



South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

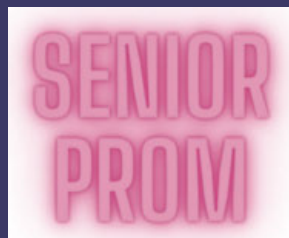
THIS MONTH



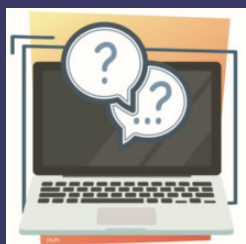
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Senior Prom Pic Books| p 4



Aug Computer Classes | p 8

AUGUST | 2022



SBCA Members about to board the Buffalo Double Decker Bus Tour on June 15th at Tosh Collins Center.

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)

2 AUGUST

OUR BOARD

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OUR STAFF

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DIRECTOR'S DESK FROM MICHAEL WEIDRICH

Summer just started and yet it is flying by, but we are making so many wonderful memories every week. Our very first Senior Prom was so much fun, it will definitely be an annual event. Our Young@Arts trips have been packed beyond capacity, from the Double Decker Bus tour, to the River History tour, to the tour of Buffalo Zoo, to our first Bison's baseball game. I'm so excited about the trips we're working on for the rest of 2022. You won't be disappointed! Tosh Collins is THE place to be! Stay tuned for details on The Snow Ball.....



EXERCISE CLASS DISCOUNT CARD

With 5-days of movement classes a week, we now have a great discount card to buy! 10 classes for \$30. Good for any class, any time, no expiration. See Kim to buy one!

LGBTQ+ Seniors Coffee Hour

Every 2nd Friday of the month from 10am-Noon. Next Meeting Friday August 12th. Contact Michael Weidrich for more information at 822-4532 x101 or email michael@southbuffalo.org



What's in Your Vegetable Garden?

W O P O T A T O O N S P L M
 A H T R I I T L O G I C C R
 E S A A A O E I T N P A U C
 N A P R M T N N R R I U D O
 I U A A T O A U S A N L O R
 K Q A U R L T P B D S I B N
 P S C A P A E N E I R F R S
 M E R G I A G B A S A L A O
 U E G R S O G U N H P O B R
 P E C A R R O T S H I W U R
 E E P E P P E R S L C E H E
 U E Z U C C H I N I L R R L
 K A L E B R O C C O L I P H
 B E E T S C U C U M B E R P

Word List:

- | | | | |
|----------|----------|----------|-------------|
| CARROTS | PEPPERS | BEANS | PEAS |
| ZUCCHINI | SQUASH | PUMPKIN | ASPARAGUS |
| BEETS | BROCCOLI | PARSNIP | CAULIFLOWER |
| CORN | CUCUMBER | EGGPLANT | LETTUCE |
| ONION | POTATO | RADISH | TURNIP |
| RHUBARB | KALE | SORREL | TOMATO |

SUMMER LOVIN' HAD ME A BLAST!



Registration is now open for our August & September trips.

- **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. FREE HOT DOG & POP INCLUDED!
- **Wednesday September 14th— Buffalo Double Decker Bus Returns!** Due to popular demand, the double decker bus is back for everyone that missed it the first time. Lunch will be served at the Center at 11:30 am with a 12:3 pm departure from the Center for a 2-hour tour. Priority will be given to 1st time riders!
- **Wednesday September 28th— Buffalo Science Museum!** Come explore a Buffalo classic with a guided tour of PanAm Artifacts and Arctic Dinosaurs. Lunch will be served at the Center at 11:00 am with a 11:30am departure from the Center for a Noon arrival. The tour will last 2 hours, and return afterwards.
- **Stay tuned for announcements for October, November & December!** You won't be disappointed!

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

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.



Tiff Nature Preserve—May 25, 2022

Double Decker Bus— June 15, 2022

River History Boat Tour— June 29, 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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 10/\$30



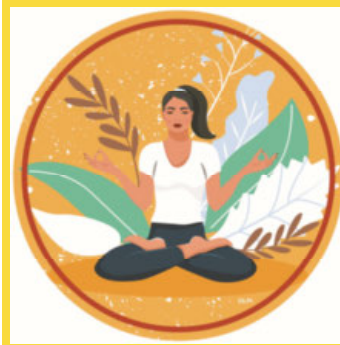
TAI CHI TUESDAYS

Mindful, meditative movements in a standing stance. With Monica Zucco Tuesdays at 10am. \$5 or 10/\$30



MINDFUL MOVEMENT WEDNESDAY

Qigong integrates movements, breath work, focused intention with imagery. With Susi Rosinski Wed at 10am. \$5 or 10/\$30



CHAIR YOGA THURSDAYS

Gentle movement session that includes seated and standing poses using a chair. With Jess Reino on Thursday at 10am. \$5 or 10/\$30



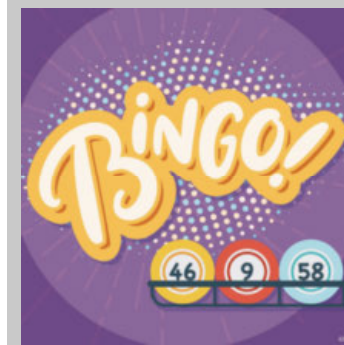
FRIDAY FITNESS

Up-tempo aerobic fitness class set to your favorite dance music hits! With Jess Reino Friday at 10am. \$5 or 10/\$30



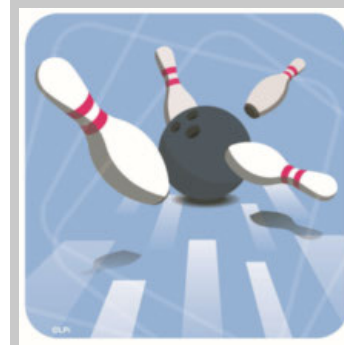
MONDAY MOVIE MATINEE

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



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.



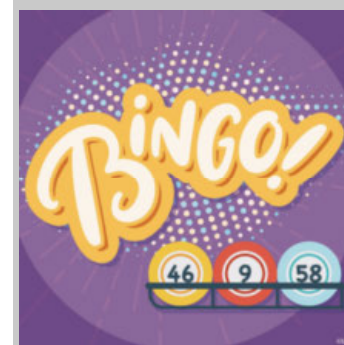
Wii BOWLING WEDNESDAYS

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 COMPUTER CLASS

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



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 Aug 26 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.



Lisa M. Miller,
Licensed Sales Representative



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Let Our Family Handle ALL of Your Family's legal Needs

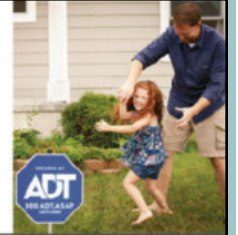
Paul M. Michalek • Jane Michalek Harrington
Jeffrey M. Harrington

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AVAILABLE

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to you at www.mycommunityonline.com





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 AUGUST



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 Matinee

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

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

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



MONDAYS @ 12:30 PM Meryl Streep Month

8/1—NO MOVIE
8/8— Mamma Mia! (2008)
8/15— The Devil Wears Prada (06)
8/22— Julie & Julia (2009)
8/29— Death Becomes Her (1992)

COMPUTER CLASSES FOR SENIORS

Thursdays 1 PM to 3 PM

8/4 Gmail

8/11 Home Internet Setup

8/18 Internet Basics

8/25 Using Google

