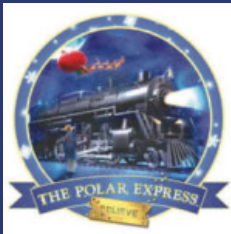




South Buffalo Community Association

@ TOSH COLLINS SENIOR COMMUNITY CENTER

THIS MONTH



All Aboard the Polar Express! | p 3



Meet the New Staff & Interns | p 8



Computer Classes Return | p 4



Snow Ball 2025 p 4

NOVEMBER | 2025



Carm Hayes, Senior Prom Queen 2022, celebrated her 99th birthday Sept 16, 2025

CONTACT US

Address

35 Cazenovia Street
Buffalo, NY 14220-1705

Hours of Operation

Monday - Friday
8:00am - 4:00pm



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2 NOVEMBER

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*Senior Programs Director/
Project Coordinator*
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Senior Case Manager
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Mark Bunting
Senior Case Manager
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Case Manager
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Joni Corsi
Program Associate
joni@southbuffalo.org

Kate Blake
Chore Worker

Ann Caple
Trish Schultz
Rene Urban
Donna Volk
Bonnie Warner
Lacey Whatley
CarePanions

Allison Nottis
MSW Intern
allison@southbuffalo.org

Nolan Wall
MSW Intern
nolan@southbuffalo.org

DIRECTOR'S DESK FROM MICHAEL WEIDRICH

I am thrilled to officially announce our December trip- the Polar Express! Whether you've ridden before or this is your first time, it's the perfect way to celebrate the holidays. I am also excited to introduce you to some new additions to our Case Management Department staff and the Tosh Collins family. Over the last few months, we've grown and now we serve older adults from South Buffalo to as far north as Amherst and as far south at Springville. And fun plans are coming together for 2026!- **MICHAEL**

Music Genres

G M E T A L P C O E L
C A R E P O I O S T U
L P O H P I H U O I O
A E O R R P O N G E S
S R A C U H I T R O P
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I E K G N I O Y N L N
C O A H G K D O G O P
A E C A N A L A E F S
L E A U R I E N K T S
T E F L E P S O G S K

Word List:

REGGAE	HIPHOP	COUNTRY	POP	METAL
FUNK	DISCO	GOSPEL	TECHNO	CLASSICAL
PUNK	SKA	FOLK	OPERA	SOUL
HOUSE	GRUNGE			

We offer transportation for seniors in South Buffalo for all your needs. We offer rides to the Tosh Collins Center and grocery shopping.



Wayne operates the bus Mon- Fri, 8am to 3 pm. Give him a call to schedule a ride. 822-4532 x105. The suggested donation is \$5.



ALL ABOARD THE POLAR EXPRESS!

Join us Saturday, December 20th for the trip of a lifetime! We will be going to the Medina Railroad Museum for a special train ride on the Polar Express. We have booked an entire train car just for us.

The schedule for this trip will be as follows:

10:00 AM—Meet at Tops Market, 355 Orchard Park Rd, W. Seneca

10:30 AM—Charter Bus departs for Medina Railroad Museum

11:30 AM—Charter Bus arrives at Railroad Museum

12:40 PM—Polar Express departs the station

1:40 PM—Polar Express returns to the station

2:00 PM—Charter Bus departs Railroad Museum

3:00 PM—Charter Bus arrives back at Tops Market

Hot chocolate and sugar cookies with icing will be served on the Polar Express. No other food will be provided, so eat a big breakfast or bring snacks if you think you'll get hungry on the trip.

Wayne will not be available to provide transportation to and from Tops. We recommend car pooling with your friends on the trip.

The price of the trip will be \$40 for members, \$45 for non-members. This is a 50% discount off the full price of the train ticket plus the cost of the bus.

Tickets go on sale Thursday, November 6th at 9 AM. Members may only purchase 2 tickets and non-members may only purchase 1 ticket.



