

# Hamburg Senior Center Prime Times



M A R C H 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**



*Pictures from our  
Adaptive/Senior Dance,  
Little Fun Reading Club, &  
Grandparents & Me  
Carnival*



**Information Vendors (Foyer)**

Harmonia Collaborative Care

Tuesday, March 11, 9:00 AM - 12:00 PM

Touching Hearts at Home

Wednesday, March 12, 10:30 AM - 1:00 PM

Medicare Specialist, Blue Cross & Blue Shield

Thursday, March 13, 11:00 AM - 2:00 PM

Assemblymember Rivera Mobile Office

Wednesday, March 19, 11:00 AM - 1:00 PM

**Don't forget:**

Daylight Savings Time Begins  
Sunday, March 9, 2025

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

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

We would like to congratulate Joseph Wenzel, our Deputy Director, on his upcoming retirement. He has served within the Youth, Recreation, & Senior Services Department for 32 years. Thank you for all that you have done and enjoy your retirement!

**Contact information:**

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

Hamburg Recreation Office:  
716-646-5145  
(Monday-Friday, 8:00 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.



**bit.ly/hamburgred**

Click on "ENROLL IN CODE RED NOW" and follow instructions

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**Trivia (Library)**

"St. Patrick's Day"

Wednesday, March 26, 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

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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

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

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**Technology Training with Brenda**

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

This month's topic:

Ipad & Iphone Settings

Date: TBD; Check with Front Desk  
Free; Registration required



# Special Events



## ***Presentation for Consumers (Classroom)***

***Friday, March 7 at 10:30 AM***

Provided by New York Attorney General, Letitia James' Consumer Fraud and Protection Bureau. Topics covered Identity Theft/Equifax, Fraud & Scams, Being a Smarter Consumer, Spam Calls, Social Media & More!

*Presentation is free; registration is required*



## ***Coffee with the Hamburg Police (Hobby Room)***

***Tuesday, March 11 at 10:30 AM***

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



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

***Thursday, March 20 at 2:00 PM***

Bring a friend or make a new one while enjoying the sounds of Cindy Sue & Bryan!



## ***Project: Towel Animals (Hobby Room)***

***Monday, March 24 at 1:00 PM***

Michele will lead you in creating animals from bath towels! Bring one bath towel. We will provide you with an extra towel to practice on and take home.

*Cost is \$4.00 for towel and supplies. Sign up by Thursday, March 20*

*A sample is at the Senior Front Desk*



## ***Eye Health and Cataract Surgery (Classroom)***

***Tuesday, March 25 at 1:00 PM***

Learn information on eye health, cataracts, and how cataract surgery can help improve the eyesight of those afflicted by this common eye problem that often develops when we get older. Presentation provided by Dr. Michael Campbell, Eye Care and Vision Associates (Donuts and coffee provided by presenter)

*Presentation is free; registration is required*



## **Erie County Senior Services**

### **Senior Center Trivia (Library)**

Monday, March 10 at 12:30 PM

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

Registration is required.

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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 \$3.50 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.**

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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**

### **3/3 at 10:00 AM "The Big Year"**

*PG (2011) Comedy/Adventure 1h 40m*

"Three men find that they have come to a turning point and determined to win a prestigious contest. During the course of one calendar year the three friendly rivals are on the quest to count more species of birds than anyone else."

### **3/14 at 12:30 PM "The Quiet Man"**

*PG-13 (1952) Western/Romance 2h 9m*

"After an accident Sean Thornton leaves America and returns to his native Ireland."

### **3/28 at 12:30 PM "The Greatest Showman"**

*PG (2017) Musical/Comedy 1h 45m*

"The story of the creation of Barnum & Bailey circus featuring catchy musical numbers, exotic performers and daring acrobatic feats."

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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:

March 11 & 12, 1:00 PM - 4:00 PM **(FULL)**

March 26 & 27, 1:00 PM - 4:00 PM

April 9 & 10, 1:00 PM - 4:00 PM

April 23 & 24, 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)

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 Wednesday, March 19 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) *\*Looking for readers!*

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)

March Meeting: "Apple: Skin to the Core" by Eri Gansworth

### **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)

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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.

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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.

## 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)

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## 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.

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## Recycle for Sight



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

## Helpful tips for the month of March:

Did you know Erie County Senior Services has many outreaches to take advantage of:

- Applications for benefits and entitlements (SNAP, HEAP, Medicaid, Medicare, etc.)
- Disability and Support Services
- Child Services
- Veteran Services
- Mental Health Services
- Caregiver Support
- Homecare
- Home Delivered Meals
- Housing
- Health and Wellness



Contact Erie County Senior Services  
716-858-8526 for more information