



# South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

## THIS MONTH



Computer Help | p 4



St. Patrick's Day Party | p 3



Spring Break Pizza Party | p 3



Spring Break Art Camp | p 4

## FEBRUARY | 2024



*Members at our New Year's "Eve" Party ringing in the New Year!, 12/29/23*

## CONTACT US

### Address

35 Cazenovia Street  
Buffalo, NY 14220-1705

### Hours of Operation

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



(716) 822-4532



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## DIRECTOR'S DESK FROM MICHAEL WEIDRICH

HAPPY FEBRUARY! Love is in the air as we prepare for our Valentine's Day Tea Party and our Mardi Gras Party. March is shaping up to be packed! Starting this month, our interns are going to begin surveying all our members on our programs and activities and your satisfaction with them. We'd also love to hear any ideas you have on new programs and activities. So remember the love when you give our feedback! I'm also very excited to announce what's coming in a few months- *next issue!* -Michael

## CROSSWORD PUZZLE

### ACROSS

- 1 Clothing
- 5 Russian news agency
- 9 Hebrew letter
- 12 Pain
- 13 Spore sacs
- 14 Laconian clan group
- 15 Moon of Saturn
- 16 Countersink
- 17 Compass direction
- 18 Telegraph signal
- 20 Large square pattern
- 22 Soldiers
- 25 Shellac
- 27 Exudate plant
- 28 Fiddler crab genus
- 29 Cleopatra's attendant
- 31 Sound (pref.)
- 34 Head covering
- 35 Of the throat
- 37 Eng. cathedral

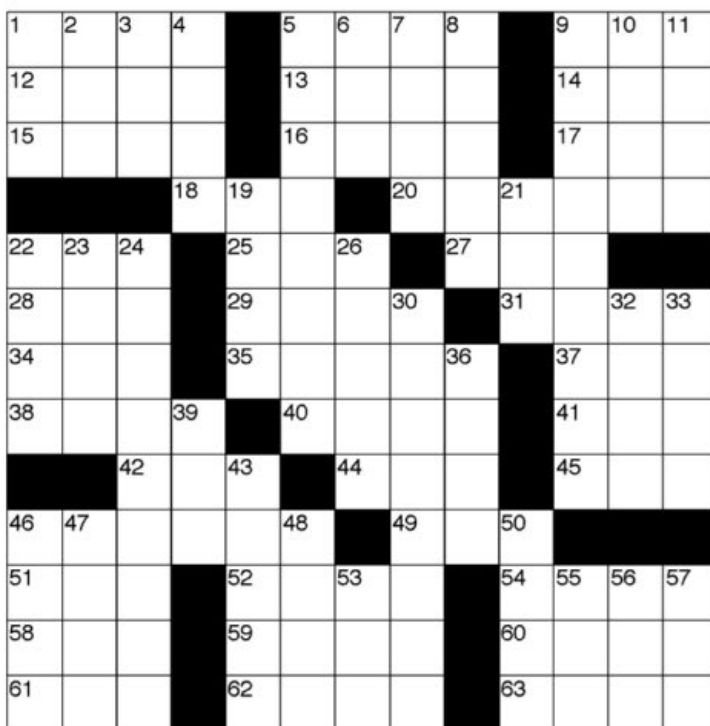
### city

- 38 Rosebud, e.g.
- 40 Wife of Ramachandra
- 41 Female ruff
- 42 Air-to-air missile (abbr.)
- 44 Arabic letter
- 45 Nocturnal mammal
- 46 Sauce
- 49 Indian dance drama
- 51 Arab. garment
- 52 First miracle site
- 54 Mayan year
- 58 Mother of Hezekiah
- 59 Warm
- 60 Berne's river
- 61 Israelite tribe
- 62 Gr. wine container
- 63 Carplike fish



### DOWN

- 1 Needlefish
- 2 Exclamation
- 3 Fluidity unit
- 4 Bauble
- 5 Hades
- 6 Ibsen character
- 7 Jackfish
- 8 Cotton tree
- 9 Aloe (2 words)
- 10 Priest
- 11 Deviate
- 19 Few (pref.)
- 21 Cartograph
- 22 Innards
- 23 Adjective-forming (suf.)
- 24 Ditto (2 words)
- 26 Lead-tin alloy
- 30 Soak
- 32 Olive genus
- 33 No (Russian)
- 36 Frog genus
- 39 Burmese knife
- 43 Very (Sp.)
- 46 S. Afr. assembly
- 47 Eastern bishop's title
- 48 Liang
- 50 Herringlike fish
- 53 Pile
- 55 Amer. Automobile Assn. (abbr.)
- 56 Trajectory
- 57 Spelling contest





## LUCK O' THE IRISH



### ST. PATRICK'S DAY PARTY

Join us Thursday March 14th for our St. Patrick's Day Party! There will be a special congregate lunch followed by some special fun and games. Make sure to wear your green and bring your lucky charms! Lunch is the normal \$3 donation.

