



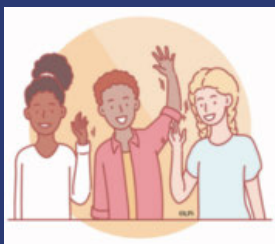
South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

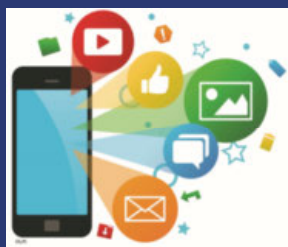
THIS MONTH



Tosh Collins Meat Raffle | p 3



Comings & Goings | p 3



Free Cell Phone Service | p 4



Two Health Fairs | p 5 & 8

AUGUST | 2023



SBCA Members on the Spirit of Buffalo cruise June 21, 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

Gianna Totaro
Community Engagement Director
gianna@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
Chore Workers

Daniel White
Program Aide
daniel@southbuffalo.org

Vilma Hongoy
Volunteer Aide
vilma@southbuffalo.org

DIRECTOR'S DESK FROM MICHAEL WEIDRICH

The dog days of summer are here but we're keeping our cool at Tosh Collins. Our Summer Art Camp has been a smash hit, making artists out of everyone. Our field trips have been packed to gills, especially when we went sailing on Lake Erie. And what happens at the Blueberry Treehouse, stays at the Blueberry Treehouse! But while we're enjoying summer, we're already planning some great things for Fall & Winter!

Pasta Plate

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

Word List:

PASTA	NOODLES	BUCATINI	CANNELLONI
CAPELLINI	CAVATAPPI	CONCHIGLIE	SHELLS
DITALINI	EGG	ELBOW	FARFALLE
FETTUCCINE	FUSILLI	GEMELLI	GIGLI
CAMPANELLE	GNOCCHI	LASAGNE	LINGUINE
MAFALDINE	MANICOTTI	ORECCHIETTE	ORZO
PAPPADELLE	PASSATELLI	PENNE	RADIATORI
RAVIOLI	RIGATONI	ROTELLE	SPAGHETTI
TAGLIATELLE	TORTELLINI	VERMICELLI	ZITI
ROTINI	PASTINA		

New Membership at Tosh Collins

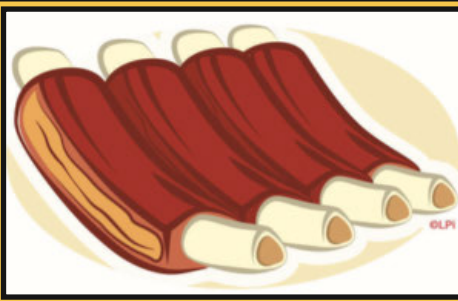
- Early Registration for Special Events, Trips, and Classes
- Discounted Prices for Special Events & Trips

- 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!



South Buffalo Community Association presents the **1st Annual Tosh Collins Senior Center Meat Raffle**

Saturday October 28th

Knights of Columbus * 261 S. Legion Dr.

Doors open at 6 PM, First draw at 7 PM

Tickets \$20 each includes:

- Pizza
- Soda Pop

- 2 Draft Beer Tickets
- 1 Door Prize Ticket

Prizes for Best Halloween Costumes

50/50 Raffle Basket Raffles

Outside snacks allowed but no outside alcohol.

Proceeds to support programs at the Tosh Collins Senior Center

Tickets go on sale
Thursday August 3rd at 9AM

A FOND FAREWEL & A SAD GOODBYE

This August, we will see two of our favorite staff members depart Tosh Collins for new adventures. Both Daniel White and Vilma Hongoy will be leaving to go to school full time.

Vilma came to Tosh Collins the summer of 2021 to volunteer in the kitchen. She helped Barb and Cathy serve lunch to our seniors. With the untimely departure of both Barb and Cathy in Jan of 2022, Vilma took over running the kitchen and has served ever since, still as a volunteer. She will be going to Trocaire College full time to become a Nurse.

Daniel came to use Sept of 2021 to do his first year Masters in Social Work internship. Afterwards, we hired him to help out with programs and became a regular fixture in the Center, most famously running the BINGO twice a week. Daniel is returning to his MSW studies and will be interning at South Park HS.

We wish them both the best of luck and Tosh Collins will always welcome them home!



