



South Buffalo Community Association

@ TOSH COLLINS SENIOR COMMUNITY CENTER

THIS MONTH



Bisons Baseball | P 3



International Food Tour '25 | p 3



Everyday Mindfulness | p 8



Art Camp Gallery Show| p 5

AUGUST | 2025



Summer Fun with the Arts through University Express! June-July 2025

CONTACT US

Address

35 Cazenovia Street
Buffalo, NY 14220-1705

Hours of Operation

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



(716) 822-4532



southbuffalo.org



info@southbuffalo.org



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

DIRECTOR’S DESK FROM MICHAEL WEIDRICH

As we get through the dog days of Summer, we have so much planned for the Fall! I’m so excited to return to the West Side Bazaar and sample the new cuisine being served there. We have our next day at Red Robin on the calendar. And not to think about winter and snow, we’ll be having our annual Emergency Preparedness Workshops on Sept 10th. So get ready! – MICHAEL

OUR BOARD

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- Bonnie O'Brien
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- Erin Hart
Jill Maiola
- Tony Ando
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- Kate Blake
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Countries of the World

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

Word List:

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|-----------|-----------|---------|--------|
| ARGENTINA | AUSTRALIA | BELGIUM | BRAZIL |
| CANADA | CHINA | DENMARK | EGYPT |
| FRANCE | GERMANY | INDIA | ITALY |
| JAPAN | MEXICO | NIGERIA | PERU |
| RUSSIA | SPAIN | SWEDEN | TURKEY |

We offer transportation for seniors in South Buffalo for all your needs. We offer rides to the Tosh Collins Center and grocery shopping. Wayne operates the bus Mon- Fri,

8am to 3 pm. Give him a call to schedule a ride. 822-4532 x105. The suggested donation is \$5.





INTERNATIONAL FOOD TOUR!

To kick off Fall, we are returning to the amazing West Side Bazaar on Niagara Street on Wednesday September 24th.

WEDI's West Side Bazaar is a small business incubator where aspiring entrepreneurs incubate business concepts and learn the fundamentals of running a business. Located at 1432 Niagara Street on Buffalo's West Side, it is also a community gathering space where people of all races, ethnicities, and socioeconomic backgrounds share a love of delicious food and unique products.

The Bazaar has restaurants featuring Vietnamese, Egyptian, Congolese, Italian, Malaysian, Jamaican and Korean cuisines. We will be sampling food from all the restaurants on site along with a talk & tour of the Bazaar. Afterwards, we will be stopping for ice cream!

There are only 60 seats available for this trip.

- Member price- \$40
- Non-member price- \$50

Only 2 tickets may be purchased together

Schedule is as follows for Wednesday September 24th:

- 10 am Meet at Tosh Collins
- 10:30 Depart Tosh Collins for Bazaar
- 11:00 Arrive at West Side Bazaar
- 11-1pm Tour & Eat
- 1pm Depart Bazaar for Ice Cream (location tba)
- 1:30 Arrive at Ice Cream Shop
- 2:30 Depart Ice Cream Shop
- 3pm Arrive back at Tosh Collins Center

Tickets go on sale Wednesday, August 13th at 9 AM.




ERIE COUNTY DEPARTMENT FOR THE AGING

WEDNESDAY, AUGUST 20TH

VS

FIRST PITCH 1:05PM | GATES OPEN AT 12

FREE TICKET AND FOOD VOUCHER \$20 for Limo Bus from Tosh Collins to Game and Back!

DAY AT THE PARK!

WHILE SUPPLIES LAST

Tickets Go On Sale Wednesday, July 2nd At the Front Desk

Red Robin® will give

20% OF FOOD SALES* BACK TO

SOUTH BUFFALO COMM ASSOC / TOSH COLLINS SENIOR CENTER

Show this flyer or simply mention the fundraiser to your server to have your sales counted.

