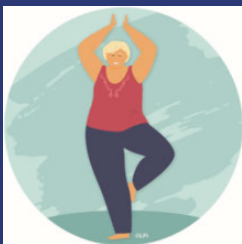




South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

THIS MONTH



Better Body Balance | p 15



New Interns for the Year | p 4



Second AKG Trip | p 9



Class Schedule | p 8

NOVEMBER | 2023



SBCA Members at our Barbie Afternoon Tea Party, Sept 14, 2023.

CONTACT US

Address

35 Cazenovia Street
Buffalo, NY 14220-1705

Hours of Operation

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



(716) 822-4532



southbuffalo.org



info@southbuffalo.org



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Michael Weidrich, MBA
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michael@southbuffalo.org

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Senior Programs Director/
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kelly@southbuffalo.org

Gianna Totaro, MPA
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

Joni Cimato
Program Associate
joni@southbuffalo.org

Kate Blake
Chore Workers

Brendan Charette
Sue Gottesman
Cedric Sun
MSW Interns

DIRECTOR'S DESK FROM MICHAEL WEIDRICH

As we prepare for the holidays and all the celebrating, we also need to prepare for another Buffalo winter. Hopefully it's not as bad as last winter, but as they say, hope for the best and prepare for the worst. Luckily, all of our fun plans for the season are flexible and regardless of the weather, we will eventually be reunited and celebrate. Just be ready for whatever may come and use us a resource any time.

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
PAPPARDELLE	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 any-time of the year. Only \$10!

See Kim to start your membership to-day!



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



As we get ready for the holidays, our movie selection for November is all about family and giving thanks!

November 6th– Fantastic Mr. Fox (2009)– After 12 years of bliss, Mr. Fox (George Clooney) breaks a promise to his wife (Meryl Streep) and raids the farms of their human neighbors. Giving in to his animal instincts endangers not only his marriage but also the lives of his family and their animal friends. When the farmers force Mr. Fox deep underground, he has to resort to his natural craftiness to rise above the opposition.

November 13th– Planes, Trains & Automobiles (1987)– Easily excitable Neal Page (Steve Martin) is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife (Laila Robins) and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith (John Candy), whom he finds extremely annoying. Together they must over-

come the insanity of holiday travel to reach their intended destination.

November 20th– Addams Family Values (1993) The Addams Family are up to more macabre antics in this sequel. This time around, Gomez Addams (Raul Julia) and his wife, Morticia (Anjelica Huston), are celebrating the arrival of a baby boy. But siblings Wednesday (Christina Ricci) and Pugsley (Jimmy Workman) are none too happy about the new addition, and try their best to eliminate the infant. When nanny Debbie Jelinsky (Joan Cusack) appears to keep the kids in line, her presence leads to an unexpected treacherous twist.

November 27th– Hannah & Her Sisters (1986) Three successive family Thanksgiving dinners mark time for Hannah (Mia Farrow), her younger sisters Lee (Barbara Hershey) and Holly (Dianne Wiest) and the men in their lives. Lee is having an affair with Hannah's husband, Elliot (Michael Caine), and trying to end her romance with artist Frederick (Max von Sydow). Holly is frustrated by her lack of career fulfillment and her increasing dependence on Hannah's largesse, while being courted by the hypochondriac Mickey (Woody Allen).

New Interns For The School Year

What an exciting and fast paced year. Many changes and growth opportunities are popping up all over the center. This is an exciting time for new interns to join us at the South Buffalo Community Association (SBCA). Once again, SBCA has partnered with the University at Buffalo: School of Social Work to be a field education site. For our third year, will be hosting three first year Master's of Social Work (MSW) interns: Sue Gottesman, Cedric Sun, and Brendan Charette. All three MSW interns will have a wide variety of experiences between case management and center activities for this academic year. Sue, Cedric, and Brendan, we welcome you to our SBCA family and look forward to sharing many experiences together for this academic year.



