



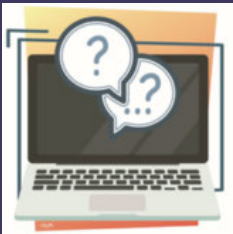
# South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

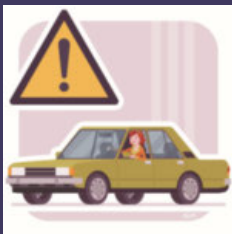
## THIS MONTH



Spring Bus Tours | p 2



Computer Classes | p 3



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## FEBRUARY | 2022



*Our Senior Aides in the kitchen: Cathy Lasky and Barb Sibley*

## 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)

# 2 FEBRUARY

## OUR BOARD

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## OUR STAFF

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Daniel White  
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[daniel@southbuffalo.org](mailto:daniel@southbuffalo.org)

## DIRECTOR'S DESK FROM MICHAEL WEIDRICH

As we come up on 2 years of living with COVID-19 and only the hope of it ending, it's good to remember to appreciate the people in your life. With so many people testing positive for COVID, some being hospitalized, and some that we've lost, we need to cherish those around us a little more. From our biological family, to our chosen family, and the community around us, we are in this together! Don't be afraid to ask for help if you need it or lend a hand to your neighbor.



### BUS TRIPS RETURN FOR SPRING

Hop on board for our monthly Monday excursions around the Queen City. Upcoming trips for Spring:

**Feb 14– Botanical Gardens (\$10)**

**Mar 14– Hamburg Casino**

**April 11– Broadway Market**

Call Greg to reserve a seat (716) 822-4532 x105

## Valentine Words

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

### Word List:

ADORE	AFFECTION	AMOROUS	ARROW
BELOVED	BEMINE	BOUQUET	CANDLELIGHT
CANDY	CARDS	CHERISH	CHERUB
CHOCOLATE	CUPID	DARLING	DEAR
DESIRE	DEVOTION	EMBRACE	ENDEARMENT
FEBRUARY	FLOWERS	FOURTEENTH	FRIENDS
HEART	HONEY	HUGS	KISSES
LOVE	LOVEBIRDS	PINK	POEM
RED	ROMANCE	ROSES	SECRETADMIRER
SWEETHEART	SWEETS	TEDDYBEAR	TENDERNESS

## Rebuilding Your Social Circle Later in Life

Maintaining a close circle of friends can have a positive impact on well-being, especially as you grow older. From encouraging you to make better health choices to supporting you on difficult days, friends play a role in determining how long and how well we live.



One challenge older adults face, however, is how to maintain a social circle during retirement. Friends might move away to live closer to their adult children and grandchildren. Work relationships may fizzle after retirement. Late-life divorce, a growing trend, can cause a senior to be alone. Here's what you should know about senior friendships and the steps you can take to rebuild your social circle.

### The Value of Friendships

Research from the Blue Zones shows that when older adults have close friends, they are more likely to avoid some of the dangers associated with isolation. Those include diabetes, obesity, depression, and even early mortality.

Having friends helps you stay engaged with life and the world around you. From attending local events to exercising and volunteering, social networks give mental and physical well-being a boost.

If you are an older adult who is struggling to make new friends during retirement, we have some ideas you might find helpful.

### Making New Friends During Retirement

**Take a class.** Tackling a new hobby gives your brain a healthy workout. It also provides you with an opportunity to meet new people. Think about something you've always wanted to learn, and then find a place

that offers classes. Maybe it's learning to play the guitar or the drums or how to speak French. Community centers, libraries, parks, art museums, and community colleges usually offer inexpensive classes and programs.

**Volunteer work.** Another great way to meet like-minded people is by volunteering.

Choose an organization or cause you believe in and volunteer to help. You'll likely find you enjoy the opportunity to share your time and talent.

**Find a fitness group.** Friends can influence how well you live. So, connecting with a group of fitness-conscious individuals will likely help you improve your overall well-being. Many health clubs, such as the YMCA, offer family, military and senior discounts.

**Join a club.** Shared interests and hobbies can also help friendships grow. If you are a gardener, for example, find a local garden club you can join. Think about your favorite pastimes and explore the clubs available in your area.

**Spiritual organizations.** People may find themselves more interested in activities that nurture their spiritual side as they move through different stages of life. Establish or reestablish a relationship with a church or synagogue. It can provide you with an opportunity to meet new people.

