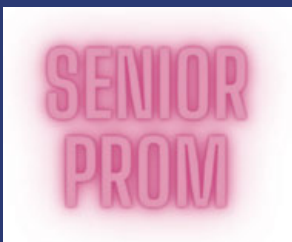




South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

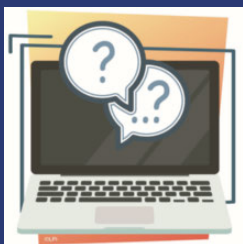
THIS MONTH



Dust Off Your Dance Shoes | p 3



June & July Trips | p 4



Summer Semester | p 8



Healthy Eating | p 9

MAY | 2023



SBCA Members at our Spring Break Hawaiian Luau Pizza Party March 24, 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



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

OUR BOARD

Francesca Sommer
President

Tony Ando
Vice-President

Janette Piesczynski
Treasurer

Bonnie O'Brien
Secretary

Darcy Connors
Kelly Govern
Melanie Griffis
Erin Hart
Jill Maiola
Michele Melligan

OUR STAFF

Michael Weidrich, MBA
Executive Director
michael@southbuffalo.org

Kelly Blackey
Senior Programs Director/
Project Coordinator
kelly@southbuffalo.org

Robert Brandon, LMSW
Senior Case Manager
robert@southbuffalo.org

Rebecca Kozminski
Case Manager
rebecca@southbuffalo.org

Mark Bunting
Case Manager
mark@southbuffalo.org

Kim Axtell
Senior Admin Coordinator
kim@southbuffalo.org

Greg Esch
Transportation
greg@southbuffalo.org

Kate Blake
Ashley Ulaszko
Chore Workers

Daniel White
Program Aide
daniel@southbuffalo.org

Vilma Hongoy
Volunteer Aide
vilma@southbuffalo.org

Alexis Rowe
Eric Shiel
MSW Interns

DIRECTOR'S DESK FROM MICHAEL WEIDRICH

Seems like Spring just arrived and we're already planning for Summer! I'm so excited for this year's Senior Prom. If you thought last year's was great, just wait until this year's! We will definitely have The Time of Our Lives! And our monthly Young@Arts trips keep selling out. Between hitting the high seas, picking fresh blueberries, and hanging out in a real treehouse, our summer is going to be SPECTACULAR!

CROSSWORD PUZZLE

ACROSS

- 1 Heddles of a loom
- 5 Blue-green
- 9 Sheep's cry
- 12 Oil (pref.)
- 13 Underground growth
- 14 Warp yarn
- 15 Father: Arabic
- 16 Terrified
- 18 Tonic herb
- 20 Cutting tool
- 21 Yemen capital
- 24 Roof edge
- 27 Drink
- 31 Tremble
- 32 Wing
- 33 Dolt
- 35 N.Z. fish
- 36 Cultivate land
- 38 Puccini opera
- 40 Robber
- 42 Elam's capital
- 43 Irish exclamation
- 45 Perspire
- 49 Accustomed

- 53 Turk. title
- 54 Shoemaker's tool
- 55 Malay law
- 56 River nymph
- 57 Drone
- 58 Direct
- 59 Exclamation

