

Hamburg Senior Center Prime Times

DECEMBER 2024

4540 Southwestern Blvd, Hamburg, NY 14075
716-646-0665



Supervisor
Randall Hoak

Councilmembers
Frank M. Bogulski

Megan Comerford

Elizabeth Farrell Lorentz

Daniel M. Kozub

**Director of Youth, Recreation,
& Senior Services**
Jillian Gorman-King

Deputy Director
Joseph P. Wenzel

Sr. Recreation Supervisor
Nicole Ruberto

Recreation Supervisor
Hilary Pundt



We are Closed:

Tuesday, December 24

Christmas Eve

Wednesday, December 25

Christmas Day

Tuesday, December 31

New Year's Eve

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

Information Vendors (Foyer)

Erie County Sheriff, NYS Sheriffs' Association

Tuesday, December 10, 10:30 AM - 12:30 PM

***Senior Safety & Yellow Dot Program (Pg 2)**

Harmonia Collaborative Care

Tuesday, December 17, 9:30 AM - 12:30 PM

Assemblymember Rivera Mobile Office

Thursday, December 19, 11:00 AM - 1:00 PM

A message from the Youth, Recreation, & Senior Services Department:

We understand the holiday season can become a very busy time for many, while lonely for others. We hope to see you through the month to slow down our days and enjoy each other's company.

Wishing all of you a wonderful holiday season and a happy new year.

Contact information:

Hamburg Senior Services:
716-646-0665
(Monday-Friday 9:00 AM - 3:00 PM)

Hamburg Recreation Office:
716-646-5145
(Monday-Friday 9:00 AM - 5:00 PM)

Therapeutic Pool (Page 5,6)
716-598-0880

Stay Fit Dining Program (Page 4)
(HSCC Site)
716-646-0096

Senior Transportation Dispatch (Page 8)
716-646-1666
(Monday-Friday 9:00 AM-4:00 PM)

Code Red

Prepare for winter!

Sign up for Code Red notification service of your local emergency response team in the event of emergency situations or critical community alerts.

<https://townofhamburgny.gov/368/Code-RED>
- click on "ENROLL IN CODE RED NOW" and follow instructions.

HEAP Outreach
Speak with a representative
Wednesday, December 4
11:00 AM - 2:00 PM

Hamburg Senior Community Center is available for adults 55 and above to enjoy nutritional, educational, social, and fitness & wellness programs in a safe, welcoming environment.

We ask all participating at our center:
Respect others' opinions & privacy
Use appropriate language
Speak kindly to one another
Welcome all

Registration is necessary when participating in our Fitness & Wellness program (pgs. 5, 6) and our Stay Fit Dining Program (pg. 4).

Flyers for special events and other programs will state if registration is required.

Classic Helpers (Volunteer Group)

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

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

Erie County Sheriffs, NYS Sheriffs' Association: Yellow Dot Program

By participating in the yellow dot program, you will help first responders provide life-saving medical attention in the case of an emergency.

You will receive a kit that can be placed in your home or car.



Special Events

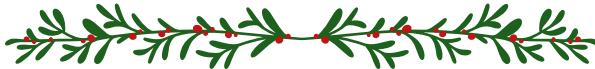


Help Decorate for the Holidays (Foyer)

Wednesday, December 4 at 10:30 AM

Trim the tree, hang up wall decorations, sing carols, & enjoy each other's company!

No sign up or time commitment necessary.



Acrylic Painting Workshop (Hobby Room)

Thursday, December 5, 1:00 - 2:30 PM

Cost is \$15.00; Sign up by Monday, December 2.



Coffee with the Hamburg Police (Classroom)

Tuesday, December 10 at 10:30 AM

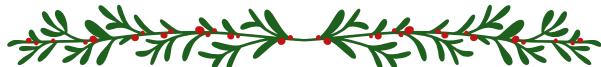
Ask questions! Learn about what is going on in our community



Holiday Concert with the Nardin Middle School Students (Gym)

Thursday, December 12 at 10:30 AM

Group Exercise classes will be adjusted this day.



