



# Town of Hamburg Youth, Recreation, & Senior Services

4540 Southwestern Blvd., Hamburg, NY 14075 • 716-646-5145

J U L Y 2 0 2 5

## TOWN BOARD

Town Supervisor  
Cathy Rybczynski

Council Members  
Frank M. Bogulski  
Megan Comerford  
Elizabeth Farrell Lorentz  
Daniel M. Kozub

## SUPERVISORY STAFF

Director of Youth, Recreation,  
& Senior Services

Jillian Gorman-King

Asssistant Director

Nicole Ruberto

Recreation Supervisor

Hilary Pundt

Program Coordinator

Meghan Guziec

## IMPORTANT DATES

### CLOSED -Offices

Monday, June 30, 2025

Tuesday, July 1, 2025

### Open at Erie Community College

Wednesday, July 2, 2025

### CLOSED - 4<sup>th</sup> of July

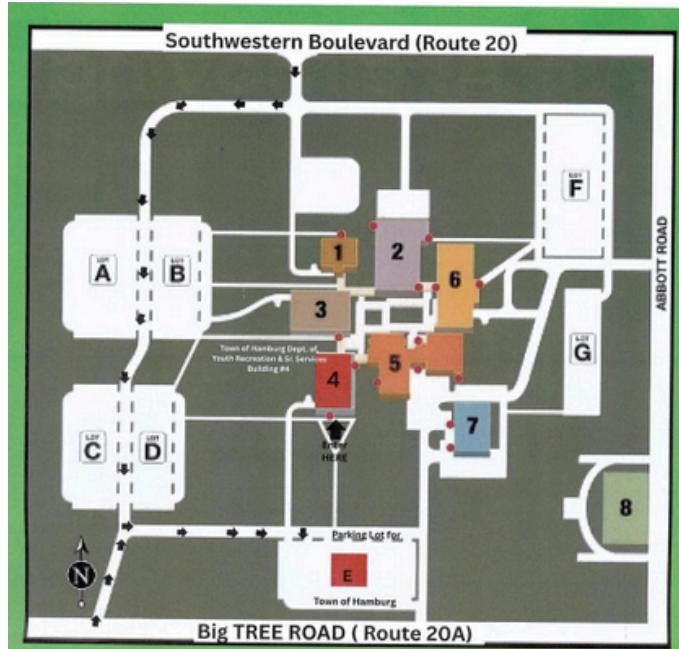
Friday, July 4, 2025

### Project Linus: Drop Off Site

The Youth, Recreation, & Senior Services Department will continue to be a drop off site for Project Linus at our temporary location. Project Linus delivers handmade blankets for children in need.

## YOUTH, RECREATION, & SENIOR SERVICES NEW LOCATION

Our New Temporary Location :  
Erie Community College South - Building 4  
4041 Southwestern Blvd. Orchard Park, NY 14127



**ALL PROGRAMMING, UNLESS SPECIFIED OTHERWISE,  
WILL BE LOCATED AT ERIE COMMUNITY COLLEGE BUILDING 4**

More information provided throughout the newsletter.

Important information labeled with:



## INFORMATION VENDORS (FOYER)

Information Vendors will return in August 2025

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



We are excited about our new adventure at our temporary site of Erie Community College, Building 4. We plan on having the same great programming throughout the year. Be sure to see our summer concert series starting Tuesday, July 1st!

### CONTACT INFORMATION

**\*Notice:** Our Recreation & Senior registration/information desks have merged. The number to call for senior programming is now 716-646-5145

**Hamburg Youth, Recreation, & Senior Services Office**  
716-646-5145  
Monday-Friday • 8:00 AM - 4:00 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

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

We ask all participants at our center to...

- 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.

## Open House - Erie Community College

Take a tour of our temporary site. There will be free hot dogs (while supplies last) and entertainment.

Date: Wednesday, July 2, 1:00 - 3:00 PM

Cost: Free



## 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, July 15 at 10:30 AM (Hobby Room)

## Summer Senior Adaptive Event

Join the Adaptive Recreation participants for our annual party at Taylor Road! Snacks, games, & laughter!

Date: Wednesday, July 23 at 4:30 PM - 6:00 PM

Location: Taylor Road Cabin 6765 Taylor Rd, Hamburg, NY 14075

Cost: \$5.00; sign up by Wednesday, July 16

## Summer Concert Series

All are welcome to attend!

Food & Refreshments will be available for sale (cash only). Bring your lawn chair!

Tuesdays at 4:30 PM held at Erie Community College - South Courtyard near Building 4 (unless stated otherwise)

JULY 1 - ROAD TRIP (50'S STYLE)

\*AT TAYLOR ROAD CABIN - 6765 TAYLOR RD

JULY 8 - TOM HASTINGS SINGS ELTON JOHN

JULY 15 - MARK MAZUR'S LITTLE BIG BAND

JULY 22 - ZACH CARR & THE ANDERSON BIG BAND (THE SOUNDS OF SINATRA & BUBLE)

JULY 29 - ROCKIN' ROBIN

AUGUST 5 - BROTHER JAMES

AUGUST 19 - MUSIC WITH CINDY SUE & BRYAN

"FOLK SYTLE"

AUGUST 26 - SENTIMENTAL JOURNEY

SEPTEMBER 2 - ROCKIN' ROBIN

### TECHNOLOGY TRAINING WITH THE BUFFALO LIBRARY

Will return in the Fall



### ERIE COUNTY SENIOR SERVICES SENIOR CENTER TRIVIA

Join Team Hamburg and compete virtually against other senior centers in Erie County!  
Date: Monday, July 8 at 12:30 PM (Library)  
This program is held every 2nd Monday of the month



### WE ARE MOVING!



Below is our anticipated timeline for the week of the move. Please continue to check the information at the foyer, as **information is subject to change**.

