



# Town of Hamburg Youth, Recreation, & Senior Services

Erie Community College South - Building 4

4041 Southwestern Blvd. Orchard Park, NY 14127 • 716-646-5145

NOVEMBER 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

## SNOW DAY CLOSURE

### INFORMATION:

Please look for the following on Channel 2, 4, & 7 to see if we are closed during inclement weather.

- Erie Community College - All Campuses
- Erie Community College South Campus
- FeedMore WNY(Dining & Frozen)
- Hamburg Senior Services Programs
- Hamburg Town Senior Van Services
- Hamburg Town Therapeutic Pool
- Hamburg Town Senior Community Center

## TEAMREACH APP

Sign up for updates on your phone.  
See the YRSS desk for more information

### What are we thankful for?



All of you!



Thank you to all of you for making  
our programming what it is today!



### IMPORTANT DATES



We are CLOSED:  
Tuesday, November 4 Election Day  
Tuesday, November 11 Veterans Day  
Thursday, November 27 &  
Friday, November 28  
Thanksgiving

### HARMONIA COLLABORATIVE CARE

A representative will be available with information on the following dates:

Mondays 8:30am-11:30am  
November 3 - ECC, Building 4  
November 17 - Therapeutic Pool  
November 18 - ECC, Building 5/4

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

As the month of November is a time to count our blessings and remember what we are thankful for. Our department would like to express to all of our volunteers and participants that we are so very grateful to have each one of you joining us every day at our facility.

### 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

### 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.



HEAP will be at our location  
(4041 Southwestern BLVD, Building #4) on:  
Wednesday, December 17<sup>th</sup> 10:00 AM - 2:00 PM

More information and other locations:  
[erie.gov/aging/calendar](http://erie.gov/aging/calendar)

## Erie County - Department of Aging University Express Fall Semester



Begins at the Hamburg Senior Community Center on Monday, October 6, 2025. See page 8 for schedule. Space is limited, sign up at the front desk.

## The Citizen Preparedness Corps Training

Homeland Security and Emergency Services will instruct residents to have the tools and resources to prepare for any type of disaster.

Date: Friday, November 7, 2025 at 9:00 AM  
Fee: Free, but must sign up on line. See flyer or front desk for more information  
Location: ECC - Building 5

## Understand the changes to your insurance

Carriers will be dropping plans or not be offering Medicare Advantage plans in our area next year. If you have questions come to this presentation! Presentation provided by Erie County Department for the Aging Health Insurance Information.

Date: Monday, November 3

1:00 PM

Fee: Free, but registration is required

Location: ECC- Building 4

## Coffee with Bob Mahoney

Learn and ask questions about the upcoming changes to the Town of Hamburg's garbage pick up.

Date: Monday, November 10, 2025 at 11:00 AM  
Location: ECC - Building 4

### TECHNOLOGY TRAINING WITH THE BUFFALO LIBRARY



Buffalo & Erie County Public  
LIBRARY  
www.BuffaloLib.org

Brendan Chella will be discussing "Basic Device Maintenance" on Monday, November 10 1:00 PM- 3:00 PM. Cost is free but registration is required.

### ERIE COUNTY SENIOR SERVICES SENIOR CENTER TRIVIA



Join Team Hamburg and compete virtually against other senior centers in Erie County! Date: Monday November 10 at 12:30 PM (Library) This program is held every 2nd Monday of the month

### TRIVIA WITH JOANIE!

Wednesday, November 12, 2025  
11:00 AM

### NAME THAT TUNE WITH SAL ALFONSO!

Join us every 3<sup>rd</sup> Monday with live entertainer Sal Alfonso and play Name That Tune!  
Date: Monday, November 17, 2025 11:00 AM

### 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

### CRAFTS WITH MICHELE

Another craft will be scheduled in December.



### MOVIE TIME Movies are free



Friday, November 14 at 12:30 PM

"Nonna's"

• PG • 2025 • Drama/Comedy • 1h 54m

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas - grandmothers, as chefs."

Monday, November 24 at 10:00 AM

"The Penguin Lessons"

• PG-13 • 2024 • Comedy/Drama • 1h 50m

"During the 1976 coup in Argentina, an English teacher rescues a penguin and brings it to his school. His life begins to change when the bird's presence starts to have a positive effect on the school."

### Coffee with the Hamburg Police

We are revamping our Coffee with the Hamburg Police program and location. Please check new information on Facebook or call the Front Desk for details.

### 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.

November 12 & November 13

November 19 & 20

December 3 & December 4

December 8 & December 9

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



## **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 3:00 PM - 5:00 PM

Beginner Open Play Tuesday & Thursday 3:00 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.



## **Group Exercise Classes** (located Erie Community College South Building 5)

## **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 Drumming** (45 mins) \*Sign up required

A dynamic cardiovascular workout that combines drumming, rhythm, and music.

#### **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.

#### **Tai Chi** (45 mins)

Slow gentle movements and physical postures, a meditative state of mind, and controlled breathing

#### **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

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

Bridge (Weekly) 12:30 PM

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

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

## 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

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

See the front desk for date. November Book "Trust" By Herman Diaz

## FRIDAYS

Teachers Desk Volunteers (Weekly) 10:00 AM Starts Friday, October 17

Sowles Seniors Club, Pinochle (Weekly) 12:30 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. Please be patient when waiting for our shuttle, and call the recreation office at 716-646-5145 if you have been waiting over 5 minutes so we can get in touch with the driver.

### 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

## 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

MONDAY, OCTOBER 20 1:00 PM

PRESIDENTIAL HISTORY OF BUFFALO - ASSEMBLY MEMBER JON D. RIVERA

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

THURSDAY, OCTOBER 23 2:00 PM

WHERE'S THE BEEF - JANICE NOWAK

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



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.

The Food Bank &

Meals on Wheels are now

**FeedMore**  
wny

### 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.

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