



# Town of Hamburg Youth, Recreation, & Senior Services

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

M A Y 2 0 2 5

## TOWN BOARD

**Town Supervisor**  
Cathy Rybczynski

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## SUPERVISORY STAFF

**Director of Youth, Recreation,  
& Senior Services**

Jillian Gorman-King

**Senior Recreation Supervisor**

Nicole Ruberto

**Recreation Supervisor**

Hilary Pundt



*Pictures from last year's Hot Dog Roast*

**Join us once again on May 19 with the  
Barroom Buzzards!**



## IMPORTANT DATES

**WE ARE CLOSED:**

**Monday, May 26, 2025**

Memorial Day



## Project Linus: Drop Off Site

The Hamburg Senior Community Center is now a drop off site for Project Linus. Project Linus delivers handmade blankets for children in need. Stop at the front desk to learn more if you are interested in participating.

## INFORMATION VENDORS (FOYER)

**Medicare Specialist, Blue Cross & Blue Shield**

Tuesday, May 13 • 10:15 AM - 1:00 PM •

**Harmonia Collaborative Care**

Tuesday, May 20 • 9:00 AM - 12:00 PM •

**Assemblymember Rivera Mobile Office**

Wednesday, May 21 • 11:00 AM - 2:00 PM •

### A message From the Youth, Recreation, & Senior Services Department

Please pardon our dust, as our department will continue to organize and pack for our move in June. The Senior Services programming, along with the rest of the Youth, Recreation, & Senior Services Department, will be moving into Erie Community College - South (Building 4) temporarily. Rest assured, all of our programming will continue at ECC while our permanent home is being built (est. early 2026). Be sure to stop by our foyer for up to date information about our move. We look forward to you joining us on this adventure!

### 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)

716-598-0880

Monday-Friday

#### Stay Fit Dining Program, HSCC Site (Page 2)

716-646-0096

#### Senior Transportation Dispatch (Page 6)

716-646-1666

Monday-Friday • 9:00 AM - 4:00 PM

### STAY FIT DINING LUNCH PROGRAM

Provided by Erie County Department of Senior Services

#### Congregate Dining (HSCC Diner):

Lunches are served Tuesday through Friday at 11:30 AM

#### Stay Fit Frozen Meals (3 or 5 pack meals):

Mondays between 10:00 AM - 11:00 AM

Reservations must be made for both Congregate Dining and Frozen meals by 10:00 AM 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 and lunch menu available at our desk. The suggested donation is \$3.50

#### Alternate Stay Fit Dining Site:

Creekbend Apartments

25 Buffalo St. 716-648-2414

Lunch is served Monday-Friday at 11:00 AM

### ABOUT US

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 participants at our center:

- Respect others' opinions & privacy
- Use appropriate language
- Speak kindly to one another
- Welcome all

### REGISTRATION

Registration is necessary when participating in our Fitness & Wellness program and our Stay Fit Dining Program. Flyers for special events and other programs will indicate if registration is required.

### BE A CLASSIC HELPER

- Help with special events and programs
- Organize supplies for Teachers Desk
- Assist with lectures

Monthly event list is available at the Senior Desk & emailed to our Classic Helpers

Interested in joining? Contact Hilary

### HEALTH INSURANCE INFORMATION & COUNSELING ASSISTANCE PROGRAM (HIICAP)

Every 3rd & 4th Wednesday; appointment required

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.

## Coffee with the Hamburg Police

Come ask questions, bring up topics, and learn about the community with representatives from the Hamburg Police Department

Date: Tuesday, May 13 at 10:30 AM (Hobby Room)

## Crafting with Michele

This month's project will be painting rocks to look like flowers. Perfect for your garden or walkway!

Date: Monday, May 5 at 1:00 PM (Hobby Room)

Cost is \$4.00 per person

Register by Thursday, May 1



## Functional Fitness Presentation

Learn the importance of maintaining your functional fitness for an independent and active life! You'll gain a better understanding of the issues that can cause function to decline, and what you can do to keep your independence and function intact.

Presentation by Dr. Elizabeth Marabella Peck, PT,DPT

Date: Wednesday, May 7 at 10:30 AM (Classroom)

Cost: Free; Registration required

## Annual Hot Dog Roast

Let's celebrate the start of summer with the music of the Barroom Buzzards! Hot dogs, water, and chips will be served. We hope to be outside - please bring a chair. In case of inclement weather, the party will be moved indoors.

Date: Monday, May 19 at 1:30 PM

(Front Lawn area of HSCC/inclement weather diner)

Cost: Free; registration required.