Pantry is open weekly:

Monday 1 pm—3 pm

Wed 9 am—11:30 am

Call (716) 822-4532 ext. 0 for more info.



FALL PANTRY FOOD DRIVE

Wednesday November 12th - Wednesday November 26th

Bring in 3 of the items on the Wish List, and you will be entered to win an awesome prize!

WISH LIST ITEMS:

Peanut Butter

Pancake Mix

Cereal (low sugar)

Oatmeal Packets

Canned Chicken

Canned Tuna

Canned Salmon

Pasta Sauce/Alfredo Sauce

Pasta

Instant Potatoes: Boxed or Packets

White or Brown Rice (1-2 pound bags)

Canned Vegetables

Canned Fruit or Fruit Cups

Granola Bars /Multi Grain Fruit Bars

Pudding Cups

Toilet Paper

Dish Soap

Toothpaste/Toothbrushes

Deodorant (men and women)

Tissues (Kleenex)

Bar Soap (for men and women)

ALSO FOR EVERY \$20 GIFT CARD AND OR CASH DONATION YOU WILL BE ENTERED 3 TIMES

TOGETHER WE CAN MAKE A DIFFERENCE"



Get your Blood Pressure checked by Nurse Marcy on Friday, November 21st from 10:30-11:30am.



SNOW BALL 2025

A Winter Senior Semi-Formal

Friday, December 5th 11:00 AM to 3:00 PM

Ilio DiPaolo's Restaurant , 3785 South Park Ave, Blasdell NY

Join us for our 4th annual Winter Semi-formal THE SNOW BALL on December 5th. This year we are going to the amazing Ilio DiPaolo for an afternoon of fine dining, dancing, and holiday cheer.

Doors open at 11 AM with hand-passed appetizers:

- Siracha Meatballs
- Italian Sausage Bites with peppers & onions.

Every seat will have a chef salad with Ilio's homemade dressing and hot rolls with butter.

Then guests will be invited up to the lunch buffet that includes:

- Penne w/Ilio's House Sauce
- Snap Peas & Carrots

- Cauliflower Rissole
- Lyonnaise Potatoes
- Roast Pork w/Applesauce
- Roast Turkey w/Gravy & Cranberry

And for dessert, an individual piece of Spumoni.

Coffee & Tea included. Cash Bar will be available.

We are very excited to welcome back The Hastings Duo with Tom and Diana singing during lunch and kicking up the tempo afterwards to dance the afternoon away.

Tickets will be \$35 for members and \$40 for non-members and go on sale Thursday, October 2nd.

And we promise there will be HEAT this year!

World-famous computer instructor Brendan Chella from the Buffalo & Erie County Public Library returns for another semester of Computer Classes for Seniors. Join Brendan on Thursdays in November & December from 1pm to 3 pm for class. Following each class, Brendan will hold "Office Hours" from 3-4pm for tech assistance. Sign up at the front desk and come early for lunch.



11/6- Computer Basics

11/13- Basic Device Maintenance

11/20- Saving Your Stuff

11/27- NO CLASS- THANKSGIVING

12/4- Internet Basics

12/11- Internet Privacy & Safety

12/18- Misinformation

WORKSHOPS

Erie County Department for the Aging's University Express returns for the Fall Semester and brings with it a new selection of Wednesday Workshops for you to enjoy. All workshops begin at 1 PM unless otherwise noted. Sign up for lunch beforehand when you register for class at the front desk.

November 5—Learn to play BUNCO **Cindy Solly**

Let's get together, learn, and play BUNCO. Start a BUNCO game day at your Senior Center. It's an easy and fun dice game.

November 12—Fall Detoxing **Sherry Lyn Hartel**

Discusses detoxing and holistic practices, covering topics like types of detoxes and the importance of detoxing during specific times of the year, particularly the fall. (Class may run 90 minutes)

November 19—Qigong **Susanne Rosinski**

Qigong is an ancient system of gentle movements that help the body, mind, and emotions. Qigong is the mother of Acupuncture, Kung Fu, and TaiChi! It's simple for anyone to learn, and its benefits are far-ranging—from increasing energy to improving sleep and more!. (Please allow two hours for this class. Class size is limited.)