BRENDAN CHARETTE

I am a graduate student at UB in their Master of Social Work program! Before attending graduate school, I received an associate's degree in social sciences from SUNY Erie, and I received my bachelor's degree in Cognitive Science from UB. I am a West Seneca native who went to public school in Orchard Park. While at SUNY Erie, I was an intern at Journey's End Refugee Services, and this past school year (2022-23) I was a group teacher aide at West Seneca East Middle. I have a range of interests. I've practiced yoga and meditation regularly for many years, I enjoy attending live music events, Jeopardy is my favorite game show, and my friends and I often play boardgames on the weekends. I'm very excited to be joining the South Buffalo Community Association team, and I look forward to continuing to meet and serve our community members!



SUE GOTTESMAN

I'm a first year Masters of Social work student at UB returning to school after some years out in the working world. I became a Licensed Veterinary Technician in 2011, and then I moved into human health becoming a Registered Respiratory Therapist in 2018. I was doing some soul searching during Covid, and when I discovered the social work profession, I knew I had found my path. Everything clicked into place and I started my journey this Fall semester. My goal is to go into veterinary social work so I can support people, their pets, and also help those who work in the veterinary field. In my spare time I enjoy gardening, reading, and spending time with my husband and three cats; Mara, Beatrix Kiddo, and Archer.



CEDRIC SUN

I was born in Beijing, China and have been living in the Buffalo area for more than 20 years. Back in 2006, I graduated from the University at Buffalo with a M.A. in Humanities, B.A. in Psychology, Media Study and a Minor in Linguistics. I have a family background of Traditional Chinese Medicine (TCM) and since 2010 I have been practicing naturopath and holistic medicine independently serving people from various age groups and backgrounds. I returned to UB last year for a Master degree in Social Work and my main focus and interest is mental health services through holistic approaches. I am looking forward to being part of the SBCA and getting to know and service the community and growing myself at the same time. During my private time I enjoy traveling and learning about the world. I have been to about 30 countries and love the diversity and beauty of humanity and nature.

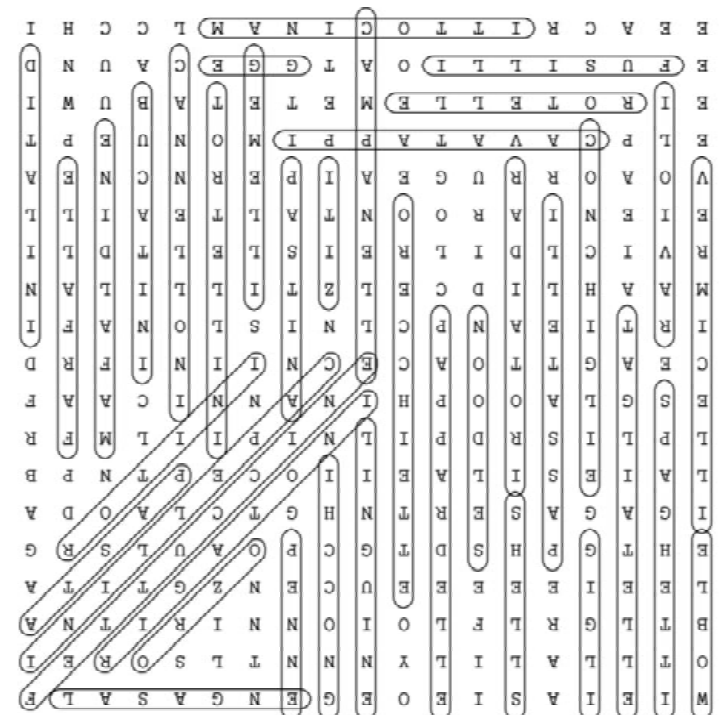
NEW MOVEMENT CLASS COMING TO TOSH



Better Body Balance for Seniors is a specialized fitness class designed to enhance the physical and mental well-being of older adults by focusing on improving their balance, stability, and overall body strength. This class is tailored to meet the unique needs and abilities of seniors, helping them maintain an active and independent lifestyle.

Each session starts with a gentle warm-up, including light stretching and breathing exercises to prepare the body and mind. Some balance drills and specific exercises will be offered to challenge and improve balance. Light weights, or bodyweight exercises will be used to build strength in the legs, core, and upper body. Stretching routines are incorporated to maintain or improve flexibility, aiding in mobility and preventing muscle stiffness.

The class focuses on movements that mimic everyday activities, such as bending, reaching, and squatting, to enhance functional fitness. Each session concludes with a cool-down segment to gradually lower heart rate and prevent muscle soreness.