Call Kim at (716) 822-4532 x0 to sign up.

GOOD CHEER  
GOOD FRIENDS  
GOOD LUCK

### You Are Cordially Invited to a Spring Break Pizza Party



Join us Tuesday March 19th for our annual Spring Break Pizza Party! Wear your best Hawaiian shirts and grass skirts, and be prepared to get lei'd on spring break! We will have a selection of pizzas and chicken wings to pick from for lunch. The bar will be open with a variety of virgin cocktails. There will be tropical treats and delicious desserts aplenty. And of course we will have a special Spring Break BINGO after lunch.

The cost is \$10 and we will be limiting registration to 70 members.

New registration schedule:

Tues Feb 20th at 9:30 am– City of Buffalo members

Wed Feb 21st at 9:30 am– Non-City of Buffalo members

Registration will only be in-person.

### 2024 Membership at Tosh Collins Senior Center

- 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 Cards
- Complimentary SBCA bag with water bottle and pen



- Monthly newsletter mailed to your home
- One-year memberships can start anytime of the year.

City of Buffalo residents—\$15 a year

Non-City of Buffalo residents—\$20 a year

See Kim to start your membership today!



We are thrilled to continue our ART CAMP classes with Charity Huff for another run. Due to Charity's limited availability this spring, we are switching up the schedule!

For our Spring Break Art Camp, we are doing a 5-day 1-week Art Camp starting Monday March 18th through Friday March 22nd and we will be working on one big project. Class will be Monday through Friday starting at 10 am every day.

Charity is planning on teaching large landscapes in acrylic Bob Ross style. The week will culminate in an art show at Noon of the finished paintings.

The cost of the camp for the week is \$20 if you register in advance. We will limit the registration to 15 people. If you pay the day-of, as space allows, it will be \$5 per day.

If you have any questions, please contact Kim at 822-4532 x0.

## COMPUTER CLASSES



Our popular series of computer classes for older adults returns for a spring semester with Brendan Chella from the Buffalo & Erie County Public Library. Starting February 21st, class moves to Wednesdays for the semester, from 1pm to 3pm, with **Brendan offering technical support from 3pm to 4 pm.**

Register with Kim at 822-4532 x0 and come early for lunch for a donation of \$3.

Laptop computers are available to sign-out for use in the Center during Center hours..

- 2/21- Computer Basics
- 2/28- Basic Computer Maintenance
- 3/6- Internet Basics
- 3/13- Internet Privacy & Safety
- 3/20- Using Google
- 3/27- Securing Facebook
- 4/3- Android Basics
- 4/10- Android Settings
- 4/17- iPad-iPhone Basics
- 4/24- iPad-iPhone Setting



*"Hi Everyone! Just a reminder that your kind donations to The Pantry and The Warming Tree are always needed and very much appreciated. "- Kim*

**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.

## MAKE HEART HEALTH PART OF YOUR SELF-CARE ROUTINE

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals and not cheating on sleep, can all benefit your heart. Because heart disease is largely preventable, focusing on improving your heart health is important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. “Studies show self-care routines, such as taking a daily walk and keeping doctor’s appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke,” said David Goff, M.D., NHLBI’s director of cardiovascular sciences. It may be easier than you think to “put your heart” into your daily routine. Each Sunday, look at your week’s schedule and carve out 30 minutes for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others to help you stick to your goals.

Consider these self-care tips to try each day to make your heart a priority:

- **Self-Care Sunday-** Find a moment of serenity every Sunday. Spend some quality time on yourself.
- **Mindful Monday-** Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range.
- **Tasty Tuesday-** Choose how you want to approach eating healthier. Start small by peppering your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products.
- **Wellness Wednesday-** Don’t waffle on your wellness. Move more, eat a fruit or vegetable you’ve never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea or lightheadedness. You might be having a stroke if you experience numbness in the face, arm or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.
- **Treat Yourself Thursday-** Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit and meditate, go for a long walk or watch a funny show. Whatever you do, find a way to spend some quality time on yourself.
- **Follow Friday-** Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the “Journal of the American Heart Association.” If your mental health is taking a toll, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.
- **Selfie Saturday-** Inspire others to take care of their hearts. Talk about your self-care routine with loved ones or share a selfie on social media. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

Learn more about heart health and heart-healthy activities in your community, and see what others are doing for their heart health, at [nhlbi.nih.gov/ourhearts](https://nhlbi.nih.gov/ourhearts) or follow #OurHearts on social media.





