



# South Buffalo Community Association

**@ TOSH COLLINS SENIOR COMMUNITY CENTER**

## THIS MONTH



**Art & Wellness Class| P 3**



**Retreat. Refresh. Restore. | p 3**



**Wednesday Workshops | p 5**



**University Express- Fall '25| p 4**

**SEPTEMBER | 2025**



*Staff Member Kim at the South Buffalo Farmers Market with Friends June 29, 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](https://southbuffalo.org)



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



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# 2 SEPTEMBER

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## DIRECTOR'S DESK FROM MICHAEL WEIDRICH

While we don't want to see summer end, cooler temperatures & shorter days are coming our way and it's almost time for Back to School! We have so many new learning opportunities coming up, there's something for everyone. We're all about keeping your mind, body & spirit active & engaged all year long. Also, make sure to check out the Live Well Erie RETREAT REFRESH RESTORE Health Fair on Saturday, Oct 18th! – **MICHAEL**

## Around the Classroom

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

### Word List:

DESK

GLOBE

RULER

SCISSORS

CRAYONS

CHALKBOARD

ERASER

NOTEBOOK

BOOKSHELF

MAP

MARKER

CLOCK

POSTER

COMPUTER

PROJECTOR

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PENCIL

STAPLER

PAPER

WINDOW

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.



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.

### What to Expect

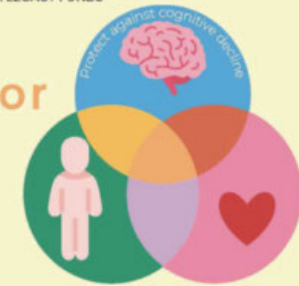
- Everyday Mindfulness is a four-week program with 90-minute weekly sessions.
- Participants will learn to:
  - Savor positive moments
  - Reduce stress
  - Enhance brain fitness
- New methods using everyday items and routines will be introduced each week, with time for discussions on home practice experiences.

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@the preventioncouncil.org](mailto:jburns@the preventioncouncil.org)



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

**All Sessions Are Free**



#### 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



## LiveWell Erie RETREAT REFRESH Restore

Event for older adults and caregivers focused on highlighting opportunities for social and civic engagement, health and wellness, and overcoming the challenges of aging.

**Saturday October 18**

**9am-3pm**

Lunch provided

Orchard Park Senior Center  
4520 California Rd, Orchard Park

Registration Required- Beginning August 15th

Visit [erie.gov/aging](http://erie.gov/aging)

Call 716-858-6517



**JUST FOR OUR SENIORS**  
LOCATION:  
Tosh Collins Senior Center  
35 Cazenovia St.

**THURSDAYS, 1-2:30 PM**  
**OCTOBER 16, 23, 30 & NOV. 6**

## ART & WELLNESS

Come and join us for this fun 4-part series. You'll experiment with various, take-home art materials each week and playfully experience how to use art as a wellness tool at home. And it's FREE!!!



Register at the front desk or call: 716-822-4532 ex. 0

**COME AND EXPLORE VARIOUS ART TECHNIQUES**

**TAKE HOME ART MATERIALS TO CONTINUE AT-HOME PRACTICE**

**NO ART EXPERIENCE NECESSARY**

**Come with an open mind and be ready to experiment!!**

**SPONSORED IN PARTNERSHIP WITH**  
The Prevention Council of Erie County  
1625 Hertel Ave.

Check out our website at [www.the preventioncouncil.org](http://www.the preventioncouncil.org)

NEW YORK STATE  
Homeland Security and Emergency Services  
Citizen Preparedness Corps

## SIGN UP FOR A FREE CLASS TO LEARN ABOUT PREPARING FOR EMERGENCIES

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 normal 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 a family emergency plan and stocking up on emergency supplies. Each family that attends will receive one preparedness kit.