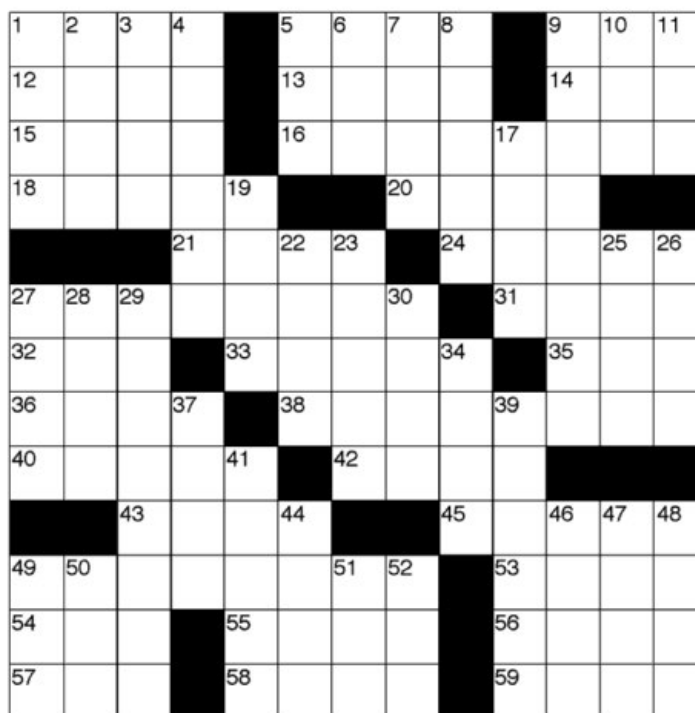
DOWN

- 1 Layer
- 2 Dawn love song
- 3 Time period
- 4 Dessert
- 5 Archbishop (abbr.)
- 6 As far as (Lat.)
- 7 Cubitus
- 8 Endure
- 9 Annul (2 words)
- 10 Presidential nickname
- 11 Abdominal (abbr.)
- 17 Russ. despot
- 19 Home



- landscape
- 22 Nautical (abbr.)
- 23 Lamb (Lat.)
- 25 Reverberate
- 26 Sort comedy sketch
- 27 Fabric
- 28 King of Israel
- 29 Protean

- 30 Unbleached shade
- 34 Assuage
- 37 Physician (pref.)
- 39 Tropical fever
- 41 Deadly
- 44 City slicker
- 46 Equal (Fr.)
- 47 Branch of Muslim
- 48 Russian news agency
- 49 Habakkuk (abbr.)
- 50 Windmill sail
- 51 Wider than AAAA
- 52 Limited (abbr.)



The Time of Our Lives

Tosh Collins Senior Center

SENIOR PROM 2023

JUNE 9, 2023 - 11:00 AM TO 3:00 PM

**Catered Lunch by Elma Towne Grill,
Live Music by the Hastings Duo**

\$15 MEMBERS | \$20 NON-MEMBERS

Call (716) 822-4532 x0 to register with Kim

Registration deadline is June 2nd.

35 CAZENOVIA STREET, BUFFALO NY 14220

Registration for the Senior Prom opens:

Members—Wednesday, May 3rd—\$15

Non-members—Wednesday, May 17th—\$20

We only have limited seats and tickets will be sold first come, first serve.

So don't wait!

Lunch AND Learn

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!

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.

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 anytime of the year. Only \$10!
See Kim to start your membership today!

4 MAY

We have two amazing trips lined up for June and July that you can register for together. There's no better way to enjoy a Buffalo summer than on our trips! And wait until you hear what we've got coming next!



SET A COURSE FOR ADVENTURE!

We're hitting the high seas in style! We have charted the Spirit of Buffalo, a 73-ft. schooner sailing ship to take us out onto Lake Erie for a beautiful 2 hour cruise. Scheduled for Wednesday, June 21st, we will have TWO sail times- 10 AM and 12:30 PM. The ship only accommodates 42 people so make sure to sign up ASAP. The morning cruise will have lunch at Tosh when they return, and the afternoon cruise will have lunch at Tosh before they depart. The cost is \$10 for members, \$15 for non-members, plus \$3 for lunch. No refunds. The cruise will be reschedule should weather become an issue. Registration for Members opens Wednesday, May 17th and for

Non-members Wednesday May 31st.

Morning Cruise:

Meet at Tosh Collins at 8:30 AM, Coffee & donuts available.
Depart Tosh at 9 AM, arrive at Canalside at 9:30 AM
Ship leaves dock at 10 AM and returns at Noon.
Arrive back at Tosh at 12:30 PM. Eat lunch.

Afternoon Cruise:

Meet at Tosh at 11 AM, Eat lunch.
Depart Tosh at 11:30 AM, arrive at Canalside at Noon
Ship leaves dock at 12:30 PM and returns at 2:30 PM
Arrive back at Tosh at 3 PM



I FOUND MY THRILL ON BLUEBERRY HILL!

Grab your baskets cause we're going blueberry picking! Our July trip will take us out to West Falls NY to the Blueberry Treehouse Farm. You'll be able to pick the seasons freshest blueberries to take home. Then you can grab a drink and a bite in the Blueberry Treehouse! This trip is scheduled for Wednesday, July 12th with the member price of \$10 and non-members \$15, plus \$3 for lunch at Tosh. No refunds. This trip will seat 65 people. The farm does have some minor accommodations for folks with mobility issues. Registration for Members opens Wednesday, May 17th and for Non-members Wednesday, May 31st.