Holiday Carols Bingo (Diner)

Monday, December 9 at 11:00 AM

A variation of the traditional game of bingo where players match songs to their bingo card.

Caroling encouraged, but not required.

Participation is free, but registration is required.

Sign up by Friday, December 13



Holiday Week Fun!

Monday, December 16 - Friday, December 20

Dress up with our themed days

Monday, 16: Wear your holiday bells! We want to hear you jingle all the way down our halls!

Tuesday, 17: Festive Hat Day!

Wednesday, 18: Pajama/Comfy Clothes Day!

Thursday, 19: Red & Green Day!

Friday, 20: Buffalo Bills Pride Day!

University Express Fall Semester

(Classroom)

Thursday, December 5 at 10:30 AM
“Brews & Bites”

Sign up at the Senior Front Desk

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 - 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 11:00 AM

Reservations must be made by 10:00 AM Wednesday.

(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.

Movie Time! (Library)

Fresh popped popcorn, snacks & candy available for sale

12/2 at 10:00 AM “The Man Who Invented Christmas”

PG (2017) Comedy/Fantasy 1h 44m

“1843 London, author Charles Dickens finds himself in financial trouble after writing three unsuccessful novels. Dickens relies on real-life inspiration and imagination to bring Ebenezer Scrooge to life.”

12/13 at 12:30 PM “IF”

PG (2024) Family/Fantasy 1h 48m

“After discovering she can see everyone's imaginary friends, a girl embarks on a magical adventure to reconnect forgotten imaginary friends with their kids.”

12/30 at 10:00 AM “Holiday Inn”

NR (1942) Musical/Comedy 1h 40m

“Watch Bing Crosby & Fred Astaire in this Holiday Classic!”

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

Upcoming Classes:

December 4 & 5, 1:00 PM - 4:00 PM

December 11 & 12, 5:00 PM - 8:00 PM*

No courses in January

February 5 & 6, 1:00 PM - 4:00 PM

February 25 & 26, 1:00 PM - 4:00 PM

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

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



Fitness & Wellness



Senior Fitness Center
Open Monday-Friday 7:00 AM - 4:00 PM
Senior-friendly cardio and strength training machines.
After registration, an orientation is necessary prior to utilizing facility.



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 single; \$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.

Starting January 2025 we will accept Fit On Health.

Therapeutic Aquatic Group Exercise Classes run Monday-Friday

Therapeutic Pool is located at 4150 Sowles Rd, Bldg. H

Aqua Aerobics & Strength Class

Add both strength and cardio to your workout! With a concentration on the core muscles.

Silver Splash Class

Improve your agility, flexibility, and cardiovascular endurance while performing shallow water moves in this fun class.

Open Swim

Enjoy the open time to work on your own routine!

Senior Group Exercise Classes run Monday-Friday

Abs/Back Strengthening: Floor exercises that concentrate on your core (abs, back & hips). You must bring your own mat.

ACE (Anyone Can Exercise): Manage your arthritis through movement.

Cardio Lite: Whole body with low impact aerobics, muscle strengthening, and stretches.

Classic Step: Class helps increase muscular strength and promotes daily living.

Silver Sneakers Classic: Focuses on strengthening muscles and range of motion.

SilverSneakers Fall Prevention: Improve balance, lower body strength, and cognitive functions.

Strength & Stability: Body strengthening, flexibility and improving balance.

Total Fitness: Overall workout for flexibility, strength, and cardio.

Yoga: Increase flexibility, strength, and breath through the method of Hatha Yoga.



