



South Buffalo Community Association

@ TOSH COLLINS SENIOR COMMUNITY CENTER

THIS MONTH



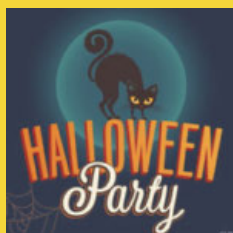
Snow Ball 2025 | p 3



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Trick or Treat! | p 4

OCTOBER | 2025



Young@Arts Senior Summer Art Camp Gallery Show. August 21, 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)

2 OCTOBER

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DIRECTOR'S DESK FROM MICHAEL WEIDRICH

Fall is here and we have a fun October chocked full of goodness! From our Oktoberfest Party to our Halloween Party, from the start of our Wednesday Workshops to our Friday Lunch & Learns, to the start of our Art & Wellness classes, there's something for everyone! And I am thrilled to announce the details of this year's SNOW BALL! Between the menu and the music, you won't want to miss it. And there may be some holiday surprises still up my sleeve! Stay tuned! – **MICHAEL**

Happy Halloween

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

Word List:

AMUSEMENT
BOO
CAT
CREEPY
GHOST
HARVEST
LEAVES
PARTY
SKELETON
TRICKORTREAT

APPLES
BROOMSTICK
CAULDRON
FALL
GHOUL
HAUNTEDHOUSE
MASK
PRANK
SPIDER
VAMPIRE

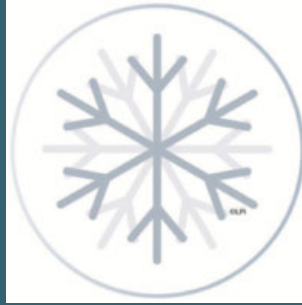
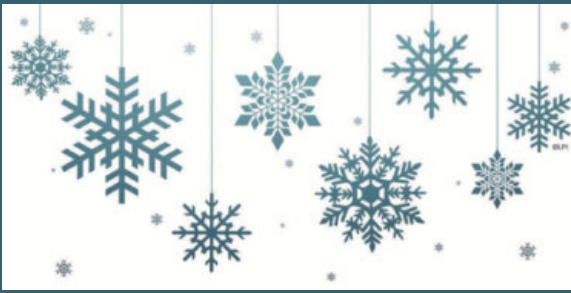
BATS
CANDY
CHILDREN
FRANKENSTEIN
GOBLIN
HOLIDAY
MUMMY
PUMPKINS
SPOOKY
WEREWOLF

BLACK
CANDYCORN
COSTUMES
FRIGHTEN
HALLOWEEN
JACKOLANTERN
ORANGE
SCARY
TOMBSTONE
WITCH

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.



SNOW BALL 2025

A Winter Senior Semi-Formal

Friday, December 5th 11:00 AM to 3:00 PM

Ilio DiPaolo's Restaurant , 3785 South Park Ave, Blasdell NY

Join us for our 4th annual Winter Semi-formal THE SNOW BALL on December 5th. This year we are going to the amazing Ilio DiPaolo for an afternoon of fine dining, dancing, and holiday cheer.

Doors open at 11 AM with hand-passed appetizers:

- Siracha Meatballs
- Italian Sausage Bites with peppers & onions.

Every seat will have a chef salad with Ilio's homemade dressing and hot rolls with butter.

Then guests will be invited up to the lunch buffet that includes:

- Penne w/Ilio's House Sauce
- Snap Peas & Carrots

- Cauliflower Rissole
- Lyonnaise Potatoes
- Roast Pork w/Applesauce
- Roast Turkey w/Gravy & Cranberry

And for dessert, an individual piece of Spumoni.

Coffee & Tea included. Cash Bar will be available.

We are very excited to welcome back The Hastings Duo with Tom and Diana singing during lunch and kicking up the tempo afterwards to dance the afternoon away.

Tickets will be \$35 for members and \$40 for non-members and go on sale Thursday, October 2nd.

And we promise there will be HEAT this year!