Trip Itinerary:

11 AM- Meet at Tosh. Eat lunch.
11:30 AM- Depart for West Falls
Noon- Arrive at Blueberry Farm
3 PM- Depart Blueberry Farm
3:30 PM- Arrive back at Tosh



WORKSHOPS

©LPI

MAY 5

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!



CELEBRATING ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

For the month of May, we're celebrating Asian American & Pacific Islander Heritage Month! The films this month are funny and heart touching. Showtime is Mondays at 12:30 PM.

May 1st– Moana (2016) an adventurous teenager who, with help from demigod Maui sails out on a daring mission to prove herself a master wayfinder and save her people.

May 8th– Mulan (2020) a fearless young woman risks everything out of love for her family and her country to become one of the greatest warriors China has ever known.

May 15th– Turning Red (2022) Mei Lee, a 13-year-old who suddenly “poofs” into a giant red panda when she gets too excited (which is practically ALWAYS).

May 22nd– Finding ‘Ohana (2021) A summer in rural Oahu takes an exciting turn for two Brooklyn-raised siblings when a journal pointing to long-lost treasure sets them on an epic adventure with new friends, and leads them to reconnect with their Hawaiian heritage.

SENIOR TRANSPORTATION SERVICES

Tosh Collins Senior Center offers transport to seniors in South Buffalo 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.





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:

June 5th August 7th October 2nd

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, May 12th For more info, contact Michael Weidrich at (716) 822-4532 x101 or email michael@southbuffalo.org



UFO & Paranormal Meetup of WNY

Upcoming meetings are
Saturday, May 13th
Saturday, June 10th
Saturday, July 8th
Saturday, August 12th
11 AM—2 PM

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



MORNING FITNESS

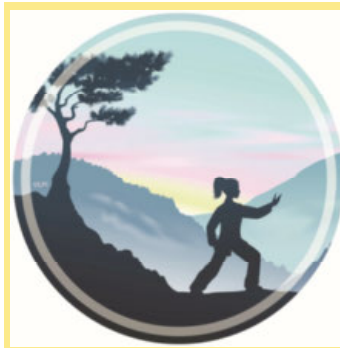
MONDAY



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

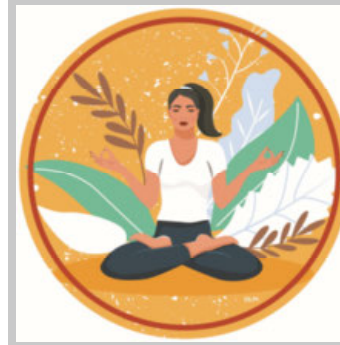
WEDNESDAY



MINDFUL MOVEMENT & GUIDED MEDITATION

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

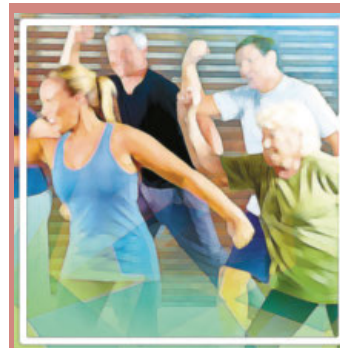
THURSDAY



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



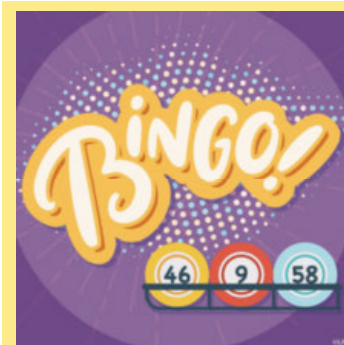
FRIDAY FITNESS

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**

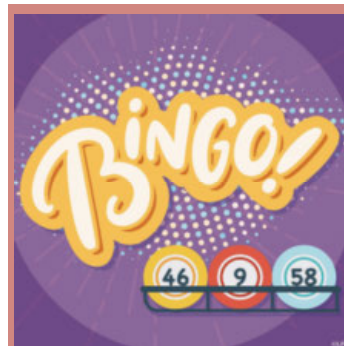
The hottest game in town and Tosh does it on Tues! Prizes for every game and a 50/50 draw! \$1 a board. First ball drawn at 12:30PM.

