



South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

THIS MONTH



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Student Performances | p 4



Monday Matinees | p 4

APRIL | 2022



Friday Fitness Class with instructor Jess Reino and the girls!

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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Michael Weidrich, MBA
Executive Director
michael@southbuffalo.org

Kelly Blackey
*Senior Programs Director/
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kelly@southbuffalo.org

Rob Brandon, LMSW
Acting Senior Case Manager
robert@southbuffalo.org

Becky Kozminski
Case Manager
rebecca@southbuffalo.org

Mark Bunting
Case Manager
mark@southbuffalo.org

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kim@southbuffalo.org

Greg Esch
Transportation
greg@southbuffalo.org

Kate Blake
Chore Worker
chore@southbuffalo.org

Daniel White
MSW Intern
daniel@southbuffalo.org

Vilma Hongoy
Volunteer Aide
vilma@southbuffalo.org

DIRECTOR'S DESK FROM MICHAEL WEIDRICH

Spring is here, the weather is getting better, COVID seems to be on the retreat, and we're all taking a collective deep breath. It's so wonderful to see everyone's faces now that the mask mandates have been dropped. In the coming months we'll be bringing some new programs and activities to the Center's schedule that I am so excited for. You can see the line up of University Express classes we'll be offering for Summer Semester here. And there's much more to come so buckle up kids!!

BUS TRIP FOR APRIL

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

April 11- Broadway Market

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



Happy Earth Day!

E E R T E T E R P O S T W R C E E A I
W F E C I N L E O T C R T C A T N R I
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O E A R O S C S P W O R L D N E W A O
A R I A H S T R E P U R P O S E A R E

Word List:

AIR	APRIL	ATMOSPHERE	CARBONFOOTPRINT
CLEAN	CLIMATE	COMPOST	CONSERVATION
EARTHDAY	ECOLOGY	ECOSYSTEM	ENDANGERED
ENERGY	ENVIRONMENT	FLOWERS	FUEL
GREEN	HABITAT	LITTER	NATURE
OCEAN	OXYGEN	OZONE	PLANET
PLANT	POLLUTION	RAINFOREST	RECYCLE
REDUCE	REPURPOSE	RESOURCES	RUBBISH
SAVE	TREES	VOLUNTEER	WASTE
WATER	WETLANDS	WILDLIFE	WORLD



UNIVERSITY EXPRESS RETURNS FOR SUMMER SEMESTER

University Express offers free educational classes for older adults in Erie County. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine. Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. No homework or tests, just exciting discussions alongside peers with similar interests!

2022 Topics for Summer University Express Courses at Tosh Collins Center

Monday, May 2 – 10 am – Free Alternatives for Apps & Websites - Do you want the advantages of brand name software or applications, but without the cost? Learn about free alternatives to popular tech products such as Microsoft Office, Netflix, Spotify, Norton Antivirus, and more. **Instructor:** The Buffalo & Erie County Public Library's Techknow Lab

Monday, May 9 – 10 am – What is Mental Health? Mental health is just as important as physical health. We'll talk about mental well-being, mental illness, and ways to get help. **Instructor:** Mark O'Brien, LCSW-R, Commissioner, Erie County Department of Mental Health

Monday, May 16 – 10 am – Being Social on Social Media – Join us for a lesson on how platforms like Twitter, Instagram, Facebook, and Tik Toc are used; how they work; and how you can join. **Instructor:** Cassandra Kubiak, M.S., Director of Enrollment Marketing, Niagara University

Monday, May 23 – 10 am – 7 Key Decisions for Right Sizing – It's impossible to know the answers when you are unsure of the questions. This Program spells out the 7 Key Decisions that help to identify your preferences and put together a lower stress approach to moving to a smaller residence. **Instructor:** Michael Olear, Olear Team/MJ Peterson

Monday, June 6 – 10 am – ID Theft and Credit – Let's talk about ways to ensure your identity is protected and what exactly goes into your credit score. You'll learn how to obtain your free annual credit score and what to do if you find incorrect information on your credit report. **Instructor:** Jess Poleon, Director of Consumer Protection, Erie County Office of Public Advocacy