November 26—Make a Wish Birthday Card Class **Cindy Solly**

We will make birthday cards for Make-A-Wish. Supplies will be provided, and you can learn about the R.S.V.P. (Retired Senior Volunteer Program). The cards made will be donated to Make-A-Wish.

December 3—Relaxation and Stress Release **Lori Ann Redlinski**

This class offers simple, guided techniques to help you unwind, relax, and reduce stress. Learn practical tools you can use in everyday life to promote calm, comfort, and overall well-being. (Please allow two hours for this class. Class size is limited.)

December 10—Pain Management: Using the Power of your Mind **Lori Ann Redlinski**

Discover how the mind can play a role in easing physical discomfort. Guided by a Certified Consult-

ing Hypnotist, this class introduces gentle, non-invasive techniques that support pain management through focused awareness and relaxation. (Please allow two hours for this class. Class size is limited.)

December 17—Drum4Health **Carolyn Zimmerman**

Learn the therapeutic power of drumming and rhythm for mental and physical well-being. This course will guide you through the benefits of rhythmic activities in group settings, promoting mindfulness, relaxation, and health



Erie County's Department for the Aging's University Express returns for the Fall Semester. Join us on Fridays from 11:45 am to 12:30 pm for these informative and entertaining classes. Make sure to order lunch when you register for the class at the front desk.

November 7—Spot the Scam by Being an Educated Consumer **Jennifer Andres**

Learn how to identify scams and the red flags to watch for.

November 14—Positive Attitude (You Can Be Better Not Bitter) **Sister Judy Beiswanger**

Gain insight into living with a positive attitude after challenging and life changing events

November 21—Self-Empowerment & Self-Defense for Seniors **Rhonda (RJ) Bent**

Learn tools to protect yourself and feel safer through knowledge, situational awareness, and non-lethal self-defense tools.

December 12—Declutter with a purpose: Practical Strategies for an Organized Life

Michelle Walter Decluttering is not just about having less stuff, it's about creating space for what you want. Learn how to create organized systems that actually work for real life.

6 NOVEMBER

WALKING CLUB

Monday - Friday

9 AM—10 AM
Tosh Collins Gym

On the Youth
Center Side



Pickleball is Life

Monday—Friday
10 AM to 1 PM

Call Jake at
(716) 828-1445 to
reserve your court
time.



SENIOR CENTER TRIVIA

Every 2nd Monday of the month, Team Tosh Collins competes virtually against other senior centers in Erie County. Currently we are the reigning champions! Starts at 12:30pm to 1:30pm. Come for lunch and join the team!



Save 10% on your Insurance for 3 Years + reduce up to 4 points. MONDAYS 2025: Dec 8th - 1 pm— 7 pm
\$35 per person + Dinner available for \$3.50
Register at 822-4532 x0

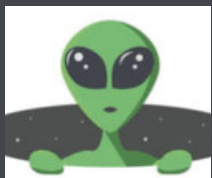
LGBTQ+ Seniors Silver Pride Coffee Hour

Every 2nd Friday of the month from 10am-Noon. For more info, contact Michael Weidrich at 822-4532 x101 or email michael@southbuffalo.org
By Pride Center & Rainbow Collective.