**WHERE:** Tosh Collins Community Center  
35 Cazenovia St  
Buffalo NY, 14210

**WHEN:** Wednesday, September 10, 2025  
3:00PM

**REGISTER:**  
Registration is required to attend the event.  
To register visit [www.prepare.ny.gov](http://www.prepare.ny.gov) or scan the QR code



**WHEN:** Wednesday, September 10, 2025  
6:00PM

**REGISTER:**  
Registration is required to attend the event.  
To register visit [www.prepare.ny.gov](http://www.prepare.ny.gov) or scan the QR code



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



and Tosh Collins Community Center

## LUNCH & LEARN

GLPI

*Erie County's Department of Aging's University Express returns for the Fall Semester. Join us on Fridays from 11:45 am to 12:30 pm for these informative and entertaining classes. Make sure to order lunch when you register for the class at the front desk.*



### October 10—Crazy 1960's Harriet Grayson

Return to those chaotic days when music and new fashions ruled as the threat of the Vietnam War was beginning.

### October 17—The 10 Most Influential Films Alan Nowicki

A look at how 10 films changed the way movies were made.

### October 24—Medication Management for Seniors Sarah Hopseker

This class is intended to discuss common issues seniors may face regarding their medications. Topics will include tips for medication adherence, minimizing common side effects, and general medication issues.

### October 31—Benefits BINGO

#### Moira Mycio

Play Benefits Bingo to learn about programs and services available in a Bingo format! Win prizes and have some fun :-).

### November 7—Spot the Scam by Being an Educated Consumer

#### Jennifer Andres

Learn how to identify scams and the red flags to watch for.

### November 14—Positive Attitude (You Can Be Better Not Bitter)

#### Sister Judy Beiswanger

Gain insight into living with a positive attitude after challenging and life changing events

### November 21—Self-Empowerment & Self-Defense for Seniors

#### Rhonda (RJ) Bent

Learn tools to protect yourself and feel safer through knowledge, situational awareness, and non-lethal self-defense tools.

### December 12—Declutter with a purpose: Practical Strategies for an Organized Life

**Michelle Walter** Decluttering is not just about having less stuff, it's about creating space for what you want. Learn how to create organized systems that actually work for real life.

### December 19—Senior Living Hacks

#### Amy Aldunio

New tech that can make your life a little bit greener and safer.



*Diamond Art Club®*  
DO WHAT MAKES YOU SPARKLE®

### BEGINNING DIAMOND PAINTING

Looking for a new hobby? Try this stress reducing craft! In this beginner friendly diamond art class, learn to create colorful mosaic-style art by applying resin rhinestones "diamonds" to a pre-painted, pre-glued design. A mini project will be done in class, all materials provided. Taught by master diamond artist Polly Tobin and her diamond apprentices Rose, Gail & Jeff!

Thursday, October 2nd

1 pm—3 pm

Class limit—10 people

Fee- \$10.00 per person

Sign up at the Front Desk today to reserve your seat.



## WORKSHOPS

*Erie County Department of Aging's University Express returns for the Fall Semester and brings with it a new selection of Wednesday Workshops for you to enjoy. All workshops begin at 1 PM unless otherwise noted. Sign up for lunch beforehand when you register for class at the front desk.*



### **October 8—Transforming Anxiety into Peaceful Flow** **Sherry Lyn Hartel**

An introductory workshop to transform negative emotions into a flow state of peace using various ancient techniques. (Class may run 90 minutes)

### **October 15—Introduction to Healing Touch** **Kathryn Frankiewicz**

A relaxing energy therapy that uses intentional touch to promote physical, mental, emotional, and spiritual well-being. This fun, interactive workshop lets you give and receive treatments while seated in a chair.

### **October 22—Spice up the Holidays** **Pati Aine Guzinski**

Explore how to use herbs and spices to enhance holiday meals and add fragrance to your home. Includes hands-on activities such as creating a stove-top simmer bag.

### **October 29—Rock on! Learn about stones & craft bracelet** **Jennifer Chowdhury**

**Noon-2 PM**

Learn about stones and make your own bracelet. We will have semi-precious gemstones and know about the meaning of the stone, how it can help in healing, and make a fun bracelet to wear. It will help with hand and mind coordination, be therapeutic, bring creativity, and offer socializing while having fun.

### **November 5—Learn to play BUNCO** **Cindy Solly**

Let's get together, learn, and play BUNCO. Start a BUNCO game day at your Senior Center. It's an easy and fun dice game.

