

Hilton-Parma Senior Center

"Where the young at heart come to share friends, food & fun"

Contact Information

Location:

Hilton Community Center
59 Henry Street
Hilton, NY 14468

Website:

www.hprecreation.org

Facebook:

Check us out on Facebook
and like our page - search:
Hilton Parma Senior Center

Office Phone Number:
(585) 392-9030



General Information

Come and see what you are missing, as we have many great programs and services available, including a nutrition program on Tuesdays collaborated with Monroe County. Call us to try some programs and meet the Senior Coordinator, Sherry Farrell.

Mission Statement: The Town of Parma is committed to the health of its community. All programs are funded by the participants, Monroe County Office for the Aging, and the Town of Parma. All are welcome, and no one will be denied based on race, color, sex, religion, national origin, disability, or marital status.

Transportation: The Town of Parma transport bus is offered for some Senior Center activities - \$2 round trip. Call us at 392-9030 to schedule a transport.

Meet the Team: Tom, Ryan R, Sherry, Ryan S, Cora, Michelle, Alyshia, Doreen & Roy

Lunch Club 60 Fun & BINGO!

Are you looking to enjoy nutritious meals, good company, and a friendly atmosphere? Come dine at "The Hilton" Senior Center as we work with Monroe County to provide weekly lunches on Tuesdays, followed by BINGO (optional). Bingo boards are sold between 11:30 - 11:50 a.m. for lunch participants and again from 12:30 - 12:50 p.m. for those attending bingo only.

Who: Ages 60+

Where: 59 Henry Street, Room 114

When: Tuesdays, throughout the year - lunch is served at noon

Cost: Suggested contribution of \$3.50 for meals, although no one is refused a meal.

NOTE: Reservations are required as meals are ordered 10 days in advance. Call 392-9030 to register or to ask about the menu. Food prepared by Foodlink.

***Transportation is available for Town of Parma residents for lunch and bingo.



Monroe County Senior Nutrition Program

No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, the U.S.

Administration on Aging, NYS Office for the Aging, NYSDOH, and Monroe County Dept of HS & Office for the Aging. Meals are catered by Foodlink.



Bingo

Bingo Tuesdays have gotten popular! Join us weekly at 1 p.m. with no supplies needed. Sit with your friends and enjoy snacks and drinks, all while listening to the Bingo numbers being called. B-2, N-31, I-17, O-66...bingo! Boards are sold between 12:30-12:50 p.m. A regular board contains three games for \$0.15 each, and jackpot games are \$0.25. Coffee is available each week and at times, soda & bottled water are offered for \$0.25, while complimentary snacks are brought in weekly by bingo participants. If you would like to donate snacks, pre-packaged snacks are encouraged.



Meal & A Show

Once a month on a Wednesday, a delicious meal is catered by Arlington Restaurant, followed by entertainment.

- **September 23:** Oktoberfest Meal 4 p.m. and music by Roxy's Accordion Club at 5 p.m. for 90 mins.
- **October 7:** Chicken Pot Pie at 1 p.m. and music by Gary Simboli
- **November 18:** Thanksgiving Meal at 1 p.m. with the Lions Club and music by Rick & Bob. This event is at The Milling Station, Canning Street - \$10
- **December 16:** Christmas Celebration at 1 p.m. with music by Fred DiCesare

Doors open 30 minutes prior for all dates

Where: 59 Henry Street, Room 114

Price: \$13 per date, unless noted

NOTE: Reservations are required the Monday before the meal date by 9 a.m.



Presenting w/ Pizza

Join us for this monthly program with a local presenter speak about an interesting topic or history. Each presentation will occur on a **Monday** with a full pizza lunch to follow. Call for more info.

September 14: Morgan Manning House

October 5: Songs & Stories of the American Civil War with Don Dwyer

November 9: End of the Line 2.0 - Rochester's Subway (90-minute film & talk)

December 14: The Ground Truth, Dan Caster - CIA (2-hour talk)

Where: 59 Henry Street, Room 114

Time: 10:30 a.m. - 12:30 p.m.

Cost: \$5 per person speaker fee per date; reservations required/no walk-ins; contributions towards the lunch provided by Monroe County Office of the Aging & Foodlink accepted the day of the program, although not required.



Chair Yoga

Chair Yoga Stretch, Strength and Balance is a safe and fun way to incorporate yoga practices using both seated and optional standing postures. It gives you the same benefits of traditional yoga, while providing additional support and stability from the chair. A foundational, therapeutic practice that promotes balance, strength and flexibility. We will incorporate breath and posture awareness along with relaxation techniques.

****No yoga mat is needed; bring a tennis ball, or one can be provided**

Where: Hilton Community Center Room 208

Time: 9:30 a.m. - 10:30 a.m.

