



# South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

## THIS MONTH



**Computer Classes Return | p3**



**Mindful Movement Wed | p 3**



**Move & Groove Mondays | p 3**



**Summer College Fellows | p 4**

**JULY | 2022**



*SBCA Members on their Young@Arts field trip to Tiffit Nature Preserve on May 25th.*

## 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)



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## DIRECTOR'S DESK FROM MICHAEL WEIDRICH

As I put the finishing touches on this newsletter, I have to sit back in amazement at how far we've come in the past year. Despite COVID, we have survived and THRIVED, like a caterpillar emerging from it's cocoon as a beautiful butterfly, ready to take flight. With new programs, new activities, new interns for the summer, and new arts field trips to come, it fills my heart to be able to bring some excitement to our seniors and show Buffalo the NEW Tosh Collins! And more to come!!!

## 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.)

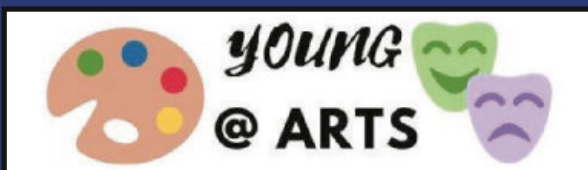
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**HAPPY ANNIVERSARY! ONE YEAR REOPENED!**

It's hard to believe that the Tosh Collins Center has been reopened to the public for ONE YEAR!! After being closed for 16 MONTHS, with many struggles to be allowed to reopen, we finally opened our doors on July 6, 2021. After a gradual reopening process over the next six months, we opened a full five days a week at the beginning of this year January 1, 2022, and we've been running full steam ahead ever since. To mark this one year anniversary, we're excited to announce several new additions to our weekly schedule of programs and activities starting this month!



- **Starting Thursday July 7th**– our popular **Computer Classes for Seniors** returns to a new day and time! Moving to Thursday afternoons at 1 PM—3 PM, Brendan from the Buffalo Library resumes his excellent computer classes. This will be a regular weekly class for free.
- **Starting Wednesday July 13th**- **Mindful Movement with Susi Rosinski**. Qigong, pronounced (CHI GONG), is the original Mindful Movement Practice. It is an ancient Chinese Health system that integrates physical movements, breath work, focused intention along with guided imagery. The slow,gentle movements are easily learned and can be adapted for anyone to do and can be practiced by any age group! 10 AM class.
- **Starting Monday July 25th**- **Move & Groove Mondays with Jess Reino**. We will be doing some stretching at the beginning, and then a boot camp style (but much gentler) type of class. Low impact. We will use some light weights, work on balance and coordination all to music and lots of friendly fun. We will end with a few minutes of stretching. Class starts at 10 AM.
- **Starting July 1st**– **Movement Member Card**– Discount for 7 fitness classes for only \$20. Save \$2 per class!



**WHERE THE WILD THINGS ARE!**

Registration is now open for our July & August trips.

- **Wednesday July 13th**—**Buffalo Zoo!** A 90 minute tour around the Zoo to visit all the animals. Lunch will be served at the Center at 11:00 am with an 11:30am departure from the Center for a Noon arrival.
- **Thursday July 28th**– **Buffalo Bison's Baseball Game!** Our first Bison's game of the summer with a 1pm game time. Lunch will be served at the Center at 11:30 am with a Noon departure from the Center for a 12:30pm arrival. The game is approx. 3 hours and we will return to the Center afterwards.
- **Wednesday August 10th**– **Erie County Fair Opening Day!** We're opening the Erie County Fair with all your favorite vendors, exhibits, animals and snacks! Lunch will be served at the Center at 11:00 am with an 11:30am departure and Noon arrival.
- **Thursday August 25th**– **Buffalo Bison's Baseball Game!** Our second Bison's game of the summer with a 1pm game time. Lunch will be served at the Center at 11:30 am with a Noon departure for a 12:30pm arrival. The game is approx. 3 hours and we will return to the Center afterwards.