**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**

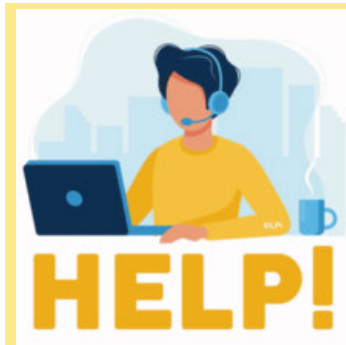
Bingo is the hottest game in town and Tosh does it on Fridays! Prizes for every game \$1 a game board. First ball drawn at 12:30PM.

MONDAY

**MONDAY MOVIE MATINEE**

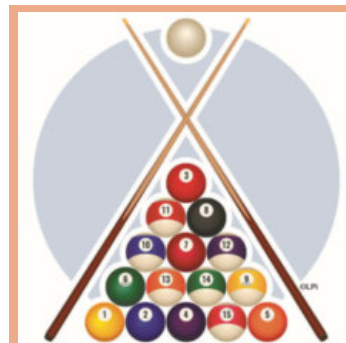
A new movie or TV episode every week for your viewing pleasure with popcorn! Showtime is 12:30 pm. FREE

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.

COMPUTER CLASSES



COMPUTER CLASSES FOR SENIORS RETURNS FOR SUMMER SEMESTER

Our successful series of computer classes just for Seniors is set to return Thursday, June 8th for a Summer Semester. Started in Fall of 2021, this is now our 6th semester of computer classes.

In partnership with the Buffalo and Erie County Public Library, the classes are masterfully taught by Brendan Chella. Classes are scheduled for Thursdays with a start time of 1 pm. If the 1 pm class fills to capacity, we may open a 3 pm class if needed.

Registration opens Wednesday, May 10th and you must register in-person with Kim at the front desk. These classes are free. Lunch is available starting at 11:30 AM for a suggested donation of \$3 and must be ordered in advance.

COMPUTER BASICS

- 6/8- Computer Basics
- 6/15- Basic Computer Maintenance
- 6/22- Saving Your Stuff

INTERNET

- 6/29- Internet Basics
- 7/6- Internet Privacy & Safety
- 7/13- Gmail
- 7/20- Google Drive
- 7/27- Using Google
- 8/3- Securing Facebook

MOBILE DEVICES

- 8/10- Android Basics
- 8/17- iPhones & iPads
- 8/24- iPhone & iPad Settings

Case Management Drop-In - Medicare Savings Program

There is help available to pay your Medicare Part B premium and possibly additional assistance with copays and insurance premiums. If your monthly income does not exceed \$2,260/ Individual or \$3,057/Couple, you may be eligible for the Medicare Savings Program (MSP).

Stop in on any Tuesday or call Kelly @ (716) 822-48532 ext. 103, to schedule an appointment with a Case Manager to complete an MSP application. Please bring the following verification documents:

- Medicare Card
- Proof of Date of Birth (i.e., State Driver's License, U.S. Birth Certificate, Passport, Green Card, or NYS Benefit ID Card)
- Proof of Residence
- Proof of Income
- Proof of any Health Insurance Premium you pay Other than Medicare.



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.





5 Tips for Healthy Eating as We Age

Good nutrition plays an important role in how well you age. Eating a healthful diet helps keep your body strong and can help reduce your risk for heart disease, diabetes, stroke, and osteoporosis. Studies even show a link between healthful eating and longevity.

“As we age, the body becomes less efficient at absorbing some key nutrients. Appetite and taste can suffer from loss of sense of smell and taste or from side effects of medications. Bad teeth can make some foods difficult to chew or digest,” said Arthur Hayward, MD, a geriatrician and the clinical lead physician for elder care with Kaiser Permanente’s Care Management Institute. “So choosing foods carefully is smart.”

Here are five tips to help you get the nutrition your body needs:

1. Avoid empty calories.

Foods with empty calories may contain very few vitamins and minerals. “Convenience foods,” such as packaged snacks, chips and sodas, are common sources of empty calories. Avoid the “bad” carbs — foods that have white flour, refined sugar, and white rice.