World-famous computer instructor Brendan Chella from the Buffalo & Erie County Public Library returns for another semester of Computer Classes for Seniors. Join Brendan on Thursdays in November & December from 1pm to 3 pm for class. Following each class, Brendan will hold "Office Hours" from 3-4pm for tech assistance. Sign up at the front desk and come early for lunch.



11/6- Computer Basics

11/13- Basic Device Maintenance

11/20- Saving Your Stuff

11/27- NO CLASS- THANKSGIVING

12/4- Internet Basics

12/11- Internet Privacy & Safety

12/18- Misinformation



Tuesday, October 7th starting 11:30 AM!

Come in your Lederhosen & Dirndl Dresses

Polish Sausage with Sauerkraut & Mustard on a Roll

German Potato Salad

Au Gratin Broccoli

Apple Pie with Whipped Topping

Followed by a special Oktoberfest BINGO!

Sign up TODAY!



Friday, October 31st starting at 11:30 AM!

**Calling all Ghosts and Ghouls to the Annual
Tosh Collins Halloween Party!**

Wear your best costume and win a prize!

Beastly Breaded Chicken Drumsticks

Dreadful Duchess Potatoes

Ghastly Green Beans

Deadly Dinner Roll

Boo! Banana Cream Pie

Followed by Haunted BINGOOOOOO!

Sign up TODAY!



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!!**

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

Check out our website at
www.thepreventioncouncil.org

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

Call 716-858-6517

WORKSHOPS

CLP

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.

LUNCH & LEARN

CLP

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

Maira Mycio

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



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.

6 OCTOBER

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.



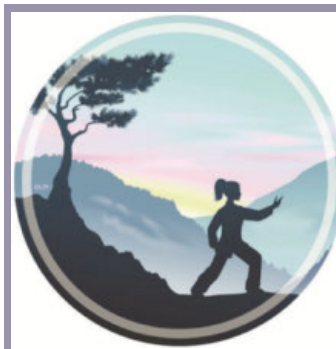
UFO & Paranormal Meetup of WNY

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



MORNING FITNESS

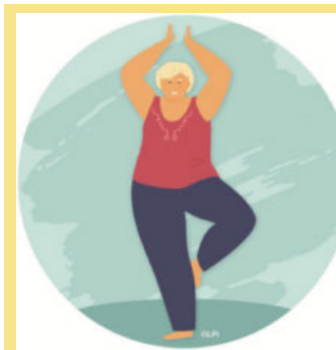
MONDAY



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**

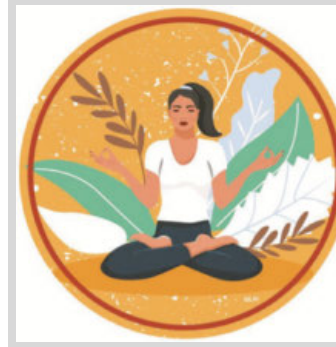
WEDNESDAY



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

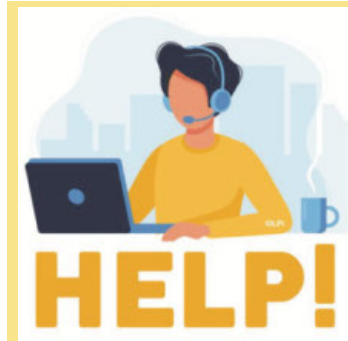
MONDAY



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



WEDNESDAY WORKSHOPS

A fun schedule of University Express classes to give you a hands-on experience and engaging activities. Start time is 1 PM. See schedule for details.

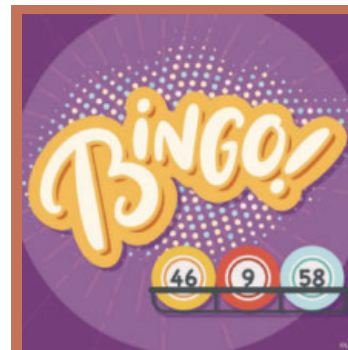
THURSDAY



ART & WELLNESS

Play with different art materials to learn how to use art for wellness at home. Thursday Oct 16, 23, 30 & Nov 6 FREE

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.