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. Payment must be received to reserve your spot on the tour. Cash, check, & credit card accepted.

**Reservations must be made with Kim at the reception desk. Call Kim at 822-4532 x 0 or email [kim@southbuffalo.org](mailto: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.*



## COLLEGE FELLOWS TO HELP WITH COMMUNITY NEEDS ASSESSMENT

The South Buffalo Community Association is excited to be partnering with not one, but two colleges this summer to do a community needs assessment. One student from Cornell University's High Road Fellowship, Adam Dietz, and three students from the University at Buffalo's Social Impact Fellowship, Maria Rothaupt, Abhipsa Chakraborty, & Kennethea Wilson, will be joining us for 8 weeks this summer. They will be talking to our current members, residents and businesses of the neighborhoods of South Buffalo, and major stakeholders in the area to determine what people want to see at the Tosh Collins Center. If you are interested in taking the survey, feel free to call one of the fellows at 822-4532 x110. For everyone who takes the survey, your name will be entered into a drawing for a \$50 Tops Gift Certificate.



### ADAM DIETZ

Cornell University  
 Rising Senior, Bachelors in Industrial Labor Relations, minoring in both Business and Law and Society  
**High Road Fellow**

*"I am looking forward to working with the SBCA to assess the needs of the community. I hope to create a product that will spur meaningful change."*  
 -Adam

### MARIA ROTHaupt

University at Buffalo  
Master of Social Work  
**Social Impact Fellow**

*"I will be engaging with the South Buffalo Community Association for the summer. I am super excited to partake in some of the programs here and interact with the community members!"*  
 -Maria

### ABHIPSA

**CHAKRABORTY**  
 University at Buffalo  
PhD candidate in English  
**Social Impact Fellow**

*"I am excited to work at the SBCA in order to be able to expand my connection with the city beyond the university, make a positive impact on the people I meet and learn from the experiences I gather over the summer."*  
 -Abhipsa

### KENNETHEA WILSON

University at Buffalo  
Master of Business Administration in health care management  
**Social Impact Fellow**

*"I hope to learn more about diverse and inclusive programs that improve the health of residents in the South Buffalo community. I am excited to be working with SBCA this summer."*  
 -Kennethea



### LGBTQ+ Seniors Coffee Hour

Also known as the Silver Pride Coffee Hour, is an opportunity for LGBTQ+ seniors to come together

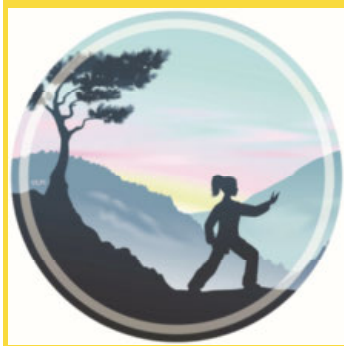
and enjoy a morning of refreshments and conversation. Tosh Collins will begin hosting this monthly event on Friday July 8th from 10am-Noon and will meet the 2nd Friday of every month. Contact Michael Weidrich for more information at 822-4532 x101 or email [michael@southbuffalo.org](mailto:michael@southbuffalo.org)





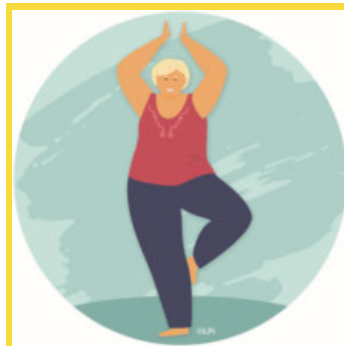
## MOVE & GROOVE MONDAY

Low impact exercise to music and fun with light weights, balance and coordination. With Jess Reino Monday's at 10am. \$5 or 7 for \$20