**Join a community center.** Most local communities have activity or fitness centers. These organizations offer a wide variety of programs and activities every day. Many also offer meals, and the cost is very reasonable. Getting involved can help you expand your social network and make new friends.

Have you struggled with maintaining a social circle as you've gotten older? What have you done to build new friendships?

## COMPUTER CLASSES & LAPTOP LIBRARY

Our Monday Morning Classes continue in 2022 with more computer classes with Brendan from the Buffalo & Erie County Library. All classes will be 10 AM to 11:30 AM

- February 14- Computer Basics
- February 28- Microsoft Office
- March 7- Internet Basics
- March 14- Using Google
- March 21- Library Website

- March 28- eBooks and Audiobooks with Libby.
- 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)**

Thanks to a generous donation of 20 laptop computers from Highmark Blue Cross Blue Shield, we now have a Laptop Lending Library. You may sign out a laptop computer at any time to check your email, surf the internet, type up recipes, and more. Staff members may be available for assistance by appointment.



## Monday Movie Matinees

We're excited to start showing movies on our giant television after lunch on Mondays! Grab a seat and some popcorn, and enjoy the show! Movies start at 12:30 pm.

- 2/14– An Affair to Remember
- 2/28– Sleepless in Seattle

We will be taking suggestions for future movies to show. Feel free to give them to Michael when you stop in.

## PAINT & SIP WEDNESDAYS



Our fun Paint & Sip program with resident art teacher Nora continues weekly on Wednesdays from 10am-

11am. We'll be getting ready for Valentine's Day in February. So stop by for coffee and donuts and stay for some arts and crafts!

## BLOOD PRESSURE SCREENING

We will now be offering FREE blood pressure screening every month at Tosh Collins. Director Michael's mom, Marcy Weidrich RN (retired) will be in Friday February 25th from 10 AM to 11:30 AM

to check your blood pressure. We will schedule her at least once a month to stop in. If you are interested in getting your BP checked, call Kelly 822-4532 x103 or email [kelly@southbuffalo.org](mailto:kelly@southbuffalo.org)



We will be offering free donuts on Wednesday mornings from 10AM on with \$1 bottomless cups of coffee. Donuts & pastries compliments of Public Coffee on Seneca Street.

## DEFENSIVE DRIVING CLASSES

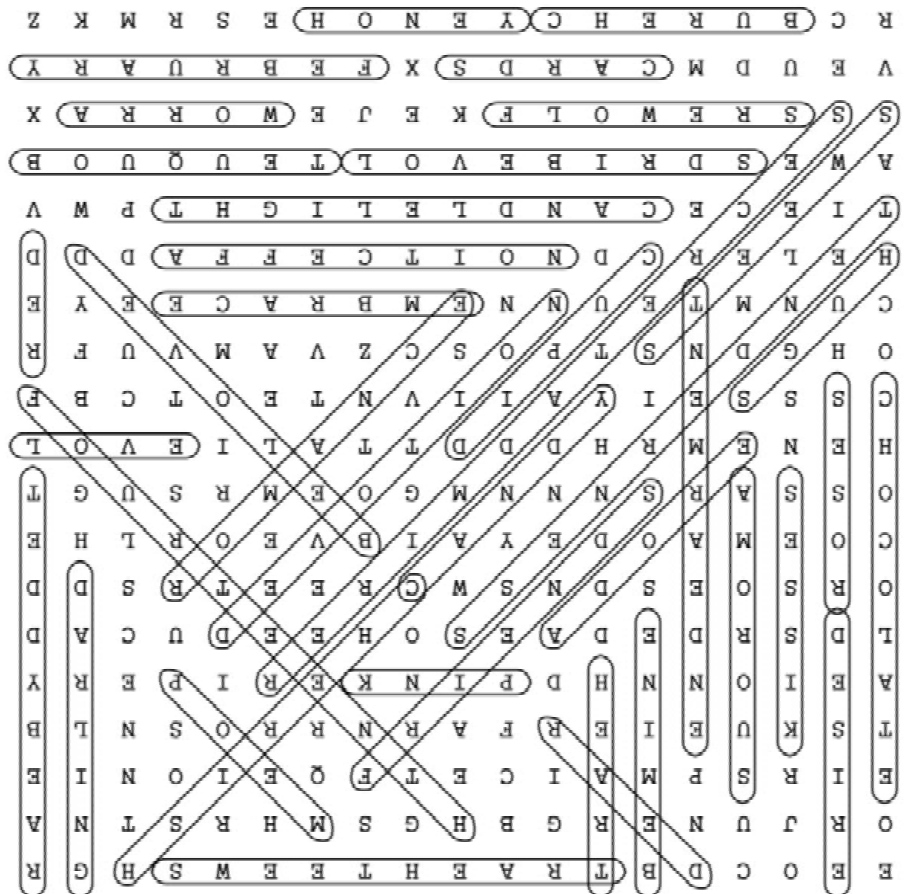
The Safe Driver Academy Defensive Driver Class, NYS DMV's only approved Humor-Based course, is coming to Tosh Collins!