FUNDRAISER DETAILS

3460 Amelia Dr, Orchard Park, NY 14127
September 18, 2025*

If ordering online, please follow these instructions:

- 1 Start your order at redrobin.com/order and select the restaurant above.
- 2 In the menu, go to the category labeled "Fundraisers (To-Go Only)" and click on that item.
- 3 Click the "add" button, and then "add to bag."
- 4 Add your meal items and check out.
- 5 Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!

*Fundraiser during restaurant operating hours. Visit redrobin.com and find this location to view hours. Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.

Red Robin

4 AUGUST

Celebrate SENIOR CITIZENS DAY!



AUGUST 21

Join us on Thursday, August 21st at 11:30 AM for our Senior Citizens Day Luncheon. On the menu is: Breaded Boneless Pork Chop with warm cinnamon apples, mashed sweet potatoes, Brussels sprouts, chef salad with dressing, wheat dinner roll, and peach pie with whipped topping.

Lunch is a suggested donation of \$3.50.

Stay after for our Senior Summer Art Camp Gallery Exhibition Opening from 1—3 pm!



IN AUGUST!

Join us on Friday, August 15th at 11:30 AM for
Thanksgiving in August!

Lunch will be: Roasted Turkey with stuffing, gravy, cranberry sauce, garlic mashed potatoes, corn & a brownie.

There will be a special Lunch & Learn from Hospice & Palliative Care called:

Know Your Health Care Options- Advocate for Care, Resources, and Support

Navigating today's complex health care system is overwhelming and stressful. Whether an individual with illness, a loved one, or a care giver, all would agree that additional education, resources, and care access are vital.

Join us to learn how to better advocate for yourself and those you love when health issues are challenging. It's never too early to think about and talk about care preferences.

Lunch is a suggested donation of \$3.50.
Sign up today at the Front Desk.



Citizen Preparedness Corps



With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plan and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit.

When: Wednesday, Sept. 10th
3-4 pm & 6-7 pm

Where: Tosh Collins Senior Center
35 Cazenovia Street
Buffalo, NY 14220

*ALL PARTICIPANTS MUST REGISTER IN ADVANCE

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

Tosh Collins Senior Center



**Sign up at the
Front Desk
today!
(716) 822-4532**

LABOR DAY PARTY!

Join us Friday, August 29th at 11:30 AM for our Labor Day Party!
On the menu:

Breaded chicken drumsticks, ranch mashed potatoes < sweet peas, chef salad with dressing, wheat dinner roll, and banana cream pie. Joni will be serving her special punch for the occasion. Followed by Labor Day BINGO! Lunch is a suggest \$3.50 donation.





**ART CAMP EXHIBITION
GALLERY OPENING**

THURSDAY, AUGUST 21ST
1 PM—3 PM

Join us for an afternoon of Art as our summer artists present their works for all to enjoy>

Appetizers & Beverages will be served with Music & Celebration!

RSVP to Kim today!

Art Class Schedule

1. Star Burst Sky with Lighthouse (Acrylic)
2. Van Gogh Style Fire Flies in a Jar (Acrylic)
3. Moonlight Sakura (cherry Blossom Tree (Acrylic)
4. Beach with Umbrellas (Acrylic)
5. Sunset Beach (Acrylic)
6. Koy Fish (Watercolor)
7. Sitting by the Dock of the Bay (Watercolor)
8. Autumn Day (Watercolor)
9. Exhibition Day



Program is funded by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature, administered by Arts Services Inc.



**The 3rd Annual Tosh Collins
SENIOR Meat Raffle**

Saturday November 1st

Doors open at 6 pm, First draw at 7 pm

The Buffalo Irish Center—245 Abbott Road

Join us for the 3rd Annual Tosh Collins SENIOR Meat Raffle to raise funds for the Tosh Collins Senior Center.

This year, we're having it at The Buffalo Irish Center and Director Michael will be the MC for the evening!

Tickets on Sale now:

\$15 for Tosh Collins Seniors Members

\$20 for General Admission

Table of 6- \$90

Includes: Pizza, Pop, Beer, Door Prize Ticket

This year's theme is Best in Barnyard, so wear your favorite farm animal or farmer outfit!

