



# Town of Hamburg Youth, Recreation, & Senior Services

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

APRIL 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**  
Nicole Ruberto  
**Recreation Supervisor**  
Hilary Pundt

## IMPORTANT DATES

**We Are Closed:**  
**Friday, April 18 2025**  
Good Friday

**Weather Closures:**  
Closures due to weather will be  
announced on Channels 2, 4, & 7



**Our participants dancing the afternoon away  
with music by "Roadtrip" at our Sockhop**



## INFORMATION VENDORS (FOYER)

**Harmonia Collaborative Care**  
Tuesday, April 8 • 9:00 AM - 12:00 PM •

**Medicare Specialist, Blue Cross & Blue Shield**  
Tuesday, April 15 • 10:15 AM - 1:00 PM •

**Assemblymember Rivera Mobile Office**  
Wednesday, April 16 • 11:00 AM - 2:00 PM •



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

**Calling all artists!** This month we are starting a community art project for murals to be displayed at our temporary site. If you are interested in participating please join us on Monday, April 7 at 1:00 PM.

The group will continue to meet on Mondays at 1:00 PM following. All supplies will be provided, we just need you!

We will continue to update all of you on our temporary site & future permanent site. Information will be displayed in the foyer.

### 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 state 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)

Appointments required every 3rd & 4th Wednesday

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

### Meet, Mingle, & Music

Bring a friend or make a new one during our afternoon concerts! All concerts are held in the 50's diner

Wednesday, April 9 2:00 PM "Rockin' Robin

Wednesday, April 16 2:00 PM "Sentimental Journey"

Wednesday, April 23 2:00 PM

"Junk Drawer Ukulele Band"

Thursday, April 24 2:00 PM "Will & Debbie"

Wednesday, April 30 2:00 PM "Ladies First Quartet"

### Grandparent & Me "Bunny Break"

It's spring break! Bring your grandchild to make a bunny craft, play an "Eggs-citing" bingo game, and make ice cream sundaes. *(If weather cooperates we will have an outdoor egg hunt)*

Date: Thursday, April 17, 2025 1:30 PM (Diner)

Cost is \$3.00 per person

Register by Monday, April 14, 2025

### Senior & Adaptive Recreation "Birthday Party!"

Join the adaptive recreation participants in their annual birthday party; when they celebrate everyone's birthday. Light refreshments will be served.

Date: Friday, April 25 6:30 PM (Diner)

Cost: \$5.00; sign up by Tuesday, April 22

### Medicare Education Workshop

This workshop will assist with educating and understand of all the changes that have occurred through Medicare

Presentation by Andrea Grajeda

Medicare Specialist, Highmark Blue Cross & Blue Shield

Date: Tuesday, April 29, 2025 1:00 PM (Classroom)

Cost: Free; Registration required

### UB Step Challenge

Let's keep moving! You can participate solo or Join our Hamburg Senior Team. Stop at our Front Desk for more information and to sign up.

Teams need to be formed by Monday, April 3, 2025



## TECHNOLOGY TRAINING WITH THE BUFFALO LIBRARY



The Buffalo Library TechKnow Lab will join us monthly to instruct on various technology topics. This month's topic: "Securing Facebook"  
Date: Tuesday, April 1, 1:00 - 3:00 PM (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, April 14 at 12:30 PM (Library)  
This program is held every 2nd Monday of the month

## PEN PAL PROGRAM: "FRIENDS WITH PENS"

Join our new Pen Pal program collaborating with Big Tree Elementary School. Depending on participation, you will be paired up with a student or two in 3rd grade. Once a month we will meet to receive letters and write to your pen pals. Letters will be delivered through the Senior Services staff and Big Tree Elementary faculty. This is a great way to interact with our communities youth and assist them in learning penmanship and the importance of handwritten letters. If interested, sign up at the front desk by Thursday, April 10.

First meeting: Wednesday, April 23 1:00 PM (Library)

## NAME THAT TUNE

Can you guess the song title before anyone else?  
Date: Wednesday, April 23 at 11:00 AM (Library)  
"Musicals & Broadway"

## UNIVERSITY EXPRESS - SPRING SEMESTER

We will be hosting great free lectures provided by Erie County Senior Services starting May 1. See the desk for our full schedule



## MOVIE TIME

Movies are free; held in Library  
Snacks available for purchase

Friday, April 4 at 12:30 PM

"Cabrini" • PG-13 • 2024 • Drama • 2h 25m

The film depicts the life of Catholic missionary Francesca Cabrini as she encounters resistance to her charity and business efforts in New York City.

Monday, April 21 at 10:00 AM

"Easter Parade" • G • 1948 • Musical • 1h 47m

Broadway star Don Hewes' dancing partner goes solo and Don declares that he can make a hit performer out of the next dancer he sees.

Friday, April 25 at 12:30 PM

"Across the Universe" • PG-13 • 2007 • Musical • 2h 31 m

The songs of the Beatles provide the sonic framework for this musical tale of romance, war, and peace.

## 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:

April 9 & 10, 1:00 PM-4:00 PM

April 23 & 24, 1:00 PM - 4:00 PM

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

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

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 Wednesday, April 16, 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 necessary 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)

## TUESDAYS

Mah Jong (Weekly) 9:30 AM (Library)

72's Social Club (Every 2nd Tuesday) 1:00 PM - 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 Wednesday, April 16 10:00 AM (Classroom)

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)

April Meeting: "Knife: Meditations After An Attempted Murder" by Salman Rushdie

## 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)**



BIKE PATROL

MEETING FOR SUMMER 2025

WILL BE HELD ON FRIDAY, APRIL 11

11:00 AM (CLASSROOM)

## SENIOR TRANSPORTATION

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

Van Service available for:

- Medical appointments: Hamburg, adjoining municipalities, and 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.

## 8 | WORD GAME

### Library Things

R E F E R E N C E S K O O B  
 C K O O B O I D U A O N U D  
 O G E M A G A Z I N E Y T R  
 M N E N C Y C L O P E D I A  
 P I E A T U O K C E H C I C  
 U D E A B D R I K Q H N T G  
 T A S H E L V E S I U A B O  
 E E G B Y D U T S H Q I N L  
 R R E U R R L T B C O R E A  
 Z N O I T C I F N O N A C T  
 E R E P A P S W E N L R I A  
 R E S E A R C H D M O B N C  
 E T P A N O I T C I F I N S  
 K R A M K O O B I A T L S L

#### Word List:

BOOKS  
 CARD  
 NEWSPAPER  
 REFERENCE  
 RESEARCH

LIBRARIAN  
 FICTION  
 ENCYCLOPEDIA  
 CHECKOUT  
 COMPUTER

SHELVES  
 NONFICTION  
 AUDIOBOOK  
 QUIET  
 READING

CATALOG  
 MAGAZINE  
 BOOKMARK  
 STUDY

### 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; Scheduled date on 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