A



NEW FACE AT TOSH COLLINS!

Hello! I am Gianna Totaro, MPA, the new Community Engagement Director at the South Buffalo Community Association. I am excited to serve South Buffalo residents and businesses alike. My passion for community development drives me to foster an environment where everyone's needs and voices are valued. By collaborating with local organizations and engaging with community members, I aim to create positive change that will shape a better tomorrow for South Buffalo. I am eager to meet each and every one of you, to hear your ideas, and to learn from your experiences. Together, we will create a stronger, more vibrant South Buffalo where residents and businesses thrive. Let's make a difference together!

CASE MANAGER CORNER Free and Discounted Phone Services

Did you know that there are free and/or discounted phone service programs? If you did not, you are in luck. The Federal Communications Commission (i.e. FCC) has the Lifeline Phone Service Program. This program helps individuals get a discount on a monthly telephone service through participating providers listed below:

- Access Wireless - 866-594-3644
- Assurance Wireless - 888-898-4888
- Blue Wireless - 716-605-9500
- Safelink Wireless - 800-723-3546

If you are interested, please contact one of the participant providers listed above and complete an application. If you need assistance or guidance through the process, you may contact the SBCA case management department at 716-822-4532 for assistance.



We are thrilled to announce the opening of The Pantry at The South Buffalo Community Association on **Monday September 11, 2023**. The Pantry's mission is to provide food and other basic needs for our less fortunate seniors in South Buffalo and surrounding areas.

Located at 35 Cazenovia St. Buffalo NY 14220 the pantry will be stocked with non-perishable food, personal items and household items. Hours of operation to receive assistance will be:

- Mondays: 1:00 PM - 3:30 PM
- Wednesday's: 9:00 AM - 11:30 AM

Together we can make a difference. If you would like to support The Pantry please consider donating non-perishable food items, personal care and household items. Donations will be accepted Monday through Friday 10AM - 3PM.

For any inquiries or further information, please feel free to contact Kim at (716) 822-4536 ext. 0.



August brings some of Hollywood's most famous leading

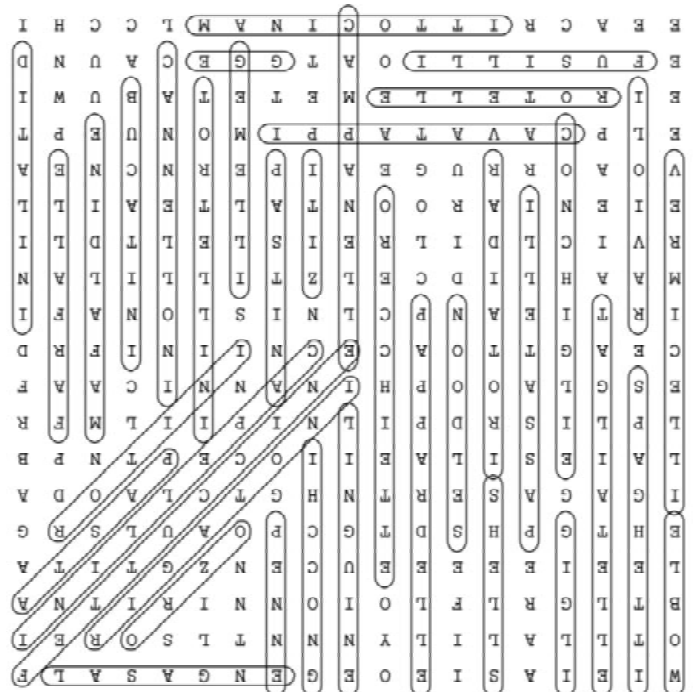
men to the matinee! Pacino! Hanks! Duvall! Caine! And all these movies were requested by the ladies!

August 7th- NO MOVIE

August 14th- Scent of a Woman (1992)- The story of a preparatory school student who takes a job as an assistant to an irritable, blind, medically retired Army lieutenant colonel. Starring Al Pacino.

August 21st- A Man Called Otto (2022)- About a bitter old man reluctantly getting involved in the lives of his neighbors. Starring Tom Hanks.

August 28th- Secondhand Lions (2003) -The story of an introverted young boy who is sent to live with his eccentric great uncles on a farm in Texas. . Starring Robert Duvall and Michael Caine.