Sign up by Thursday, May 15

## Social Security Workshop

Social Security is the foundation of retirement planning, and you may have many unanswered questions. We want to bring you clarity by inviting you to our Social Security Planning Workshop.

Presentation by Andrea Grajeda, Medicare Specialist, Highmark Blue Cross & Blue Shield

Date: Tuesday, May 27 at 1:00 PM (Classroom)

Cost: Free; Registration required

## TECHNOLOGY TRAINING WITH THE BUFFALO LIBRARY

The Buffalo Library TechKnow



LIBRARY  
www.BuffaloLib.org

Lab will join us monthly to instruct on various technology topics. This month's topic: "Smart TV Basics".

Date: Monday, May 12, 10:00 - 11:00AM  
(Classroom)

Cost: Free; Registration required

## ERIE COUNTY SENIOR SERVICES SENIOR CENTER TRIVIA



Join Team Hamburg and compete virtually against other senior centers in Erie County!  
Date: Monday, May 12 at 12:30 PM (Library)  
This program is held every 2nd Monday of the month

## TRIVIA WITH JOANIE!

This month it's Summer Trivia!  
Date: Wednesday, May 21 at 11:00 AM (Library)

## UNIVERSITY EXPRESS -

Erie County Senior Services provides free lectures. Below are the lectures scheduled at the Hamburg Senior Community Center. For the complete Spring Semester catalog, visit the Erie County Senior Services website or pick up a catalog at the Hamburg Senior Community Center.

Thursday, May 1 at 10:30 AM

"Medication Management for Seniors"

Monday, May 5 at 1:00 PM

"Beat the Heat"

Tuesday, May 6 at 10:30 AM

"Connection you with Key Services"

Friday, May 9 at 1:00 PM

"Sparrows, Seeds, & Safety"

Tuesday, May 13 at 1:00 PM

"Superstitions and Magical Thinking"

Wednesday, May 14 at 1:00 PM

"Healthy Living for your Brain & Body"

Thursday, May 15 at 1:00 PM

"You're gone....now what?"

Friday, May 16 at 10:30 AM

"Basics of Medicaid and Long-Term Care"

Thursday, May 22 at 10:30 AM

"Family Court Explained & Grandparent Legal Issues"

Tuesday, May 27 at 10:30 AM

"The Gardens at Murder Creek: Restoration & Biodiversity"



## MOVIE TIME

Movies are free; held in Library  
Snacks available for purchase

Monday, May 5 at 10:00 AM

"Ray" • PG-13 • 2004 • Music genre • 2h 32m

Legendary soul musician Ray Charles is portrayed by Jamie Foxx in this Oscar-winning biopic.

Friday, May 16 at 12:30 PM

"O Brother, Where Art Thou?" • PG-13 • 2000 • Musical/Adventure • 1h 46m

Ulysses Everett McGill is having difficulty adjusting to his hard-labor sentence in Mississippi. He scams his way off the chain gang with two others, and the trio sets out to pursue freedom and the promise of fortune!

Friday, May 30 at 12:30 PM

"Now and Then" • PG-13 • 1995 • Romance/Melodrama • 1h 40m

Four lifelong friends share their memories of the unforgettable summer of 1970.

## AARP DRIVER SAFETY CLASSES

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

Upcoming Classes:

May 7 & 8 1:00 PM - 4:00 PM

May 20 & 21 1:00 PM - 4:00 PM

\*Check back in October 2025 at our temporary location

(Erie Community College, Building 4)

Cost for AARP members is \$25

Cost for Non-AARP members \$30

You must register in-person at our front desk.  
Seating is limited.

## HEAP - COOLING PROGRAM

A representative from HEAP will be here on Thursday, May 22, 11:00 AM - 3:30 PM (Library)



### Senior Fitness Center

Open Monday-Friday 7:00 AM - 4:00 PM

Senior-friendly cardio and strength training machines.

\*After registration, an orientation is required prior to utilizing the facility.



### Pickleball Open Play

Mondays & Wednesdays 12:15 - 2:45 PM • Fridays 12:00 - 2:45 PM

Beginner Skill Level (6 months of play) courts available on Wednesdays.



### Therapeutic Pool (located at 4150 Sowles Rd, Bldg H)

Classes & Open Swim run Monday-Friday.

Hours of Operation vary depending on class schedule.

## 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.

Hamburg 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:**  
**SilverSneakers, Silver & Fit, Renew Active, & Fit On Health.**

## THERAPEUTIC AQUATIC GROUP EXERCISE CLASSES

### SCHEDULES AVAILABLE AT FRONT DESK AND ON OUR WEBSITE

#### Aqua Aerobics & Strength Class (45mins)

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

#### Silver Splash Class (45mins)

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

#### Open Swim 45mins)

Enjoy the open time to work on your own routine!