6 AUGUST

WALKING CLUB

Monday - Friday

9 AM—10 AM
Tosh Collins Gym

On the Youth
Center Side



Pickleball is Life

Monday—Friday
10 AM to 1 PM

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



SENIOR CENTER TRIVIA

Every 2nd Monday of the month, Team Tosh Collins competes virtually against other senior centers in Erie County. Currently we are the reigning champions! Starts at 12:30pm to 1:30pm. Come for lunch and join the team!



Save 10% on your Insurance for 3 Years + reduce up to 4 points. MONDAYS 2025: Sep 8th & Dec 8th - 1 pm— 7 pm
\$35 per person + Dinner available for \$3.50
Register at 822-4532 x0

LGBTQ+ Seniors Silver Pride Coffee Hour

Every 2nd Friday of the month from 10am-Noon. For more info, contact Michael Weidrich at 822-4532 x101 or email michael@southbuffalo.org
By Pride Center & Rainbow Collective.



UFO & Paranormal Meetup of WNY

Upcoming meetings are
Saturday Aug 9th
Saturday Sept 13th
Saturday Oct 11th
11 AM—2 PM
For more info, contact Cintemple@ymail.com or call 716-931-0430



MORNING FITNESS

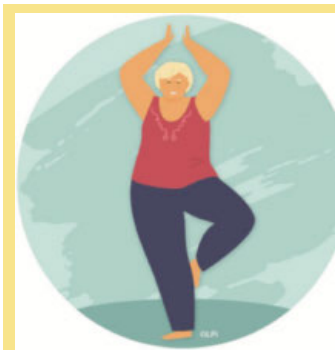
MONDAY



MINDFUL MOVEMENT & MEDITATION

Guided gentle chair-based movement focused on connecting breath to body. Mon at 10am with Jacky Z. **\$3 members, \$5 non-members**

TUESDAY



BETTER BODY BALANCE

Get empowered to maintain better balance and stability, & body strength. Tuesdays at 10am with Linda Schmitt. **\$3 members, \$5 non-members**

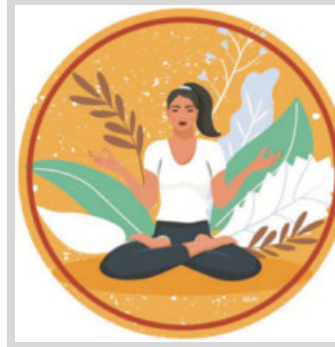
WEDNESDAY



MOVE & GROOVE DANCE CLASS

Join Julie from Club 99 for some fun line-dancing with the Electric Slide, the Cha Cha, the Wobble, the Cupid Shuffle and more! Wed at 10am
FREE

THURSDAY



CHAIR YOGA THURSDAYS

Gentle movement session that includes seated and standing poses using a chair. Thursday at 10am. **\$3 members, \$5 non-members**

FRIDAY



FRIDAY FITNESS

Up-tempo aerobic fitness class set to your favorite dance music hits! Friday at 10am. **\$3 members, \$5 non-members**

AFTERNOON GAMES & ACTIVITIES

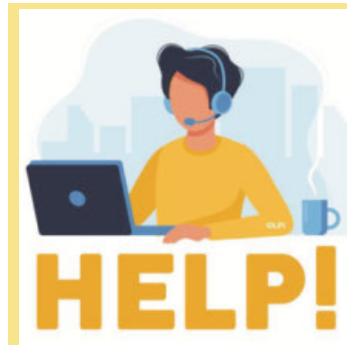
MONDAY



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



PINOCHLE

A trick-taking ace-10 card game for 2-4 players & played with a 48-card deck. Wed 12:30-3pm

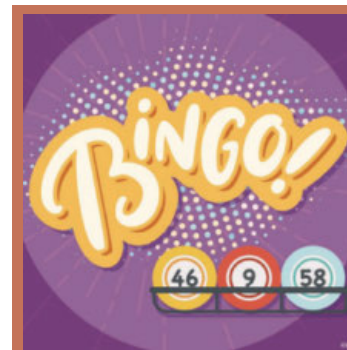
THURSDAY



SUMMER ART CAMP

Every Thursday from 6/26 to 8/14 from 1:00-3:00 pm with a special Gallery Opening on Thur 8/21. \$8 per class for members, \$10 per class for non-members.