CELEBRATING 10 YEARS OF THE MARKET

OPENING DAY SUNDAY JUNE 4

SOUTH BUFFALO FARMER'S MARKET

Every Sunday Morning
AT CAZENOVIA PARK
(PETER J. CROTTY CASINO)
9AM-1PM

#SBFMTURNS10
www.southbuffalofarmersmarket.com

Please join
Senator Tim Kennedy and
Council Member Chris Scanlon
 at our

South Buffalo Mental Health & Wellness Community Day
Wednesday August 9th
3 PM—7 PM
Tosh Collins Center

- Learn about the many resources available in our community for those in need of mental health and alcohol/substance use assistance.
- Enjoy wellness activities and learn how to be more mindful and whole.
- Featuring a panel discussion of professionals and advocates to learn about the various levels of help available and learn skills our community can use to help loved ones struggling with mental health and alcohol/substance use.

This event will provide resources for adults, children, veterans, first responders, students in need, as well as family and loved ones of those in need.

For more information, call 716-826-2683



SENIOR SUMMER ART CAMP

We're so excited to bring famous teaching artist **Charity Huff** to **Tosh Collins** for our **Senior Summer Art Camp**! Class is **10 AM—11 AM** with the schedule for the camp is as follows:

August 2nd—NO CLASS

Week 5—August 9th *Foundation of*
 Week 6—August 16th *Acrylics &*
 Week 7—August 23rd *Perspective*
 Week 8—August 30th *With Bob Ross*

Members may pay \$20 at the time of registration for the entire camp to guarantee a seat. Any remaining seats may be available week to week for \$3 per class for members or \$5 per class for non-members.

If you have any questions please contact Kim at 822-4532 ext. 0.

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.



Pickleball Summer Hours! UPDATED

For the summer, we're expanding our hours for Pickleball in the Tosh Collins Gym, Starting July 1st, it will be Tuesdays & Wednesdays 10:30 AM-12:30 PM. Call (716) 828-1445 to reserve your court time.



6 AUGUST



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.

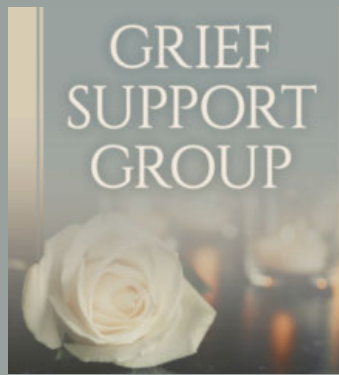
MONDAY's from 1 pm—7 pm

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

Upcoming Dates:

August 7th October 2nd December 4th

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, August 11th 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, August 12th
Saturday Sept 9th
Saturday Oct 14th
Saturday Nov 11th
11 AM—2 PM

