



South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

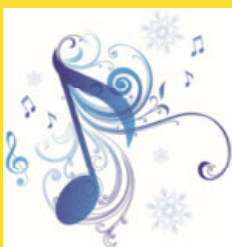
THIS MONTH



Inter-Senior Center Trivia | p 12



Computer Classes Return | p 5



December Field Trip | p 9



Snow Ball is coming | p 3

OCTOBER | 2023



SBCA Members at one of our daily fitness & movement classes.

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

Fall is here and I'm so excited for what we have coming up for the rest of 2023. We have a jam packed schedule of classes, trips, and events through the end of the year. I am especially thrilled to announce that for the first time, we are doing an event outside the Center, with our annual Snow Ball winter semi-unformal event is taking place at the Show at Shea's Seneca for a spectacular winter wonderland!!

Halloween Word Search

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

Word List:

HALLOWEEN
CEMETERY
CANDY
MASK
BAT
BONES
AFTERLIFE
EYEBALLS
MONSTER
SCARECROW

WITCH
PUMPKINS
TRICKS
SCARY
BLACK
BOO
APPARITION
GHOUL
LANTERN
ZOMBIE

GHOST
CARVING
TREATS
SPOOKY
CAT
BROOM
CAPE
BOGEYMAN
MOON
WICKED

HAUNTED
COSTUMES
GOBLIN
SPIDER
CAULDRON
CACKLE
DARKNESS
FRIGHTFUL
OCTOBER
WEREWOLF

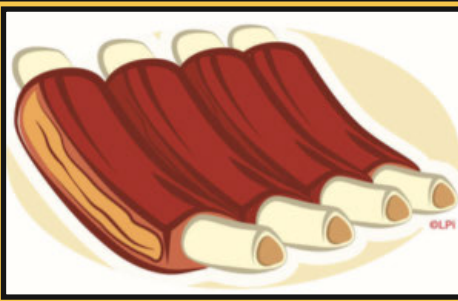
New Membership at Tosh Collins

- 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

8 Rounds with 4-5 pulls per rounds

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
the Tosh Collins Senior
Center**

Tickets on sale
at the Front Desk!
at the Tosh Collins
Center or online by
scanning this QR code.



SNOW BALL 2023 * A Winter Semi-Un-Formal at The Show at Shea's Seneca Friday December 15th 11:00 AM to 3:00 PM

Our popular winter semi-un-formal event returns for its 2nd year and we're going off site! Thanks to the support of Assemblyman Burke, we are stepping up this event by going to The Show at Shea's Seneca with lunch by Buffalo's Best Catering by Kim and open soft-drink bar by Shea's.

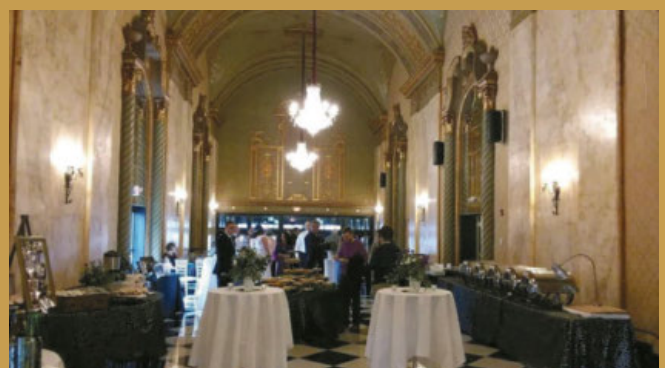
Doors open at 11:00 am with hand-passed hors d'oeuvres and appetizer stations. Guests will be seated at Noon for an exquisite lunch. After lunch, there will be live music for dancing, desserts, and presents for all. And there may be some surprises yet to come!

Tickets are \$15 for members, \$20 for non-members.

Member tickets go on sale Wednesday October 18th at 9 am

Non-member tickets Wednesday November 1st at 9 am

Sponsored by NYS Assemblyman Patrick Burke



4 OCTOBER



Our next semester of Lunch & Learn sessions begins Friday October 6th from Erie County's University Express program, with a few extras from our community partners.

The previously scheduled session "The Early History of the Sisters of Mercy & Mercy Hospital" has been moved to the following Friday, October 27th.

