Every 2nd Friday of the month from 10am-Noon. The next Meeting will be Friday April 14th. For more info, contact Michael Weidrich at (716) 822-4532 x101 or email michael@southbuffalo.org



UFO & Paranormal Meetup of WNY

Next meeting is scheduled for Saturday, Saturday, May 13th 11 AM—2 PM

For more info, contact Cintemple@gmail.com or call 716-406-7596



MORNING FITNESS

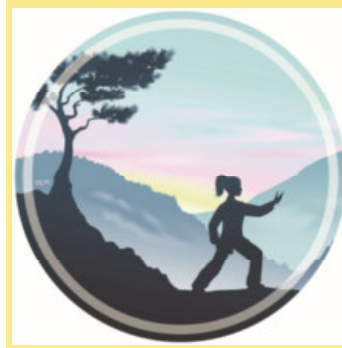
MONDAY



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

TUESDAY



TAI CHI TUESDAYS

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

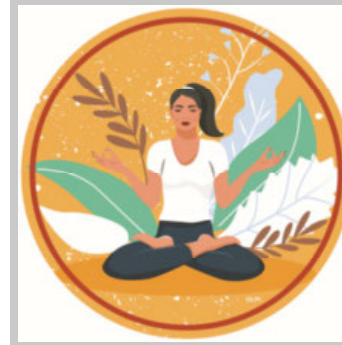
WEDNESDAY



MINDFUL MOVEMENT & GUIDED MEDITATION

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

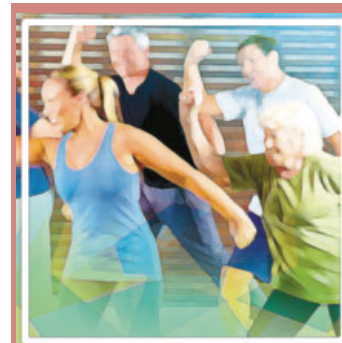
THURSDAY



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



FRIDAY FITNESS

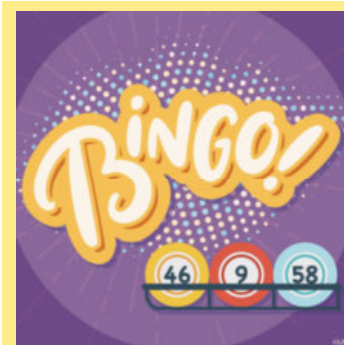
Up-tempo aerobic fitness class set to your favorite dance music hits! With Jess Reino Friday at 10am. \$5 or 10/\$30

AFTERNOON GAMES & ACTIVITIES



NICKELS RUMMY

Nickels is similar to Rummy with the twist of betting nickels. So bring your nickels! Game starts at 12:30PM.



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.



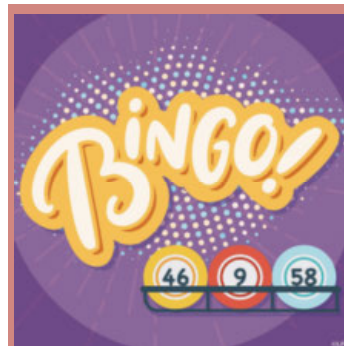
Wii BOWLING WEDNESDAYS

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

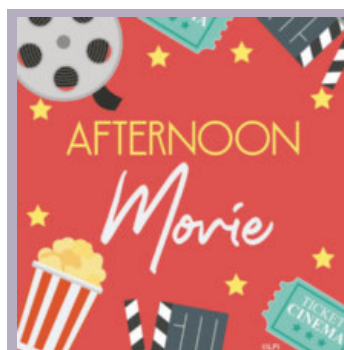
Texas Hold'em every Thursday from 12:30 PM to 3 PM. Bring your nickels!