FRIDAY



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.



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

Come hit the lanes as we bowl for fun! Wednesday from 12:30 -2PM Free.



POKER

Texas Hold'em every Thursday from 12:30 PM to 3 PM. Bring your nickels!



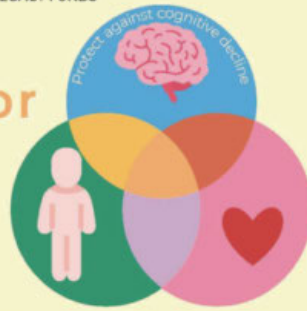
UNIVERSITY EXPRESS

Our popular lunchtime learning series starting at 11:30am to 12:30pm. See class list in this newsletter and sign up for lunch!

SPONSORED BY RALPH WILSON JR. LEGACY FUNDS

EVERYDAY MINDFULNESS for Caregivers

Discover innovative mindfulness practices to reduce stress, enhance brain health, and promote healthier living. Research indicates that just a few minutes of practice daily can significantly benefit both body and mind.



Sign up at the Senior Center front desk or call: 716-822-4532, ext. 0

All Sessions Are Free

What to Expect

- Everyday Mindfulness is a **four-week** program with **90-minute** weekly sessions.
- Participants will learn to:
 - Savor positive moments
 - Reduce stress
 - Enhance brain fitness
- New methods using everyday items and routines will be introduced each week, with time for discussions on home practice experiences.



WHEN:
Thursdays,
September 4, 11, 18, and 25



AFTERNOONS:
1:00 PM - 2:30 PM



LOCATION:
TOSH COLLINS CENTER
35 Cazenovia St
Buffalo, NY 14220

Join us with an open mind to experience stress reduction!

Testimonials

"This course has been helpful to my mindfulness journey and has given me some new insights. The teacher was knowledgeable. The course was easy to understand." BB

"These sessions have been very helpful!" DS



Questions? Call Jan at 716-207-7315 or email jburns@thepreventioncouncil.org

Word Twist

Summer Fun

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!

hcbae _____	urabceeb _____
eishnsun _____	tsneadcal _____
icpnici _____	gfirus _____
wmis _____	iec amrce _____
vaotınca _____	mpngiac _____

©LPI



Get your Blood Pressure checked by Nurse Marcy on Friday August 29th from 10:30-11:30am.



MONDAY MATINÉE

August 4- Jaws (1975)

When a young woman is killed by a shark while skinny-dipping near the New England tourist town of Amity Island, police chief Martin Brody (Roy Scheider) wants to close the beaches, but mayor Larry Vaughn (Murray Hamilton) overrules him, fearing that the loss of tourist revenue will cripple the town. Ichthyologist Matt Hooper (Richard Dreyfuss) and grizzled ship captain Quint (Robert Shaw) offer to help Brody capture the killer beast, and the trio engage in an epic battle of man vs. nature.

August 11- Classic Comedy Hour- Love Boat (1976) Starts at 1:30pm after Trivia-

The romantic-sounding Love Boat promises -- and delivers -- something for everyone. Specifically, it promises a cavalcade of famous guest stars (including many film stars making rare TV appearances), breezy plots, stories of love and plenty of laughs. Join the members of the Pacific Princess crew, headed by Capt. Stubing (Gavin MacLeod), as they greet passengers for the trip of a lifetime.

August 18- Jurassic Park (1993)- In Steven Spielberg's massive blockbuster, paleontol-

ogists Alan Grant (Sam Neill) and Ellie Sattler (Laura Dern) and mathematician Ian Malcolm (Jeff Goldblum) are among a select group chosen to tour an island theme park populated by dinosaurs created from prehistoric DNA. While the park's mastermind, billionaire John Hammond (Richard Attenborough), assures everyone that the facility is safe, they find out otherwise when various ferocious predators break free and go on the hunt.