UFO & Paranormal Meetup of WNY

Upcoming meetings are
Saturday Nov 8th
Saturday Dec 13th
Saturday Jan 10th
11 AM—2 PM
For more info, contact Cintemple@ymail.com or call 716-931-0430



MORNING FITNESS

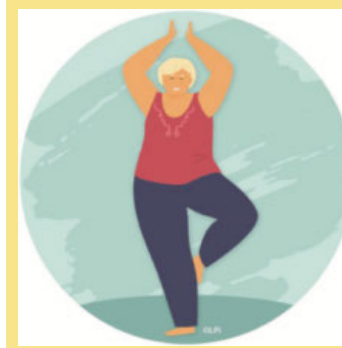
MONDAY



MINDFUL MOVEMENT & MEDITATION

Guided gentle chair-based movement focused on connecting breath to body. Mon at 10am with Jacky Z. **\$3 members, \$5 non-members**

TUESDAY



BETTER BODY BALANCE

Get empowered to maintain better balance and stability, & body strength. Tuesdays at 10am with Linda Schmitt. **\$3 members, \$5 non-members**

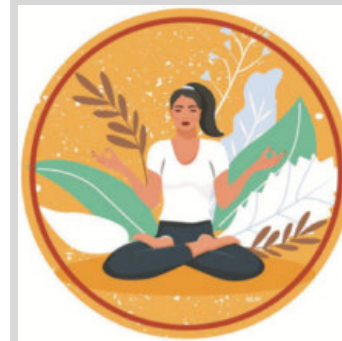
WEDNESDAY



MOVE & GROOVE DANCE CLASS

Join Julie from Club 99 for some fun line-dancing with the Electric Slide, the Cha Cha, the Wobble, the Cupid Shuffle and more! Wed at 10am
FREE

THURSDAY



CHAIR YOGA THURSDAYS

Gentle movement session that includes seated and standing poses using a chair. Thursday at 10am. **\$3 members, \$5 non-members**

FRIDAY



FRIDAY FITNESS

Up-tempo aerobic fitness class set to your favorite dance music hits! Friday at 10am. **\$3 members, \$5 non-members**

AFTERNOON GAMES & ACTIVITIES



NICKELS RUMMY

Nickels is similar to Rummy with the twist of betting nickels. So bring your nickels! Game starts at 12:30PM.



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

Come hit the lanes as we bowl for fun! Wednesday from 12:30-2PM Free.



PINOCHLE

A trick-taking ace-10 card game for 2-4 players & played with a 48-card deck. Wed 12:30-3pm



POKER

Texas Hold'em every Thursday from 12:30 PM to 3 PM. Bring your nickels!



UNIVERSITY EXPRESS

Our popular lunchtime learning series starting at 11:30am to 12:30pm.

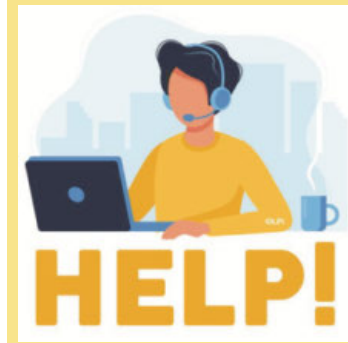
MONDAY



MONDAY MOVIE MATINEE

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

TUESDAY



CASE MANAGEMENT DROP-IN

Need assistance with obtaining food, light housekeeping, or completing applications? Drop in every Tuesday from Noon - 3:30 pm.

WEDNESDAY



WEDNESDAY WORKSHOPS

A fun schedule of University Express classes to give you a hands-on experience and engaging activities. Start time is 1 PM. See schedule for details.

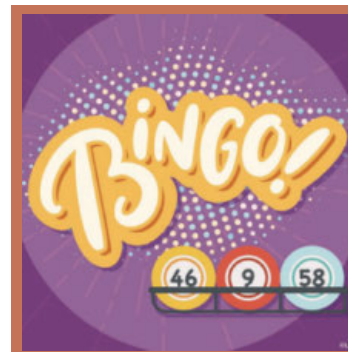
THURSDAY



COMPUTER CLASS

Our popular series of computer classes for seniors with instructor Brendan Chella for a whole new semester from Nov 6th through Dec 18th.

FRIDAY



FRIDAY BINGO

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

8 NOVEMBER

We are very excited to be expanding our Case Management Department in partnership with Erie County Dept. for the Aging. SBCA will now be serving clients in Amherst in addition to South Buffalo, West Seneca, Lackawanna & Blasdell. We're also welcoming two new MSW interns from the University at Buffalo School of Social Work for the 25-26 academic year.