For more info, contact Cintemple@gmail.com or call 716-931-0430



MORNING FITNESS

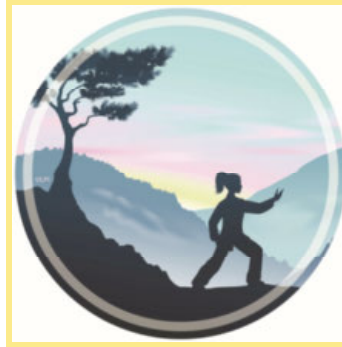
MONDAY



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

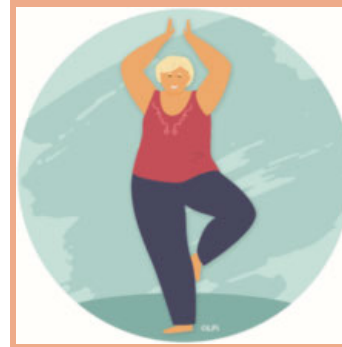
TUESDAY



TAI CHI TUESDAYS

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

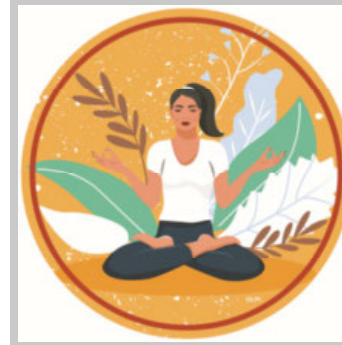
WEDNESDAY



MINDFUL MOVEMENT & GUIDED MEDITATION

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

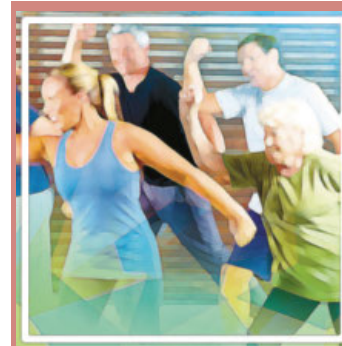
THURSDAY



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

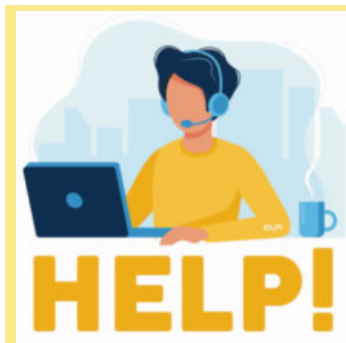
MONDAY



MONDAY MOVIE MATINEE

A new movie or TV episode every week for your viewing pleasure with pop-corn! 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 MATCH

Open pool games on Wednesdays 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.



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.



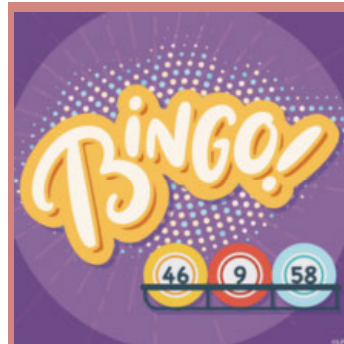
Wii BOWLING WEDNESDAYS

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.

8 AUGUST

AUTUMN AFTERNOON TEA



To celebrate the beginning of Fall, our next Tea Party will have an Autumn Afternoon theme. Wear your favorite Fall Fashion! Tea time will be Thursday September 14th 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! The cost will be \$5 for members and \$10 for non-members. Registration opens Thursday August 10th for members and Thursday August 24th for non-members.



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: Thursday September 21, 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



HEALTH FAIR

2nd Annual Tosh Collins Senior Center Health & Vendor Fair

The **South Buffalo Community Association** is excited to host the **2nd Annual Health and Vendor Fair**. We will have COVID

booster and Flu vaccines to prepare ourselves for the upcoming winter season. In addition, we have about 20 organizations present to share the most up-to-date information on services and benefits. Some vendors include Erie County Department of Senior Services, Heating and Energy Assistance Program (HEAP), Center for Elder Law and Justice, Old First Ward Community Center, and Stern at Home Therapy.

Here are the event details:

Event: **2nd Annual Health and Vendor Fair**
Location: **Tosh Collins Community Center**
Address: **35 Cazenovia St, Buffalo, NY, 14220**
Date: **Thursday, September 28th, 2023**
Time: **12 pm-3:30 pm**

For further questions and inquiries, please contact Robert Brandon at 716-822-4532 ext. 102. We look forward to seeing you at the end of September.





SHEA'S 710 THEATRE
SUNDAY SEPTEMBER 24TH
2 PM—7 PM

The Tony-award winning musical of The Color Purple comes to Shea's 710 Theatre in collaboration with the 2nd Generation Theatre group and the Ujima Company. We will serve a light brunch before departure.

Registration schedule for this trip, **IN-PERSON ONLY**: Thursday August 17 @ 9 AM– Members;
 Thursday August 31 @ 9 AM– Non-members. Cost: Members \$10, Non-members \$15; Breakfast \$3 donation.

Schedule for the afternoon:

2:00 PM– Brunch at Tosh Collins
 2:30 PM– Depart for Shea's 710
 3:00 PM– Arrive Shea's 710
 4:00 PM– Showtime
 6:30 PM– Depart Shea's 710
 7:00 PM– Arrive at Tosh Collins

Due to the time of day of this trip, Greg will not be able to provide transportation to and from the Center.