# 6 FEBRUARY

## WALKING CLUB

Monday  
through  
Friday

9 AM—  
10 AM

Tosh  
Collins  
Gym

On the  
Youth  
Center Side



## Pickleball

Monday  
through  
Friday  
10 AM to  
1 PM

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



## LGBTQ+ Seniors Coffee Hour

Every 2nd Friday of the  
month from 10am-Noon.  
The next Meeting will be  
Friday, February 9th. 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 Feb 10th  
Saturday March 9th  
Saturday April 13th  
11 AM—2 PM  
For more info, contact  
Cintemple@ymail.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

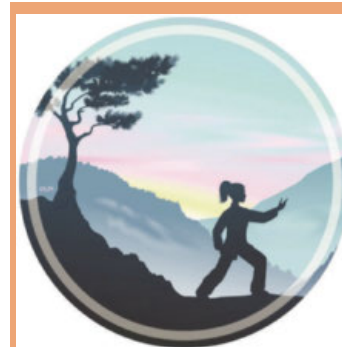
TUESDAY



### BETTER BODY BALANCE

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

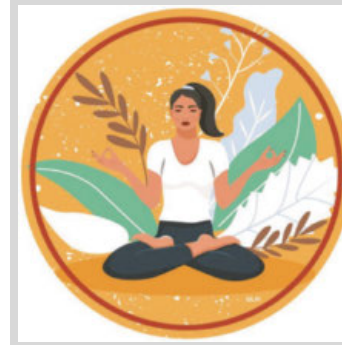
WEDNESDAY



### 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.



### COMPUTER CLASS

Popular class just for Seniors. Wednesdays 1-3 PM with different topics every week. 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.

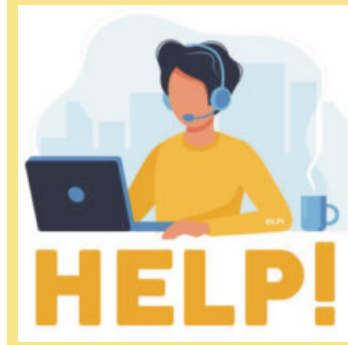
MONDAY



### 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.

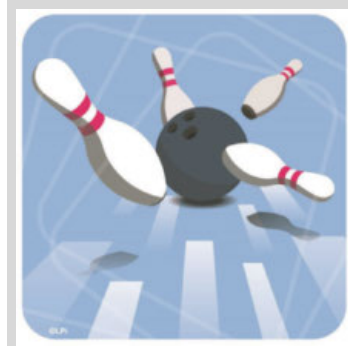
WEDNESDAY



### TECH SUPPORT

Brendan from the Library will offer Tech Support and answer questions after Computer Class every week from 3-4pm

THURSDAY



### Wii BOWLING THURSDAYS

Come hit the lanes as we bowl for fun! From gutter balls to strikes, we invite all to play. Thursdays from 12:30pm-2PM Free.

FRIDAY



### BLOOD PRESSURE CHECK

Nurse Marcy does blood pressure checks once a month during the morning. Check the calendar for specific dates.



# 8 FEBRUARY



## MONDAY MATINÉE

February is Black History Month and we're proud to present films celebrating African American stories. Every Monday at 12:30pm (unless otherwise noted)!

**February 5th– Pixar's Soul (2020)**– Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz -- and he's good. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.

**February 12th– Disney's The Princess & The Frog (2009) 1:30pm**– Hardworking and ambitious, Tiana (Anika Noni Rose) dreams of one day opening the finest restaurant in New Orleans. Her dream takes a slight detour when she meets Prince Naveen (Bruno Campos), who has been turned into an amphibian by evil Dr. Facilier. Mistaking her for a princess and hoping to break the spell, Naveen plants a kiss on poor Tiana -- thereby turning her into a frog as well. The pair hop along on an adventure through the bayous to seek the help of a powerful voodoo priestess.