Monday, June 13 – 10 am – Tips for Tough Conversations: Doctor Visits, Driving, Legal & Financial Concerns – If you know someone who is experiencing changes in memory, thinking and behavior, this educational program provides tips and strategies for difficult – but important – conversations about changes that may be related to dementia. **Instructor:** Alzheimer's Association, WNY Chapter

Monday, June 27 – 10 am – Protecting Yourself Online: How often do you change your password? Is your WIFI connection secure? Are your photos backed up? Learn about ways to keep your personal information safe online and what to be on the lookout for. **Instructor:** Nathan Bake, Information Security Officer, Erie County

Monday, July 11 – 10 am Safe Dating Practices: A presentation which will discuss how dating has changed a lot over the years including, safe sex, catfishing scams, and other scenarios you may encounter while dating. **Instructor:** Nicole Cassata, Outreach Aide, Erie County Department of Health

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

COMPUTER CLASSES & LAPTOP LIBRARY

Our Spring Semester of Computer Classes comes to an end with our April Classes. This series has been very successful and we will schedule more for the Fall Semester. All classes will be 10 AM to 11:30 AM

- April 4 Computer Basics—Part 1 of 2
- April 11 Computer Basics– Part 2 of 2
- April 18 Internet Basics– Part 1 of 2
- April 25 Internet Basics– Part 2 of 2

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



Monday Movie Matinees

April is Alfred Hitchcock month! We'll be showing the classics all months long. Grab a seat and some popcorn, and enjoy the show!

Movies start at 12:30 pm.

- 4/4 Vertigo
- 4/11 North by Northwest
- 4/18 Psycho
- 4/25 The Birds

Movies are free to watch!



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 April 29th 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

ENIGMA CRYPTOGRAM ANSWER

"Happiness is a perfume which you cannot pour on someone without getting some on yourself." — Ralph Waldo Emerson



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.

Tuesday April 5th at 2 pm

DEFENSIVE DRIVING CLASSES

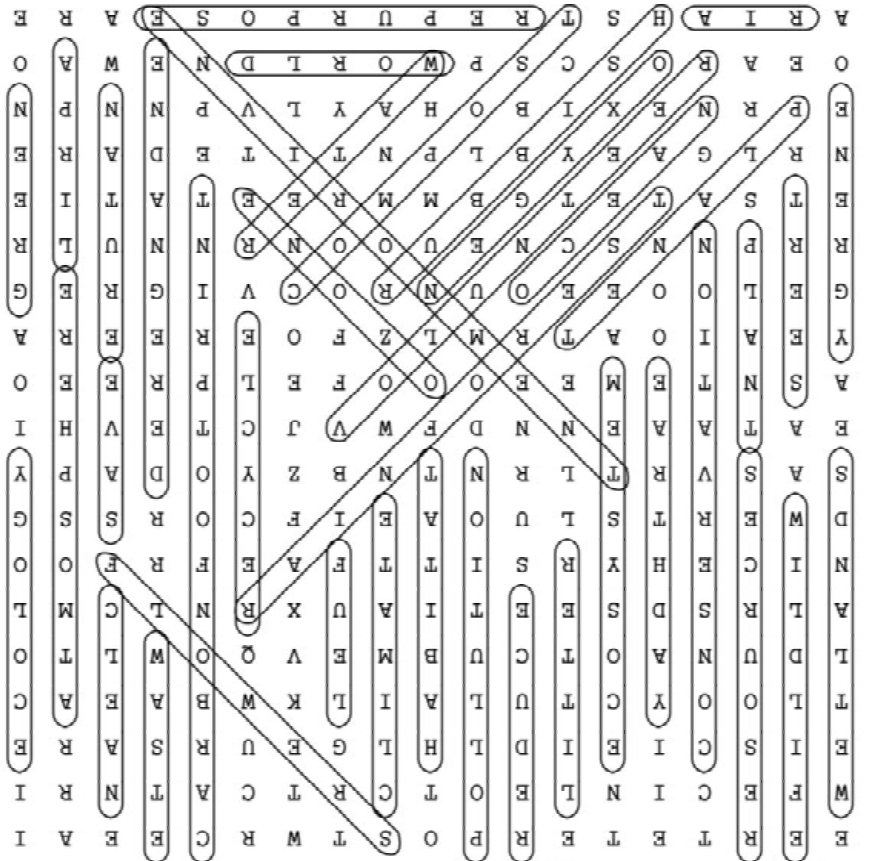
The Safe Driver Academy Defensive Driver Class, NYS DMV's only approved Humor-Based course, is coming to Tosh Collins!

