



South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

THIS MONTH



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MARCH | 2022



Jack Bidwell and his new little friend.

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



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DIRECTOR'S DESK FROM MICHAEL WEIDRICH

Two years ago, I took over as Executive Director from Kris Parisi at the start of this pandemic. During the course, we've assembled a new staff, rebuilt our weekly schedule after a year and a 1/2 closure, and brought this organization into the 21st century with new technology. I'm proud of the work the staff has put into supporting our seniors through the pandemic and their willingness to adapt. Onward and upward!

CROSSWORD PUZZLE

ACROSS

- 1 Fellow
- 4 Taro
- 8 Foot (suf.)
- 12 N.Z. fish
- 13 Black
- 14 Great Lake
- 15 Bachelor of Fine Arts (abbr.)
- 16 Medal (2 words)
- 18 Prison: Brit.
- 20 Ceremonial entrance
- 21 Belt
- 23 Palm starch
- 25 Indian camel
- 26 Vast
- 27 Palestine Liberation Organ. (abbr.)
- 30 Master of Business Administration (abbr.)
- 31 Cheek bone
- 32 King (Fr.)
- 33 Ten decibels

DOWN

- 34 Variation (pref.)
- 35 Ice
- 36 Scientific name (suf.)
- 37 Aquarium fish
- 38 Christmas song
- 40 Egypt. evil god
- 41 Saga (2 words)
- 44 Belonging to (suf.)
- 47 Silver-iron ore
- 48 Javanese poison tree
- 49 Monkey
- 50 Indo-Chin. people
- 51 Man's name: abbr.
- 52 Talk

ANSWER TO PREVIOUS PUZZLE

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

- 5 Son of Adam
- 6 Botanical (abbr.)
- 7 Feminine (suf.)
- 8 Five of trump
- 9 Viking
- 10 Plate
- 11 Mouse-spotter's assembly
- 17 Beer
- 19 Or (Lat.)
- 21 Crest
- 22 Rounded projection
- 23 Forage herb
- 24 Hamitic language
- 26 Wholesome
- 27 Augur
- 28 Circle
- 29 Unctuous
- 31 Twin crystal
- 35 Shorten
- 36 Father of Jason
- 37 Alluvial deposit
- 38 Son of Lamech
- 39 Killer whale
- 40 Thick slice
- 41 Nat'l Park Service (abbr.)
- 42 Caucasian wild goat
- 43 P.I. volcano
- 45 Amer. Automobile Assn. (abbr.)
- 46 One who is (suf.)

1	2	3		4	5	6	7		8	9	10	11
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50					51					52		

Mindfulness and its proven impact on loneliness

Maybe you know someone who stands by taking five minutes each morning to meditate or finds time after lunch to quiet his or her mind and focus on breathing. Whatever the method may be, incorporating “mindfulness” practices into your life can have a wide range of positive health benefits like improving your memory, sleep, and immune system, reducing stress and feelings of loneliness, and increasing compassion toward others and yourself. Mindfulness means taking time to pay attention to yourself and your thoughts and feelings. Read on to learn how you can put mindfulness into practice in your life to help improve your overall health.



How to make mindfulness a routine part of your day.

- Find five to ten minutes each day to **sit quietly and focus on your breath**. (Helpful hint: Put your phone on silent or in another room so you can concentrate!) Take the time to notice where your mind goes and how your body is feeling. You just might find that this helps you focus and prioritize your day.
- Before you go to bed take time to **focus on the good things that happened that day**. Write your thoughts down in a journal. Writing them down can help you deliberately recognize the positive, even on a tough day.
- Search for **“mindfulness apps” on your smartphone or tablet** that lead you in a mindfulness exercise. For many people, using an app is an easy way to remain consistent with the practice. And many of these apps are free!

Feeling lonely? Mindfulness can help.

Mindfulness has been shown to help older adults overcome a silent but urgent health issue: loneliness. It is estimated that more than half of adults age 65 and over regularly experience moderate to severe loneliness. Loneliness is characterized by a marked difference between someone’s desired companionship and actual relationships. Through unique studies conducted by UnitedHealthcare and AARP, researchers are applying the techniques of mindfulness to help combat loneliness in older adults.

Loneliness poses a serious threat to the quality of life for older adults. It is linked to negative health outcomes such as higher risk of dementia, mortality and disability. “The health risk of chronic loneliness, in older adults, is equivalent to smoking 15 cigarettes a day, and has a greater impact on mortality than obesity,” said Dr. Charlotte Yeh, M.D., chief medical officer, AARP Services Inc. “That is why UnitedHealthcare and AARP Services Inc. are collaborating to identify actionable solutions, geared for any individual across the spectrum of loneliness.” Researchers looked at whether mindfulness interventions, like breath awareness, self-compassion and kindness exercises, could positively impact a person’s optimism and quality of life — all factors that help reduce loneliness.

Conclusions were encouraging: Mindfulness activities were shown to decrease loneliness among older adults. The research demonstrated that mindfulness reduced stress, and improved memory, sleep, the immune system, resiliency, and compassion for self and others. Although loneliness is complex and challenging to address, a mindfulness practice may help you live your best life.

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

- 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 Kim at 822-4532 x0 or email kim@southbuffalo.org

4 MARCH



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.

- 3/7—West Side Story (2021)
- 3/14— Cruella (2021)
- 3/21— 101 Dalmatians
- 3/24— Hamilton (2020)

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



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 March 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 Kim 822-4532 x0 or email kim@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:

- **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 Kim at 822-4532 x0 or email kim@southbuffalo.org.



Musical Conversation: Featuring Buff State Music Dept voice students.....

Student singers will present songs they are working on. The students will share what they are singing about, and then will perform the selection. After the performance, please share what your take away was by listening to the performance. The conversation between you and the student singers will help the students to develop how to express human emotion through their singing. For the students, these two events will fulfill service-learning elements of the curriculum

Friday March 18th at 2 pm
Tuesday April 5th at 2 pm



BUS TRIPS RETURN FOR SPRING

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

- Mar 14— Hamburg Casino**
- April 11— Broadway Market**

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



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 Kim at 822-4532 x0 or kim@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 Kim at 822-4532 x0 or email kim@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 Kim at 822-4532 x0 or email kim@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 Kim at 822-4532 x0 or email kim@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 Kim at 822-4532 x0 or email kim@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 Kim at 822-4532 x0 or email kim@southbuffalo.org

Need guidance with your insurance needs?

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



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South Buffalo - Seneca Cazenovia Branch • 2199 Seneca Street - Buffalo NY 14210

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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 MARCH



South Buffalo
Community Association

DAILY EVENTS

©LPI

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

March 7- West Side Story-2021

March 14- Cruella- 2021

March 21- 101 Dalmatians

March 28- Hamilton- 2020



Computer Basics Classes MONDAYS 10 AM to 11:30 AM

- March 7- Internet Basics
- March 14- Using Google
- March 21- Library Website
- March 28- eBooks& Audiobooks