August 25- Dirty Dancing (1987)- Baby (Jennifer Grey) is one listless summer away from the Peace Corps. Hoping to enjoy her youth while it lasts, she's disappointed when her summer plans deposit her at a sleepy resort in the Catskills with her parents. Her luck turns around, however, when the resort's dance instructor, Johnny (Patrick Swayze), enlists Baby as his new partner, and the two fall in love. Baby's father forbids her from seeing Johnny, but she's determined to help him perform the last big dance of the summer.



2025 Membership Rates 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—**\$20 a year**

Non-City of Buffalo residents—**\$25 a year**

See the Front Desk to start your membership today!



Pantry is open weekly:

Monday 1 pm—3 pm

Wed 9 am—11:30 am

Call (716) 822-4532 ext. 0 for more info.

*Since Sept. 2023,
The Pantry has served over
2,500 people in South Buffalo.*

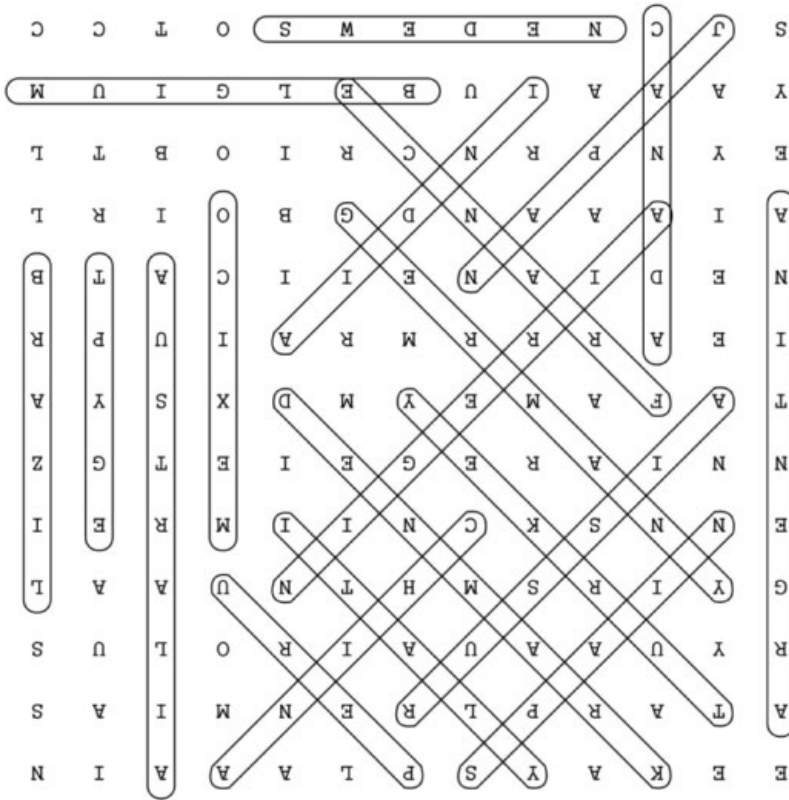
We accept gift cards, cash, checks, and credit card donations

The Pantry at Tosh Collins is supported by:

- The Garman Family Foundation
- Rich Products
- Mayor Christopher Scanlon

*"Thank you ALL for your support of the Pantry over the last year & a half. It was always my dream to start one & I am so proud of the work we've done together. -
Kim*

TOGETHER, WE CAN MAKE A DIFFERENCE



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Every Game Pays at Least \$100



Empowering Independence

As the premier provider
of Consumer Directed
Personal Assistance, we
empower individuals to
direct their own care.