We have added a special session on Identity Theft & Fraud Protection by M&T Bank on Friday October 13th. Then we will have Dr. Julie Bowker from the University at Buffalo come speak about making the most of solitude on Friday October 20th.

| 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 | 10/13/2023 | 11:30—12:30 | Identity Theft & Current Fraud Schemes by M&T Bank |
| Friday | 10/20/2023 | 11:30—12:30 | How To Enjoy Time in Solitude by Dr. Julie Bowker from UB |
| Friday | *10/27/2023 | 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 |



MONDAY MATINÉE

ard Haydn, and Gene Hackman. The film is a parody of the classic horror film genre, in particular the various film adaptations of Mary Shelley's 1818 novel *Frankenstein*.

October is here and the monsters are coming out for Halloween month! We have a star-studded line-up with some of Hollywood's biggest stars in films inspired by classic novels.

October 2nd– NO MOVIE

October 9th– CLOSED FOR COLUMBUS DAY

October 16th– **Young Frankenstein (1974)** Comedy horror film directed by Mel Brooks. Starring Gene Wilder as the title character, Peter Boyle portrays the monster. The film co-stars Teri Garr, Cloris Leachman, Marty Feldman, Madeline Kahn, Kenneth Mars, Rich-

October 23rd– **Whatever Happened to Baby Jane? (1962)** Psychological horror thriller starring Bette Davis and Joan Crawford. It follows an aging former child star tormenting her paraplegic sister, a former movie star, in an old Hollywood mansion.

October 30th– **The Shining (1980)**-based on Stephen King's 1977 novel starring Jack Nicholson and Shelley Duvall about a writer and recovering alcoholic who accepts a new position as the off-season caretaker of the Overlook

COMPUTER CLASSES



Our popular computer classes for seniors returns for a Fall Semester starting Thursday November 2nd for a 6 week series. Brendan Chella from the Buffalo & Erie County Public Library returns with new classes for all your technology needs. Classes are Thursdays 1 PM to 3 PM. Register with Kim at the front desk. Consider signing up for lunch beforehand for only a \$3 donation.

| | |
|-------|--------------------------|
| 11/2 | Home Entertainment Setup |
| 11/9 | Smart TV Basics |
| 11/16 | Streaming Media |
| 11/23 | NO CLASS |
| 11/30 | iPad / iPhone basics |
| 12/7 | iPad / iPhone settings |
| 12/14 | Apple ID and iCloud |



Our FUN FALL ART CAMP begins Wednesday October 4th and runs through Wednesday November 22nd, starting at 12:30 PM. The first four classes will be:

10/4 - Sculpting and painting with Salvador Dali

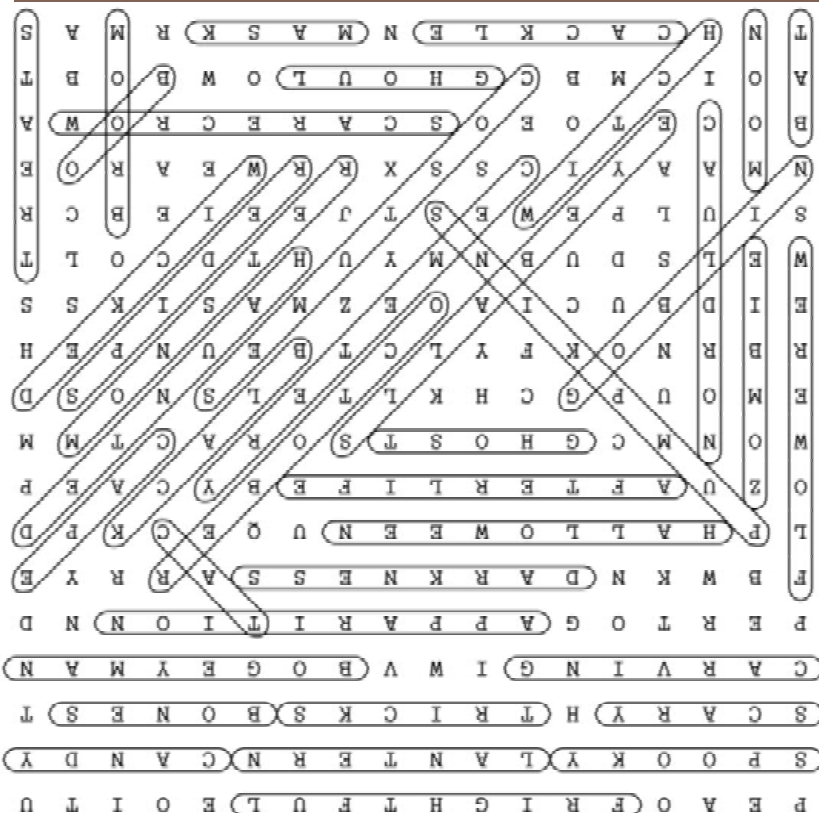
10/11 - Decoupage and the history of decoupage

10/18 - Pointillism with George Seurat

10/25 - Pumpkins with Yayoi Kusama

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.