Senior Group Exercise Schedule

Located at HSCC Gym

Monday	Tuesday	Wednesday	Thursday	Friday
	Abs/Back Strengthening 8:30 am		Abs/Back Strengthening 8:30 am	SilverSneakers Fall Prevention 8:00 am
Classic Step 9:00 am		Classic Step 9:00 am		SilverSneakers Classic 9:00 am
	Total Fitness 10:00 am		Total Fitness 10:00 am	
Yoga 10:00 am		Yoga 10:00 am		Chair Yoga 10:00 am
Cardio Lite 11:00 am	Strength & Stability 11:30 am	Cardio Lite 11:00 am	Strength & Stability 11:30 am	
	ACE 1:00 pm		ACE 1:00 pm	

Senior Therapeutic Pool Group Exercise Schedule

Located at 4150 Sowles Road, Bldg. H

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Strength 8:00 am	SilverSplash 8:30 am	Aqua Strength 8:00 am	SilverSplash 8:30 am	Aqua Strength 8:00 am
Aqua Aerobics 9:15 am	Aqua Aerobics 10:00 am	Aqua Aerobics 9:15 am	Aqua Aerobics 10:00 am	Aqua Aerobics 9:15 am
Aqua Strength 10:30 am	Aqua Strength 11:30 am	Aqua Strength 10:30 am	Aqua Strength 11:30 am	Open Swim 10:00 - 11:00 am
Aqua Aerobics 12:00 pm		Aqua Aerobics 12:00 pm		Aqua Aerobics 11:00 am
Open Swim 1:00 - 1:45 pm	Open Swim 12:45 - 1:45 pm	Open Swim 1:00 - 1:45 pm	Open Swim 12:45 - 1:45pm	Open Swim 12:00 - 1:00 pm

Clubs & Groups

All are welcome to participate!

Some clubs/groups require dues; please see club leader for more information.

Mondays

Coffee Club (Weekly) 10:00 AM *Bring your own K-Cup! (Diner)

Scrabble Club (Every other week; December 2, 16, 30) 1:00 PM (Hobby Room)

Tuesdays

Mah Jong (Weekly) 9:30 AM (Hobby Room)

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

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

Bridge (Weekly) 12:30 PM (Hobby Room)

Wanakah Seniors Club, Pinochle (Weekly) 1:00 PM (Diner)

Wednesdays

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

Ping Pong (Weekly) 10:30 AM (Billiard Room)

Grief Group (December 18) 10:00 AM (Library)

Wii Bowling (Weekly) 12:30 PM (Billiard Room)

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

Thursdays

Ping Pong (Weekly) 12:30 PM (Billiard Room)

Wii Bowling (Weekly) 12:30 PM (Billiard Room)

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

Book Review Club (3rd Thursday) 1:30 - 3:30 PM (Library) *No meeting in December*

Fridays

Teachers Desk Volunteers (Weekly) 10:00 AM (Hobby Room)

Sowles Seniors Club, Pinochle (Weekly) 1:30 PM (Diner)

Held at other locations:

Friendly Travel Club (Every 2nd Tuesday) 6:00 PM (Town Hall)

Who wants to play Euchre?



Meet at the Hamburg Senior Community Center (Billiard Room)

Monday, December 9 at 11:00 AM

We will see who is interested and choose a date and time to meet going forward.



SENIOR TRANSPORTATION

Dispatch 646-1666

Monday - Friday, 9:00 AM - 4:00 PM

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 all other trip 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 operate in cases of inclement weather or other unforeseen occurrences.

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.

Helpful tips for the month of December:

Avoid mail theft! Information provided per the Hamburg Sun & Town of Hamburg Police:

- Use letter slots inside of your local post office or hand outgoing mail directly to the mail carrier
- Pick up your mail promptly when delivered
- If you do not receive an expected check or valuable mail in a timely fashion, contact issuer immediately
- If you change your address, notify post office and anyone you do business with immediately
- Never send cash through the mail
- Report all suspected mail theft to a postal inspector
- Start a neighborhood watch
- Be aware of the most up-to-date regulations on mailboxes
- Sign up for informed delivery (USPS.com)

Hearts & Hands Neighbors

Helping neighbors since 2003, Hearts & Hands is a nonprofit organization that matches caring, reliable volunteers with older community members who have essential needs to ensure they can continue living independently. The need for volunteers is greater than ever before!

Please call 716-406-8311, or email: volunteer@heartsandhandsfia.org

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.



Donate Usable Eyeglasses at the Hamburg Senior Community Center

Organized by Hamburg Lions Club