



# South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

## THIS MONTH



Fall Lunch & Learns | p 4



October Workshops | p 8



More Art Camp! | p 5



Flu Shot Time | p 8

## SEPTEMBER | 2023



*SBCA Staff at Staff Development Day, Aug 2, 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](https://southbuffalo.org)



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



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

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**Kate Blake**  
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## DIRECTOR'S DESK FROM MICHAEL WEIDRICH

The staff at SBCA are like family. We celebrate together, we grieve together, we lift each other up, and we support each other. With a tear in our eye, we said good-bye to Vilma and Daniel as they went back to school full time. But we're so happy to have welcomed Gianna and Joni to our family. And while we're not quite ready to say good-bye to summer, we have a few surprises up our sleeves for this winter!

## CROSSWORD PUZZLE

### ACROSS

- 1 White matter of the brain
- 5 Tactical Air Command (abbr.)
- 8 Semitic deity
- 12 Outbreak
- 13 Harem room
- 14 High (pref.)
- 15 Tidy
- 16 Entangle
- 17 Broad structural basin
- 18 Again
- 20 Regard
- 22 Never (Ger.)
- 23 Red deer
- 24 Reef (2 words)
- 28 Arrow poison
- 32 Kwa language
- 33 Goddess (Lat.)
- 35 John, Gaelic
- 36 Tanzania island
- 39 Military formation
- 42 Legendary celt
- 44 Computer aided

### manufacturing (abbr.)

- 45 Last section
- 48 Husband/brother of Isis
- 52 Down with (Fr., 2 words)
- 53 Central processing unit (abbr.)
- 55 Take on cargo
- 56 Ignoble
- 57 Brown
- 58 Key
- 59 Tennyson character
- 60 Eight (pref.)
- 61 Attention-getting sound

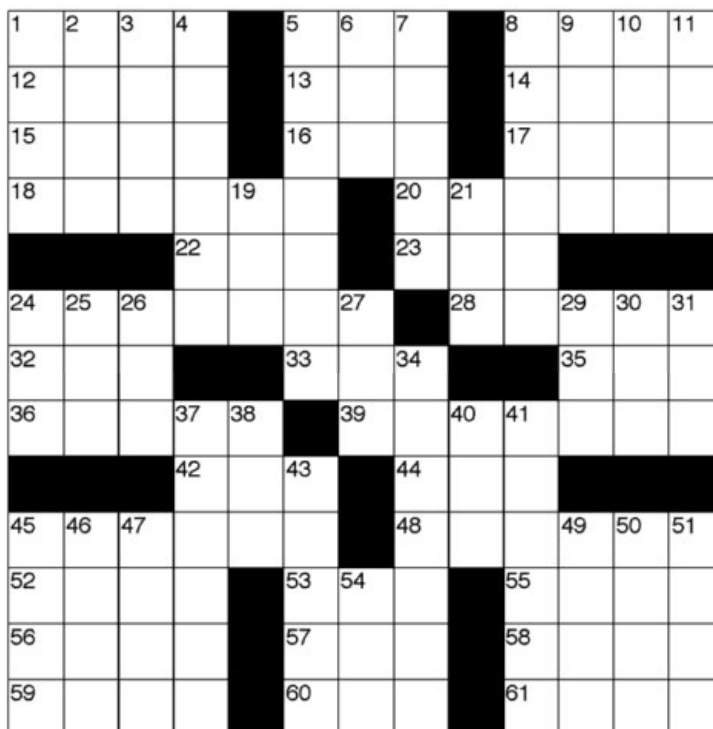


### DOWN

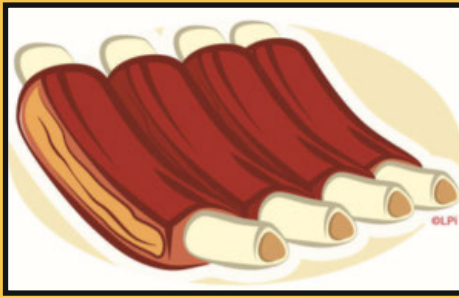
- 1 Wild buffalo
- 2 Willingly
- 3 Swine
- 4 Be present
- 5 Blonde