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.

TOSH COLLINS GYM UPDATE

The gym at Tosh Collins is expanding senior activities beyond Pickleball! We're excited to be adding Corn Hole and Senior Walking. The schedule is as follows:

Senior Walking- M - F- 9:30 AM—10:30 AM

Pickleball- M, T, W, F—10:45 AM—1 PM

Corn Hole Toss- Thurs- 10:45 AM-1 PM

Call Jake at (716) 828-1445 to reserve your court time.

6 OCTOBER



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Driving Class

Save 10% on
your Auto In-
surance for 3
Years plus re-
duce up to 4
points on your
DMV Record.

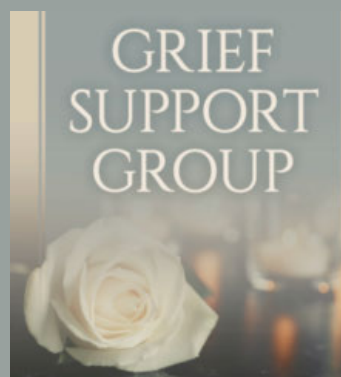
MONDAY's from 1 pm—7 pm

\$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

LGBTQ+ Seniors Coffee Hour

Every 2nd Friday of the
month from 10am-Noon.
The next Meeting will be
Friday, October 13th 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 Oct 14th
Saturday Nov 11th
Saturday Dec 9th
11 AM—2 PM
For more info, contact
Cintemple@gmail.com or
call 716-931-0430



MORNING FITNESS

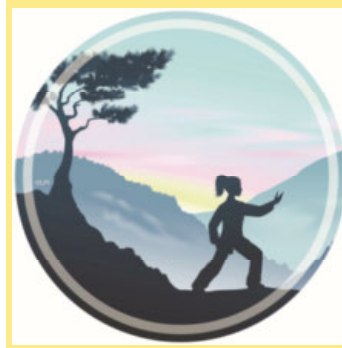
MONDAY



MOVE & GROOVE MONDAY

Low impact exercise
to music and fun
with light weights,
balance and coordi-
nation. 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 Tues-
days at 10am.
\$5 or 10/\$30

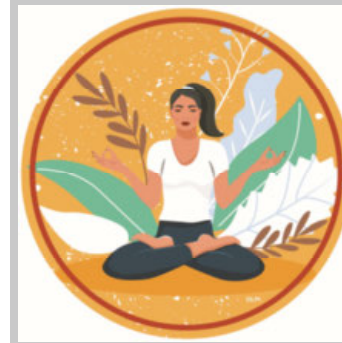
WEDNESDAY



MINDFUL MOVEMENT & GUIDED MEDITATION

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

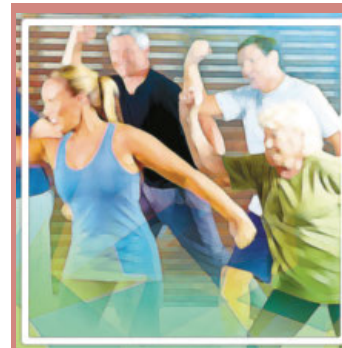
THURSDAY



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



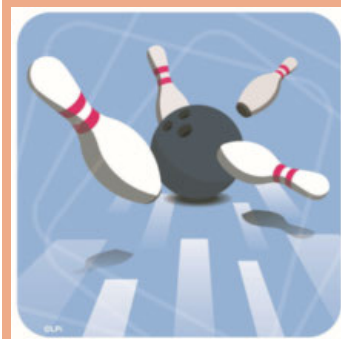
NICKELS RUMMY

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.

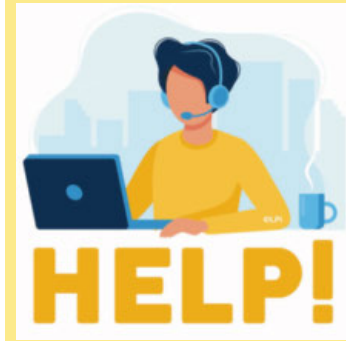
MONDAY



MONDAY MOVIE MATINEE

A new movie or TV episode every week for your viewing pleasure with 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.

| 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



Tuesday October 31st 11:30 AM—2:30 PM

Calling all ghosts and goblins to come to the Tosh Collins Center for a spooktacular Halloween Party! Come for lunch in your best costume and win a prize. Haunted BINGO, extra prizes and candy for all! Register with Kim at the front desk.