## SENIOR GROUP EXERCISE CLASSES

### SCHEDULES AVAILABLE AT FRONT DESK AND ON OUR WEBSITE

#### Abs/Back Strengthening (45mins)

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

#### ACE (Anyone Can Exercise) (45mins)

Manage your arthritis through movement.

#### Cardio Lite (45mins)

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

#### Classic Step (45mins)

Class helps increase muscular strength and promotes daily living.

#### Silver Sneakers Classic (45mins)

Focuses on strengthening muscles and range of motion.

#### SilverSneakers Fall Prevention (45mins)

Improve balance, lower body strength, and cognitive functions.

#### Strength & Stability (45mins)

Body strengthening, flexibility and improving balance.

#### Total Fitness (45mins)

Overall workout for flexibility, strength, and cardio.

#### Yoga (45mins)

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

# 6 | CLUBS . GROUPS . TRANSPORTATION

## MONDAYS

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



BIKE PATROL



BEGINS MAY 2, 2025  
CALL THE FRONT DESK  
FOR MORE INFORMATION

## 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 - No meeting scheduled

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)

May Meeting: "The Heaven and Earth Grocery Store" by James McBride

## 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)

## SENIOR TRANSPORTATION

Monday- Friday, 9:00 AM - 4:00 PM Dispatch 646-1666

Van Service available for:

- Medical appointments: Hamburg, adjoining municipalities, and the 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.



## CROSSWORD PUZZLE

**ACROSS**

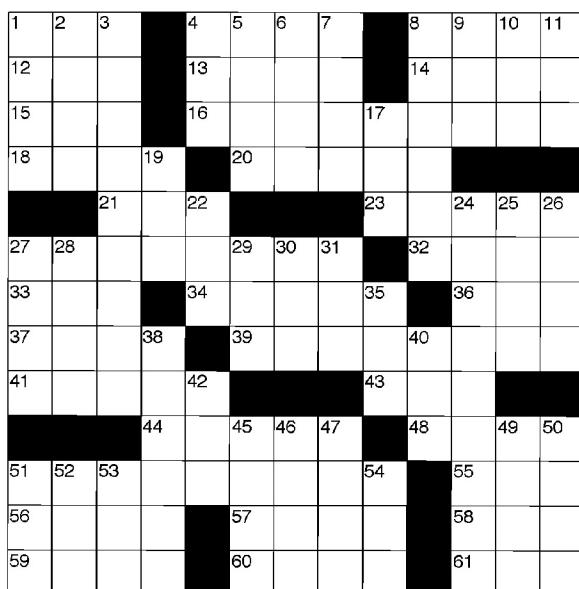
1 Snow (Scot.)  
 4 Tooth  
 8 Carplike fish  
 12 Shipshaped  
 clock  
 13 Quaker  
 pronoun  
 14 Anglo-Saxon  
 slave  
 15 Possessive  
 pronoun  
 16 Pink  
 18 Cheese  
 20 Corkwood  
 21 "The Jungle  
 Book" python  
 23 Eye of a bean  
 27 Across  
 32 Maiden loved  
 by Zeus  
 33 Bobbsey twins  
 34 Spelt  
 36 Tactical Air  
 Command  
 (abbr.)  
 37 Title of Athena  
 39 Card game

**DOWN**

1 Social climber  
 2 Nerve (pref.)  
 3 Boer  
 4 Federal Trade  
 Commission  
 (abbr.)  
 5 Melville's  
 captain

6 Tiber tributary  
 7 General (abbr.)  
 8 Factor  
 9 Async-Sync  
 Interface  
 (abbr.)  
 10 Chief of Naval  
 Operations  
 (abbr.)

11 Shak.  
 contraction  
 17 Ember  
 19 Belonging to  
 (suf.)  
 22 Donkey (Fr.)  
 24 Dopy  
 25 Hereditary  
 property  
 26 Staff of office  
 27 Brow of a hill  
 (Scot.)  
 28 Pallid  
 29 Urchin  
 30 No middle initial  
 (abbr.)  
 31 Genesis (abbr.)  
 35 Plunder  
 38 Solution  
 40 Feline  
 42 Teacher of  
 Samuel  
 45 Anglican (abbr.)  
 46 June 6, 1944  
 47 Cupid  
 49 Berne's river  
 50 Transparent  
 mineral  
 51 Better Business  
 Bureau (abbr.)  
 52 Orinoco  
 tributary  
 53 Defiant shout  
 54 Tatar dynasty



### Harmonia Collaborative Care

96 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. The scheduled date is on the front page of Prime Times.

### FeedMore WNY's

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



### Recycle for Sight

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

