



# Town of Hamburg Youth, Recreation, & Senior Services

Erie Community College South - Building 4  
4041 Southwestern Blvd. Orchard Park, NY 14127 • 716-646-5145

SEPTEMBER 2025

## 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

**Senior Recreation Supervisor**  
Hilary Pundt

**Program Coordinator**  
Meghan Guziec

## IMPORTANT DATES

Monday, September 1st  
Labor Day  
CLOSED

Thursday, September 18  
ECC Building 4 & 5 CLOSING at  
12:00PM  
Buffalo Bills Home Game



**We had a great time at our Summer Concert Series  
Pictures shown Rockin' Robin (Above) &  
Zach Carr with the Anderson Big Band (Below)**



A representative will be at Erie  
Community College Building 4  
on September 8, 2025  
9:30 AM - 11:30 AM

## SENIOR WELLNESS FAIR



Sponsored by  
Assembly member Jon Rivera  
Wednesday, September 10, 2025  
10:00 AM - 1:00 PM  
Held at Erie Community College Building 4



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

Summer seemed like it flew by! We hope you enjoyed our summer concert series and looking forward to grow our programming while at ECC. Take a look at what we have to offer and what will be coming! Haven't been to our temporary site? Feel free to stop for a tour by during our hours of operation.

## 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

## SENIOR TRANSPORTATION SHUTTLE SERVICE AT ECC

A shuttle is available Monday-Friday to take you to our main entrance of Erie Community College and back to the parking lot. If you plan on using the shuttle, we ask that you park in the rows labeled Shuttle Row 1 or Shuttle Row 2.

Shuttle Run times:

Monday 8:00 AM - 3:00 PM

Tuesday 8:30 AM - 4:00 PM

Wednesday 8:00 AM - 3:00 PM

Thursday 7:30 AM - 4:00 PM

Friday 9:00 AM - 4:00 PM

Please be patient and arrive early if the shuttle is needed. Wheelchair transportation available upon request with 24 hour notice.

Due to lunches/breaks, if you do not see the shuttle but need a ride please call 716-646-5145

## 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.

### Summer Concert Series

Join us for our last summer concert with Rockin' Robin!  
Tuesday, September 2 at 4:30 PM

Concert will be held outdoors (bring a chair!) for inclement weather concert will be inside.

### Flu Shots provided by Tops Pharmacy

Make an appointment at the Front Desk. Bring your identification & insurance card  
Date: Thursday, September 11 10:00 AM - 12:00 PM

### 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, September 16 at 10:30 AM

### Fall Fest

Family Fun event! Live music, vendors, games, & activities. See flyer for updated information.

Date: Thursday, September 25 4:30 PM - 7:30 PM  
Held at Taylor Road 6765 Taylor Rd, Hamburg, NY 14075

### Painting Competition!



Lets' add some color to our ECC walls!!  
For the month of October we will have 30 "Frames" painted on the wall. If you would like to paint one you can sign up at the front desk. During the month of November we will have our senior participants vote for their favorites. The winners will receive a prize!

Participants must sign up by September 22<sup>nd</sup> 2025  
Painting can be done within your time frame during hours of operation and be complete by October 31st.  
We will have acrylic paint and brushes available for use, but you are welcome to use your own supplies

## 4 | CLASSES & PROGRAMMING

### 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 September 8 at 12:30 PM (Library)  
This program is held every 2nd Monday of the month

### TRIVIA WITH JOANIE!

Wednesday, September, 17 2025  
11:00 AM

### NAME THAT TUNE WITH SAL ALFONSO!

Starting in October join us for a monthly game of Name That Tune! With live entertainer Sal Alfonso!

### STAY FIT DINING LUNCH PROGRAM

Provided by Erie County Department for the Aging

#### **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



### MOVIE TIME

Movies are free

Monday, September 15 at 10:00 AM

**"Elvis" • PG-13 • 2022 • Musical/Drama • 2h 39m**

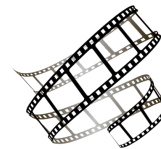
"From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years."