LISA CONVERY

May I introduce myself, my name is Lisa Convery. I have my Associates in Early Childhood and my Bachelors in Human Services. I have been in the Early Childhood field for over 23 years. After taking a little break off, I decided to change fields and work with Seniors. I come to South Buffalo Community Associates with years of Case Management experience. I was assigned to do the intakes from children and families. I found great pleasure in helping families obtain their goals while they were in the program. On a personal note, I enjoy spending time with my significant other.



NOAH GREGORY, MSW

Noah recently moved to Buffalo from New Jersey for the cheaper rent and snowy weather. Before case management, he worked in the nonprofit sector for ten years, primarily as a library assistant. He enjoys a variety of hobbies, such as knitting, playing the cello, reading, and hiking. He received his Bachelors and Masters in Social Work from Rutgers University. One day, he hopes to travel more, especially to other cold places like Finland, Mongolia, and northern Canada. Noah is really looking forward to meeting more people in the Buffalo community and helping make life easier for his clients



HANNAH MURPHY

I was born and raised in Buffalo, NY, one of six siblings. I attended Buffalo State University and was an Irish dancer growing up. In my free time, I enjoy hiking, camping, reading, cooking, and traveling. Most recently, I visited my brother in Phoenix, Arizona—a trip that combined my love of adventure and family. I'm passionate about living a healthy lifestyle and try to incorporate that mindset into everything I do. Whether exploring the outdoors or spending time with loved ones, I value experiences that foster growth, connection, and well-being



ALLISON NOTTIS -I am a graduate student in the MSW program at the University at Buffalo. This past May, I graduated with my Bachelor's in Health and Human Services, with minors in both psychology and global gender studies. I spent the last five years working in a daycare and babysitting children with developmental disabilities. A fun fact about me is that I am the oldest of five children.



NOLAN WALL - I am currently pursuing my master's degree in social work at the University of Buffalo. Previously, I graduated from Buffalo State with a bachelor's degree in philosophy and psychology. After completing my bachelor's degree, I moved to Olympia, Washington, where I lived and worked on a small

farm for one year. Although I thoroughly enjoyed my time in Olympia, I ultimately decided that I was ready to return home to Buffalo to continue my studies. After grad school, I hope to work as a clinical social worker.

MONDAY MATINÉE

November 3rd– Superman (2025)- When Superman gets drawn into conflicts at home and abroad, his actions are questioned, giving tech billionaire Lex Luthor the opportunity to get the Man of Steel out of the way for good. Will intrepid reporter Lois Lane and Superman's four-legged companion, Krypto, be able to help him before it's too late?

November 10th– Classic Comedy Hour– Friends (1994) Starts at 1:30pm after Trivia- Six young men and women live in the same apartment complex and face life and love together in Manhattan, New York City. As they're constantly sticking their noses into each another's businesses, as well as sometimes swapping romantic partners, the group always get into the kind of comic situations that most other people never experience, especially during breakups.

November 17th– Our Souls at Night (2017)- Addie Moore and Louis Waters, a widow and wid-

ower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom. Starring Robert Redford and Jane Fonda.

November 24th– The Family Stone (2005)- Everett Stone (Dermot Mulroney) wants to bring his girlfriend, Meredith Morton (Sarah Jessica Parker), to meet his bohemian Connecticut family at Christmas. Straitlaced Meredith, feeling she needs backup, asks her sister Julie (Claire Danes) to come along. Hoping to win the approval of her boyfriend's parents Sybil (Diane Keaton) and Kelly (Craig T. Nelson) and the rest of the family, instead Meredith succeeds only in highlighting her uptight personality and making Everett doubt his intentions.