**February 19th NO MOVIE– CENTER CLOSED**

**February 26th – Akeelah & The Bee (2006)** Ak-eelah, an 11-year-old girl living in South Los Angeles, discovers she has a talent for spelling, which she hopes will take her to the National Spelling Bee. Despite her mother's objections, Akeelah doesn't give up on her goal. She finds help in the form of a mysterious teacher, and along with overwhelming support from her community, Ak-eelah might just have what it takes to make her dream come true.



The Erie County Department of Senior Services presents

# TRIVIA

We will be competing virtually against other senior centers!

**2nd Monday of the month**  
12:30 pm

3 rounds of fun!

Tosh Collins Senior Center  
call 822-4532 ext. 0 to sign up

Do you enjoy trivia? Are you looking to meet new people?  
Sign up today!



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MONDAY's from 1 pm— 7 pm

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

Upcoming Dates:

**March 4th June 3rd Sept 9th Dec 2nd**

Call Kim to register at 822-4532 x0





## MARDI GRAS PARTY

Join us Tuesday February 13th at 11:30 am for our Mardi Gras Party! A special Fat Tuesday lunch will be served through our congregate dining program along with special treats and beads for all. Lunch is the normal \$3 donation.

This will be followed by a special Mardi Gras BINGO with extra prizes, starting at 12:30 pm. Call Kim at (716) 822-4532 x0 to sign up.



## You Are Cordially Invited to a Valentine's Day Tea Party



Join us on Wednesday February 14th for a lovely afternoon of food, fun and friends. The party begins at 11:30 AM with a table-served congregate dining lunch. Following lunch, we will sip our favorite teas as we play some games. And to cap off the afternoon, a variety of desserts and confections will be on display for you to sample and satisfy your sweet tooth!

The cost is \$10 and we will be limiting registration to 70 members.

**REMINDER: If you are attending the Valentine Tea Party remember to bring in your two items (either for The Party and or The Warming Tree) to be entered to win an extra special prize...and remember "Together we can make a difference."**

## 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.



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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](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 FEBRUARY



**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

- **Better Body Balance**

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**

1:00 pm to 3:00 pm

- **Computer Class**

3:00 pm to 4:00 pm

- **Tech Support**

### 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**
- **Wii Bowling**

### 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

2/5- Pixar's Soul (2020)  
2/12- Disney's The Princess & The Frog (2009) **[1:30 PM]**  
2/19- CLOSED- NO MOVIE  
2/26- Akeelah & the Bee (2006)

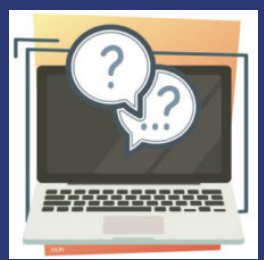
### COMPUTER CLASSES 4 SENIORS

#### Wednesdays @ 1-3 PM

2/21- Computer Basics  
2/28- Basic Computer Maintenance

#### TECH SUPPORT

Wednesdays @ 3-4 PM





# Tosh Collins Center Senior Activities February 2024



## South Buffalo Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> 10-11 Move & Groove 11:30-12:30 Lunch 1:30-3:30 Movie Matinee 12:30-2 Nickels Rummy	<b>30</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>31</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>1</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	<b>2</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>5</b> 10-11 Move & Groove 11:30-12:30 Lunch 1:30-3:30 Movie Matinee 12:30-2 Nickels Rummy	<b>6</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>7</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-2 Wii Bowling	<b>8</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker	<b>9</b> 10-11 Friday Fitness <b>10-12 Silver Pride</b> 11:30-12:30 Lunch 12:30-2 Bingo
<b>12</b> 10-11 Move & Groove 11:30-12:30 Lunch <b>12:30-1:30 TV Trivia</b> 1:30-3:30 Movie Matinee 12:30-2 Nickels Rummy	<b>13</b> 10-11 Better Body Balance 11:30-12:30 Lunch <b>11:30-2:30 Mardi Gras Party</b> 12-4 Case Mgmt Drop-in	<b>14</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch <b>11:30-2:30 Valentine's Day Tea Party</b>	<b>15</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 12:30-2 Wii Bowling	<b>16</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>19</b> <b>CLOSED</b> <b>PRESIDENTS' DAY</b>	<b>20 Pizza Party Reg- Buff</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>21 Pizza Party Reg-NonBuff</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch <b>1-3 Computer Class</b> <b>3-4 Tech Support</b>	<b>22</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 12:30-2 Wii Bowling	<b>23</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>26</b> 10-11 Move & Groove 11:30-12:30 Lunch 12:30-2 Movie Matinee 12:30-2 Nickels Rummy	<b>27</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>28</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch <b>1-3 Computer Class</b> <b>3-4 Tech support</b>	<b>29</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-2 Poker 12:30-2 Wii Bowling	<b>1</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 March 4th  
1:00 PM – 7:00 PM  
(Dinner available for \$3.)