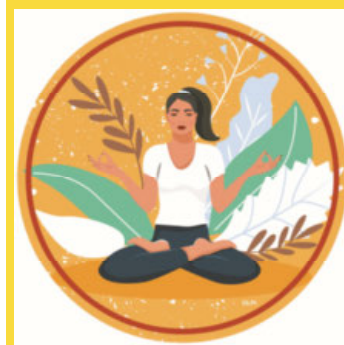
## TAI CHI TUESDAYS

Mindful, meditative movements in a standing stance. With Monica Zucco Tuesdays at 10am. \$5 or 7 for \$20



## MINDFUL MOVEMENT WEDNESDAY

Qigong integrates movements, breath work, focused intention with imagery. With Susi Rosinski Wed at 10am. \$5 or 7 for \$20



## CHAIR YOGA THURSDAYS

Gentle movement session that includes seated and standing poses using a chair. With Jess Reino on Thursday at 10am. \$5 or 7 for \$20



## FRIDAY FITNESS

Up-tempo aerobic fitness class set to your favorite dance music hits! With Jess Reino Friday at 10am. \$5 or 7 for \$20

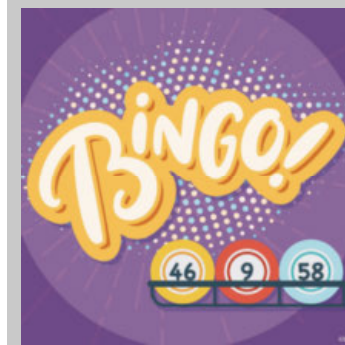
## MONDAY



## MONDAY MOVIE MATINEE

A new movie or TV episode every week for your viewing pleasure with popcorn! Showtime is 12:30 pm. FREE

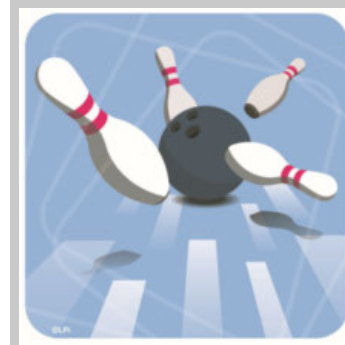
## TUESDAY



## TUESDAY BINGO

The hottest game in town and Tosh does it on Tues! Prizes for every game and a 50/50 draw! \$1 a board. First ball drawn at 12:30PM.

## WEDNESDAY



## Wii BOWLING WEDNESDAYS

The popular game finally comes to Tosh! Sign up for a timeslot to bowl with your friends. Open slots from 12:30pm-2PM FREE

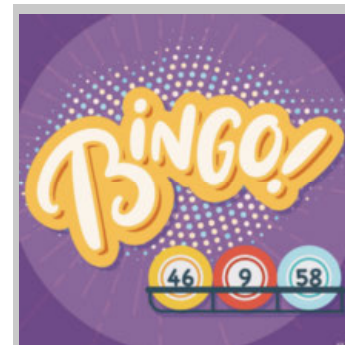
## THURSDAY



## THURSDAY COMPUTER CLASS

Geared towards Seniors, the Buffalo Library will present on a new topic every week. Thurs at 1pm. FREE

## FRIDAY



## FRIDAY BINGO

Bingo is the hottest game in town and Tosh does it on Tuesdays! Prizes for every game \$1 a game board. First ball drawn at 12:30PM.

Blood Pressure Check- Fri July 29 9:30 AM—11:30 AM

Defensive Driving Class- Mon Aug 1st 9 AM—3 PM

## Need guidance with your insurance needs?

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



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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 JULY



**South Buffalo**  
Community Association

# DAILY EVENTS

©LPI

### MONDAYS

10:00 am to 11:00am

- Move & Groove Monday (\$)

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 11:00 am

- Mindful Movement (\$)

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

1:00 pm to 3:00 pm

- Computer Class

### 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

7/4- CLOSED  
7/11- Forrest Gump (1994)  
7/18- Jurassic Park (1993)  
7/25- A League of Their Own (1992)

### COMPUTER CLASSES FOR SENIORS

Thursdays 1 PM to 3 PM

- **7/7 Computer Basics**
- **7/14 Computer Maintenance**
- **7/21 Internet Privacy & Safety**
- **7/28 Securing Facebook**