FRIDAY BINGO

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

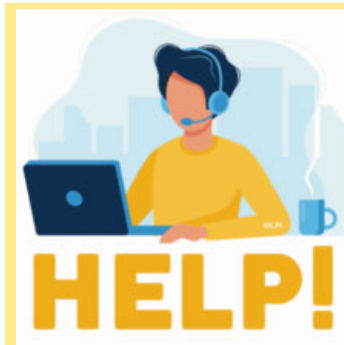
MONDAY



MONDAY MOVIE MATINEE

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

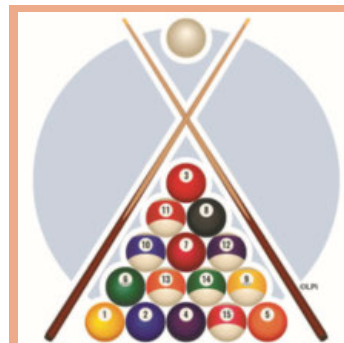
TUESDAY



CASE MANAGEMENT DROP-IN

Need assistance with obtaining food, light housekeeping, or completing applications? Drop in every Tuesday from Noon - 3:30 pm.

WEDNESDAY



8 BALL POOL TOURNAMENT

Monthly pool tournament on the 3rd Wednesday Entry fee for prizes.. 12-4pm Register with Daniel. Open practice every week for Free.

THURSDAY



COMPUTER CLASS

Popular class just for Seniors. Thursdays 1-3 PM with different topics every week. FREE

FRIDAY



BLOOD PRESSURE CHECK

Nurse Marcy does blood pressure checks once a month during the morning. Check the calendar for specific dates.

WORKSHOPS

We're excited to offer some useful skills workshops in the month of May. CPR and Self Defense are great things to know and we're thrilled to bring them to Tosh Collins through University Express. Make sure to sign up with Kim at the front desk.

Day	Date	Time	Topic	Instructor
Thursday	May 11, 2023	12:00 - 3:30**	Hands on Only CPR	Pati Ani Guzinski
Thursday	May 18, 2023	12:00 - 3:30**	Hands on Only CPR	Pati Ani Guzinski
Thursday	May 25, 2023	12:30 -1:30	Self Defense for Seniors	Sr Judith



Thursday, May 11 & Thursday, May 18 from 12:00 pm – 3:30 pm – Hands Only CPR. With all that has happened in the past few months in Erie County: Tops Tragedy, Christmas Blizzard, and NFL's Damar Hamlin's on field cardiac arrest, we now realize it's important to know CPR! This class will teach you the skills needed to perform **Hands Only CPR!** On adults and infants. *This is not a certificate course, but you will leave knowing that you can save a life. ***There is a cap of 15 people per 1 hour session (12:00 pm – 1:00 pm, 1:15 pm – 2:15 pm, and 2:30 pm – 3:30 pm – you MUST register for one of the timeslots) **Instructor: Pati Aine Guzinski, Training Coordinator, Erie County Department of Health – Public Health Emergency Preparedness Division and SMART.

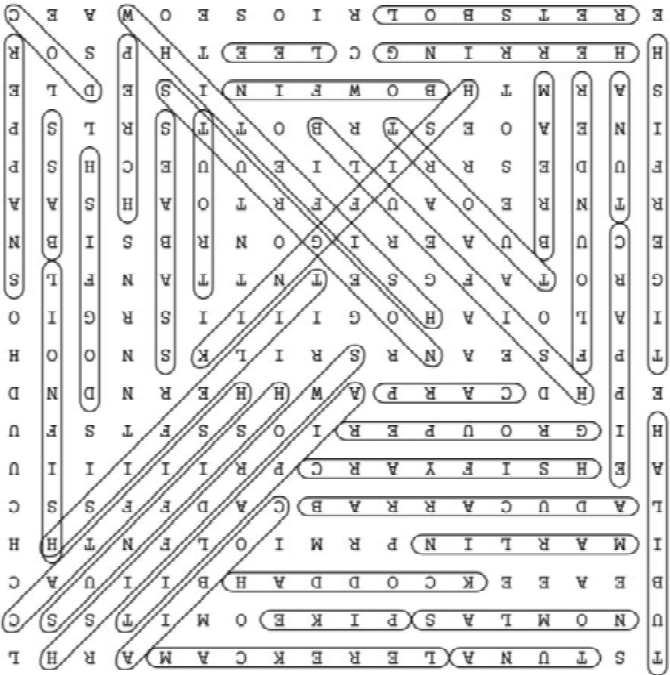
Thursday, May 25 from 12:30 pm – 1:30 pm – Self Defense for Seniors. Awareness, prevention, and techniques to protect yourself. **There is a cap of 30 people for this course. **Instructor: Sister Judith Beiswanger, Sister of St. Francis, Retired Teacher, and Director of Faith Formation. **Sr. Judith decided to take Tae Kwon Do classes at age 56. She achieved her black belt in Tae Kwon Do at age 60!