We would like to extend a warm thank you for all of the donations you have made to the Pantry. Your thoughtful donations will enable us to continue to fight against the food insecurity so many of the seniors in our community are facing. We would also like to thank our sponsors, Councilman Christopher Scanlon and Wegmans Food Markets, for their support. Their generous donations helped make the dream of opening a pantry in our center into a reality. The kindness and compassion you have all shown will touch the hearts of many, and is a reminder that together we can make a difference. Thank You Again!

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



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

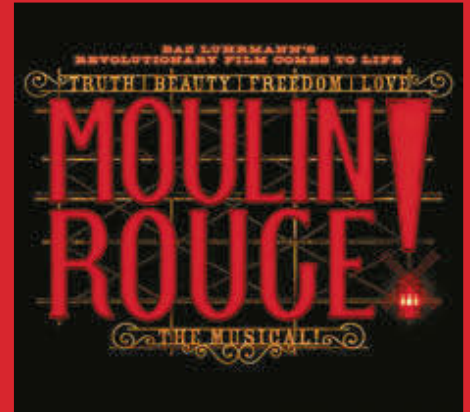
12:30 PM– Depart for Shea's

1:00 PM– Arrive at Shea's

2:00 PM– Showtime

4:30 PM– Depart Shea's

5:00 PM– Arrive at Tosh Collins



The Buffalo Philharmonic Orchestra at Kleinhan's Music Hall for JoAnn's Classical Christmas Friday December 8th 8:30 AM—1:00 PM

Join us for the final trip of 2023 as we return to Kleinhan's Musical Hall for the holidays with the award winning conductor JoAnn Falletta's Classic Christmas Concert. Vivaldi's Piccolo Concerto highlights this season's offering of timeless classics selected by JoAnn Falletta to celebrate the season. JoAnn Falletta, *conductor*; Natalie Debikey Scanio, *piccolo* with the Buffalo Philharmonic Chorus

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

Thursday November 9th @ 9 AM – Members;

Thursday November 16th @ 9 AM – Non-members.

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

Lunch: \$3

Schedule for the day:

8:30 AM– Meet at Tosh Collins

9:00 AM– Depart for Kleinhan's

9:30 AM– Arrive at Kleinhan's

10:30 AM– Showtime

12:30 PM– Depart Kleinhan's

1:00 PM– Arrive at Tosh Collins and Lunch



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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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 OCTOBER



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**

- **Fun Fall Art Camp**

THURSDAYS

10:00 am to 11:00 am

- **Chair Yoga**

11:30 am to 12:30 pm

- **Lunch**

12:30 pm to 2:00 pm

- **Poker**

1:00 pm to 2:00 pm

- **October Workshops**

FRIDAYS

10:00 am to 11:00 am

- **Friday Fitness**

11:30 am to 12:30 pm

- **Lunch & Learn**

12:30 pm to 2:00 pm

- **BINGO**



Monday Movie Matinee!

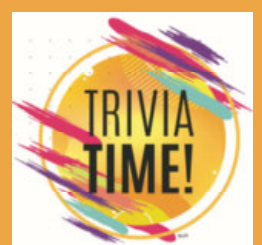
MONDAYS @ 12:30 PM

10/2—NO MOVIE 10/9-CLOSED
10/16-Whatever Happened to Baby Jane? (1962)
10/23-Young Frankenstein (1974)
10/30- The Shining (1980)

INTER-SENIOR CENTER TRIVIA

Monday Oct 16th 12:30-1:30pm

Erie County Senior Service's Ryan Gadzo will host inter-Senior Center Trivia between Tosh Collins, East Aurora & Cheektowga through the TV. Come check it out!