Did you know that the city of Buffalo has one of the highest poverty rates among 60 + seniors, and that nearly 18% of seniors are living in poverty? Nearly 25 percent of seniors in the city of Buffalo deal with food insecurity on a regular basis.

Please continue to help us in the fight against food insecurity. Your continued donations are much needed, and greatly appreciated.

TOGETHER WE CAN MAKE A DIFFERENCE!

Pantry is open the following hours weekly:

Monday 1 pm to 3 pm

Wednesday 9 am to 11:30 am

For information, contact Kim at (716) 822-4536 ext. 0.

HEAP OUTREACH

Tuesday, November 14th
10 am-2 pm

Tosh Collins Community Center
35 Cazenovia St,
Buffalo, NY, 14220

Applicants should
bring copies of:

- ID for all household members
- Proof of all household resources
- Proof of income received within the last 30 days
- Current shutoff notice, if applicable

Questions?
716-822-4532 ext. 102
robert@southbuffalo.org

6 NOVEMBER



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.

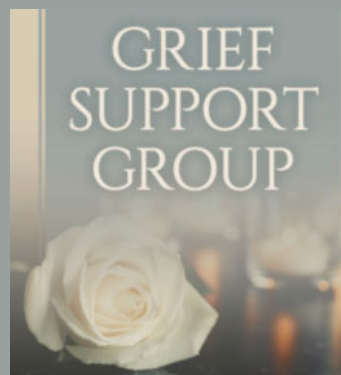
MONDAY's from 1 pm—7 pm

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

Upcoming Dates:

December 4th March 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, December 8th 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 Nov 11th Saturday Dec 9th 11 AM—2 PM For more info, contact Cintemple@gmail.com or call 716-931-0430



MORNING FITNESS

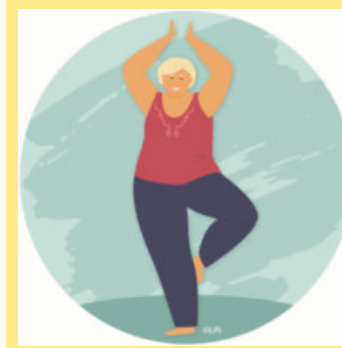
MONDAY



MOVE & GROOVE MONDAY

Low impact exercise to music and fun with light weights, balance and coordination. With Jess Reino Monday's at 10am.\$5 or 10/\$30

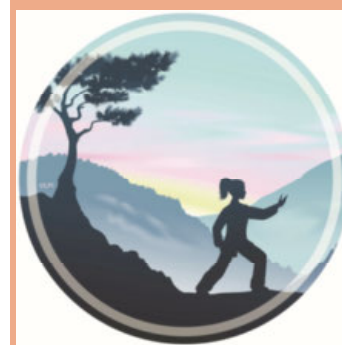
TUESDAY



BETTER BODY BALANCE

Jess empowers us to maintain better balance and stability, & body strength. Tuesdays at 10am. \$5 or 10/\$30

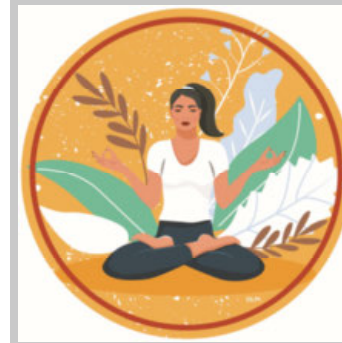
WEDNESDAY



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



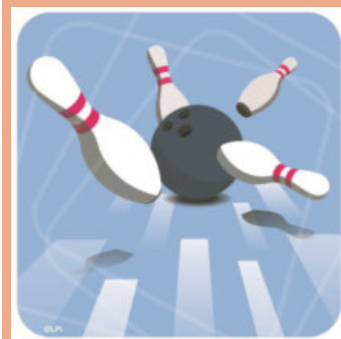
NICKELS RUMMY

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.



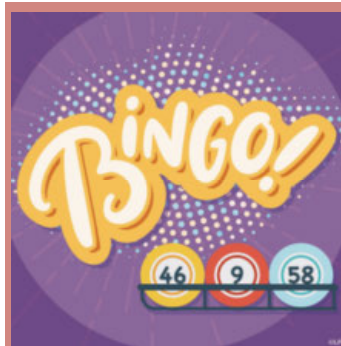
Wii BOWLING WEDNESDAYS

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.