All classes in 2022 will occur on Mondays unless noted. The schedule is as follows:

- **February 7th—9 am to 3 pm**
- **April 4th—1 pm to 7 pm**
- **June 6th– 6 pm-9 pm & Tues June 7th- 6 pm-9pm (2 nights)**
- **August 1st– 9 am to 3 pm**
- **October 3rd– 1 pm to 7 pm**
- **Dec 5th– 6 pm-9 pm & Tues Dec 6th -6-9pm (2 nights)**

Lunch or dinner can be order for \$3 along with the class.

The cost is \$35 payable to Safe Driver Academy. Register with Kelly at 822-4532 x103 or email



Valentine Words



## 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



## 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



## FITNESS FRIDAYS

Shake your booty & get grooving! Jess will lead an up-tempo aerobic fitness class set to your favorite dance music hits! Join us every Friday from 10AM. \$5 suggested donation.

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

**PROTECT OTHERS | WEAR YOUR MASK**



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



**MASKS  
REQUIRED**



## TUESDAY & FRIDAY BINGO

Bingo is the hottest game in town and Tosh does it on Tuesdays & Fridays! 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



## WII BOWLING WEDNESDAYS

The popular game finally comes to Tosh! Sign up for a timeslot to bowl with your friends. Open slots from 9AM-2PM.

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



## THURSDAY GAMES

Pick your game, any game! Cards. Board games. Twister. Bring your friends and stay for a while. Roll the dice 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.



**Lisa M. Miller,**  
Licensed Sales Representative



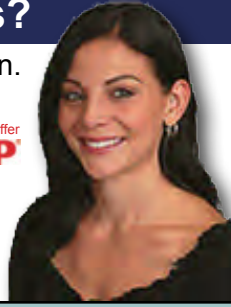
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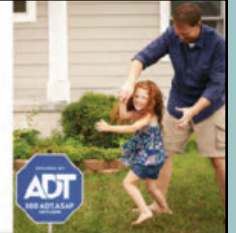
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## Getting involved is important.

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Sign up to have our newsletter  
emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)





**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 FEBRUARY



**South Buffalo**  
Community Association

# DAILY EVENTS

### MONDAYS

10:00 am to 11:30am

- Computer Class

11:30 am to 12:30 pm

- Congregate Lunch

12:30 am to 2:00 pm

- Monday Movie Matinees

### 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
- Billiards

### WEDNESDAYS

10:00 am to 11:00am

- Paint & Sip

11:30 am to 12:30 pm

- Congregate Lunch

12:30 pm to 2:00

- Wii Bowling
- Game Time

### THURSDAYS

10:00 am to 11:00 am

- Gentle Yoga

11:30 am to 12:30 pm

- Congregate Lunch

12:30 pm to 2:00 pm

- Wii Bowling
- Game Time

### FRIDAYS

10:00 am to 11:00 am

- Fitness Class

11:30 am to 12:30 pm

- Congregate Lunch

12:30 pm to 2:00 pm

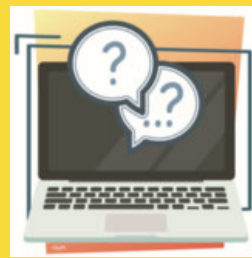
- BINGO
- Billiards



### MONDAYS @ 12:30 PM

February 14 -  
An Affair to Remember

February 28 -  
Sleepless in Seattle



### Computer Basics Classes MONDAYS

10 AM to 11:30 AM

- February 14- Computer Basics
- February 28- Microsoft Office