"Nothing in life is to be feared. It is only to be understood." — Marie Curie

SENIOR TRANSPORTATION SERVICES

Tosh Collins Senior Center offers transport to seniors for all your needs. We offer rides to the Center, medical appointments, grocery shopping, special field trips, and more. Our bus driver Greg operates the bus Monday through Friday, 8 AM to 4 PM. Give him a call to schedule a ride. 822-4532 x105. \$3 suggest donation per ride.





Case Managers Taking Care of Our Seniors

Do you know about the many services available to seniors within your community? Do you have questions or need help applying for services? If so, our four case managers at the South Buffalo Community Association, based inside the Tosh Collins Senior Center, are here to guide you.

For over 50 years, with the support of the Erie County Department of Senior Services, our case managers provide assistance to clients primarily in the South Buffalo, West Seneca, Lackawanna, and Blasdell areas. We also coordinate services with other case managers throughout Erie County.

Here are stories from our grateful clients and caregivers:

Kelly Blackey's client, Donna O said, "I am very impressed with the efficiency and good manners of the Case Management team". Donna also utilizes other services within the senior center and is glad that there is transportation to take her and her husband to medical appointments and shopping.

Mark Bunting's client, Frank O said, "I feel my case manager does a great job of keeping me well informed and we have a great relationship".

Rebecca Kozminski's client, Jeanne B. said my case manager is "110% WONDERFUL! It feels like someone is interested in my well-being and cares. It's nice to have someone to guide you to services that are available because it's difficult when you're alone."

The family of Robert H. said to case manager-Robert Brandon, "Last summer, our family came upon some dire circumstances regarding our brother...We did not know what to do or who to turn to...so my sisters and I went to the (Tosh Collins) Community Center to see if someone was available to guide us...Robert helped us manage our entire MEDICAID journey including zoom calls, explanations of terms, and so much more. He is a kind, wonderful human being with exemplary work ethics...Our family can never say enough about all the things he did for our brother and us. Robert is always an objective listener who never forced his expertise on us. He listened and then gave us the knowledge and information to make our own decisions as a family."

Our case management team is outstanding and would love to help you. To get linked with a case manager, contact our Project Coordinator, Kelly Blackey at 716-822-4532 or via email at kelly@southbuffalo.org.

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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.

12 APRIL



South Buffalo
Community Association

DAILY EVENTS

©LPI

MONDAYS

10:00 am to 11:00am

- **Move & Groove**

11:30 am to 12:30 pm

- **Lunch**

12:30 am to 2:00 pm

- **Nickels Rummy**
- **Monday Movie Matinee**

TUESDAYS

10:00 am to 11:00am

- **Tai Chi**

11:30 am to 12:30 pm

- **Lunch**

Noon to 3:30 pm

- **Case Mgmt Drop-In**

12:30 pm to 2:00 pm

- **BINGO**

WEDNESDAYS

10:00 am to 11:00 am

- **Mindful Movemt**

11:30 am to 12:30 pm

- **Lunch**

Noon to 4:00 PM

- **Pool Billiards**

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**

1-3 pm

- **Computer Class**

FRIDAYS

10:00 am to 11:00 am

- **Friday Fitness**

11:30 am to 12:30 pm

- **Lunch**

12:30 pm to 2:00 pm

- **BINGO**

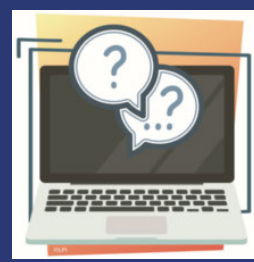


Monday Movie Matinee! MONDAYS @ 12:30 PM

4/3- NO MOVIE
4/10- Saving Mr. Banks (2013)
4/17- Finding Neverland (2004)
4/24- NO MOVIE