#### Thursday, June 26:

- Group Exercise classes, Fitness Room, & Stay Fit Dining will continue as scheduled
- Library, Billiards Room, Hobby Room, & Classroom will be CLOSED & Moved

#### Friday, June 27:

- Group Exercise classes, Pickleball, Fitness Room, Stay Fit Dining, & Pinochle will continue as scheduled

#### Monday, June 30:

- Frozen Meal program, Group Exercise classes & Pickleball will continue as scheduled
- Fitness Room will be CLOSED
- No clubs, groups, or other programming taking place
- Youth, Recreation & Senior Services Office will be closed to public, phone calls only\*

#### Tuesday, July 1:

- Group Exercise classes will continue in gym \*Only room to be accessed
- Youth, Recreation & Senior Services Office will be closed to public, phone calls only\*

#### Wednesday, July 2:

- Group Exercise classes & Pickleball will continue in the gym \*Only room to be accessed
- Stay Fit Dining and fitness room will be open at ECC!
- Open House at ECC Building 4 1:00pm-3:00pm: Hot Dog Roast, entertainment & tours

### TRIVIA WITH JOANIE!

Will return in August



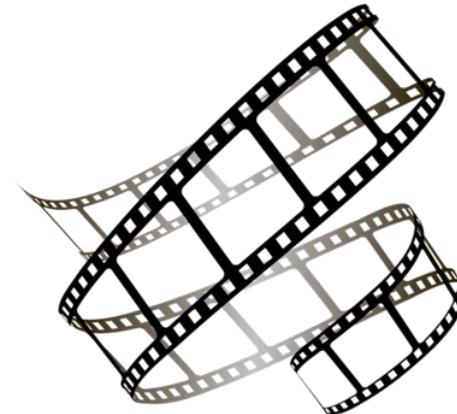
### MOVIE TIME

Movies are free

Friday, July 18 at 12:30 PM

"Bride Wars" • PG • 2009 • Comedy/Romance • 2h 29m

Since the time they were little girls, best friends Liv and Emma have been planning their future weddings. Now the time has come and a clerical error causes a clash in wedding dates. Liv and Kate discover their inner demons with their lifelong friendship as a possible casualty.



### 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.

**Courses held through the Hamburg Senior Center will continue 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.



GROUP EXERCISE WILL CONTINUE IN THE GYMNASIUM UNTIL AUGUST 29, 2025. CLASSES WILL THEN BE HELD AT ECC SOUTH BUILDING 4 STARTING TUESDAY, SEPTEMBER 2, 2025.

PICKLEBALL WILL CONTINUE IN THE GYMNASIUM; SCHEDULE WILL CHANGE AFTER AUGUST 29, 2025 AND REMAIN AT 4540 SOUTHWESTERN BLVD.



### 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

All payments of cash and check must be made at the temporary YRSS desk located at Erie Community College, Building 4. Credit Card may be done over the phone.



### 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:

Weekly Resident \$6; Non-Resident \$8



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

## TUESDAYS

Mah Jong (Weekly) 9:30 AM

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

Bridge (Weekly) 12:30 PM

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



BIKE PATROL



RIDES ARE EVERY FRIDAY MORNING

CALL THE FRONT DESK

FOR MORE INFORMATION

## WEDNESDAYS

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

Ping Pong (Weekly) 10:30 AM

Wii Bowling (Weekly) 12:30 PM Retuning August

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

## THURSDAYS

Little Fun Reading Club (2nd Thursday) 11:00 AM \*Next meeting September\*

Ping Pong (Weekly) 12:30 PM

Wii Bowling (Weekly) 12:30 PM

Southtowns Women's Friendship Club (1st Thursday) 1:30 PM \*Next meeting September\*

Book Review Club (3rd Thursday) 1:30 - 3:30 PM

July Meeting: "Small Mercies" by Dennis Lehane

## FRIDAYS

Teachers Desk Volunteers (Weekly) 10:00 AM \*Next Meeting October\*

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

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.

# Congratulations to Max Donatelli



Max Donatelli of Hamburg was recently named to the NYS Senate Veterans' Hall of Fame. He worked as an aircraft mechanic in Vietnam, taught English to Vietnamese children on base, and earned the National Defense Service Medal, Vietnam Service Medal, and Republic of Vietnam Service Medal. The Air Force Veteran's commitment to service continues today through his work on behalf of individuals facing mental health challenges.

Max is the president at the Hamburg Coalition for Equity & Inclusion. Make sure to congratulate him at one of our next Heritage Awareness events!



## 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.harmoniacare.org](http://www.harmoniacare.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