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!



UNIVERSITY EXPRESS

Our popular lunchtime learning series starting at 11:30am to 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:

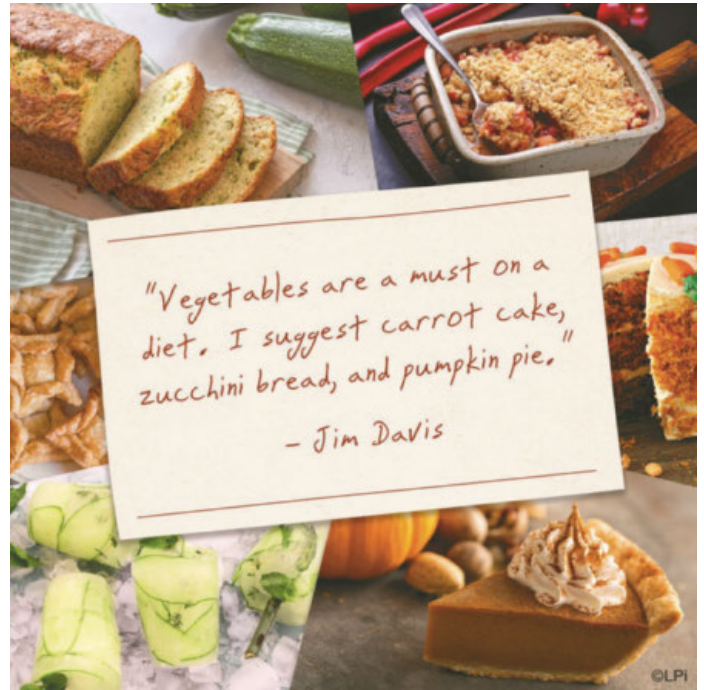
\$15 for Tosh Collins Seniors Members

\$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

October 6th- The Thursday Murder Club (2025) - Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. Starring Helen Mirren, Pierce Brosnan, Celia Imrie and Ben Kingsley.

October 13th- CLOSED

October 20th- Classic Comedy Hour- The Munsters (1964) Starts at 1:30pm after Trivia- The family at 1313 Mockingbird Lane is a little... different. Dad Herman looks like Frankenstein's monster; mom Lily and her dad, Grandpa, are vampires;

and son Eddie is a werewolf. Poor Marilyn, their niece, is the odd one out -- she's just a normal girl. And the family doesn't like to call attention to her unfortunate looks. Starring Fred Gwynne, Yvonne De Carlo, Butch Patrick & Al Lewis.

October 27th- Beetlejuice Beetlejuice (2024) - Still haunted by Beetlejuice, Lydia's life gets turned upside down when her daughter discovers a portal to the afterlife. When someone says Beetlejuice's name three times, the mischievous demon soon returns to unleash his very own brand of mayhem. Starring Michael Keaton, Winona Ryder, and Jenna Ortega.



Get your Blood Pressure checked by Nurse Marcy on Friday October 24 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