- 6 "Fables in Slang" author
- 7 Pole in Gaelic games
- 8 Ram
- 9 Wings
- 10 Tamarisk salt tree
- 11 Loess

- 19 Family relative
- 21 Old Fr. coin
- 24 Small drink
- 25 Presidential nickname
- 26 Name (Fr.)
- 27 Caddoan Indian
- 29 Trouble
- 30 Indo-Chin. language
- 31 Roadhouse
- 34 Report
- 37 Oblique
- 38 Atlantic (abbr.)
- 40 Laughter sounds
- 41 Wife of Iago
- 43 Hundred (pref.)
- 45 Gooseberry
- 46 Dayak people
- 47 Heb. patriarch's title
- 49 Skin eruption
- 50 Inactive
- 51 Appear
- 54 Lumberman's boot







## 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

- Draft Beer
- 1 Door Prize Ticket

Prizes for Best Halloween Costumes

50/50 Raffle      Basket Raffles

Outside snacks allowed but no outside alcohol.

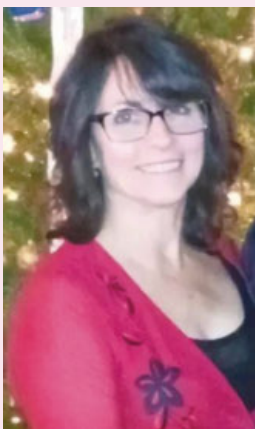
**Proceeds to support programs at the  
Tosh Collins Senior Center**

Tickets on sale  
at the Front Desk!

## ANOTHER NEW FACE AT TOSH COLLINS!



Tosh Collins is excited to welcome Joni Cimato to the staff! Joni will be taking over for Daniel and Vilma, bouncing between the kitchen and supporting programs. While Daniel and Vilma are irreplaceable, Joni comes to us lots of new ideas and lots of craftiness to spice up all our fun activities. Says Joni *"I'm excited to be joining the SBCA family. Raised and surrounded by elders my entire life, I've found that spending time with seniors is very rewarding. I can't wait to join you in all the fun activities and am eager to learn right along side you. Personally I enjoy parties and celebrations of all occasions, live music, all 4*



*of our WNY seasons and the the Buffalo Bills. I look forward to adventures big and small, I long for the woods and look forward to the open roads. I'm anticipating meeting you all soon."*



We are excited to announce that the food pantry at South Buffalo Community Association will officially open on **Monday September 11th!** Located at 35 Cazenovia St Buffalo NY 14220 the pantry will provide non-perishable food, personal items, and household items. Hours of operation to receive assistance will be:

- **Monday: 1:00 PM - 3:30 PM**
- **Wednesday: 9 AM - 11:30 AM**

If you would like to support the pantry donations are accepted **Monday through Friday 10AM - 3 PM**. If you have any questions or suggestions please feel free to contact Kim at 822-4532 ext. 0.

Together we can make a difference!

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

## 4 SEPTEMBER

Day	Date	Time	Topic
Friday	10/6/2023	11:30 - 12:30	The Story of Our Polish Immigration - From Southern Poland to Black Rock In Buffalo
Friday	10/20/2023	11:30 - 12:30	The Early History of the Sisters of Mercy & Mercy Hospital in South Buffalo
Friday	11/3/2023	11:30 - 12:30	Rock N Roll Buffalo
Friday	11/17/2023	11:30 - 12:30	They Didn't Just Get Older, They Got Better - Much Better: A Nostalgic Journey Through Buffalo History with High School and College Yearbooks
Friday	12/1/2023	11:30 - 12:30	Bawdy Buffalo



As the kids go back to school, we're thrilled to offer another semester of **LUNCH & LEARNS** for the Fall/Winter. Always entertaining and always informative, these wide ranging topics will connect with many of us. The topics will be:

**The Story of Our Polish Immigration - From Southern Poland to Black Rock in Buffalo** Explore the journey of why the Poles left southern Poland in the early 1900's. We will explore why they ended up where they did, as well as the economic and cultural impacts they experienced as they joined these new communities. Instructor: Mary Ann Kedron, Founder of Kedron Books and More, member of Black Rock Historical Society, Black Rock Riverside Alliance, Buffalo Niagara River Land Trust, & Birds on Niagara

**The Early History of the Sisters of Mercy & Mercy Hospital in South Buffalo** We'll trace the roots of the founding of Mercy Hospital and how the Sisters of Mercy arrived in Buffalo. Instructor: Sr. Peggy Gorman, RSM, who has been a sister of Mercy for 63 years

**Rock N Roll Buffalo** A review of the musicians, bands, DJ's, clubs, concert halls and personalities that brought rock music to the Buffalo area. Starting with the beginning of Rock N Roll in the 50s, it will focus on rock music, but will include all styles of music performed in WNY through the mid-80s, along with photos of the bands and venues. Instructor: Rick Falkowski, Author, lecturer, founder of the Buffalo Music Hall of Fame, and coordinator of Tonawanda Gateway Harbor Concerts & Events.

**They Didn't Just Get Older, They Got Better — Much Better: A Nostalgic Journey Through Buffalo History with High School and College Yearbooks.** Buffalo-area High School and College yearbook photographs and descriptions provide a valuable historical record of the early lives of many Buffalonians. Especially interesting are vintage pictures and stories of individuals from Buffalo, who later in life, became famous. Buffalo has contributed to the greater universe: sports heroes; politicians; musicians; scientists; writers; educators; radio, TV and film personalities; businesspersons; and other notables. It is always fun to look back at the youthful appearance and aspirations of people who, as working adults, affect many of our lives in a profound manner. This talk will focus on the yearbook photos and stories of a handful of famous Buffalonians. The audience will be invited to guess the identity of many of the younger versions of adults which they have seen, heard, met or read about in the newspaper, in books, on TV, or in the movies. Instructor: William R. Greco, PhD, MBA, Professor Emeritus, Roswell Park Comprehensive Cancer Center & State University of New York at Buffalo.

**Bawdy Buffalo** From the Canal days of the 1800's where vice, crime and "Ladies of Easy Virtue" all resided to the Prohibition years where speakeasies, bootleggers and a beer brewing mayor all helped quench a thirsty city. An entertaining presentation that delves into the seedier side of Buffalo. Instructor: Instructor: Marla Bujnicki, Certified Master Docent for Preservation Buffalo Niagara (PBN), for Forest Lawn and boat tour Narrator aboard the Miss Buffalo II.

Our Summer Art Camp was SO successful, we have scheduled another 8-week series for our **FUN FALL ART CAMP**! Beginning Wednesday October 4th and running through Wednesday November 22nd, we're moving the class time to 12:30 PM.

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. Class limit is 15 people.

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



## 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!



National Hispanic Heritage Month begins in September and this month's movies celebrate the contributions of Hispanic Americans to history & culture.

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**September 4th**— CLOSED FOR LABOR DAY

**September 11th— Selena (1997)** The true story of Selena, a Texas-born Tejano singer who rose from cult status to performing at the Astrodome, as well as having chart-topping albums on the Latin music charts. Starring Jennifer Lopez & Edward James Olmos.

**September 18th— Father of the Bride (2022)** Reimagining of the classic 1950 & 1991 films starring Andy Garcia & Gloria Estefan about a father's coming to grips with his daughter's upcoming wedding through the prism of multiple relationships within a big, sprawling Cuban-American clan.

**September 25th— Disney's Encanto (2021)**—a multi-generational Colombian family led by a matriarch whose children and grandchildren—except for Mirabel Madrigal—receive magical gifts from a miracle that helps them serve the people in their rural community called the Encanto. When Mirabel learns that the family is losing their magic, she sets out to find out what is happening, and save her family and their magical house.

## 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 suggested donation per ride.



## Pickleball Fall Hours! ALERT

With the beginning of school, the hours for pickleball will be changing. But for now, it will remain Tuesdays & Wednesdays 10:30 AM-12:30 PM. Call (716) 828-1445 to reserve your court time.