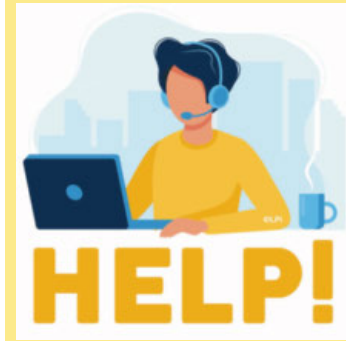
MONDAY



MONDAY MOVIE MATINEE

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

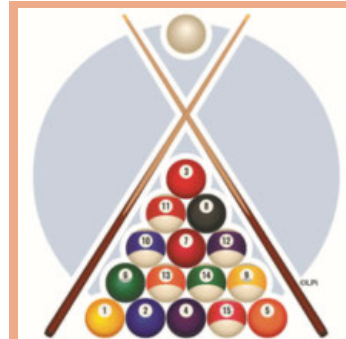
TUESDAY



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.

8 NOVEMBER



Day	Date	Time	Topic
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



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:

- 11/1- Watercolor & birds featuring Holly Wach
- 11/8- Winterscape acrylics on wood canvas
- 11/15- Inspirational sign making
- 11/22- Ornament making and the history behind ornaments featuring Christopher Radko

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.

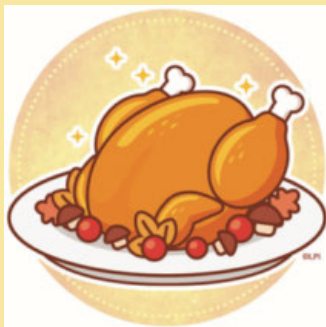
If you have any questions please contact Kim at 822-4532 ext. 0.

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



THANKSGIVING CELEBRATION Tuesday November 21st 11:30 am—2:30 pm

Join us for our annual Thanksgiving celebration with the traditional Thanksgiving lunch from Erie County Congregate, 50/50 raffle, turkey BINGO, and much more! Pray we don't get a snowstorm this year! Call Kim to register.

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.



**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—LIMITED TICKETS**

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



**BUFFALO AKG ART MUSEUM
THURSDAY JANUARY 18TH 11 AM— 2:30 PM**

Since our first scheduled tour in October sold out in 8 minutes, we have scheduled a second tour for Thursday January 18th. **This trip is for people who did not go on the first one.** 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—LIMITED TICKETS**

Thursday December 7th @ 9 AM – Members;

Thursday December 14th @ 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.

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14-1747



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 NOVEMBER



South Buffalo
Community Association

DAILY EVENTS

©LPI

MONDAYS

10:00 am to 11:00am

- **Move & Groove**

11:30 am to 12:30 pm

- **Lunch**

12:30 am to 2:00 pm

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

TUESDAYS

10:00 am to 11:00am

- **Tai Chi**

11:30 am to 12:30 pm

- **Lunch**

Noon to 3:30 pm

- **Case Mgmt. Drop-In**

12:30 pm to 2:00 pm

- **BINGO**

WEDNESDAYS

10:00 am to 11:00 am

- **Mindful Movemt**

11:30 am to 12:30 pm

- **Lunch**

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**

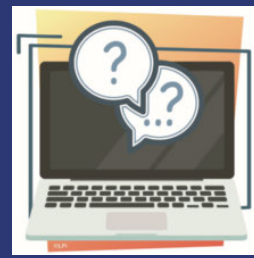


Monday Movie Matinee! MONDAYS @ 12:30 PM

11/6– Fantastic Mr. Fox (2009)
11/13 – Planes, Trains & Automobiles (1987)
11/20– Addams Family Values (1993)
11/27– Hannah & Her Sisters (1986)

COMPUTER CLASSES 4 SENIORS Thursdays 1-3 PM

11/2 Home Entertainment Setup
11/9 Smart TV Basics
11/16 Streaming Media
11/23 NO CLASS
11/30 iPad / iPhone basics