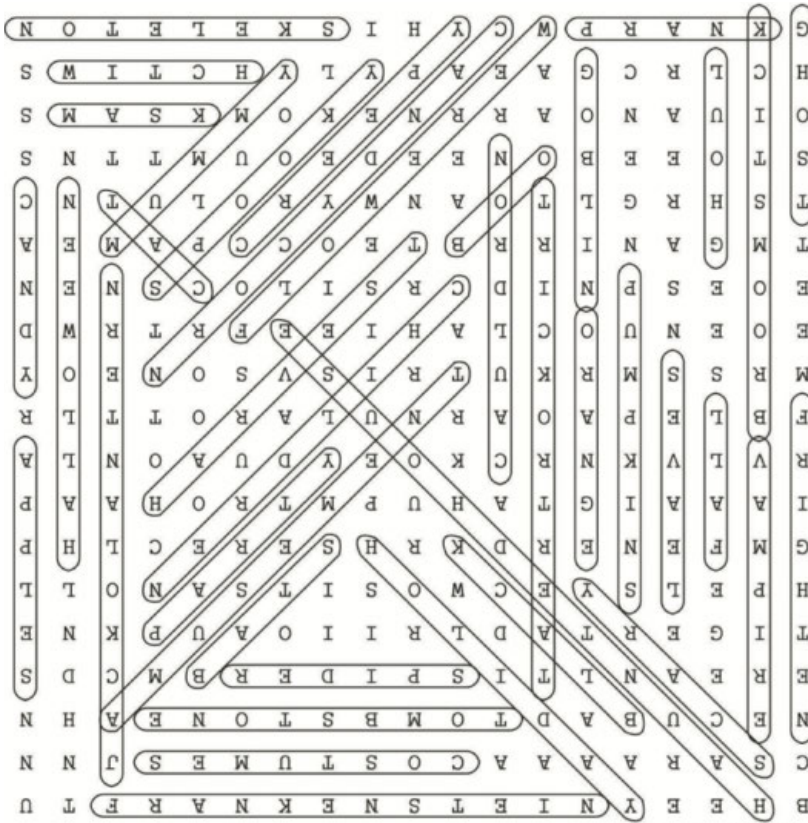
-Rich Products

-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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POST 64

BINGO 7:30PM
MONDAYS & WEDNESDAYS
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Every Game Pays at Least \$100



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info@cdchoices.org • www.cdchoices.org

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- ✓ You choose your caregiver
- ✓ You have control and flexibility over **your** schedule
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- ✓ Access to thousands of caregivers, both local and across NY State

Additional competitive benefits:

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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 OCTOBER



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 (3rd 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**

1:00 pm to 3:00 pm

- **Wednesday Workshops**

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

- **Art & Wellness**

FRIDAYS

10:00 am to 11:00 am

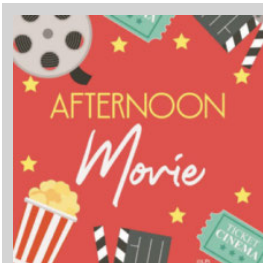
- **Friday Fitness**

11:30 am to 12:30 pm

- **Lunch & Learn**

12:30 pm to 2:00 pm

- **BINGO**



Monday Movie Matinee!@12:30

10/06– The Thursday Murder Club (2025)

10/13– CENTER CLOSED

10/20– *Classic Comedy Hour*– The Munsters (1964) @ 1:30 PM

10/27– Beetlejuice Beetlejuice (24)

Donate Online



Scan this QR Code with your phone —>

Tosh Collins Center Senior Activities October 2025



South Buffalo Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
29 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>	30 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2: Bingo	1 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle	2 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-3 Diamond Art Painting	3 10-11 Friday Fitness 11:30-12:30 Lunch 12:30-2 Bingo
6 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>The Thursday Murder Club (2025)</i>	7 10-11 Better Body Balance 11:30-2 Oktoberfest Party 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	8 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle 1-3 Wednesday Workshop- Transform Anxiety into Peace	9 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker	10 10-11 Friday Fitness 11:30-12:30 Lunch 11:45-12:30- Lunch & Learn- Crazy 1960's 12:30-2 Bingo
13 CLOSED COLUMBUS DAY INDIGINOUS PEOPLES DAY	14 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	15 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle 1-3 Wednesday Workshop- Intro to Healing Touch	16 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-2:30 Art & Wellness	17 10-11 Friday Fitness 11:30-12:30 Lunch 11:45-12:30- Lunch & Learn-10 Most Influential Films 12:30-2 Bingo
20 0-11 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 Munsters (1964)</i>	21 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	22 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle 1-3 Wednesday Workshop- Spice up the Holidays	23 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-2:30 Art & Wellness	24 10-11 Friday Fitness 10:30-11:30 Blood Pressure 11:30-12:30 Lunch 11:45-12:30- Lunch & Learn- Medication Management 12:30-2 Bingo
27 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>Beetlejuice Beetlejuice ('24)</i>	28 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	29 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12-2 Wednesday Workshop- Rock On! Learn about stones & craft bracelet 12:30-2 Wii Bowling 12:30-3 Pinochle	30 10-11 Chair Yoga 11:30-12:30 Lunch 12-1 Pet Therapy 12:30-3 Poker 1-2:30 Art & Wellness	31 10-11 Friday Fitness 11:30-2 Halloween Party 11:30-12:30 Lunch 11:45-12:30- Lunch & Learn- Benefits BINGO 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 8th
1:00 PM – 7:00 PM
(Dinner available for \$3.50)