### **November 12—Fall Detoxing** **Sherry Lyn Hartel**

Discusses detoxing and holistic practices, covering topics like types of detoxes and the importance of detoxing during specific times of the year, particularly the fall. (Class may run 90 minutes)

### **November 19—Qigong** **Susanne Rosinski**

Qigong is an ancient system of gentle movements that help the body, mind, and emotions. Qigong is the mother of Acupuncture, Kung Fu, and TaiChi! It's simple for anyone to learn, and its benefits are far-ranging—from increasing energy to improving sleep and more!. (Please allow two hours for this class. Class size is limited.)

### **November 26—Make a Wish Birthday Card Class** **Cindy Solly**

We will make birthday cards for Make-A-Wish. Supplies will be provided, and you can learn about the R.S.V.P. (Retired Senior Volunteer Program). The cards made will be donated to Make-A-Wish.

### **December 3—Relaxation and Stress Release** **Lori Ann Redlinski**

This class offers simple, guided techniques to help you unwind, relax, and reduce stress. Learn practical tools you can use in everyday life to promote calm, comfort, and overall well-being. (Please allow two hours for this class. Class size is limited.)

### **December 10—Pain Management: Using the Power of your Mind** **Lori Ann Redlinski**

Discover how the mind can play a role in easing physical discomfort. Guided by a Certified Consulting Hypnotist, this class introduces gentle, non-invasive techniques that support pain management through focused awareness and relaxation. (Please allow two hours for this class. Class size is limited.)

### **December 17—Drum4Health** **Carolyn Zimmerman**

Learn the therapeutic power of drumming and rhythm for mental and physical well-being. This course will guide you through the benefits of rhythmic activities in group settings, promoting mindfulness, relaxation, and health

# 6 SEPTEMBER

## 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 Sept 13th  
Saturday Oct 11th  
Saturday Nov 8th  
11 AM—2 PM  
For more info, contact Cintemple@ymail.com or call 716-931-0430



## MORNING FITNESS

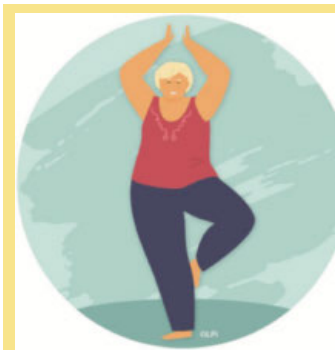
### MONDAY



### 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**

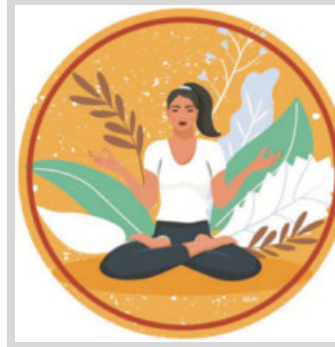
### WEDNESDAY



### 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



### NICKELS RUMMY

Nickels is similar to Rummy with the twist of betting nickels. So bring your nickels! Game starts at 12:30PM.

MONDAY



### MONDAY MOVIE MATINEE

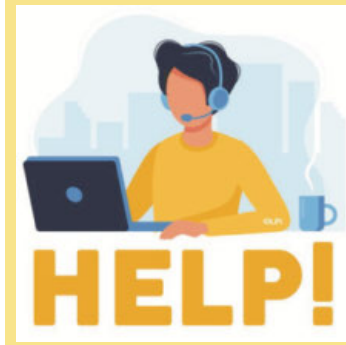
A new movie or TV episode every week for your viewing pleasure with popcorn! Showtime is 12:30 pm. FREE



### TUESDAY 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.

TUESDAY



### CASE MANAGEMENT DROP-IN

Need assistance with obtaining food, light housekeeping, or completing applications? Drop in every Tuesday from Noon - 3:30 pm.



### Wii BOWLING

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

WEDNESDAY



### PINOCHLE

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



### POKER

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

THURSDAY



### EVERYDAY MINDFULNESS

Discover ways to reduce stress, enhance brain health, & promote healthier living. Thursday Sept 4, 11, 18 & 25. FREE



### UNIVERSITY EXPRESS

Our popular lunchtime learning series starting at 11:30am to 12:30pm. RETURNING IN OCTOBER!

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.



## 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!



## MONDAY MATINÉE

### September 8th— Classic Comedy Hour— Facts of Life (1979)

*Starts at 1:30pm after Trivia-* "You take the good, you take the bad ... ." Originally set at the prestigious Eastland School for Young Women, house-mother Mrs. Garrett is the caretaker and confidante of a special group of girls. Over time, this group shrinks to be centered on only four young women: wealthy and spoiled Blair, gossipy Tootie, eager-to-please Natalie and tough girl Jo. Over the years, the girls graduate from school, and the story lines evolve with them.

