



Town of Hamburg Youth, Recreation, & Senior Services

Erie Community College South - Building 4

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

JANUARY 2026

TOWN BOARD

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Elizabeth Farrell Lorentz

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Director of Youth, Recreation,
& Senior Services
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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 (Programs at ECC)
- Erie Community College South Campus (Programs at ECC)
- FeedMore WNY(Dining & Frozen)
- Hamburg Senior Services Programs
- Hamburg Town Senior Van Services
- Hamburg Town Therapeutic Pool
- Hamburg Town Senior Community Center
- Faclon Center/Frontier Schools (Pickleball)



Picture is from our 2025
New Years Breakfast.
We will be hosting a New Years
Luncheon. Details on page 3.



IMPORTANT DATES

We are CLOSED:

Wednesday, December 31

New Years Eve

Thursday, January 1

New Years Day

Friday, January 2

(ECC Location only)

Monday, January 19

Martin Luther King, Jr. Day

HARMONIA COLLABORATIVE CARE

A representative will be available at our ECC location & Therapeutic Pool throughout the month. Dates & times available on page 2

COMMUNITY INFORMATION

Pathway for Caregivers, Cradle Beach
Tuesday, January 13

10:30AM-1:00PM
ECC Building 4

A message from the Youth, Recreation & Senior Services Department

THIS YEAR CERTAINLY FLEW BY AND DEFINETLY ONE WE WILL NOT FORGET. OUR DEPARTMENT WOULD LIKE TO THANK ALL OUR PARTICIPANTS WHO CONTINUE TO JOIN & SUPPORT US AT OUR TEMPORARY SITE THROUGHOUT THE YEAR. WE WOULD NOT HAVE OUR PROGRAMS WITHOUT YOU! WE WISH ALL OF YOU A HAPPY NEW YEAR AND LOOK FORWARD TO SEE WHAT GOOD FORTUNE 2026 WILL BRING US!

CONTACT INFORMATION

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

TEAMREACH APP Group Codes:
Therapeutic Pool: TRPoolss6
Hamburg Senior Group Exercise: SrGroupX6
Senior Pickleball: Pb1234
Bike Patrol: BPHamb

HEAP OUTREACH 2025

- To provide information regarding the upcoming HEAP season
- Where black & white, pre-typed applications rec'd via mail in September from NYSOTDA can be dropped off
- Verify HEAP Regular benefits via SNAP/TA autopay

HEAP will be at our location
(4041 Southwestern BLVD, Building #4) on:
Wednesday, February 4th, 2026 10:00 AM - 2:00 PM

More information and other locations:
erie.gov/aging/calendar



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.

HARMONIA COLLABORATIVE CARE

A representative will be available the following dates & times:

ECC Building 4:
January 5 8:30am-3:00pm
January 9 8am-12pm
January 14 8:30am-2pm
January 29 8:30-3pm
January 30 8am-12pm

Therapeutic Pool
January 7 9:30am-3pm
January 16 8am-10:30am
January 23 8am-12pm
January 26 8am-12:30pm

ECC Building 5:
January 12 8:30am-3pm
January 22 8:30am-3pm

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.



New Year's Luncheon!

This month's theme: "Snowman Bingo".
 Winning rounds receive pieces of a snowman.
 Whoever "builds" a snowman first wins the prize!"

Date: Wednesday, January 14th, 2025
 Time: 1:00 PM
 Fee: \$2.00



Snowman Bingo



The New Year has begun & the holiday activities have slowed down.
 Join us for lunch to make new friends and catch up with some old.

There may be even some jokes told throughout lunch.

Lunch will include:
 Assorted Pinwheels
 Mini croissant sandwiches
 Cheese Tray
 Harvest Salad
 Penne Mozzarella Salad
 Fruit Bowl
 Dessert
 Water, Coffee, Tea

Happy
New Year

Date: Monday, January 26
 Time: 12:00PM - 1:30PM
 Fee: \$15.00
 Location: ECC Building 4
 Sign up/pay by Wednesday, January 21

4 | CLASSES & PROGRAMMING

TECHNOLOGY TRAINING WITH THE BUFFALO LIBRARY



We will schedule another training in February

ERIE COUNTY SENIOR SERVICES SENIOR CENTER TRIVIA

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

TRIVIA WITH JOANIE!

Wednesday, January 21
11:00 AM

NAME THAT TUNE WITH SAL ALFANO

Join us every 3rd Monday with live entertainer Sal Alfano and play Name That Tune! *Notice January's date is different:
Date: Monday, January 12 11:00 AM

CRAFTS WITH MICHELE

Next craft will be scheduled in February



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



Friday, January 9 at 12:30 PM

"The In-Laws"

• PG-13 • 2003 • Comedy/Action • 1h 38m

"Right before his daughter's wedding, a mild-mannered foot doctor discovers that his future son-in-law's father is a free-wheeling international spy.."

Friday, January 23 at 12:30 PM

"Secondhand Lions"

• PG • 2003 • Family/Comedy • 1h 51m

"A shy adolescent boy is taken by his greedlymother to spend the summer with his two hard-boiled great uncles who are rumored to possess a great fortune."

Monday, January 26 at 10:00 AM

"Eleanor the Great"

• PG-13 • 2025 • Drama • 1h 38m

"After seventy years with her best friend, Eleanor suffers a devastating loss and moves to New York City for a fresh start. Making new friends at ninety-four proves difficult. Longing for connection, she befriends a 19-year-old student.."

AARP TAX PREPARATION

Hamburg Senior Community Center will be one of the hosts for AARP 2026 Tax Preparation.

Registration is required

Call the YRSS Main Office for more information.

Duration: End of January - Early April

Location: ECC South Building 4

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.

Driving courses will restart in February.
Dates to come.

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

2026 FITNESS & WELLNESS REGISTRATION FORMS

All participants within our Group Exercise classes, Fitness Room, Therapeutic Pool, & Pickleball program will need to fill out new registration forms in 2026. Forms can be filled out starting Monday, January 5th, 2026. We will have opportunities to fill out these forms at the Therapeutic Pool, ECC Building 5 & Falcon Center (Pickleball) at scheduled times.

Please see flyers located at your satellite site with dates and times.

2026



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)

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

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

THURSDAYS

Little Fun Reading Club (2nd Thursday) 11:00 AM *Looking for Volunteers*

Ping Pong (Weekly) 12:30 PM

Southtowns Women's Friendship Club (1st Thursday) 1:30 PM *January meeting will be held on January 8th, 2026

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

January Book "The Frozen River:" By Ariel Lawhon

FRIDAYS

Teachers Desk Volunteers (Weekly) 10:00 AM

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.



**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.

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.