



South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

2022 SENIOR PROGRAMS & SERVICES



Fostering engagement between older adults, and helping the elderly remain independent at home in: South Buffalo, West Seneca, Blasdell & Lackawanna.



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)

SENIOR

PROGRAMS

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MONTHLY NEWSLETTERS

WEEKLY EMAILS & SOCIAL MEDIA POSTS

WEBSITE CALENDAR



TRANSPORTATION

RIDES TO TOSH COLLINS, MEDICAL APPOINTMENTS, GROCERY SHOPPING, FIELD TRIPS

ACTIVITIES & EVENTS

©LPi



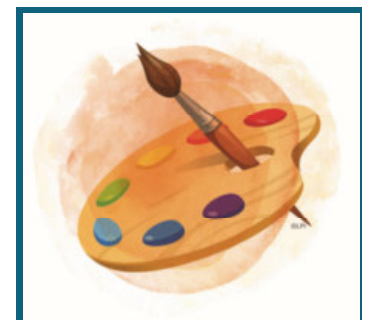
MONDAY MOVIE MATINEES



SCENIC FIELD TRIPS



YOUNG @ ARTS PROGRAM SPECIAL EVENTS



PAINT & SIP CLASSES

Lifelong Learning



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COMPUTER CLASSES



UNIVERSITY EXPRESS CLASSES



DEFENSIVE DRIVING CLASSES



BLOOD PRESSURE CHECK

NUTRITION *Programs*

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**CONGREGATE
DINING**

**HOT LUNCH
SERVED DAILY**

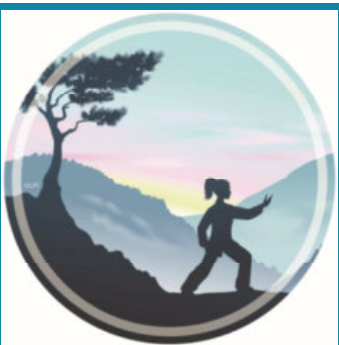
**FROZEN MEALS
MONDAY**



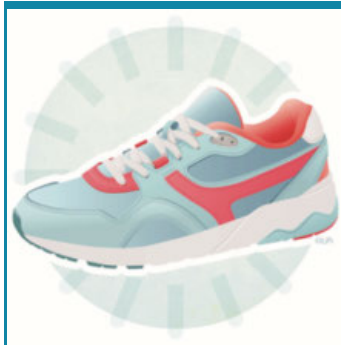
**COFFEE
KLATCH**

**WEEKLY
WEDNESDAY
DONUTS**

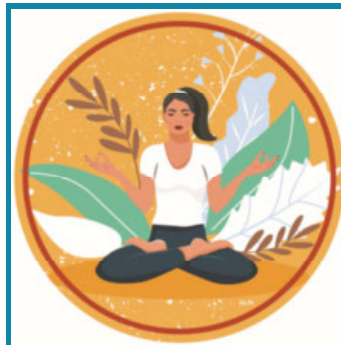
Health & Fitness



TAI CHI TUESDAYS



**WALKING
WEDNESDAYS**



**CHAIR YOGA
THURSDAYS**



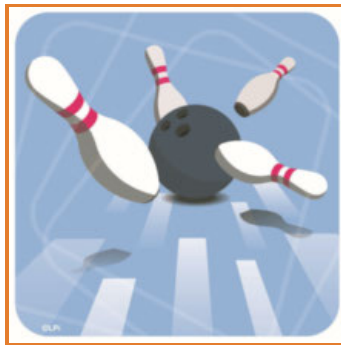
FITNESS FRIDAYS

FUN & GAMES

©LPI



**TUESDAY &
FRIDAY BINGO**



**Wii BOWLING
WEDNESDAYS**



**CARDS & GAME
TIME**



BILLIARDS



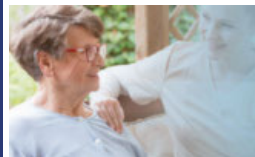
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Buffalo NY 14220-1705
(716) 822-4532
www.southbuffalo.org

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.



South Buffalo
Community Association



SENIOR SERVICES

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In partnership with Erie County Senior Services, we offer support of seniors through case managed services and linkages to programs. Additional linkages includes: Mental Health counseling, Nutrition Counseling, Senior Living Programs, Caregiver Support Options.



Meals On Wheels

Receive nutritious meals at proper temperatures in accordance with the diet prescription provided by your physician.



HOUSEKEEPING

There are three types of home care

- Monthly Housekeeping (CHORE)
- Light Housekeeping
- Personal Care



HEAP
Home Energy Assistance Program

Low-income household benefit that helps with utility costs such as heat. For standard services, there is no resource limit to this benefit.



Personal Emergency Response Systems (PERS) - Feel safer than ever in the comfort of your home with a PERS. The system includes a two-way speakerphone alarm base and lightweight bracelet or pendant buttons.



formerly known as "Food Stamps", is a low income benefit to help purchase food. You will receive a benefit card for food purchases.



Social Adult Day Care (SADC) - Adult

Day Health Centers provide a social environment for everyone and additional services for stroke recovery individuals, head trauma victims and frail elderly dementia participants.



HIICAP
Health Insurance Information, Counseling and Assistance Program

Low-income & resource based insurance that provides coverage for medical care such as medications, equipment, doctors participating in programs, hospital, nursing home, home care, and transportation.