### September 15th— Back to School (1986)-

Thornton Melon (Rodney Dangerfield) is concerned that his son Jason (Keith Gordon) is unsure whether to go to college, so the uneducated self-made millionaire encourages him by signing up as a student as well. As Jason tries to establish himself among his peers and make the diving team, Thornton falls for a pretty professor (Sally Kellerman) and gets others do his schoolwork for him. When the suspicious dean (Paxton Whitehead) finds out, Thornton needs to show he can get by on his own.

### September 22nd— School of Rock (2003)-

Overly enthusiastic guitarist Dewey Finn (Jack Black) gets thrown out of his bar band and finds himself in desperate need of work. Posing as a substitute music teacher at an elite private elementary school, he exposes his students to the hard rock gods he idolizes and emulates - much to the consternation of the uptight principal (Joan Cusack). As he gets his privileged and precocious charges in touch with their inner rock 'n' roll animals, he imagines redemption at a local Battle of the Bands.

**September 29th— The Intern (2015)-** Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.



Get your Blood Pressure checked by Nurse Marcy on Friday September 26th from 10:30-11:30am.





## 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**

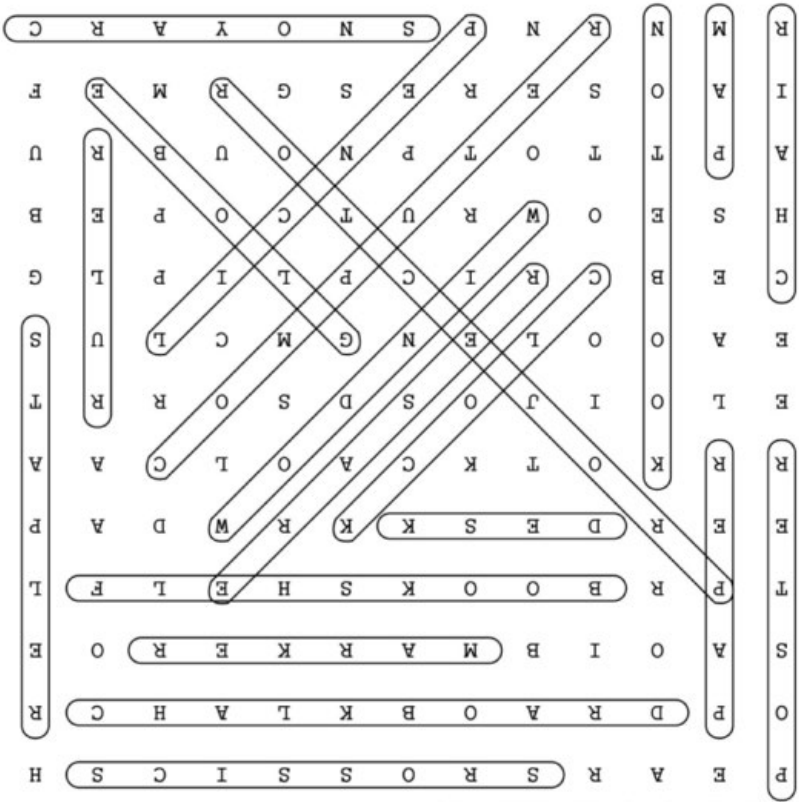
**-Rich Products**

**-Mayor Christopher Scanlon**

"Thank you for your generous donations to The Pantry. Your contribution will help us provide nutritious food to our seniors facing food insecurity, and will make a meaningful difference to those we serve in our community. Thank you again for your continued support.

**-Kim**

**TOGETHER, WE CAN MAKE A DIFFERENCE**



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**DAVID McKEEVER**  
**POST 64**

**BINGO 7:30PM**  
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**716-822-6400**  
Every Game Pays at Least \$100



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[info@cdchoices.org](mailto:info@cdchoices.org) • [www.cdchoices.org](http://www.cdchoices.org)

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- ✓ 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

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**CONTACT ME**  
**Chris Reeves**

[creeves@4LPi.com](mailto:creeves@4LPi.com)  
**(800) 477-4574 x6206**



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**AD CREATOR STUDIO**



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## SHORT STAFFED?