# 6 SEPTEMBER



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.

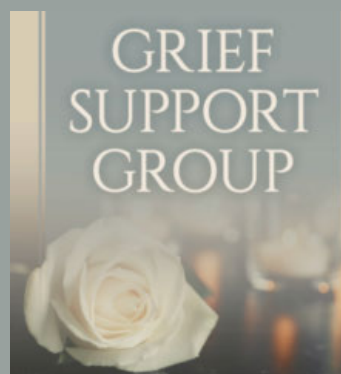
MONDAY's from 1 pm—7 pm

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

Upcoming Dates:

**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](mailto:robert@southbuffalo.org)

## LGBTQ+ Seniors Coffee Hour

Every 2nd Friday of the month from 10am-Noon. The next Meeting will be Friday, September 8th For more info, contact Michael Weidrich at (716) 822-4532 x101 or email [michael@southbuffalo.org](mailto:michael@southbuffalo.org)



## UFO & Paranormal Meetup of WNY

Upcoming meetings are  
Saturday Sept 9th  
Saturday Oct 14th  
Saturday Nov 11th  
11 AM—2 PM  
For more info, contact [Cintemple@gmail.com](mailto:Cintemple@gmail.com) or call 716-931-0430



## MORNING FITNESS

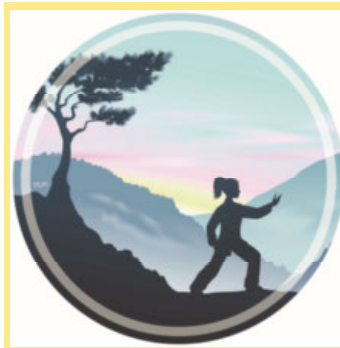
### MONDAY



#### 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

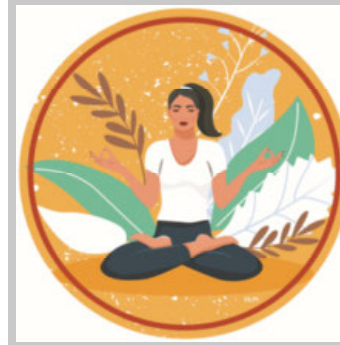
### WEDNESDAY



#### MINDFUL MOVEMENT & GUIDED MEDITATION

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

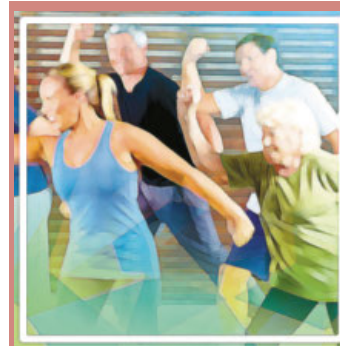
### THURSDAY



#### 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



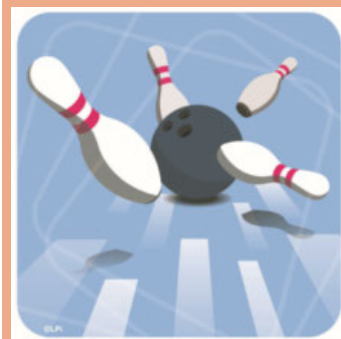
### NICKELS RUMMY

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.



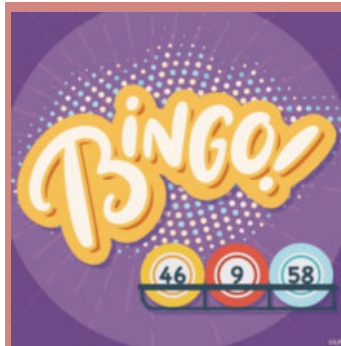
### Wii BOWLING WEDNESDAYS

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.

