

Prime Times



NOVEMBER 2024

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Councilmembers
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Recreation Supervisor
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“Be thankful for what you have, you’ll end up having more.”



Important Dates

Daylight Savings Time Ends

Sunday, November 3

We are closed on:

Tuesday, November 5 Election Day

Monday, November 11 Veterans Day

Thursday, November 28 Thanksgiving

Friday, November 29 Thanksgiving



Closures due to weather will be announced on Channels 2, 4, & 7

Special Events

New faces to the Group Exercise schedule

Starting Friday, November 8...

Join Linda for:

8:00 AM SilverSneakers Fall Prevention

9:00 AM SilverSneakers Classic

Join Sue for:

10:00 AM Chair Yoga

Come join in on their classes and make them feel welcome!

University Express Fall Semester

Various Dates (Classroom)

Erie County Senior Services will be offering free lectures at various locations. Full Semester catalogs are available. Register for Hamburg Classes at the Front Desk.

Afternoon Concerts

(50's Diner)

Monday, November 4, 2:00 PM Peter Van Scozza (Violinist)

Wednesday, November 20, 2:00 PM Rockin' Robin (Music to Remember of WNY)
Courtesy of Adult Day Programming

Who wants to play Scrabble!?

Thursday, November 7, 11:00 AM (Billiard Room)

If you are interested meet us to find a time/day of week that will work for the group.

Senior & Adaptive Recreation Football Party!

Sunday, November 10 at 12:30 PM (Billiard Room)

Enjoy snacks and watch the Buffalo Bills vs the Colts.

Wear your Bills gear and enjoy the day with friends!

Cost is \$5.00 for refreshments.

Sign up by November 7; space is limited.

Home Energy Assistance Program (HEAP)

Tuesday, November 19, 11:00 AM - 2:00 PM (Conference Rm)

HEAP can help eligible New Yorkers heat and cool their homes. A representative will be present to assist with questions on eligibility. No registration required.

Information Vendors (Foyer)

Harmonia Collaborative Care - Tuesday, November 12, 9:30 AM - 12:30 PM

Assemblymember Rivera Mobile Office Thursday, November 21, 11:00 AM - 1:00 PM

Movie Time!

Movies (Library)

Fresh popped popcorn, snacks & candy available for sale

11/8 at 12:30 PM "Instant Family"

PG-13 (2018) Comedy/Drama 1h 59m

"When a couple decide to start a family, they stumble into a world of foster care adoption. They find themselves speeding from zero to three kids overnight."

11/22 at 12:30 PM "Tuesdays with Morrie"

TV-G (1999) Feel Good/Drama 1h 29m

"A former student reconnects with his former professor, who is dying from Lou Gehrig's disease."

11/25 at 10:00 AM "To Kill A Mockingbird"

NR (1962) Family/Thriller 2h 9m

"Brother and sister spend time spying on their reclusive and mysterious neighbor."

Classic Helpers (Volunteer Group)

- Help with special events
- Organize supplies for the teachers desk
- Assist with lectures

Interested in joining? Contact Hilary November event list is available at the Senior Desk & has been emailed to our Classic Helpers



Trivia with Hilary!

"Thanksgiving Trivia!"

Wednesday, November 27 at 11:00 AM (Library)

Coffee with the Hamburg Police

Tuesday, November 12 at 10:30 AM

Enjoy the morning with Captain Todd Ehret of the Hamburg Police

Clubs & Groups

All are welcome to participate!

For more information, meet with the club leader or stop at our Front Desk

Clubs

Coffee Club Every Monday at 10:00 AM *Bring your own K-cup

Southtowns Senior Chorus Every Monday at 2:00PM (Library) *instruments are welcome!*

72's Social Club 2nd Tuesday 1:00 PM – 3:00 PM (Billiard Room)

Friendly Travel Club Meets every 2nd Tuesday at 6:00 PM (Town Hall)

Little Fun Reading Club Meets every 2nd Thursday at 11:00 AM (Library)

Book Review Club 3rd Thursday 1:30 PM – 3:30 PM (Library)

November Meeting: "James" by Percival Everett

Southtowns Women's Friendship Club 1st Thursday 1:30 PM (Diner)

Games & Cards

Bridge Tuesdays at 12:30 PM (Hobby Room)

Game Day Every 2nd & 4th Wednesday at 1:00 PM (Billiard Room)

Ping Pong Every Wednesday at 10:30 AM, Thursdays at 12:30 PM

Texas Hold'em Every Tuesday at 10:00 AM

Wii Bowling Every Wednesday & Thursday at 12:30 PM (Billiard)

Mah Jong Tuesdays 9:30 AM

Pinochle:

Wanakah Seniors Club Tuesdays 1:00 PM

Sowles Seniors Club Fridays 1:30 PM (Diner)

Groups

Hamburg Sew N Sews Every 1st & 3rd Wednesday 10:00 AM – 3:00 PM (Hobby Room)

Teachers Desk Volunteers Every Friday 10:00 AM (Hobby Room)

Silent Reading Group Every 1st & 3rd Friday at 9:30 AM (Library)

Grief Group To be determined.



Stay-Fit Dining Lunch Program

Provided by Erie County Dept. of Senior Services

Congregate Dining:

Lunches are served in the 50's Diner Tuesdays through Fridays at 11:30 AM.

