

Hamburg Senior Center Prime Times

F E B R U A R Y 2 0 2 5

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



Town Supervisor
Cathy Rybczynski

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



*Participants showing
their love for our
Therapeutic Pool!*



REMINDER

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

We are Closed:

Monday, February 17, 2025
Presidents Day

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

Information Vendors (Foyer)

Harmonia Collaborative Care
Tuesday, February 11, 9:30 AM - 12:30 PM

Assemblymember Rivera Mobile Office
Friday, February 21, 11:00 AM - 1:00 PM

County of Erie Veterans Services
Friday, February 28
Time to be announced

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

Did you know that February is actually “Friend-uary”?
It’s true! Tuesday, February 11 is Make a Friend Day. So take advantage of our services and programs to meet someone new or reunite with old friends.

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.



bit.ly/hamburgred

Click on “ENROLL IN CODE RED NOW” and follow instructions

Name That Tune (Library)

“Love Songs”

Thursday, February 27, 11:00 AM

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

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

February event list is available at the Senior Desk & has been emailed to our Classic Helpers

Technology Training with Brenda

Brenda from the Buffalo Library TechKnow Lab will join us monthly to instruct on various technology topics.

This months topic:

Phone Basics (Iphone/Android)

Friday, February 14 1:00 PM -3:00 PM

Free: registration required



Special Events

Lunar New Year Heritage Awareness Event (Gym/Diner)

Sunday, February 2 at 2:00 PM

Enjoy a heritage performance and sample the cultural cuisine!
Event presented by Hamburg, Youth, Recreation & Senior Services and Hamburg Coalition for Inclusion & Equity, with support from the Asian American Pacific Islander Association.



Senior Fraud and Scam Prevention/AARP Fraud Watch Network (Classroom)

Tuesday, February 4 at 1:00 PM

Frauds and scams are on the rise at an alarming rate. Senior Citizens are targets due to the retirement savings many have accumulated. Learn the most recent criminal activity and how to protect yourself or a parent. Representatives from US Homeland Security, the AARP Fraud Watch Network, and a retired bank investor will be on hand to present and take questions.



Coffee with the Hamburg Police (Hobby Room)

Tuesday, February 11 at 10:30 AM

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



Meet, Mingle, & Music! (Diner)

Wednesday, February 12 at 2:00 PM

Bring a friend or make a new one while enjoying the sounds of Rockin Robin!



Grandparent & Me - Game Day! (Diner)

Wednesday, February 19 at 1:30 PM

Take advantage of the grandchildren on winter break and spend time together with them. We will have a variety of card & board games, puzzles, and other activities.

Each child & grandparent will receive two slices of pizza, water, and treat.

Cost is \$5.00 per person

Sign up by Friday, February 14



FeedMore WNY Presentation (Classroom)

Friday, February 28 at 10:30 AM

Meet our soon-to-be neighbors. Learn more about what this organization does for Western New York.



Erie County Senior Services

Senior Center Trivia (Library)

Monday, February 10 at 12:30 PM

Join Team Hamburg and compete virtually against other senior centers in Erie County!

Registration is required.

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 \$3.50 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

2/7 at 12:30 PM "Two Weeks Notice"

PG-13 (2002) Comedy/Romance 1h 41m

"Environmental lawyer, Lucy, goes to work for billionaire, George, as part of a deal to preserve a community center.

2/17 at 12:30 PM The Miracle Club"

PG-13 (2014) War/Action 2h 14m

"There's just one dream for the women of Ballygar to taste freedom. With a little benevolent interference a group of close friends get their ticket of a lifetime."

2/28 at 12:30 PM "Marry Me"

PG-13 (2022) Romance/Comedy 1h 52m

"Pop superstar Kat Valdez in a moment of inspired insanity marries a total stranger in a crowd. Can two people from different worlds find true love together?"

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:

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

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

March 11 & 12 1:00 PM - 4:00 PM

MARCH 26 & 27 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, & 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; February 10 & 24) 1:00 PM (Hobby Room)

Euchre (Weekly) 2:00 PM (Library)

Tuesdays

Mah Jong (Weekly) 9:30 AM (Library)

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

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 (See Desk for date) 10:00 AM (Library)

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

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

Thursdays

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

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 House in the Cerulean Sea" by T.J Klune


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)



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.

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.

Recycle for Sight



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

Helpful tips for the month of February:

With it being "Friend-uary" below are 8 tips from Making Friends:

- Join clubs/groups at the senior center
- Become a "regular"
- Be open to conversations with new people
- Become a volunteer
- Seek out support groups
- Join a travel club
- Take a class
- Participate in Group Exercise classes or age appropriate sport