Tosh Collins Center Senior Activities November 2023



South Buffalo

Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
30 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	31 10-11 Better Body Balance 11:30-2:30 Halloween Party w/Lunch & Bingo 12-4 Case Mgmt Drop-in	1 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 1-3 Computer Class	3 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo
6 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	7 CLOSED ELECTION DAY	8 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-2 Art Camp	9 BPO Tix- Members 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	10 CLOSED VETERANS DAY
13 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Nickels Rummy 1:30-3:30 Movie Matinee	14 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	15 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-2 Art Camp	16 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class 5-7 Grief Group	17 10-11 Friday Fitness 11:30-12:30 Lunch & Learn 12:30-2 Bingo
20 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	21 10-11 Better Body Balance 11:30-2:30 Thanksgiving Celebration & Bingo 12-4 Case Mgmt Drop-in	22 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-2 Art Camp	23 CLOSED THANKSGIVING	24 CLOSED NATIVE AMERICAN HERITAGE DAY
27 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	28 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	29 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	30 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 1-3 Computer Class	1 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
November 2023
Tosh Collins Center (716) 822-4532

Monday	Tuesday	Wednesday	Thursday	Friday
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 <i>Marinated Beet & Onion Salad</i> Dinner Roll Caramel-Drizzled Brownie (879)	1 Baked Rigatoni with Italian Sausage, Tomato Sauce & Shredded Mozzarella Broccoli Florets <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (745)	2 Boneless Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Carrots <i>Chef Salad with Dressing</i> Whole Wheat Dinner Roll Pears & Mandarin Oranges (634)	3 Teriyaki-Seasoned Beef Strips over Rice Oriental Mixed Vegetables Orange-Pineapple Juice Fresh Apple <i>Chocolate Milk</i> (624)
6 Pork Ribette with BBQ Sauce on a Bun Cheesy Potatoes Peas with Red Pepper Dinner Roll Gingersnap Cookies (831)	7 ELECTION DAY CENTER CLOSED NO MEALS SERVED	8 Breaded Chicken Breast with Creole Sauce Spanish Rice French Bean Medley Dinner Roll Fresh Grapes <i>Chocolate Milk</i> (675)	9 Veterans Day Meal Roast Beef with Onion Gravy & Horseradish Ranch-seasoned Mashed Potatoes Broccoli Florets <i>Chef Salad with Dressing</i> Whole Wheat Roll Lemon Meringue Pie (952)	10 VETERANS DAY CENTER CLOSED NO MEALS SERVED
13 Ham Steak with Pineapple Topping Sweet Potatoes Creamy Cabbage with Dill Wheat Dinner Roll Shortbread Cookies (636)	14 Beef Stew Mashed Potatoes Harvard Beets Warm Biscuit Cinnamon Applesauce (661)	15 Cheese Tortellini in Cream Sauce with Diced Chicken Carrots Italian Mixed Vegetables Italian Bread Fresh Banana <i>Chocolate Milk</i> (653)	16 Entrée Salad Julienne Salad with Dressing Multigrain Bread Strawberry Bavarian (717)	17 Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli Florets Dinner Roll Fruit Compote (658)
20 Polynesian Chicken over White Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Frosting (757)	21 Thanksgiving Meal Roasted Turkey with Stuffing & Gravy Sweet Potatoes with Brown Sugar Green Bean Casserole <i>Molded Cranberry Salad</i> Dinner Roll Pumpkin Pie with Whipped Topping (1059)	22 Cheese Ravioli with Tomato Meat Sauce & Mozzarella Cauliflower <i>Chef Salad with Dressing</i> Italian Bread Fresh Pear <i>Chocolate Milk</i> (825)	23 THANKSGIVING CENTER CLOSED NO MEALS SERVED	24 NATIVE AMERICAN HERITAGE DAY CENTER CLOSED NO MEALS SERVED
27 Swedish Meatballs over Rotini Pasta Brussels Sprouts Grape Juice Fruit Cocktail (640)	28 Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Fiesta Corn Broccoli Florets Butterscotch Pudding (775)	29 Entrée Salad Grilled Chicken, Mandarin Orange & Sunflower Salad Multigrain Bread Sugar Cookies (749)	30 Chili with Cheddar Cheese Carrots Fruit Punch <i>Chef Salad with Dressing</i> Cornbread Fresh Apple <i>Chocolate Milk</i> (946)	1 Roast Pork with Warm Cinnamon Apples Lazy Pierogi Peas with Red Pepper Wheat Bread Chocolate Mousse (686)