South Buffalo

Community Association

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

Monday	Tuesday	Wednesday	Thursday	Friday
29 Chicken Breast with Taco-seasoned Peppers, Onions & Tomatoes Spanish Rice Fiesta Corn Orange-Pineapple Juice Strawberry Gelatin (653)	30 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Cauliflower Sweet Peas Chef Salad with Dressing Dinner Roll Brownie (839)	1 Entrée Salad Tuna Macaroni Salad on a Bed of Fresh Salad Greens Club Crackers Tropical Fruit (652)	2 Hot Dog with Baked Beans & Ketchup on a Bun Macaroni & Cheese Broccoli Florets Fresh Orange Chocolate Milk (778)	3 Stuffed Pepper with Savory Sauce Mashed Potatoes Carrots Italian Bread Pineapple Tidbits (638)
6 Hearty Beef Stew Mashed Potatoes Brussels Sprouts Warm Biscuit Vanilla Pudding (703)	7 Oktoberfest Polish Sausage with Sauerkraut & Mustard on a Bun German Potato Salad Au Gratin Broccoli Apple Pie with Whipped Topping (1000)	8 Breaded Chicken Cutlet with Buffalo Sauce on a Bun Tater Tots Peas with Red Pepper Fresh Banana Chocolate Milk (863)	9 Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Butternut Squash Corn Chef Salad with Dressing Mandarin Oranges (660)	10 Omelet with Cheese Sauce Potatoes O'Brien Green Beans Raisin Bread Tropical Fruit (641)
13 CLOSED COLUMBUS DAY INDIGENOUS PEOPLES DAY	14 Breaded Chicken Cutlet with Herb Gravy Sweet Potatoes Lima Bean Bake Dinner Roll Fresh Orange (728)	15 Swedish Meatballs over Pasta Tender Peas Harvard Beets Chef Salad with Dressing Pineapple Tidbits (742)	16 Hearty Pork Stew Mashed Potatoes Carrots Dinner Roll Strawberry Gelatin (603)	17 Steakhouse Burger with Gravy on a Bun Corn with Red Pepper Au Gratin Spinach Mandarin Oranges Chocolate Milk (743)
20 Chicken Breast with Marsala Sauce Garlic Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Lorna Doones (655)	21 Beef Pepper Steak Casserole with White Rice Broccoli Florets Carrots Diced Pears (587)	22 Roast Pork with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (644)	23 Entrée Salad Garden Chicken Patty Salad with Cheddar Cheese & Ranch Dressing Multigrain Bread Fresh Banana Chocolate Milk (966)	24 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Fruit Punch Chef Salad with Dressing Italian Bread Lemon Ice (904)
27 Turkey a la King Mashed Potatoes Carrots Warm Biscuit Chocolate Pudding (685)	28 Entrée Salad Beef Taco Salad with Taco Sauce & Tortilla Strips Pineapple Tidbits Chocolate Milk (637)	29 Baked Rigatoni with Italian Sausage, Tomato Sauce & Mozzarella California Blend Vegetables Fruit Punch Chef Salad with Dressing Dinner Roll Fresh Banana (804)	30 Lower Sodium Baked Ham with Pineapple Sauce Scalloped Potatoes Brussels Sprouts Wheat Dinner Roll Chocolate Brownie (617)	31 Happy Halloween Breaded Chicken Drumsticks Duchess Mashed Potatoes Green Beans Dinner Roll Banana Cream Pie (1013)

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