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.

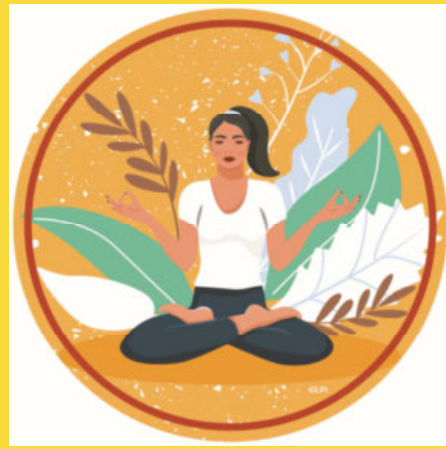
The cost is \$35 payable to Safe Driver Academy. Register with Kim at 822-4532 x0 or email kim@southbuffalo.org.





TAI CHI TUESDAYS

Mindful, meditative movements as we gaze upon the 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

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 kim@southbuffalo.org



FITNESS FRIDAYS

Shake your booty & get grooving! Up-tempo aerobic fitness class set to your favorite dance music hits! Every Friday from 10AM. \$5 suggested donation. Register with Kim at 822-4532 x0 or kim@southbuffalo.org

ENIGMA™ Cryptogram Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "Q" = "R"

"JFMMCTKPP CP F MKQXOSK DJCHJ
YGO HFTTGW MGOQ GT PGSKGTK
DCWJGOW IKWWCTI PGSK GT
YGOQPKAX." -QFAMJ DFAEG KSKQPGT

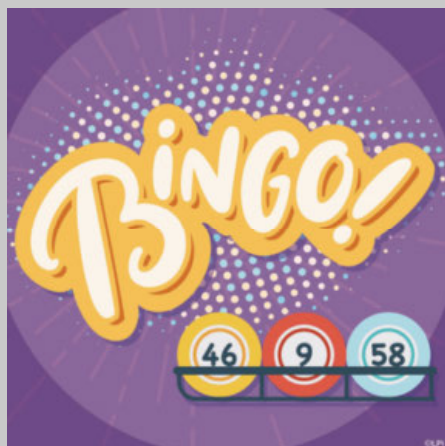
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Coffee Klatch

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.



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 kim@southbuffalo.org



Wii BOWLNG WEDNESDAYS

The popular game finally comes to Tosh! Sign up for a timeslot to bowl with your friends. Open slots from 12:30pm-2PM. Register with Kim at 822-4532 x0 or 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 kim@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



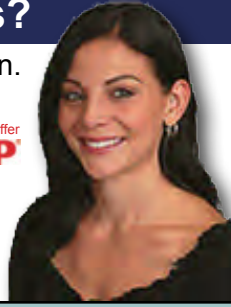
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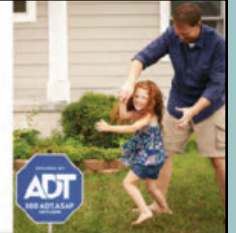
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South Buffalo
Community Association

@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 APRIL



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

- Chair 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

- Friday Fitness

11:30 am to 12:30 pm

- Congregate Lunch

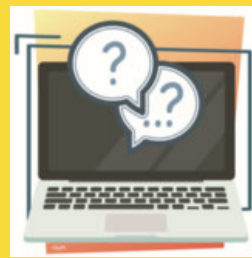
12:30 pm to 2:00 pm

- BINGO
- Billiards



MONDAYS @ 12:30 PM

- 4/4 Vertigo
- 4/11 North by Northwest
- 4/18 Psycho
- 4/25 The Birds



Computer Basics Classes MONDAYS 10 AM to 11:30 AM

- 4/4 Computer Basics Part 1
- 4/11 Computer Basics Part 2
- 4/18 Internet Basics Part 1
- 4/25 Internet Basics Part 2