



South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

THIS MONTH



Young @ Arts Starts | p 3



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MAY | 2022



SBCA Staff at Staff Development Day! Top row: Daniel, Kate, Greg, Mark, Kim, Becky. Bottom row: Michael, Kelly, Vilma, Rob.

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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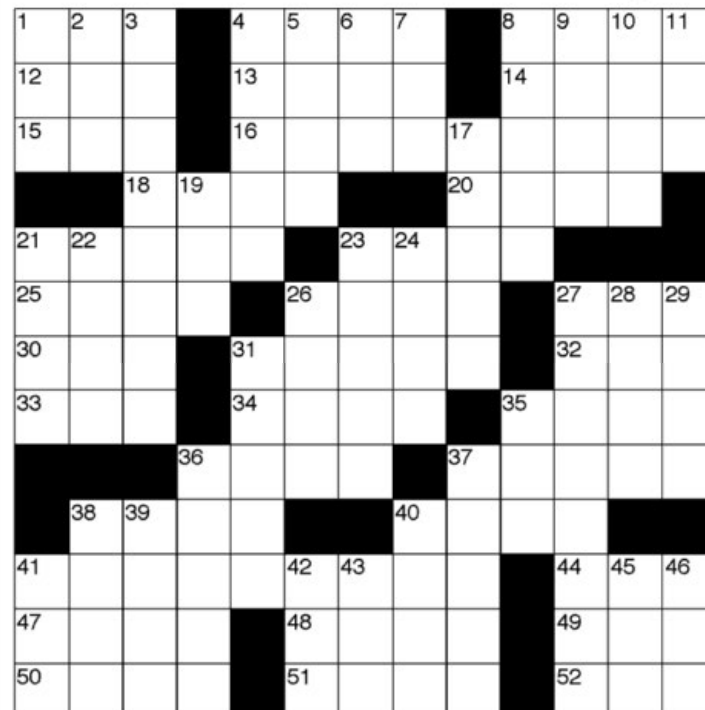
Vilma Hongoy
Volunteer Aide
vilma@southbuffalo.org

DIRECTOR'S DESK FROM MICHAEL WEIDRICH

I'm so excited to be launching new programs for the summer! Expanding on our mural bus tours from last summer, we're taking our trips to a whole new level with our Young @ Arts program. And thanks to a grant from ASI, we can keep the cost down. Our Summer Semester of University Express begins in May to keep your minds moving. Then in June, we'll begin hosting our Silver Pride group which I am thrilled to be facilitating for our LGBTQ+ Seniors. *I'm so excited and I just can't hide it!*

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
 - 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
- DOWN**
- 1 Apronlike cloth
 - 2 Television band abbr.
 - 3 Bias
 - 4 Anglo-Saxon
 - 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.)





NEW FIELD TRIPS ANNOUNCED STARTING IN MAY

We are excited to announce a brand new schedule of field trips kicking off this May with confirmed trips through August. With a focus on arts and culture in the Queen City, we will be visiting some of Buffalo's best locales with special guided tours and fun activities. I promise, each trip will make you feel like a kid again!

- Kicking off our new "Young @ Arts" 2022 season, we will be starting at the **Buffalo History Museum** on Wednesday May 4th, with a guided tour at 12:30 pm. Lunch will be served at the Center at 11:00 am.
- Our next stop will be the **Tiff Nature Preserve** on Wednesday May 25th, with a guided tour at 1:00 pm. Lunch will be served at the Center at 11:30 am.
- We're super excited to announce that on Wednesday June 8th, we will be riding the **Buffalo Double Decker Bus!** Scheduled for 12:30 pm, the bus will come pick us up at the Tosh Collins Center and give us a scenic 2 hour tour of downtown Buffalo. Lunch will be served at the Center at 11:30 am.
- Then later in June, we will be taking the **Buffalo River History Boat Tour** on Wednesday June 29th at 12:30 pm for a 90 minute cruise along the waterfront. Lunch will be served at the Center at 11:00 am.
- Future trips will include:
 - Wednesday July 13—**Buffalo Zoo**
 - Thursday July 28— **Buffalo Bison's Baseball Game**
 - Wednesday August 10— **Erie County Fair Opening Day**
 - Thursday August 25— **Buffalo Bison's Baseball Game**

Registration for the July and August trips will open June 14th.