BUFFALO AKG ART MUSEUM
THURSDAY OCTOBER 19TH 11 AM— 2:30 PM

After a 2 year closure for a major renovation, the former Albright-Knox Art Gallery, now re-christened the Buffalo AKG Art Museum has reopened bigger and better than ever! We are one of the first groups to schedule a full tour of the new AKG. This 90-minute docent-led tour will take you through all three buildings in the AKG now. There will be time to hit the shop, stop at the café, and sit in the new community courtyard. There are also many new hands-on exhibits you can play with while you're there.

Registration schedule for this trip, **IN-PERSON ONLY**:
 Thursday September 21 @ 9 AM – Members;
 Thursday September 28 @ 9 AM – Non-members.
 Cost: Members \$10, Non-members \$15;
 Lunch \$3 donation.

Schedule for the day:

11:00 AM Lunch at Tosh Collins
 11:30 AM– Depart for AKG
 12:00 PM– Arrive AKG, Tour Begins
 1:30 PM– Tour Ends, Free Time
 2:00 PM– Depart AKG
 2:30 PM– Arrive at Tosh Collins

BUFFALO AKG ART MUSEUM



This program is made possible with funds from the Statewide Community Regrant program, a regrant program of the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature and administered by Arts Services Inc.

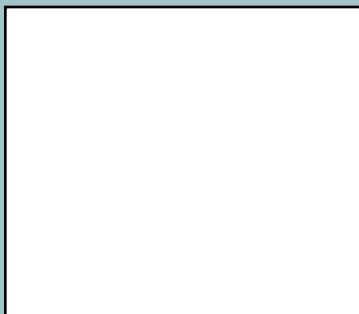
Q **HARD COVER BINDING & RESTORATION**

10% OFF!

1 or 1000 - No Limits!

- Graduate Student Theses & Dissertations
- Family Genealogies & Bibles
- Vanity Books & Diaries & Albums
- Text Books & Yearbooks & Storybooks
- Legal & Medical Documents
- Journals & Magazines • *and More!*

716.883.8185 • INFO@QUALITYBINDERY.COM
501 AMHERST ST | BUFFALO, NEW YORK 14207



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

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

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide

ADT Authorized Provider | **SafeStreets** | **833-287-3502**

SUPPORT OUR ADVERTISERS!

FREE AD DESIGN
with purchase
of this space
CALL 800-477-4574

RIGIDIZED METALS CORPORATION
metal made better
www.rigidized.com

TXTRsound Acoustical Ceiling Clouds
Duende at Silo City
Design and Install by Crafted Concepts Architects & Builders

Proudly supporting the South Buffalo community since 1940.

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.



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 AUGUST



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**
- **Senior Art Camp**

11:30 am to 12:30 pm

- **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**

1-3 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**

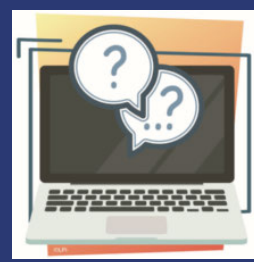


Monday Movie Matinee! MONDAYS @ 12:30 PM

8/7- NO MOVIE
8/14- The Scent of a Woman ('92)
8/21- A Man Called Otto ('22)
8/28- Secondhand Lions ('03)

COMPUTER CLASSES 4 SENIORS Thursdays 1-3 PM

8/3- Securing Facebook
8/10- Android Basics
8/17- iPhones & iPads
8/24- iPhone & iPad Settings



Tosh Collins Center Senior Activities August 2023



South Buffalo Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
31 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	1 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	2 CENTER CLOSED STAFF DEVELOPMENT DAY	3 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	4 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
7 10-11 Move & Groove 11:30-12:30 Lunch 1-7 Defensive Driving 12:30-2 Nickels Rummy	8 Meat Raffle Tickets 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	9 10-11 Mind Move Meditate 10-11 Summer Art Camp 11:30-12:30 Lunch 12:30-2 Wii Bowling	10 Tea Party reg member 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	11 10-11 Friday Fitness 10-12 Silver Pride 11:30-12:30 Lunch 12:30-2 Bingo
14 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	15 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	16 10-11 Mind Move Meditate 10-11 Summer Art Camp 11:30-12:30 Lunch 12:30-2 Wii Bowling 5-10 Young@Arts Trip	17 Color Purple Member 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class 5-7 Grief Group	18 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
21 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	22 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	23 10-11 Mind Move Meditate 10-11 Summer Art Camp 11:30-12:30 Lunch 12:30-2 Wii Bowling	24 Tea Party NonMember 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	25 10-11 Friday Fitness 10-11:30 BP Check 11:30-12:30 Lunch 12:30-2 Bingo
28 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	29 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	30 10-11 Mind Move Meditate 10-11 Summer Art Camp 11:30-12:30 Lunch 12:30-2 Wii Bowling	31 Color Purple NonMember 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	1 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 August 7th
1:00 PM – 7:00 PM
(Dinner available for \$3.)