Place an ad here to find new local talent for your business.

**CALL 800-950-9952**



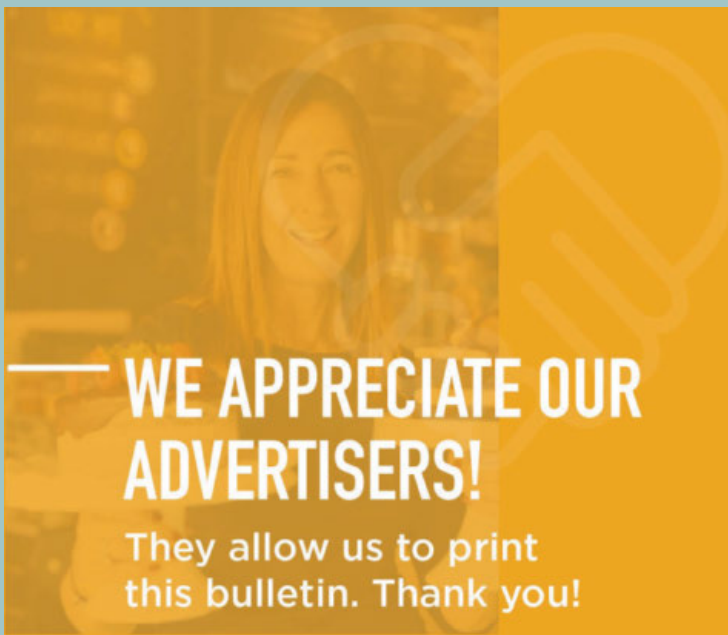
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**South Buffalo**  
Community Association

@Tosh Collins Senior Community Center  
35 Cazenovia Street  
Buffalo NY 14220-1705  
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*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 SEPTEMBER



**South Buffalo**  
Community Association

## DAILY EVENTS

©LPI

### 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
- **Everyday Mindfulness**

### FRIDAYS

10:00 am to 11:00 am

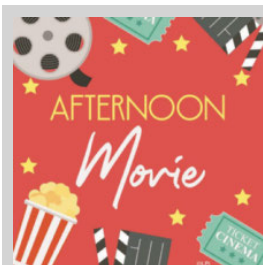
- **Friday Fitness**

11:30 am to 12:30 pm

- **Lunch**

12:30 pm to 2:00 pm

- **BINGO**



### Monday Movie Matinee!@12:30

9/1- CLOSED—LABOR DAY  
9/8- *Classic Comedy Hour*- The Facts of Life (1979) @ 1:30 PM  
9/15- Back to School (1986)  
9/22- School of Rock (2003)  
9/29- The Intern (2015)