2025 Membership Rates at Tosh Collins Senior Center

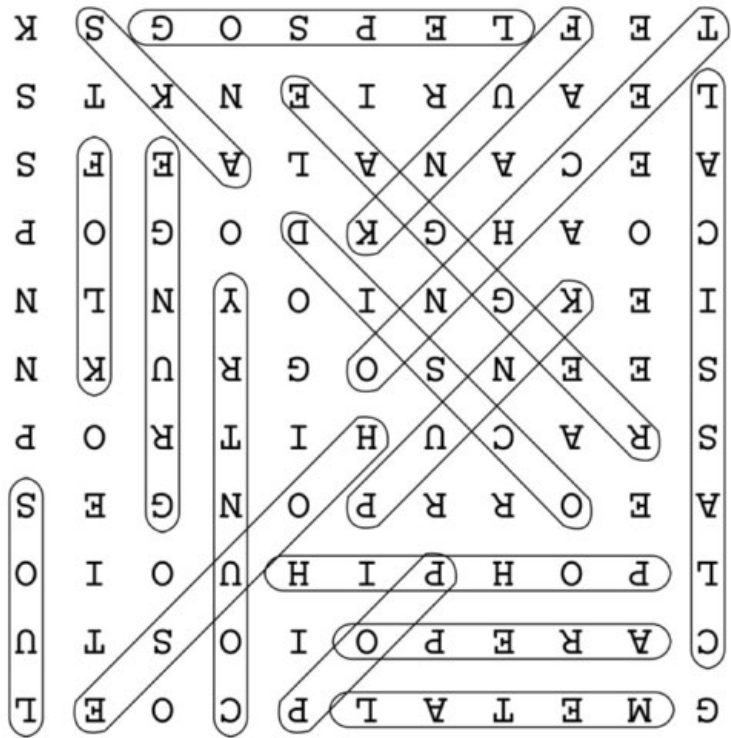
- Early Registration for Special Events, Trips, and Classes
- Discounted Prices for Special Events & Trips
- Members-Only Special Events & Trips
- Advance Preview of upcoming Special Events, Trips & Classes
- Exclusive access to Discount Exercise Cards
- Complimentary SBCA bag with water bottle and pen
- Monthly newsletter mailed to your home

One-year memberships can start anytime of the year.

City of Buffalo residents—**\$20 a year**

Non-City of Buffalo residents—**\$25 a year**

See the Front Desk to start your membership today!



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

Empowering older adults to thrive—because everyone deserves to be seen, heard, and valued!

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.

12 NOVEMBER



South Buffalo
Community Association

DAILY EVENTS

MONDAYS

10:00 am to 11:00am

- **Mindful Movement**

11:30 am to 12:30 pm

- **Lunch**

12:30 am to 2:00 pm

- **Nickels Rummy**
- **Trivia (2nd Mon)**
- **Monday Movie Matinee**

TUESDAYS

10:00 am to 11:00am

- **Better Body Balance**

11:30 am to 12:30 pm

- **Lunch**

Noon to 3:30 pm

- **Case Mgmt. Drop-In**

12:30 pm to 2:00 pm

- **BINGO**

WEDNESDAYS

10:00 am to 11:00 am

- **Move & Groove Dance Class**

11:30 am to 12:30 pm

- **Lunch**

12:30 pm to 2:00 pm

- **Wii Bowling**
- **Pinocle**

1:00 pm to 3:00 pm

- **Wednesday Workshops**

THURSDAYS

10:00 am to 11:00 am

- **Chair Yoga**

11:30 am to 12:30 pm

- **Lunch**

12:30 pm to 2:00 pm

- **Poker**

1:00 pm to 3:00 pm

- **Computer Class for Seniors**

FRIDAYS

10:00 am to 11:00 am

- **Friday Fitness**

11:30 am to 12:30 pm

- **Lunch & Learn**

12:30 pm to 2:00 pm

- **BINGO**



Monday Movie Matinee!@12:30

11/3– Superman (2025)
11/10– *Classic Comedy Hour*– Friends (1994) @ 1:30 PM
11/17– Our Souls at Night (2017)
11/24– The Family Stone (2005)

