

Hamburg Senior Community Center
4540 Southwestern Blvd., Hamburg, NY 14075
Phone: 646-0665

Hamb	Day	Date	Time	Topic	Presenter
Hamb.	Monday	10/2/2023	10:30: AM	Vampires, Werewolves, Witches, & Other Creatures	Phillip Stevens
Hamb.	Friday	10/6/2023	1:00: PM	Understanding & Coping with Anxiety	Mark O'Brien
Hamb.	Tuesday	10/10/2023	1:00: PM	Veteran's Do you Know What Your Benefits Are?	Felice Krycia
Hamb.	Wednesday	10/11/2023	10:30: AM	Breaking Old World	Rhonda Hoffman
Hamb.	Thursday	10/12/2023	1:00: PM	The History of Beer in Buffalo	Tim Herzog
Hamb.	Monday	10/16/2023	10:30: AM	Self Defense For Seniors	Judy Beiswanger
Hamb.	Tuesday	10/17/2023	1:00: PM	Backyard Wildlife	Charles BartlettII
Hamb	Wednesday	10/25/2023	10:30: AM	Cooking with the Commish, Holiday Style!	Angela Marrniucci
Hamb.	Thursday	11/2/2023	10:30: AM	The Effect of Sensory Changes in Older Adults on Food Intake & Nutritional Status	Elizabeth Anderson
Hamb.	Wednesday	11/15/2023	10:30: AM	Holistic Healing: Meditative Centering Techniques, Self-Reiki, & Natural Healing Techniques	Alisa Colatarci-Reimann
Hamb.	Friday	11/17/2023	1:00: PM	Nikola Tesla Changed The World & Was Forgotten. Not Anymore	Francis S. LestingI
Hamb.	Monday	11/20/2023	10:30: AM	All About Amphibians	Robin Sanecki
Hamb	Tuesday	11/21/2023	1:00: PM	The Language of Holiday Flowers	Pati Aine Guzinski
Hamb	Monday	12/11/2023	1:00: PM	"String Pull" Art	Lisa Saunders
Hamb.	Tuesday	12/12/2023	10:30: AM	Effective Communication	Chelsea Torgalski