COMPUTER CLASSES 4 SENIORS Thursdays 1-3 PM

4/6- Basic Computer Maintenance
4/13- Android Basics
4/20- iPads & iPhones
4/27- iPad & iPhone Settings



Tosh Collins Center Senior Activities April 2023



South Buffalo Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
3 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Nickels Rummy 1-7 Defensive Driving	4 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	5 10-11 Mind Move Meditate 10-2:30 Broadway Market 11:30-12:30 Lunch 12-4 Pool Practice 12:30-2 Wii Bowling	6 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	7 CLOSED GOOD FRIDAY
10 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	11 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	12 10-11 Mind Move Meditate 11-3 Young@Arts Trip 11:30-12:30 Lunch 12-4 Pool Practice 12:30-2 Wii Bowling	13 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	14 10-11 Friday Fitness 10-12 Silver Pride 11:30-12:30 Lunch 12:30-2 Bingo
17 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	18 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	19 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool Tournament 12:30-2 Wii Bowling	20 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class 5-6 Grief & Loss Group	21 10-11:30 BP Check 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
24 10-11 Move & Groove 11:30-12:30 Lunch 1-3 Emergency Prepare Seminar	25 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	26 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool Practice 12:30-2 Wii Bowling	27 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	28 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo

South Buffalo Community Association
Tosh Collins Community Center
35 Cazenovia Street, Buffalo NY 14220
(716) 822-4532 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

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



South Buffalo

Community Association

Erie County Stay Fit Dining Program
Standard Menu
April 2023
Tosh Collins Center (716) 822-4532

Monday	Tuesday	Wednesday	Thursday	Friday
3 Boneless Chicken breast with Marsala Sauce Rice Pilaf Cauliflower & Carrots Grape Juice Fruit Cocktail (570)	4 Entrée Salad Julienne Salad with Dressing Whole Wheat Dinner Roll Chocolate Chip Cookies (766)	5 Easter Meal Breaded Bone-in Pork Chop with Herbed Gravy Scalloped Potatoes Peas with Pearl Onions Chef Salad with Dressing Dinner Roll Coconut Cream Pie (996)	6 Tortellini with Tomato Meat Sauce & Mozzarella Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange Chocolate Milk (708)	7 No Meals  Served
10 Dyngus Day Lunch Cabbage Roll with Savory Meat Sauce Mashed Potatoes Carrots Dinner Roll Chocolate Éclair (813)	11 Turkey with Stuffing & Gravy Molded Cranberry Salad Mashed Butternut Squash Broccoli Florets Lorna Doones (712)	12 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cottage Mixed Vegetables Chef Salad with Dressing Fresh Grapes Chocolate Milk (704)	13 Roast Pork Loin with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (674)	14 Beer Battered Fish with Tartar Sauce Au Gratin Potatoes Stewed Tomatoes & Zucchini Coleslaw Rye Bread Brownie (815)
17 Breaded Chicken Breast with Buffalo-style Sauce Seasoned Spinach Corn with Red Pepper Whole Wheat Roll Chocolate Pudding (667)	18 Steakhouse Burger with Gravy on a Bun Cheddar Mashed Potatoes Lima Bean Bake Tropical Fruit (852)	19 Beef Bourguignon over Brown Rice Cauliflower Harvard Beets Oatmeal Raisin Cookies (764)	20 Chicken Breast with Primavera Sauce over Penne Pasta Italian Vegetables Grape Juice Fresh Banana Chocolate Milk (654)	21 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Rye Bread Pear Crisp (649)
24 Chicken Vegetable Casserole Broccoli Florets Warm Biscuit Cinnamon Streusel Cake (739)	25 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Carrots Pineapple & Mandarin Oranges Chocolate Milk (792)	26 Entrée Salad Grilled Chicken Caesar Salad with Caesar Dressing Rye Bread Sugar Cookies (737)	27 Lasagna Roll with Tomato Meat Sauce & Mozzarella California Mixed Vegetables Grape Juice Dinner Roll Lemon Bavarian (779)	28 Soup & Salad Beef Barley Soup Corn Chef Salad with Dressing Wheat Bread Fruited Gelatin (671)