



# South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

## THIS MONTH



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## NOVEMBER | 2021



*The Case Management Dept. (Top : Becky, Rob, Kelly, Dana; Bottom: Nora, Daniel)*

## CONTACT US

### Address

35 Cazenovia Street  
Buffalo, NY 14220-1705

### Hours of Operation

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



(716) 822-4532



[southbuffalo.org](http://southbuffalo.org)



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



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

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## OUR STAFF

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Barb Sibley *Senior Aide*  
Cathy Lasky *Senior Aide*

## DIRECTOR'S DESK FROM MICHAEL WEIDRICH

While we continue to deal with COVID and wear our masks, and get our booster shots, and get our flu shots, we are starting to plan for 2022! We are excited to reopen on Fridays, offering monthly DINNERS, special evening events, the return of 2 DAYS of Bingo, new games, new activities, more workshops and classes, book club, Wii bowling, a new exercise/movement class, and much more. Look for a survey about what you want to see in the Center and give us your feedback. Let's make 2022 the best year yet!



## DEFENSIVE DRIVING CLASSES

The Safe Driver Academy Defensive Driver Class, NYS DMV's only approved Humor-Based course, is coming to Tosh Collins! The next class is scheduled for Wednesday, December 8th and will run from 9AM to 3PM. The cost is \$35 payable to Safe Driver Academy. Register with Kelly at 822-4532 x103 or email kelly@southbuffalo.org.



## DONUTS, COFFEE, CHAT

We will be offering free donuts on Wednesday mornings from 9AM-11AM with \$1 bottomless cups of coffee. Donuts & pastries compliments of Public Coffee on Seneca Street.

PROTECT OTHERS | WEAR YOUR MASK



Masks must be worn in the Center at ALL TIMES except when eating.—Erie County DOH



MASKS REQUIRED

## ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from solutions and answers from around the world. Each character stands for another letter. Hint: "Q" = "D"

"POAIIVS NABSV XWWJ NSM RSTFSO  
AMJ RAJ NSM ZWOVB."

FYWNAV UIQUSO

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

3						2	9	
				8		7	1	
	6	1						4
7						4	6	8
		8	1					
	9						3	
							8	
	3	6	8					
	4	2				6	7	3

## MANIC MONDAYS

Four months after reopening the Tosh Collins



Center for Senior programs, we are thrilled to be adding Mondays to our weekly schedule! With the addition of

Mondays to our Congregate Dining menu, we are now serving 4 days a week (Monday-Thursday). We're also excited to be starting our University Express courses November 1st. And we have some fun and games in store for Monday afternoons.

## Brown Sugar Bacon Roasted Sweet Potatoes

prep 15 mins  
cook 35 mins  
total 50 mins

### Ingredients

2 large sweet potatoes, peeled and diced into 1" cubes  
5 strips of bacon, diced  
1/4 cup olive oil  
1/2 cup brown sugar + more for sprinkling



### Instructions

Preheat oven to 350. Line a baking sheet with parchment paper or tin foil. Peel your sweet potatoes.

In large bowl add your sweet potatoes and olive oil and toss to coat. Add in your bacon and brown sugar and again toss to coat and distribute your bacon.

Lay your ingredients on the baking sheet. Roast in oven for about 30-35 minutes or until sweet potatoes are fork tender.

Remove from oven and transfer to serving bowl, sprinkle with additional brown sugar and enjoy!

**Computer Basics:** In this beginner's course on computers, learn how to operate a computer, identify parts of a computer, and use various basic, but useful software programs.

**Internet Basics:** In this beginner's class, you'll start to learn the basics of exploring the Internet. You will learn about the specific Internet browser Google Chrome.

**Guide For Basic and Advanced Estate Planning:** The presentation would cover basic estate planning (Wills, Powers of Attorney, Health Care Proxy's and Living Wills) and advanced estate planning (Revocable Trusts and Irrevocable Trusts).

**The 10 Warning Signs of Alzheimer's:** This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

**Medical Encounters: How to Make the Most of Your Visit:** Are you ever unsure of what questions to ask your doctor about your health or how to ask? Learn from the experiences of two retired physicians on how to create a successful partnership with your doctor.