Stay Fit Frozen Meals:

Pick up for a 3 or 5-pack of meals Mondays between 10:00 AM -11:00AM

Reservations must be made for both Congregate Dining and Frozen meals by 10:00am Wednesday of the preceding week.

To make a reservation for lunch and/or order frozen meals please call 646-0096 between 9:00 AM - 12:00 PM

Registration forms & lunch menu available at our Senior Front Desk. The suggested donation is \$3.00 per meal.

Alternate Stay Fit Dining Site:

Creek Bend Apartments
25 Buffalo St. 716-648-2414

Lunch is served Monday-Friday at 11:00am
Reservations must be made by 10:00 am Wednesday.

AARP Driver Safety Classes

Courses are offered to those who are 50 years of age and older.

Cost for AARP members is \$25
Cost for Non-AARP members is \$30

November 20 & 21 1:00 PM-4:00 PM
December 4 & 5 1:00 PM - 4:00 PM

You must register in-person at Senior Front Desk. SEATING IS LIMITED.

Those completing the course qualify for a discount of up to 10% for 3 years on their automobile liability and collision insurance and a 4-point reduction on their driver's license for accrued moving violations.

(HIICAP)

HEALTH INSURANCE INFORMATION & COUNSELING ASSISTANCE PROGRAM

One-on-one counseling provided by the Erie County Department of Senior Services.

Appointments available every 3rd & 4th Wednesday

This program offers unbiased information and assistance regarding: *Health Insurance, Supplemental policies, Long-term Care insurance, Assistance with filing claims and referrals to other professionals.*

For more information or to make an appointment, contact the Senior Front Desk.

SENIOR TRANSPORTATION

Dispatch 646-1666
Monday - Friday, 9am-4pm

Van Service available for:

- Medical appointments: Hamburg, adjoining municipalities, and City of Buffalo
- Senior programs, shopping within Hamburg
- Grocery shopping (Tuesdays & Thursdays)

Transportation service for Hamburg residents - elderly & disabled adults - in need of transportation to various appointments and destinations. Our fleet consists of full-size passenger vans and wheelchair accessible vehicles.

Reservations for MEDICAL appointments may be made up to one week in advance. For other purposes, 24 hours in advance.

Fees are determined by distance and route. Most fees are within \$10 to \$30, per round trip. Wheelchair van operates within the Town and is available, on a limited basis, beyond town limits.

Vans do not run on Town holidays and may not in the cases of inclement weather or other unforeseen occurrences.

Town of Hamburg Adult Day Services

Monday-Friday 9am-4pm
Located at the HSCC

Our program offers assistance to caregivers who work or need relief from the daily demands.

Call for more information! 646-0255

Fitness & Wellness

Senior Fitness Center Monday-Friday 7:00 AM- 4:00 PM

Group Exercise Classes & Therapeutic Aquatic Classes run Monday-Friday
Schedules available at center and the Hamburg Youth, Recreation & Senior website
Therapeutic Pool is located at 4150 Sowles Road Bldg. H



Pickleball Open Play

Monday & Wednesdays 12:15 - 2:45 PM
Fridays 12:00 - 2:45 PM



Beginner Skill Level (6 months of play)- Courts available on Wednesdays

Program Fees:

Fitness Room & Exercise Classes (Combined) Resident \$25/month; Non-Resident \$30/month

Therapeutic Pool Classes & Open Swim Resident \$25/month; Non-Resident \$30/month

All Inclusive Annual Fee: \$240; \$290 for couples

HSCC Fitness Room, Group Exercise Classes, Therapeutic Pool Classes, and Open Swim.

Residents Only: Town Park Fitness & Wellness Facility, Beach Sticker, and ID Card.

Pickleball:

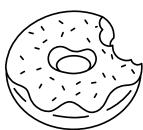
Daily Resident \$4; Non-Resident \$5

Monthly Resident \$15; Non-Resident \$20

The following insurances are accepted: Silver Sneakers, Silver & Fit, Renew Active

Thank you to Paula's Donuts!

They have been donating donuts to the Hamburg Senior Center twice monthly for over two years! Our seniors and staff have enjoyed these treats beyond what we can express!



*Check the Stay Fit Dining calendar in the 50's diner to find out when it's donut day!

Southgate Plaza - 936 Union Rd.
West Seneca, NY 14224

The Food Bank & Meals on Wheels are now

FeedMore wny

FeedMore WNY's home-delivered meal program (also known as Meals on Wheels) offers nutritious food and friendship to older adults who have difficulty preparing their own meals.

For more information, call FeedMore WNY at (716) 822-2002.

Harmonia Collaborative Care

97 S. Buffalo St., Hamburg

Hamburg residents are eligible for some services provided through the agency's Senior Care Management Program. Harmonia provides a full range of financial, housing, home energy, safety, nutrition, personal care, and mental health services to frail, low-income and isolated seniors. Call 648-0650 or visit www.harmonia-care.org.

A representative from Harmonia will have an information table monthly in the foyer; Scheduled date on front page of Prime Times.

Recycle for Sight



Donate Usable Eyeglasses at the Hamburg Senior Community Center
Organized by Hamburg Lions Club