- Schedule of trips for September through December will be announced towards the end of summer.
- The cost per trip will be \$10 that includes lunch at the Center and admission ticket & tour. Space on our bus is limited but we can look to car pool for additional participants. Cash must be received to reserve your spot on the tour. *The Double Decker Bus Tour has a larger capacity and can accommodate more people.
- **Reservations must be made with Kim at the reception desk. Call Kim at 822-4532 x0 or email kim@southbuffalo.org**

This program is made possible with funds from the Statewide Community Regrant program, a regrant program of the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature and administered by Arts Services Inc.



PRIDE COMES TO TOSH COLLINS

The South Buffalo Community Association is proud to partner with the Pride Center of Western New York to bring a great new monthly event to the Tosh Collins Center.

The Silver Pride Project

The Silver Pride Project is a Pride Center initiative that's all about creating better conversations and improved social engagement with our older members of the LGBTQ+ community. By understanding people's experiences we can facilitate greater social connectivity, improve social inclusion and evolve services to meet the needs of our LGBTQ+ elders.

LGBTQ+ Seniors Coffee Hour

Also known as the Silver Pride Coffee Hour, is an opportunity for LGBTQ+ seniors to come together and enjoy a morning of refreshments and conversation. Tosh Collins will begin hosting this monthly event on Friday June 10th from 10am-Noon and will meet the 2nd Friday of every month.

Contact Michael Weidrich for more information at 822-4532 x101 or email michael@southbuffalo.org





INTERN COMPLETES FIRST YEAR

For the past 2021-2022 academic year, the South Buffalo Community Association was a host for interns at the University at Buffalo: School of Social Work. From 10/2021 to 5/2022, we had the privilege to have Masters of Social Worker intern, Daniel White, join our team. Daniel has participated in multiple learning opportunities. As a case manager, Daniel connected with clients to link them with benefits and services. In the center, Daniel connected with clients to gauge their interest in programs and research how we can become a food pantry program within our community. Daniel was a huge asset at the South Buffalo Community Association. We will miss him and wish him the best of luck with his social work career.

(pictured above: L-R: Rob Brandon and Daniel White)

UNIVERSITY EXPRESS

MAY CLASSES

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

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 SET TO RETURN IN JULY ON THURSDAYS

Our popular series of Computer Classes taught by Brendan from the Buffalo Public Library will return on July 7th, switching to Thursdays from now on, starting at 1 pm. Come for lunch, stay for class!

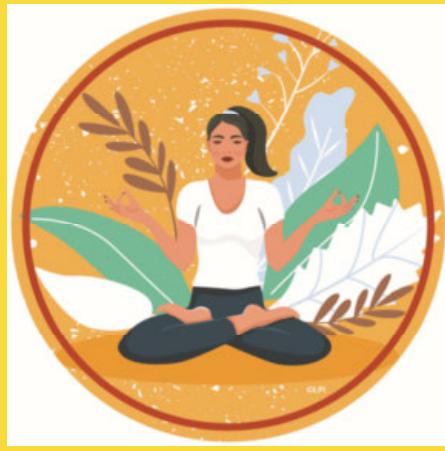
Our next FREE Blood Pressure Screening at Tosh Collins with Nurse Marcy (retired) will be Friday May 27th from 10 AM to 11:30 AM. If you are interested in getting your BP checked, call Kim 822-4532 x0 or email kim@southbuffalo.org

BLOOD PRESSURE SCREENING



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

DEFENSIVE DRIVING CLASSES
 Our next Safe Driver Academy Defensive Driver Class, NYS DMV's only approved Humor-Based course, is: **Monday June 6th- 6 pm-9 pm & Tuesday June 7th- 6 pm-9pm (2 nights)**
 The cost is \$35 payable to Safe Driver Academy. Register with Kim at 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.



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

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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 MAY



South Buffalo
Community Association

DAILY EVENTS

©LPI

MONDAYS

10:00 am to 11:30am

- University Express

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

5/2– Crazy Rich Asians ('18)
5/9– Mommie Dearest ('81)
5/16– Star Trek: Strange New Worlds—Ep 1&2 ('22)
5/23– Marvel's Shang-Chi & the Legend of the Ten Rings ('21)

UNIVERSITY EXPRESS CLASSES

Mondays 10 AM to 11:30 AM

5/2 – Free Alternatives Websites

5/9 – What is Mental Health?

5/16 – Being Social on Social Media

5/23 – 7 Key Decisions for Right Sizing