**Effective Communication:** Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

**All courses are free of charge. You must register in advance of the class. Call Kelly at 822-4532 x103 or email [kelly@southbuffalo.org](mailto:kelly@southbuffalo.org)**

Day	Date	Time	Topic
Monday	November 1, 2021	10:00 AM	Computer Basics -Part 1 of 2
Monday	November 1, 2021	1:00 PM	Internet Basics Part 2 of 2
Monday	November 8, 2021	10:00 AM	Guide for Basic and Estate Planning
Monday	November 15, 2021	10:00 AM	10 Warning Signs of Alzheimer's
Monday	November 22, 2021	10:00 AM	Medical Encounters: Making the Most of Your Visit
Monday	November 29, 2021	10:00 AM	Effective Communication
Monday	December 6, 2021	10:00 AM	Computer Basics—Part 1 of 2
Monday	December 6, 2021	1:00 PM	Internet Basics—Part 2 of 2



# MEET OUR STAFF

## NEW KIDS ON THE BLOCK

The South Buffalo Community Association is thrilled to welcome some New Editions to our staff! With the semi-retirement of Nora Fischer and departure of long time Case Manager Debbie Mitchell, some fresh faces are joining the team to take care of all your needs. Make sure to say "Hi!" when you see them around.

8	4	2	5	9	6	7	1	3
1	3	6	8	7	2	5	4	9
5	7	9	3	4	1	6	8	2
2	9	4	6	8	7	1	3	5
6	5	8	1	3	4	9	2	7
7	1	3	2	5	9	4	6	8
9	6	1	7	2	3	8	5	4
4	2	5	9	6	8	3	7	1
3	8	7	4	1	5	2	9	6

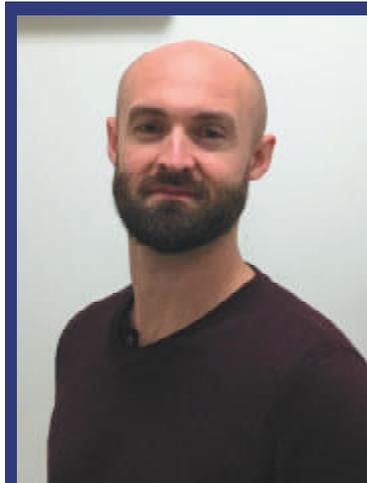
Answer to Sudoku



### BECKY KOZMINSKI

*"My name is Rebecca Kozminski, but please call me Becky. I am thrilled to have begun what I anticipate will be a rewarding and fulfilling career here at The South Buffalo Community Association! There are a variety of exciting changes that have already taken place at SBCA. I am eager to see what the future holds as the organization grows and expands its involvement in the community. I have always enjoyed people and like to be as helpful to others as possible, whether it be in my neighborhood or at work. As for my hobbies, I*

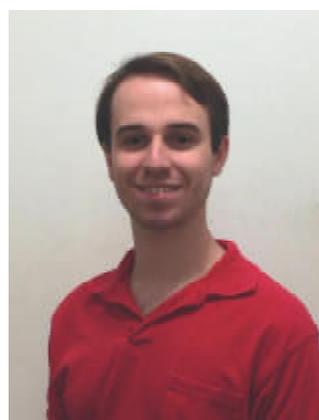
*love long walks in the woods behind my house or along the beach. I have a little dog - a corgi named Anna - who is the best walking partner there ever was. She's great company. I'm an avid reader - books about history and notable people are my favorite subjects. I enjoy music of all kinds and whenever possible I enjoy getting out to concerts. I also like a good project to keep me busy at home, so I like to tinker with things in the garage, or fix things around the house. I'm anxious to get settled into the day to day happenings at SBCA and to meet everyone who frequents the center and participate in activities whenever I can. "*



### DANA STEPHEN PASK

*Hi! I am a part-time Master of Social Work student at UB during the night. I like to keep active outdoors, eat*

*as much food as I can afford and engage in all kinds of nonsense with friends. I am from the Northernmost part of NY state and I am glad to be back in Western NY. I am half Irish and I hope that helps me blend in here in South Buffalo. If not? Oh well... Either way, I'll put on the charm... I'm happy to be here! GO BILLS!*



### DANIEL WHITE

This year, we are a University at Buffalo: School of Social Work Field Placement/ Internship site for the academic 2021-2022. We are very excited to be accepting Masters of Social Work students to learn the roles of case management with our members and in the community. Our social work student is Daniel White. Please stop by our community center to meet him and the case management department soon.