2. Choose nutrient-rich foods.

Eat a variety of foods. The more you vary the foods you eat, the more vitamins, minerals, and other nutrients you get. For example:

- **Eat lots of fruits and vegetables.** Choose fresh, frozen, or no-salt canned vegetables and fruits in their own juice or light syrup.
- **Eat foods with protein.** Protein is found in lean meat, fish, poultry, eggs, and cheese, cooked beans, peanut butter, and nuts and seeds.

- **Get enough calcium and vitamin D.** Calcium and vitamin D are found in milk and milk products, including yogurt and cheese. They are also in green leafy vegetables (spinach, kale, collard greens) and tofu.

- **Include foods high in vitamin B12.** After 50, the body produces less gastric acid and absorbs less B12, which helps keep blood and nerves vital. B12 is found in milk, meat, poultry, fish, and eggs.

- **Eat high-fiber foods.** This includes fruits, vegetables, cooked dried beans, and whole grains.

3. Drink plenty of fluids.

Drink plenty of fluids, enough so that your urine is light yellow or clear like water. Fiber and fluids help with constipation.

4. If your appetite is poor.

Try eating smaller meals, several times a day, instead of one or two large meals. Eating while socializing with others may help your appetite. You might also ask about changing medicines.

Medication can cause appetite or taste problems.

5. Eat soft foods.

As we approach our senior years, chewing food is sometimes difficult. Choose low-sodium canned vegetables or cooked fruits and vegetables. These are often softer. Chop or shred meat, poultry, or fish and then add sauce or gravy to the meat to help keep it moist.

The Tosh Collins Senior Center is a congregational dining site that serves lunch Monday through Friday from 11:30 AM to 12:30 PM. This is a program of Erie County and offers a nutritious meal for a suggested donation of only \$3. You can call ahead to make a reservation or stop in to sign up today. Feel free to ask about our Frozen Dinner program too!

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

MICHALEK & HARRINGTON, LLC

ATTORNEYS AT LAW

300 Center Rd., West Seneca NY 14224

716-675-6715

Let Our Family Handle ALL of Your Family's legal Needs

Paul M. Michalek • Jane Michalek Harrington
Jeffrey M. Harrington

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

SUPPORT OUR ADVERTISERS!



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

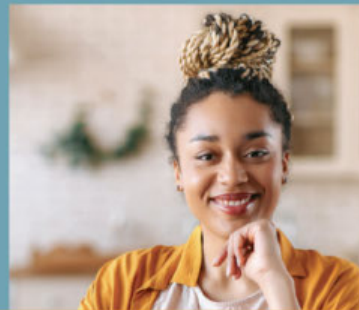
WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Duane Budelier

dbudelier@4LPi.com

(800) 950-9952 x2525

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed to
you every
week.



VISIT WWW.MYCOMMUNITYONLINE.COM



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 MAY



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 Movement**

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**

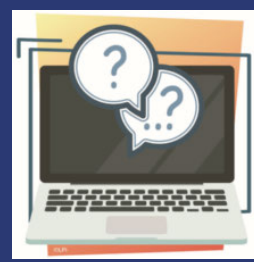


Monday Movie Matinee!
MONDAYS @ 12:30 PM
5/1- Moana (2016)
5/8- Mulan (2020)
5/15- Turning Red (2022)
5/22- Finding 'Ohana (2021)
5/29- CLOSED

COMPUTER CLASSES 4 SENIORS

Thursdays 1-3 PM

See inside for the Summer Semester schedule starting Thursday June 1st!