# South Buffalo

## Community Association

**Erie County Stay Fit Dining Program**  
**Standard Menu**  
**February 2024**  
**Tosh Collins Center (716) 822-4532**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> Cheese Omelet with Cheese Sauce Tater Tots Peppers, Onions & Tomatoes Raisin Bread Fruit Cocktail (717)	<b>30</b> Grilled Chicken with Red Pepper Cream Sauce Mashed Potatoes Peas Breakaway Roll Sugar Cookies (696)	<b>31</b> Rigatoni & Italian Sausage with Tomato Sauce & Mozzarella Broccoli Florets <b>Chef Salad with Dressing</b> Dinner Roll Chocolate Pudding (711)	<b>1</b> Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Mandarin Oranges (636)	<b>2</b> Teriyaki Beef Strips over Rice Oriental Mixed Vegetables Orange Pineapple Juice Cinnamon Applesauce <b>Chocolate Milk</b> (669)
<b>5</b> Grilled Chicken Fajita Skillet with Peppers, Onions, Salsa, and Cheddar on a Flour Tortilla Spanish Rice Corn Fresh Orange (728)	<b>6</b> Stuffed Shells with Tomato Meat Sauce & Parmesan <b>Chef Salad with Dressing</b> Cauliflower Italian Bread Shortbread Cookies (854)	<b>7</b> Pork Ribette with BBQ Sauce on a Bun Scalloped Potatoes Peas with Red Pepper Chocolate Pudding(883)	<b>8 Entrée Salad</b> Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Whole Wheat Dinner Roll Orange Sherbert <b>Chocolate Milk</b> (953)	<b>9</b> Roast Beef with Gravy & Horseradish Mashed Potatoes French Bean Meledy <b>Chef Salad with Dressing</b> Hamburger Roll Strawberry Gelatin (818)
<b>12</b> Beef Stew Mashed Potatoes Brussels Sprouts Biscuit Cinnamon Applesauce (644)	<b>13 Fat Tuesday</b> Chicken & Sausage Jambalaya with Rice Fiesta Corn Broccoli Florets Chocolate Éclair (779)	<b>14 Valentine's Day</b> Cheese Ravioli with Tomato Sauce and Mozzarella <b>Chef Salad with Dressing</b> Cauliflower Grape Juice, Dinner Roll Cheesecake w Choc Sauce (1023)	<b>15 President's Day</b> Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole Cherry Pie with Whipped Topping (896)	<b>16</b> Beer Battered Fish & Tartar Sauce Cheesy Diced Potatoes Zucchini and Stewed Tomatoes Multigrain Bread Fruit Cocktail <b>Chocolate Milk</b> (696)
<b>19 No Meals Served</b> 	<b>20</b> Sloppy Joe on a Wheat Roll Seasoned Red Potatoes Broccoli Florets Tropical Fruit (654)	<b>21</b> Pork Chop with Pineapple Topping Sweet Potatoes Creamy Dill Cabbage Wheat Dinner Roll Shortbread Cookies (636)	<b>22</b> Roast Beef with Gravy & Horseradish Cheesy Mashed Potatoes Sliced Carrots Rye Bread Fresh Banana <b>Chocolate Milk</b> (826)	<b>23</b> Vegetable Quiche with Cheese Sauce Green Beans Harvard Beets Blueberry Muffin Mandarin Oranges (681)
<b>26</b> Rotini & Meatballs with Tomato Sauce & Mozzarella Cauliflower Spinach Diced Peaches (614)	<b>27</b> Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Tater Tots Broccoli Florets Fruit Cocktail <b>Chocolate Milk</b> (768)	<b>28</b> Turkey with Stuffing & Gravy Mashed Sweet Potatoes Green Beans Applesauce (584)	<b>29 Soup &amp; Salad</b> Beef Barley Soup Brussels Sprouts <b>Chef Salad with Dressing</b> Corn Muffin Chocolate Pudding (791)	<b>1 Entrée Salad</b> Tuna Macaroni Salad on a Bed of Salad Greens Multigrain Crackers Oatmeal Round (732)