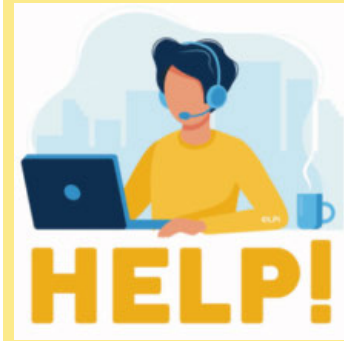
MONDAY



### 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.

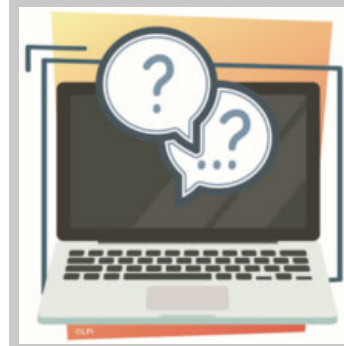
WEDNESDAY



### 8 BALL POOL 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.



Day	Date	Time	Topic
Thursday	10/5/2023	1:00 - 2:00	Balance is Key: A Guide to Fall Prevention
Thursday	10/12/2023	1:00 - 2:00	Brainstormers - skit "No Future"
Thursday	10/26/2023	1:00 - 3:00	Deaf Culture & Sign Language

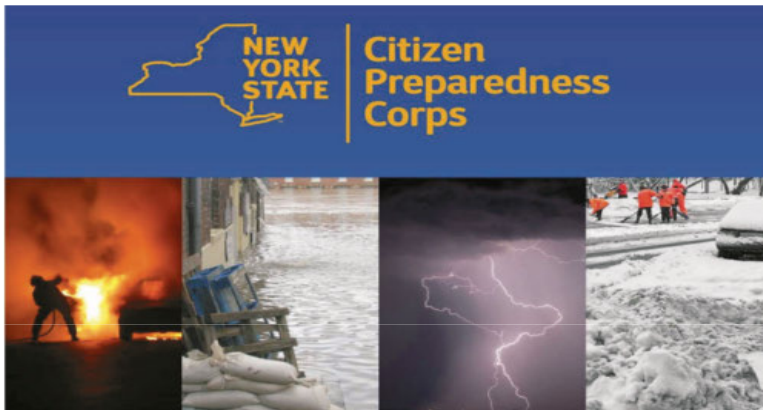
**For the month of October, we're excited to offer these one-day workshops on a variety of topics. These immersive workshops will engage your mind, body and spirit!**

**Balance is Key: A Guide to Fall Prevention** Learn ways to help prevent yourself from falling with these tips and tricks! Instructor: Eric Weisansal, Health, and Wellness Coordinator with Erie County Department of Senior Services

**The Brainstormers:** We are a group of "seasoned" actors who have been performing voluntarily for seniors in Western NY for nearly two decades. We perform various short skits of 20--30-minute length dealing with issues within the senior community. The skit is followed by a Q & A session. Instructor: Philip Knoerzer Artistic Coordinator for The Brainstormers.

**No Future by Keith Elkins.** In 2021, when the power goes out, a small Idaho hamlet's mayor treks deep into the woods to ask for advice about what to do from an old flame who's been a reclusive and self-reliant survivalist for years and can still write and read cursive and do arithmetic on paper.

**Deaf Culture & Sign Language** Learn about Deaf Culture and the history of the Deaf Community. You'll also learn some basic ASL letters and phrases. Instructor: David Wantuck, Community Engagement Specialist/ASL Coordinator, Deaf Access Services



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  
25 Cazenovia Street  
Buffalo, NY 14220

\*ALL PARTICIPANTS MUST REGISTER IN ADVANCE

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

**South Buffalo  
Community Association**

To register and for additional  
information, visit  
[www.prepare.ny.gov](http://www.prepare.ny.gov)



## HEALTH FAIR

**Date: September 28, 2023**  
**Time: 12 pm to 3 pm**  
**Location: Tosh Collins Community Center**  
**35 Cazenovia St, Buffalo, NY, 14220**

**GET YOUR  
FLU SHOT!**

**Blood  
Pressure  
Screening  
with Nurse  
Marcy**

**Participating Vendors**  
Erie County Dept Senior Services  
Erie County HEAP and SNAP  
Mental Health and Support Services  
Legal and Health Insurance Agencies  
Physical and Occupational Therapy  
Agencies  
AND MORE

**South Buffalo  
Community Association**





# 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



## Broadway Musical MOULIN ROUGE at Shea's

Saturday November 4th from Noon -5 PM

Prepare yourself to be blown away by the most Spectacular Spectacular! Our November trip brings us back to the Shea's Main Stage for the Moulin Rouge, a story of truth, beauty, freedom and love. Based on the 2001 movie starring Nicole Kidman and Ewan McGregor, the Broadway musical takes it to a whole new level!