Donate Online



Scan this QR Code with your phone →

Tosh Collins Center Senior Activities November 2025



South Buffalo Community Association

Monday	Tuesday	Wednesday	Thursday	Friday
3 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>Superman (2025)</i>	4 CLOSED ELECTION DAY	5 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle 1-3 Wednesday Workshop- Learn to Play BUNCO	6 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-2:30 Art & Wellness 1-4 Computer Class- Computer Basics	7 10-11 Friday Fitness 11:30-12:30 Lunch 11:45-12:30- Lunch & Learn- Spot the Scam 12:30-2 Bingo
10 0-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-1:30 TRIVIA 1:30-3 Classic Comedy Hour- <i>Friends (1994)</i>	11 CLOSED VETERANS DAY	12 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle 1-3 Wednesday Workshop- Fall Detoxing	13 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-4 Computer Class- Basic Device Maintenance	14 10-11 Friday Fitness 11:30-12:30 Lunch 11:45-12:30- Lunch & Learn- Positive Attitude 12:30-2 Bingo
17 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>Our Souls at Night (2017)</i>	18 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	19 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle 1-3 Wednesday Workshop- Qigong (chee-guhng)	20 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-4 Computer Class- Saving Your Stuff	21 10-11 Friday Fitness 10:30-11:30 Blood Pressure 11:30-12:30 Lunch 11:45-12:30-Lunch & Learn- Self-Empowerment & Self Defense 12:30-2 Bingo
24 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>The Family Stone (2005)</i>	25 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	26 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle 1-3 Wednesday Workshop-Make a Wish Birthday Card Class	27 CLOSED THANKSGIVING DAY	28 CLOSED NATIVE AMERICAN HERITAGE DAY
1 10-11 Mind Move Meditate 11:30-12:30 Lunch 12:30-3 Nickels Rummy 12:30-2 Movie Matinee- <i>TBA</i>	2 10-11 Better Body Balance 11:30-12:30 Lunch 12-4 Case Mgmt Drop-in 12:30-2 Bingo	3 10-11 Move & Groove Dance Class 11:30-12:30 Lunch 12:30-2 Wii Bowling 12:30-3 Pinochle 1-3 Wednesday Workshop- Relaxation & Stress Release	4 10-11 Chair Yoga 11:30-12:30 Lunch 12:30-3 Poker 1-4 Computer Class- Internet Basics	5 11-3 Snow Ball 2025

South Buffalo Community Association
Tosh Collins Community Center
35 Cazenovia Street, Buffalo NY 14220
(716) 822-4532 www.southbuffalo.org

Please register for all programs
In advance to ensure a space.
Call Kim at (716) 822-4532 x0
Or email kim@southbuffalo.org

NEXT DEFENSIVE DRIVING CLASS:
Monday December 8th
1:00 PM – 7:00 PM
(Dinner available for \$3.50)