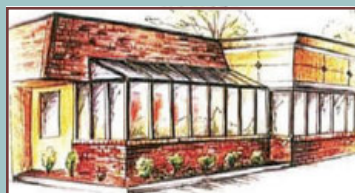
Headquarters
7 Washington Square • Albany, NY 12205
716-245-5511 • 518-690-0690 (TTY/TTD)
info@cdchoices.org • www.cdchoices.org

Why consumers choose us:

- ✓ You choose your caregiver
- ✓ You have control and flexibility over **your** schedule
- ✓ Highest pay rates and bonuses for caregiver, where **you** set the rate
- ✓ Access to thousands of caregivers, both local and across NY State

Additional competitive benefits:

- ✓ Weekly paychecks
- ✓ Holiday pay
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- ✓ Health and dental insurance



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Sun, Sat 8:30am-8pm

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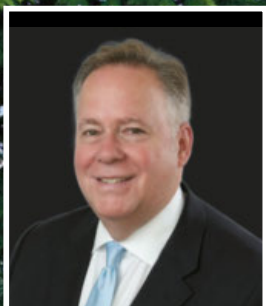
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For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1747



South Buffalo
Community Association

@Tosh Collins Senior Community Center
35 Cazenovia Street
Buffalo NY 14220-1705
(716) 822-4532
www.southbuffalo.org

Empowering older adults to thrive—because everyone deserves to be seen, heard, and valued!

The mission of the South Buffalo Community Association is to maintain and enhance the general cultural, social and recreational well-being of the neighborhoods of South Buffalo through human service programs. These programs include, but are not limited to the elderly, youth services, recreational programs for all ages, plus information and referral.

12 AUGUST



South Buffalo
Community Association

DAILY EVENTS

MONDAYS

10:00 am to 11:00am

- **Mindful Movement**

11:30 am to 12:30 pm

- **Lunch**

12:30 am to 2:00 pm

- **Nickels Rummy**
- **Trivia (2nd Mon)**
- **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

- **Move & Groove Dance Class**

11:30 am to 12:30 pm

- **Lunch**

12:30 pm to 2:00 pm

- **Wii Bowling**
- **Pinochle**

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 3:00 pm

- **Summer Art Camp**

FRIDAYS

10:00 am to 11:00 am

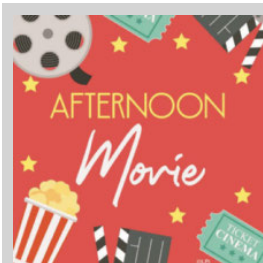
- **Friday Fitness**

11:30 am to 12:30 pm

- **Lunch**

12:30 pm to 2:00 pm

- **BINGO**



Monday Movie Matinee!@12:30

8/4– Jaws (1975)
8/11– Classic Comedy Hour– The Love Boat (1976) @1:30pm
8/18– Jurassic Park (1993)
8/25– Dirty Dancing (1987)

Donate Online



Scan this QR Code with your phone —>

Tosh Collins Center Senior Activities August 2025



South Buffalo Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
28 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>Here (2024)</i>	29 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	30 10-11 Move & Groove Dance Class 11-3 Erie County Summer Picnic 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	31 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-3 Senior Summer Art Camp- Koy Fish in Watercolor	1 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
4 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>Jaws (1975)</i>	5 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	6 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	7 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-3 Senior Summer Art Camp- Sitting by the Dock of the Bay in Watercolor	8 10-11 Friday Fitness 10-Noon Silver Pride 11:30-12:30 Lunch 12:30-2 Bingo
11 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-1:30 TRIVIA 1:30-3 Classic Comedy Hour- <i>The Love Boat (1976)</i>	12 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	13 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	14 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-3 Senior Summer Art Camp- Autumn Day in Watercolor	15 10-11 Friday Fitness 11:30-12:30 Thanksgiving in August Lunch & Learn- Know Your Health Care Options 12:30-2 Bingo
18 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>Jurassic Park (1993)</i>	19 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	20 8-5 Jamestown Trip 10-11 Move & Groove Dance Class 11-5 Bisons Baseball Trip 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	21 10-11 Chair Yoga 11:30-12:30 Senior Citizen Day Lunch 12:30-3 Poker 1-3 Senior Summer Art Show Exhibition	22 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
25 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>Dirty Dancing (1987)</i>	26 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	27 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	28 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker	29 10-11 Friday Fitness 10:30-11:30 Blood Pressure 11:30-12:30 Labor Day Lunch 12:30-2 Bingo