Registration schedule for this trip, **IN-PERSON ONLY:**

Thursday October 5th @ 9 AM – Members;

Thursday October 12th @ 9 AM – Non-members.

Cost: Members \$10, Non-members \$15;

Lunch: \$3

Due to the day of the trip, Greg will be unable to provide transportation to and from the Center.

Schedule for the day:

Noon- Lunch at Tosh Collins

12:30 PM– Depart for Shea's

1:00 PM– Arrive at Shea's

2:00 PM– Showtime

4:30 PM– Depart Shea's

5:00 PM– Arrive at Tosh Collins



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Arts  
Services  
INC

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.

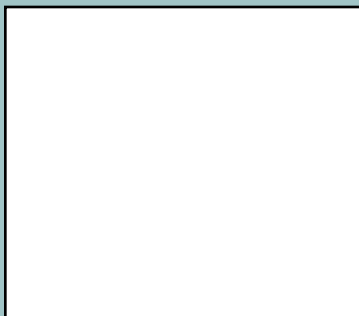
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Community Association

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35 Cazenovia Street  
Buffalo NY 14220-1705  
(716) 822-4532  
[www.southbuffalo.org](http://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 SEPTEMBER



**South Buffalo**  
Community Association

## DAILY EVENTS

### 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**

12:30 pm to 2:00 pm

- **Wii Bowling**

•

### THURSDAYS

10:00 am to 11:00 am

- **Chair Yoga**

11:30 am to 12:30 pm

- **Lunch**

12:00 pm to 4:00 pm

- **September Special Events**

12:30 pm to 2:00 pm

- **Poker**

### 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**



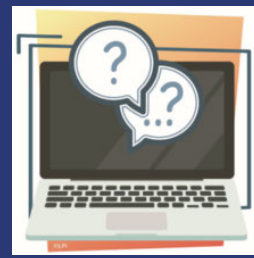
**Monday Movie Matinee!**  
**MONDAYS @ 12:30 PM**

9/4- CLOSED  
9/11- Selena (1997)  
9/18- Father of the Bride (2022)  
9/25- Disney's Encanto (2021)

### COMPUTER CLASSES 4 SENIORS

**Thursdays 1-3 PM**

The Fall Semester of Computer Classes for Senior will begin Thursday November 2nd for a 6-week run. Watch this space for further details.





# Tosh Collins Center Senior Activities September 2023



## South Buffalo Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	<b>29</b> 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	<b>30</b> 10-11 Mind Move Meditate <b>10-11 Summer Art Camp</b> 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>31 Color Purple NonMember</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	<b>1</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>4</b>  <b>CLOSED LABOR DAY</b>	<b>5</b> 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	<b>6</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>7</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	<b>8</b> 10-11 Friday Fitness <b>10-12 Silver Pride</b> 11:30-12:30 Lunch 12:30-2 Bingo
<b>11</b> 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	<b>12</b> 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	<b>13</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>14</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker <b>12:30-3 Tea Party</b>	<b>15</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>18</b> 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	<b>19</b> 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	<b>20</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>21 AKG Museum Member</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker <b>1-3 Emergency Prepare 5-7 Grief Group</b>	<b>22</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>25</b> 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	<b>26</b> 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	<b>27</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>28 AKG Museum NonMem</b> 10-11 Chair Yoga 11:30-12:30 Lunch <b>12-3:30 Health Fair</b> 12:30-2 Poker	<b>29</b> 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](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 October 2nd  
1:00 PM – 7:00 PM  
(Dinner available for \$3.)