Tosh Collins Center Senior Activities May 2023



South Buffalo

Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
1 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	2 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	3 <i>Prom Memb Register</i> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool Practice 12:30-2 Wii Bowling	4 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 12:30-3 Tea Party	5 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo
8 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	9 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	10 <i>Computer Class Reg</i> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool Practice 12:30-2 Wii Bowling	11 10-11 Chair Yoga 11-3 Young@Arts Trip 11:30-12:30 Lunch 12-3:30 Hand on CPR 12:30-2 Poker	12 10-11 Friday Fitness 10-12 Silver Pride 11:30-12:30 Lunch 12:30-2 Bingo
15 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	16 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	17 <i>Trips Memb Register</i> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool Tournament 12:30-2 Wii Bowling	18 10-11 Chair Yoga 11:30-12:30 Lunch 12-3:30 Hand on CPR 12:30-2 Poker	19 10-11:30 BP Check 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo
22 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	23 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	24 <i>Prom NonMemb Register</i> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool Practice 12:30-2 Wii Bowling	25 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-1:30 Self Defense for Seniors 12:30-2 Poker	26 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
29 CLOSED MEMORIAL DAY	30 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	31 <i>Trips NonMemb Reg</i> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12-4 Pool Practice 12:30-2 Wii Bowling	1 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	2 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 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 June 5th
1:00 PM – 7:00 PM
(Dinner available for \$3.)



South Buffalo

Community Association

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Omelet with Peppers, Onions & Tomatoes Cheesy Diced Potatoes Seasoned Spinach Raisin Bread Fruit Compote (632)	2 Breaded Pork Chop with Gravy Lazy Pierogi Peas <i>Marinated Beet & Onion Salad</i> Dinner Roll Cinnamon Pear Crisp (794)	3 Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella Broccoli Florets Chef Salad with Dressing Dinner Roll Peach Bavarian (746)	4 Kentucky Derby Day Open-faced Hot Brown Sandwich on Multigrain Bread Seasoned Diced Potatoes Carrots <i>Four Bean Salad</i> Brownie with Caramel Sauce (834)	5 Cinco de Mayo Ground Beef Taco with Lettuce, Tomato & Cheddar Cheese in a Taco Shell Spanish Rice Fiesta Corn Key Lime Pie (980)
8 Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes Peas with Red Peppers Ice Cream (865)	9 Stuffed Shells with Tomato Meat sauce & Mozzarella Grape Juice Cauliflower Italian Bread Shortbread Cookies (874)	10 Mother's Day Lunch Chicken Kiev with Herb Sauce Vegetable Rice Pilaf Broccoli Florets Chef Salad with Dressing Dinner Roll Cheesecake with Chocolate Sauce (1133)	11 Entrée Salad Tuna Macaroni Salad on a Bed of Fresh Salad Greens with Dressing Whole Wheat Crackers Fresh Apple Chocolate Milk (732)	12 Roast Beef with Horseradish & Gravy on a Bun Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit (772)
15 Ham Steak w/ Pineapple Sauce Sweet Potatoes Creamy Cabbage with Dill Whole Wheat Dinner Roll Shortbread Cookies (682)	16 Beef Stew Brussels Sprouts Chef Salad with Dressing Warm Biscuit Cinnamon Applesauce (715)	17 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Carrots Italian Mixed Vegetables Italian Bread Fresh Orange Chocolate Milk (610)	18 Turkey w/ Stuffing & Gravy Molded Cranberry Salad Mashed Butternut Squash Green Bean Casserole Fruit Compote (669)	19 Stuffed Pepper with Tomato Meat sauce Mashed Potatoes Broccoli Florets Dinner Roll Strawberry Bavarian (799)
22 Polynesian Chicken over Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Frosting (671)	23 Sloppy Joe on a Wheat Roll Tater Tots Mixed Vegetables Tropical Fruit (838)	24 Entrée Salad Greek Grilled Chicken Breast Salad with Greek Dressing Multigrain Bread Fresh Banana Chocolate Milk (840)	25 Vegetable Quiche with Cheese Sauce Green Beans Harvard Beets Honey Bran Square Mandarin Oranges (711)	26 Memorial Day Lunch Breaded Chicken Drumsticks Macaroni Salad Au Gratin Broccoli Fruit Punch Dinner Roll Vanilla Ice Cream with Chocolate Sauce (1086)
29 No Meals Served 	30 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Florets Fruit Cocktail (691)	31 Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Sweet Potatoes Peas Cinnamon Applesauce Chocolate Milk (711)	1 Soup & Salad Creamy Tomato Soup Chef Salad with Dressing & Garbanzo Beans Macaroni & Cheese Cauliflower Chocolate Mousse (719)	2 Breaded Pork Chop with Warm Cinnamon Apples Mashed Butternut Squash Creamy Cabbage with Dill Wheat Bread Frosted Spice Cake (779)