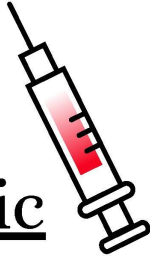
South Buffalo Community Association

**Erie County Stay Fit Dining Program
Standard Menu
November 2025
Tosh Collins Center (716) 822-4532**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Macaroni Casserole with Cheddar Cheese Green Beans Apple Juice Italian Bread Butterscotch Pudding (839)	4 Election Day Center Closed No Meals Served	5 Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Broccoli Florets Wheat Dinner Roll Lorna Doones (634)	6 Beef Bourguignon Harvard Beets Fresh Peas Multigrain Bread Fresh Orange Chocolate Milk (647)	7 Veterans Day Meal Breaded Boneless Pork Chop with Gravy Scalloped Potatoes California Blend Vegetables Chef Salad with Dressing Wheat Dinner Roll Lemon Meringue Pie (945)
10 Mediterranean Chicken Stew Yellow Rice with Turmeric Broccoli Florets Carrots Diced Peaches (608)	11 Veterans Day Center Closed No Meals Served	12 Soup & Salad Beef Barley Soup Green Beans Orange Pineapple Juice Chef Salad with Dressing Warm Biscuit Vanilla Pudding (712)	13 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Peas Italian Bread Diced Pears Chocolate Milk (825)	14 Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Garlic Mashed Potatoes Corn Chocolate Brownie (706)
17 Sloppy Joe on a Bun Tater Tots Mixed Vegetables Mandarin Oranges (714)	18 Hearty Pork Stew Mashed Potatoes Broccoli Florets Warm Biscuit Fresh Banana Chocolate Milk (709)	19 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cauliflower Carrots Italian Bread Oatmeal Round Cookie (752)	20 Chicken Breast with Lemon Herb Gravy Vegetable Rice Pilaf Green Beans Chef Salad with Dressing Dinner Roll Pineapple Tidbits (664)	21 Taco Day! Ground Beef Taco with Shredded Cheddar on a Flour Tortilla Spanish Rice Fiesta Corn Tropical Fruit (727)
24 Macaroni & Cheese Peas with Red Pepper California Blend Vegetables Wheat Bread Rice Krispie Treat (895)	25 Thanksgiving Meal Roasted Turkey with Stuffing, Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole Dinner Roll Pumpkin Pie with Whipped Topping (964)	26 Pork Ribette with BBQ Sauce on a Bun Duchess Potatoes Broccoli Florets Fresh Orange Chocolate Milk (798)	27 Thanksgiving Day Center Closed No Meals Served	28 Native American Heritage Day Center Closed No Meals Served

**If you have a food allergy, please notify us.*

INDEPENDENT
NURSING CARE
Completing your circle of care




Flu Shot Clinic

**Friday,
November 7, 2025
11:00am - 1:00pm**

Please bring your insurance card

**Tosh Collins Senior
Center**

CONTACT US

 (716) 655 - 8776

 WWW.INCNURSING.COM



COVID-19 VACCINE CLINICS

Your health. Your choice. Your protection.

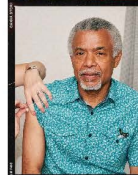


Photo credits: Heather Hazzan, SELF Magazine

**Friday, November 7
11 a.m. - 3 p.m.**

**Tosh Collins
Community Center**

35 Cazenovia St., Buffalo

- Open to **anyone** ages 6 months & older
- **No prescription** required
- Bring your insurance card & photo ID
 - People without insurance can receive a vaccine at no cost
- Appointments strongly encouraged

www.erie.gov/vax



Erie County
Department of
Health

Public Health
Protecting People. Promoting Progress.



Call (716) 858-7690 with questions about registering.



HEAP OUTREACH HOME ENERGY ASSISTANCE PROGRAM

- ▶ Regular Benefit Applications Available 11/3
- ▶ No Emergency Benefits Available at this time
- ▶ What to bring: Proof of identification, last 30 days of **gross** income, & heating bill.
 - Social Security award letters, pension statements, child support & alimony paperwork, worker's comp & unemployment statements are to be used as proof of unearned income.
 - Bank Statements & tax returns **cannot** be used as proof of income unless you are self-employed.

**Tosh Collins Senior Center
35 Cazenovia St.
Tues. Nov. 18th 9-3:30**

For Information Contact: 716-858-8526



WE'RE HERE TO HELP

- One-on-one counseling by appointment
- Assistance with different Medicare plans
- Long term care insurance
- Prescription drug coverage assistance
- Resources for the uninsured
- Assistance with appeals
- Referrals to agencies

**TUESDAY
NOVEMBER 25
11:45AM-12:45PM
TOSH COLLINS**

**Erie County Department for the Aging
Health Insurance Information &
Counseling Assistance Program
(HIICAP)**



**CALL US
716-858-7883**

ERIE.GOV/AGING