Friday, September 26 at 12:30 PM

**"The Perfect Storm"**

**• PG-13 • 2000 • Adventure/Thriller • 2h 10m**

Based on a true story, the film tells of the courageous men and women who risk their lives every working day, pitting their fishing boats and rescue vessels against the capricious forces of nature.



### 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.

October 7 & October 8  
October 20 & October 21  
November 12 & November 13

All classes are 12:30 PM - 3:30 PM

Cost for AARP members is \$25  
Cost for Non-AARP members \$30

Seating is limited/Must pre register





**GROUP EXERCISE** WILL BE HELD AT  
ERIE COMMUNITY COLLEGE BUILDING  
5 STARTING TUESDAY, SEPTEMBER 2

**PICKLEBALL SESSIONS WILL  
REMAIN AT 4540 SOUTHWESTERN  
BLVD  
PLEASE SEE INFORMATION ON THE  
RIGHT**



**Senior Fitness Center** (located Erie Community College South Building 4)

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** (located at 4540 Southwestern Blvd)

Intermediate/Advance Open Play

Monday, Wednesday, Friday 2:30 PM - 5:00 PM

Beginner Open Play Tuesday & Thursday 2:30 PM - 5:00 PM



**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) 12:30PM

## 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

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

## THURSDAYS

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

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 September's meeting has been rescheduled.

See the front desk for date. September Book "West With Giraffes" By Lynda Rutledge

## FRIDAYS

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

Sowles Seniors Club, Pinochle (Weekly) 12:30 PM

**HELD AT OTHER LOCATIONS: FRIENDLY TRAVEL CLUB (EVERY 2ND TUESDAY) 6:00 PM (TOWN HALL)**



**BIKE PATROL**



**RIDES ARE EVERY FRIDAY MORNING**

**CALL THE FRONT DESK**

**FOR MORE INFORMATION**

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## 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.

## UNIVERSITY EXPRESS FALL SEMESTER

**MONDAY, OCTOBER 6, 10:30 AM**

**SHOULD I TURN IT OVER TO MY KIDS? - VALERIE STANEK**

**THURSDAY, OCTOBER 9, 1:00 PM**

**DR. CYRENIUS CHAPIN: THE ROOTS OF BUFFALO'S BEGINNING**

**WEDNESDAY, OCTOBER 15, 10:30 AM**

**INTRODUCTION TO BACKYARD ASTRONOMY - PENN DIXIE FOSSIL PARK & NATURE RESERVE**

**THURSDAY, OCTOBER 16 12:30 PM**

**7 KEY DECISIONS FOR SENIORS FOR RIGHTSIZING - MICHAEL OLEAR**

**FRIDAY, OCTOBER 17 1:00 PM**

**QIGONG - SUSANNE ROSINSKI**

**WEDNESDAY, OCTOBER 22 10:30 AM**

**IMAGES OF FREEDOM - BEYOND SYMBOLS AND SAYINGS - JEAN SERUSA**

**THURSDAY, OCTOBER 23 10:30 AM**

**HALLOWEEN: ANTHROPOLOGICAL PERSPECTIVES ON A FESTIVAL WITH MANY MEANINGS**

**WEDNESDAY, OCTOBER 29 2:00 PM**

**HEALTHY AGING - DOMINIQUE RIFORGIATO**

**WEDNESDAY, NOVEMBER 5 12:30 PM**

**MEDICATION MANAGEMENT FOR SENIORS**

**THURSDAY, NOVEMBER 6 10:30 AM**

**PERCEPTUAL ILLUSIONS: SEEING (IS OR IS NOT) BELIEVING - JOHN HARRIGAN**

Free lectures provided by  
Provided by Erie County  
Department for the Aging  
Space is limited.  
Pre registration required



**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

### 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.