South Buffalo

Community Association

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

Monday	Tuesday	Wednesday	Thursday	Friday
31 Cheese Omelet with Peppers, Onions & Tomatoes Cheesy Diced Potatoes Seasoned Spinach Raisin Bread Fruit Compote (604)	1 Chicken Breast with Marsala Sauce Mashed Potatoes Green Beans Dinner Roll Chocolate Chip Cookies (664)	2 CENTER CLOSED	3 Breaded Pork Chop with Gravy Lazy Pierogi Peas Whole Wheat Dinner roll Marinated Cucumber, Tomato & Onion Salad Cinnamon Apple Crisp (807)	4 Teriyak-seasoned Beef Strips over White Rice Oriental Mixed Vegetables Orange Pineapple Juice Fresh Plum Chocolate Milk (653)
7 Breaded Chicken Breast with Herbed Gravy Spanish Rice French Bean Medley Dinner Roll Fresh Watermelon (611)	8 Stuffed Shells with Tomato Meat sauce & Mozzarella Grape Juice Cauliflower Italian Bread Chef Salad with Dressing Shortbread Cookies (926)	9 Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes Peas with Red Pepper Chocolate Bavarian (866)	10 Entrée Salad Chicken Caesar Salad on a Bed of Fresh Salad Greens with Dressing Whole Wheat Dinner Roll Fresh Peach Chocolate Milk (836)	11 Roast Beef with Horseradish & Gravy on a Bun Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit (772)
14 Beef Bourguignon Mashed Potatoes Harvard Beets Dinner Roll Oatmeal Raisin Cookies (825)	15 Ham Steak with Pineapple Sauce Sweet Potatoes Brussels Sprouts Biscuit Chocolate-covered Ice Cream Bar (679)	16 Cheese Tortellini with Chicken & Red Pepper Cream Sauce Italian Mixed Vegetables Chef Salad with Dressing Italian Bread Fresh Cantaloupe Chocolate Milk (599)	17 Turkey with Stuffing & Gravy Molded Cranberry Salad Mashed Butternut Squash Green Bean Casserole Fruit Compote (669)	18 Stuffed Pepper with Tomato Meat sauce Mashed Potatoes Broccoli Florets Dinner Roll Peach Bavarian (762)
21 Senior Citizens Day Breaded Bone-in Pork Chop with Gravy Scalloped Potatoes California Blend Vegetables Whole Wheat Dinner Roll Marinated Cucumber & Onion Salad Chocolate Cream Pie (1035)	22 Sloppy Joe on a Wheat Roll Tater Tots Mixed Vegetables Tropical Fruit (789)	23 Entrée Salad Greek Grilled Chicken Breast Salad with Greek Dressing & Feta Cheese Multigrain Bread Fresh Nectarine Chocolate Milk (798)	24 Vegetable Lasagna with Cream Sauce Green Beans Fruit Punch Italian Bread Strawberry Ice Cream (776)	25 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Carrots Dinner Roll Coleslaw Mandarin Oranges (730)
28 Rotini with Meatballs, Tomato Sauce & Mozzarella Cauliflower Grape Juice Tapioca Pudding (802)	29 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Seasoned Spinach Marinated Cucumber & Tomato Salad Fresh Watermelon (692)	30 Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Sweet Potatoes Peas Cinnamon Applesauce Chocolate Milk (679)	31 Entrée Salad Beef Taco Salad with Shredded Cheddar, Corn & Black Bean Salsa on a Bed of Salad Greens with Tortilla Strips & Salsa Chocolate Mousse (703)	1 Labor Day Lunch Breaded Chicken Drumsticks Corn-on-the-Cob Au Gratin Broccoli Whole Wheat Dinner Roll Macaroni Salad Strawberry Shortcake (1076)