**Donate Online**



Scan this QR Code with your phone —>



# Tosh Collins Center Senior Activities September 2025



# South Buffalo Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CLOSED</b> <b>LABOR DAY</b>	<b>2</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>3</b> 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	<b>4</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker <b>1-2:30 Everyday Mindfulness for Caregivers</b>	<b>5</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>8</b> 0-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy <b>12:30-1:30 TRIVIA</b> <b>1-7 Defensive Driving</b> 1:30-3 Classic Comedy Hour- <i>The Facts of Life (1979)</i>	<b>9</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>10</b> 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle <b>3-4 Emergency Preparedness</b> <b>6-7 Emergency Preparedness</b>	<b>11</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker <b>1-2:30 Everyday Mindfulness for Caregivers</b>	<b>12</b> 10-11 Friday Fitness <b>10-Noon Silver Pride</b> 11:30-12:30 Lunch 12:30-2 Bingo
<b>15</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>Back to School (1986)</i>	<b>16</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>17</b> 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	<b>18</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker <b>1-2:30 Everyday Mindfulness for Caregivers</b> <b>11am-10pm Red Robin Fundraiser</b>	<b>19</b> 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
<b>22</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>School of Rock (2003)</i>	<b>23</b> 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2:30 Bingo	<b>24</b> 10-11 Move & Groove Dance Class <b>10-3 International Food Tour</b> 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	<b>25</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker <b>1-2:30 Everyday Mindfulness for Caregivers</b>	<b>26</b> 10-11 Friday Fitness <b>10:30-11:30 Blood Pressure</b> 11:30-12:30 Lunch 12:30-2 Bingo
<b>29</b> 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>The Intern (2015)</i>	<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>1</b> 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	<b>2</b> 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker	<b>3</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 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**  
**September 2025**  
**Tosh Collins Center (716) 822-4532**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 No Meals Served</b> 	<b>2</b> Chicken & Sausage Paella Rice with Black Beans Corn with Red Peppers Cauliflower Chocolate Pudding (601)	<b>3</b> Breaded Chicken Patty with Buffalo Sauce on a Bun Mashed Potatoes Carrots Fudge Round Cookie (847)	<b>4 Entrée Salad</b> Chicken Caesar Salad with Parmesan Cheese, Croutons & Caesar Dressing Dinner Roll Tropical Fruit <b>Chocolate Milk</b> (804)	<b>5</b> Ham Steak with Maple Glaze Mashed Sweet Potatoes California Blend Vegetables Rye Bread Pineapple Tidbits (585)
<b>8</b> Hearty Turkey Stew Garlic Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges (519)	<b>9</b> Meatballs with Sweet Chili Sauce over Rice Broccoli Florets Carrots Strawberry Gelatin (607)	<b>10</b> Cheese Tortellini with Meat Sauce & Mozzarella Cheese Mixed Vegetables Chef Salad with Dressing Grape Juice Italian Bread Fresh Banana <b>Chocolate Milk</b> (860)	<b>11</b> Tender Pork Loin with Gravy Mashed Potatoes Brussels Sprouts Dinner Roll Applesauce (597)	<b>12</b> Beer Battered Fish with Tartar Sauce Broccoli Cheese Rice Casserole Zucchini & Tomatoes Wheat Dinner Roll Pineapple Tidbits (677)
<b>15</b> Pork Ribette with BBQ Sauce on a Bun Duchess Potatoes Carrots Tropical Fruit (766)	<b>16 Entrée Salad</b> Mandarin Chicken & Sunflower Salad on a Bed of Fresh Salad Greens Wheat Dinner Roll Chocolate-covered Ice Cream Bar (741)	<b>17</b> Italian Sausage with Peppers, Onions & Tomato Sauce a Bun Roasted Red Potatoes Green Beans Fresh Orange <b>Chocolate Milk</b> (616)	<b>18</b> Savory Beef Bourguignon Mashed Potatoes Corn Dinner Roll Sugar Cookies (761)	<b>19</b> Stuffed Shells with Tomato Meat Sauce & Mozzarella Broccoli Florets Fruit Punch Chef Salad with Dressing Italian Bread Lemon Ice (818)
<b>22 WELCOME FALL</b> Broccoli-stuffed Chicken with Creamy Herb Gravy Scalloped Potatoes Peas with Red Peppers Deli Rye Bread Apple Pie with Whipped Topping (1037)	<b>23</b> Chili con Carne w/ Cheddar Cheese Carrots Apple Juice Chef Salad with Dressing Corn Muffin Fresh Banana (912)	<b>24</b> Hearty Pork Stew Mashed Potatoes Green Beans Dinner Roll Applesauce (576)	<b>25</b> Chicken Breast with Marsala Sauce Rice Pilaf Spinach Medley Mixed Vegetables Pineapple Tidbits <b>Chocolate Milk</b> (599)	<b>26</b> Steakhouse Burger with Onion Gravy on a Bun Ranch Mashed Potatoes Broccoli Florets Chocolate Chip Cookies (852)
<b>29</b> Chicken Breast with Taco- seasoned Peppers, Onions & Tomatoes Spanish Rice Fiesta Corn Orange-Pineapple Juice Strawberry Gelatin (653)	<b>30</b> Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Cauliflower Sweet Peas Chef Salad with Dressing Dinner Roll Brownie (839)	<b>1 Entrée Salad</b> Tuna Macaroni Salad on a Bed of Fresh Salad Greens Club Crackers Tropical Fruit (652)	<b>2</b> Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Broccoli Florets Fresh Orange <b>Chocolate Milk</b> (778)	<b>3</b> Stuffed Pepper with Savory Sauce Mashed Potatoes Carrots Italian Bread Pineapple Tidbits (638)

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