South Buffalo Community Association
Tosh Collins Community Center
35 Cazenovia Street, Buffalo NY 14220
(716) 822-4532 www.southbuffalo.org

Please register for all programs
In advance to ensure a space.
Call Kim at (716) 822-4532 x0
Or email kim@southbuffalo.org

NEXT DEFENSIVE DRIVING CLASS:
Monday September 8th
1:00 PM – 7:00 PM
(Dinner available for \$3.50)



South Buffalo

Community Association

Erie County Stay Fit Dining Program
Standard Menu
August 2025
Tosh Collins Center (716) 822-4532

Monday	Tuesday	Wednesday	Thursday	Friday
28 Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	29 Entrée Salad Beef Taco Salad with Cheddar, Salsa & Tortilla Strips Pineapple Tidbits Chocolate Milk (637)	30 Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Fresh Banana (825)	31 Breaded Chicken Patty with Gravy on a Wheat Bun Potatoes O'Brien Au Gratin Spinach Strawberry Ice Cream (750)	1 Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Country Cottage Vegetables Wheat Dinner Roll Tropical Fruit (644)
4 Beef Macaroni Casserole with Cheddar Cheese Green Beans Apple Juice Italian Bread Butterscotch Pudding (839)	5 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Carrots Tropical Fruit (746)	6 Roasted Pork Loin with Cranberry Chutney Mashed Potatoes Broccoli Florets Wheat Dinner Roll Lorna Doones (682)	7 Beef Bourguignon Harvard Beets Sweet Peas Multigrain Bread Fresh Banana Chocolate Milk (691)	8 Chicken Breast with Red Pepper Cream Sauce & Penne Pasta California Blend Vegetables Grape Juice Chef Salad with Dressing Pineapple Tidbits (646)
11 Mediterranean Chicken Stew Broccoli Florets Carrots Yellow Rice with Turmeric Diced Peaches (608)	12 Hamburger with Onion Gravy on a Wheat Bun Mashed Sweet Potatoes Green Beans Vanilla Pudding (768)	13 Hearty Chicken Soup Sweet Peas Chef Salad with Dressing Warm Biscuit Fresh Banana Chocolate Milk (763)	14 Stuffed Shells with Meat Sauce & Mozzarella Cheese Cauliflower Orange-Pineapple Juice Chef Salad with Dressing Italian Bread Diced Pears (868)	15 Thanksgiving in August Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Garlic Mashed Potatoes Corn Brownie (706)
18 Sloppy Joe on a Bun Tater Tots Mixed Vegetables Mandarin Oranges (714)	19 Chicken Breast with Lemon Herb Sauce Vegetable Rice Pilaf Green Beans Dinner Roll Pineapple Tidbits Chocolate Milk (619)	20 Creamy Macaroni & Cheese Broccoli Florets Cauliflower Wheat Bread Rice Krispie Treat (788)	21 Senior Citizens Day Breaded Boneless Pork Chop with Warm Cinnamon Apples Mashed Sweet Potatoes Brussels Sprouts Chef Salad with Dressing Wheat Dinner Roll Peach Pie with Whipped Topping (1051)	22 Breaded Chicken Patty with BBQ Sauce on a Bun Mashed Potatoes Carrots Ice Cream Sandwich (851)
25 Hearty Pork Stew Mashed Potatoes Broccoli Florets Warm Biscuit Tropical Fruit (627)	26 Lasagna Roll with Tomato Meat Sauce Cauliflower Carrots Italian Bread Oatmeal Round Cookie (711)	27 Entrée Salad Greek Chicken Salad on a Bed of Salad Greens with Greek Dressing Wheat Dinner Roll Fresh Orange Chocolate Milk (683)	28 Salisbury Steak with Gravy Scalloped Potatoes Normandy Blend Vegetables Wheat Bread Fruit Cocktail (728)	29 Labor Day Lunch Breaded Chicken Drumsticks Ranch Mashed Potatoes Sweet Peas Chef Salad with Dressing Wheat Dinner Roll Banana Cream Pie (1120)

**If you have a food allergy, please notify us.*