# South Buffalo

## Community Association

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> Rotini with Meatballs, Tomato Sauce & Mozzarella Cauliflower Grape Juice Tapioca Pudding (802)	<b>29</b> Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Seasoned Spinach <b>Marinated Cucumber &amp;            Tomato Salad</b> Fresh Watermelon (692)	<b>30</b> Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Sweet Potatoes Peas Cinnamon Applesauce <b>Chocolate Milk</b> (679)	<b>31 Entrée Salad</b> Beef Taco Salad with Shredded Cheddar, Corn & Black Bean Salsa on a Bed of Salad Greens with Tortilla Strips & Salsa Chocolate Mousse (703)	<b>1 Labor Day Lunch</b> Breaded Chicken Drumsticks Corn-on-the-Cob Au Gratin Broccoli Whole Wheat Dinner Roll <b>Macaroni Salad</b> Strawberry Shortcake (1076)
<b>4 No Meals Served</b> 	<b>5</b> Beef Cubes in Gravy Scalloped Potatoes Brussels Sprouts Rye Bread Frosted Lemon Cake (864)	<b>6</b> Grilled Chicken with Pineapple Salsa Rice Pilaf Broccoli Florets Apple Juice Chocolate-covered Ice Cream Bar (654)	<b>7 Soup &amp; Salad</b> Broccoli Cheddar Soup Carrots <b>Chef Salad with Garbanzo            Beans &amp; Dressing</b> Biscuit Fruited Gelatin (800)	<b>8</b> Chicken Parmesan with Pasta, Tomato Sauce & Mozzarella Wax Beans Peas with Red Pepper Tropical Fruit <b>Chocolate Milk</b> (727)
<b>11</b> Steakhouse Burger with Gravy Mashed Potatoes Peas Wheat Bread Vanilla Mousse (788)	<b>12</b> Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Zucchini & Tomatoes Pineapple <b>Chocolate Milk</b> (789)	<b>13</b> Vegetable Quiche with Cheese Sauce Green Beans Harvard Beets Blueberry Muffin Mandarin Oranges (681)	<b>14</b> Bone-in Chicken Breast with Herb Gravy Sweet Potatoes Broccoli & Cauliflower Wheat Dinner Roll Peach Crisp (639)	<b>15</b> Chili con Carne with Cheddar Cheese Carrots Fruit Punch <b>Chef Salad with Dressing</b> Cornbread Fresh Pear (944)
<b>18</b> Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes Seasoned Spinach Chocolate Cake (914)	<b>19</b> Turkey with Stuffing & Gravy & Cranberry Sauce Sweet Potatoes Cauliflower Vanilla Ice Cream (656)	<b>20 Entrée Salad</b> Grilled Chicken, Mandarin Orange & Sunflower Salad with Dressing Multigrain Bread Sugar Cookies (727)	<b>21</b> Cabbage Roll with Savory Sauce Ranch-seasoned Mashed Potatoes Green Beans Rye Bread Strawberry Bavarian (667)	<b>22 Welcome Fall!</b> Breaded Bone-in Pork Chop with Gravy Mashed Potatoes Peas with Pearl Onions Whole Wheat Dinner Roll <b>Chef Salad with Dressing</b> Apple Pie with Whipped Topping (1020)
<b>25</b> Cheese Ravioli with Tomato Meat Sauce & Mozzarella Cauliflower Grape Juice Dinner Roll Angel Food Cake with Pineapple (854)	<b>26 Entrée Salad</b> Julienne Salad with Dressing Wheat Dinner Roll Fresh Grapes (645)	<b>27</b> Hearty Pork Stew Mashed Potatoes Green Beans Biscuit Oatmeal Raisin Cookies (867)	<b>28</b> Swedish Meatballs with Creamy Sauce over Pasta Peas Fruit Punch <b>Chef Salad with Dressing</b> Mandarin Oranges (754)	<b>29</b> Ancho Chicken Fajita Skillet with Salsa & Shredded Cheddar in a Flour Tortilla Spanish Rice Corn Tropical Fruit <b>Chocolate Milk</b> (773)