Tosh Collins Center Senior Activities October 2023



South Buffalo

Community Association

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 2 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Nickels Rummy 1-7 Driver Safety Class | 3 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo | 4 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-2 Art Camp | 5 <i>Moulin Rouge TixMember</i> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-2 Workshop-Balance | 6 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo |
| 9 CLOSED COLUMBUS DAY INDIGENOUS PEOPLES' DAY | 10 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo | 11 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-2 Art Camp | 12 <i>Moulin Rouge nonMem</i> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-2 Workshop-Brainstormers | 13 10-11 Friday Fitness 10-12 Silver Pride 11:30-12:30 Lunch & Learn 12:30-2 Bingo |
| 16 10-11 Move & Groove 11:30-12:30 Lunch 12:30-1:30 TRIVIA 12:30-2 Nickels Rummy 1:30-3:30 Movie Matinee | 17 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo | 18 <i>Snow Ball - Member</i> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-2 Art Camp | 19 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 5-7 Grief Group | 20 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo |
| 23 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy | 24 10-11 Tai Chi 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo | 25 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-2 Art Camp | 26 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3-Workshop-Deaf culture & sign language | 27 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo |
| 30 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy | 31 10-11 Tai Chi 11:30-2:30 Halloween Party w/Lunch & Bingo 12-4 Case Mgmt Drop-in | 1 <i>Snow Ball - NonMember</i> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-2 Art Camp | 2 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker | 3 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 December 4th
1:00 PM – 7:00 PM
(Dinner available for \$3.)



South Buffalo

Community Association

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 2 Boneless Chicken Breast with Marsala Sauce Rice Pilaf Carrots Grape Juice Chocolate Chip Cookies (681) | 3 Soup Day Creamy Tomato Soup with Croutons Macaroni & Cheese 4 Bean Salad Cauliflower Fruit Cocktail (745) | 4 Cheese Tortellini with Chicken & Cream Sauce Green Beans Chef Salad with Dressing Italian Bread Mandarin Oranges & Pineapple Chocolate Milk (626) | 5 Oktoberfest Bratwurst with Sauerkraut & Mustard on a Bun German Potato Salad Au Gratin Broccoli Marinated Cucumber Salad Chocolate Éclair (921) | 6 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (762) |
| 9 CLOSED COLUMBUS DAY INDIGENOUS PEOPLES' DAY | 10 Beef Pepper Steak Casserole over Rice Broccoli Florets Wax Beans with Carrot Butterscotch Pudding (645) | 11 Penne Pasta with Tomato Sauce, Meatballs & Shredded Mozzarella Country Cottage Vegetables Chef Salad with Dressing Grape Juice Ambrosia (780) | 12 Roast Pork Loin with Gravy Sweet Potatoes Green Beans Multigrain Bread Cinnamon Applesauce Chocolate Milk (663) | 13 Beer-Battered Fish with Tartar Sauce Au Gratin Potatoes Stewed Tomatoes & Zucchini, Coleslaw Rye Bread Brownie (816) |
| 16 Breaded Chicken Breast with Buffalo-style Sauce with a Hamburger Bun Broccoli Cheese Rice Casserole, Apple Juice Chocolate Pudding (859) | 17 Entrée Salad Tuna Macaroni Salad on a Bed of Fresh Salad Greens with Dressing Club Crackers Tropical Fruit Chocolate Milk (699) | 18 Beef Bourguignon over Brown Rice Cauliflower French Bean Medley Oatmeal Raisin Cookies (735) | 19 Chicken Pasta Primavera Zucchini Medley Peas Fresh Grapes (561) | 20 Lower Sodium Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Pear Crisp (699) |
| 23 Chicken Vegetable Casserole Broccoli Florets Warm Biscuit Sugar Cookies (665) | 24 Hot Dog with Baked Beans & Ketchup on a Bun Seasoned Potatoes with Peppers & Onions Carrots Fresh Banana Chocolate Milk (766) | 25 Entrée Salad Grilled Chicken Caesar Salad on Fresh Salad Greens with Caesar Dressing Rye Bread Cinnamon Streusel Cake (944) | 26 Lasagna Roll with Tomato Meat Sauce & Shredded Mozzarella California Mixed Vegetables Chef Salad with Dressing Dinner Roll Grape Juice Lemon Bavarian (874) | 27 Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Fruit Cocktail (794) |
| 30 Omelet with Cheese Sauce Peppers, Onions & Tomatoes Tater Tots Raisin Bread Fruit Compote (690) | 31 Happy Halloween Breaded Bone-in Pork Chop with Gravy Scalloped Potatoes Peas with Red Pepper Marinated Beet & Onion Salad Dinner Roll Caramel-Drizzled Brownie (879) | 1 Baked Rigatoni with Italian Sausage, Tomato Sauce & Shredded Mozzarella Broccoli Florets Chef Salad with Dressing Dinner Roll Peach Bavarian (745) | 2 Boneless Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Carrots Chef Salad with Dressing Whole Wheat Dinner Roll Pears & Mandarin Oranges (634) | 3 Teriyaki-Seasoned Beef Strips over Rice Oriental Mixed Vegetables Orange-Pineapple Juice Fresh Apple Chocolate Milk (624) |