

# Hamburg Senior Center Prime Times

J A N U A R Y   2 0 2 5

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



**Supervisor**  
Randall Hoak

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& Senior Services**  
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**Deputy Director**  
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**Sr. Recreation Supervisor**  
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**Recreation Supervisor**  
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## REMINDER

Any expired Annual, Monthly, Insurance Fitness Center, Pickleball & Pool memberships need to be renewed at the Senior Desk



## We are Closed:

Monday, January 20, 2025  
Martin Luther King JR. Day

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

## **Information Vendors (Foyer)**

### Family Help Center

Tuesday, January 14, 10:30 AM - 1:00 PM

## Harmonia Collaborative Care

Tuesday, January 21, 9:30 AM - 12:30 PM

## Assemblymember Rivera Mobile Office

Check with the Front Desk for Date

## FeedMore WNY SNAP Program

Wednesday, January 15, 11:00 AM - 2:00 PM

## A message from the Youth, Recreation, & Senior Services Department.

We are so excited to be starting the 2025 year with you! We have a lot of fun and interesting programs, clubs, informative presentations, and entertainment lined up for you this year.

Bring a friend and join us!

### **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)

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### **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.

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**HEAP Outreach** (Library)  
Speak with a representative  
Wednesday, January 15  
11:00 AM - 2:00 PM

Hamburg Senior Community Center is available for adults 55 and above to enjoy nutritional, educational, social, 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

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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.

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### **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

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### **Martin Luther King, Jr. Food Drive**

Benefitting FeedMore WNY Collection Barrels will be located at the Senior Community Center. Flyers will be available for more information..

# Special Events

## ***Andre Reiu New Year in Vienna (Library)***

**Monday, January 6 10:00 AM**

Enjoy the morning with the music of Andre Reiu.  
Classical and semi-classical music played with art and  
humor by the world's best musicians.

## ***New Years Breakfast (Diner)***

**Monday, January 13 at 10:00 AM**

Let's start the New Year together, enjoy breakfast, jokes, and a chance to win prizes!

Buffet Breakfast catered by Country Club Catering includes: Scrambled Eggs, Home Fried Potatoes O'Brien, Bacon, Sausage, Fresh Fruit, Danish, Coffee, Tea, & Water

Cost: \$13.00

Sign up by Wednesday, January 8

## ***Coffee with the Hamburg Police (Classroom)***

**Tuesday, January 14 at 10:30 AM**

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

## ***“Financial Planning and Investing” (Classroom)***

**Thursday, January 16 at 10:30 AM**

Presentation provided by the advisors of Prudential. Presentation is free, but registration is required.

## ***2024 Trivia- What happened that year! (Library)***

**Wednesday, January 22 at 11:00 AM**

Join us for some fun trivia of anything & everything that happened in 2024.

## ***Meet, Mingle, & Music! (Diner)***

**Thursday, January 23 at 2:00 PM**

Bring a friend or make a new one while enjoying the sounds of Michael Stuart



**Erie County Senior Services**  
**Senior Center Trivia (Library)**  
Monday, January 13 at 12:30 PM  
Join Team Hamburg and compete virtually against other senior centers in Erie County!

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**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.

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**(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**

**1/3 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."

**1/17 at 12:30 PM "Fury"**

*R (2014) War/Action 2h 14m*

"A World War II drama; a tank commander leading his crew behind enemy lines in Nazi Germany."

**1/27 at 12:30 PM "Gravity"**

*PG-13 (2013) Thriller/Sci-Fi 1h 31m*

"Two astronauts shuttle is destroyed during a routine space walk and are stranded in space. "Now the only way home may be to venture futher into space."

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**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:

\* 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<br>8:30 am |                         | Abs/Back Strengthening<br>8:30 am | SilverSneakers Fall Prevention<br>8:00 am |
| Classic Step<br>9:00 am |                                   | Classic Step<br>9:00 am |                                   | SilverSneakers Classic<br>9:00 am         |
|                         | Total Fitness<br>10:00 am         |                         | Total Fitness<br>10:00 am         |   |
| Yoga<br>10:00 am        |                                   | Yoga<br>10:00 am        |                                   | Chair Yoga<br>10:00 am                    |
| Cardio Lite<br>11:00 am | Strength & Stability<br>11:30 am  | Cardio Lite<br>11:00 am | Strength & Stability<br>11:30 am  |   |
|                         | ACE<br>1:00 pm                    |                         | ACE<br>1:00 pm                    |   |

## Senior Therapeutic Pool Group Exercise Schedule

Located at 4150 Sowles Road, Bldg. H

| Monday                      | Tuesday                      | Wednesday                   | Thursday                    | Friday                        |
|-----------------------------|------------------------------|-----------------------------|-----------------------------|-------------------------------|
| Aqua Strength<br>8:00 am    | SilverSplash<br>8:30 am      | Aqua Strength<br>8:00 am    | SilverSplash<br>8:30 am     | Aqua Strength<br>8:00 am      |
| Aqua Aerobics<br>9:15 am    | Aqua Aerobics<br>10:00 am    | Aqua Aerobics<br>9:15 am    | Aqua Aerobics<br>10:00 am   | Aqua Aerobics<br>9:15 am      |
| Aqua Strength<br>10:30 am   | Aqua Strength<br>11:30 am    | Aqua Strength<br>10:30 am   | Aqua Strength<br>11:30 am   | Open Swim<br>10:00 - 11:00 am |
| Aqua Aerobics<br>12:00 pm   |                              | Aqua Aerobics<br>12:00 pm   |                             | Aqua Aerobics<br>11:00 am     |
| Open Swim<br>1:00 - 1:45 pm | Open Swim<br>12:45 - 1:45 pm | Open Swim<br>1:00 - 1:45 pm | Open Swim<br>12:45 - 1:45pm | Open Swim<br>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; January 13 & 27) 1:00 PM (Hobby Room)

Euchre (Weekly) 2:00 PM (Library)

### **Tuesdays**

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

72's Social Club (Every 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 (January 22) 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)

January Meeting: "The Women" by Kristin Hanah

### **Fridays**

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

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

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### **Held at other locations:**

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



If you are interested in a specific club or group  
that is not listed here stop at the Hamburg  
Senior Community Center and talk to Hilary.



## 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.

The Food Bank & Meals on Wheels are now

**FeedMore**  
wny

For more information, call

FeedMore WNY at 716-822-2002.

## Helpful tips for the month of January:

Winter Weather Emergency Preparedness (Information provided by Erie County Emergency Preparedness)

What to keep in your house:

- Non-perishable foods - 3 days worth
- Bottled water - 1 gallon per person per day (at least 3 days worth)
- Battery powered radio
- Flashlight
- Extra batteries
- Whistle (to signal for help)
- Manual Can Opener
- Cash (in case ATMS do not work)
- Hygiene items
- Emergency power bank to charge a cell phone
- If you have a pet, extra food supplies

## 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](mailto: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](http://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

## Recycle for Sight