*"Hello! My name is Daniel White and I currently attend the graduate school of social work at University at Buffalo. I will be interning at Tosh Collins for the duration of the next school year. I grew up right here in South Buffalo so this is the perfect opportunity for me to give back to my community. The reason I wanted to work here is because I've never worked in this type of environment before; so I will be learning as much as I can along the way. What I look forward to the most is meeting everyone so don't be afraid to say hi if you see me around! "*



## TAI CHI TUESDAYS

Monica Zucco continues to lead mindful, meditative movements as we gaze upon beautiful Cazenovia Park. All are welcome, no experience necessary, accommodations made. Every Tuesday at 10AM. \$5 suggested donation.

Register with Kelly at 822-4532 x103 or email



## WALKING WEDNESDAYS

Get your steps in and get some fresh air as we walk around Cazenovia Park. Every Wednesday at 9AM. Stop in the Center for free donuts and \$1 coffee first!

Register with Kelly at 822-4532 x103 or email  
Kelly@southbuffalo.org



## CHAIR YOGA THURSDAYS

Chair Yoga is a gentle movement session that includes seated and standing poses using a chair. All are welcome to this beginner-friendly class every Thursday at 10AM. \$5 suggested donation.

Register with Kelly at 822-4532 x103 or email  
Kelly@southbuffalo.org

GETTING OLD IS LIKE CLIMBING A MOUNTAIN; YOU GET A LITTLE OUT OF BREATH, BUT THE VIEW IS MUCH BETTER!

—INGRID BERGMAN



## TUESDAY BINGO

Bingo is the hottest game in town and Tosh does it on Tuesdays! Prizes for every game and a 50/50 drawing too! \$1 a game board. First ball drawn at 12:30PM.

Register with Kelly at 822-4532 x103 or email  
kelly@southbuffalo.org



## WEDNESDAY GAMES

UNO! Jenga! Yatzee! Chess! Checkers! Chinese Checkers! Backgammon! Monopoly! Life! Twister! We've got the games if you dare to play! Starting at 12:30PM.

Register with Kelly at 822-4532 x103 or email  
Kelly@southbuffalo.org



## THURSDAY CARDS

The card tables are set and the cards are shuffled! Join us for games of Nickels, poker, pinochle and more. Name your game and deal the deck! Starting at 12:30PM.

Register with Kelly at 822-4532 x103 or email  
Kelly@southbuffalo.org

## Need guidance with your insurance needs?

Call Lisa Miller at (716) 948-4727 to request a FREE Consultation.



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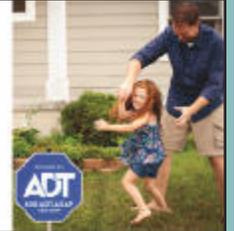
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**South Buffalo**  
Community Association

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

*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.*

## 8 NOVEMBER



**South Buffalo**  
Community Association

## DAILY EVENTS

### MONDAYS

10:00 am to 11:00am

- University Express

11:30 am to 12:30 pm

- Congregate Lunch

12:30 am to 2:00 pm

- Open Activities

### TUESDAYS

10:00 am to 11:00am

- Tai Chi

11:30 am to 12:30 pm

- Congregate Lunch

12:30 pm to 2:00 pm

- BINGO
- Pool

### WEDNESDAYS

9:00 am to 11:00am

- Coffee & Walk

10:00 am to 11:00am

- Paint & Sip

11:30 am to 12:30 pm

- Congregate Lunch

12:30 pm to 2:00 pm

- Game Time

### THURSDAYS

10:00 am to 11:00am

- Gentle Yoga

11:30 am to 12:30 pm

- Congregate Lunch

12:30 pm to 2:00 pm

- Cards
- Pool



**COMING Tuesday Nov. 23rd...**

We'll be celebrating Thanksgiving with a special lunch, big BINGO prizes, basket raffles, 50/50 drawing, and more fun and surprises!



Nov 12 – Vidler's

Nov 19– Buff State Dance Trip

Call Greg at 822-4532 x105 or email  
greg@southbuffalo.org