When: September 29 - November 10 (No class 10/27)
November 17 - December 22

Cost: \$40 per session

NOTE: Class can also be prorated based on when you join.



Activities & Groups

Mondays:

Bridge 1 p.m.

Mah-Jong/Games 12 p.m.

Tuesdays:

Chair Yoga 9:30 a.m.

Caseworker Service (Lifespan) 10 a.m. - 1 p.m. on 1st

Tuesday of month - appts required

Lunch at noon, reservations required

Bingo at 1 p.m.

Wednesdays:

Senior Express shopping trip & lunch 9:30 a.m.

Feature Film (once a month)

Thursdays:

Computer Tech Class 9 a.m. (once a month)

Nutrition Wellness Class 11 a.m. (once a month)

Euchre at 1 p.m.

****These are ongoing programs throughout the year

Dish with a Deputy

Join Deputy Nate Clark, our Community Engagement Deputy from Zone-C of the Monroe County Sheriff's Office to sit and chat about anything and everything. Come with questions or just listen in! This is a monthly meeting to catch up on anything relevant to our Town or Village and it's FREE.

MONDAYS at 10:30 a.m. in room 114

- **September 21**
- **October 19**
- **November 23**
- **December 7**
- **January 4**



****Please call us to let us know that you will be attending.**

Senior Express Trips

Take advantage of this transportation service for seniors in the Town of Parma. Every Wednesday at 9:30 a.m., our driver departs to pick you up and provides transportation to and from a select destination for groceries, shopping, and lunch on your own(\$) afterwards. We travel to various places: Walmart, Aldi, Tops, Dollar Tree, Goodwill, Marshall's, Target, Salvation Army and others; destinations subject to change. A \$2 transportation fee is paid to the driver. Please call us for a schedule and to be placed on the weekly destination. A minimum of 3 riders is needed in order for each trip to go. Pre-registration is required.



**Have questions?
585-392-9030**

Computer & Tech Seminars

Whether you are brand new to technology or have been using it for years, you're sure to find a seminar that's right for you. Classes are taught by Daniel Jones, who is an independent instructor provided by Monroe County to our Senior Center. His computer seminars help older adults with computer, internet, mobile, and social networking skills to enhance their lives and keep them connected. His computer courses and seminars break down the barriers of fear and intimidation often associated with learning new technology, providing elders with a greater understanding of the options and tools available through a patient, fun and easy-to-learn approach. Full details of each class are on our website.

Thursdays - FREE, but pre-registration is appreciated

9:00 a.m. - 10:00 a.m. in Room 114

- **September 10:** Talk to your Tech
- **October 8:** The Digital Music Seminar
- **November 12:** What Is the Cloud
- **December 10:** The World of Podcasts



Motorcoach Day Trips

Hilton-Parma Recreation offers several day trip opportunities for those ages 55 and older. The Town of Parma subsidizes these trips; therefore, only Town of Parma residents are eligible for a subsidized rate. However, non-residents may register and pay a non-resident fee if space is available. The remaining 2026 trips are online to include Cooperstown, October 14 and Batavia Downs, December 9. Call our office as soon as possible to register for these trips.



AARP Driver Course

This is a refresher course designed to meet the needs of motorists over 50 years of age. You do not need to be a member of AARP to register. Limited to 25 and pre-registration is required.

Must attend both dates.

Wednesday, November 18 &

Friday, November 20

1:00 - 4:00 p.m.

\$25 for AARP members

\$30 non-members

(payment by check or money order only)



Feature Film Wednesdays

Enjoy our "Hilton Community Center Theater", as we show monthly films with complimentary water, soda, popcorn or snacks (varies).

The movie starts at 2 p.m. Bring your friends and have some fun! It's FREE, but call our office to let us know that you will be attending. Feel free to bring a seat cushion or blanket!

Wednesdays, Room 114

- **Friday, November 6:** Michael
- **Wednesday, December 2:** Christmas Movie TBD
- **Wednesday, January 13:**



Scams & Fraud

Financial exploitation is one of the fastest-growing threats facing older adults. The most effective way to fight back is through education. When people understand how scams work, they gain the confidence to question suspicious offers, recognize warning signs, and protect themselves and their loved ones. This presentation will also cover scams with the use of AI - presented by Lifespan

FREE SEMINAR - Room 114

Monday - November 16

10 - 11:30 a.m.



Jigsaw Puzzles

We have puzzles from 300/500/750/1000 pieces. Jigsaw Puzzles are a great way to keep a mind active and strong. It is also a great family-time project. Stop in or give our office a call at 392-9030 and we will show you where they are. We have an AWESOME supply!

NOTE: Please bring donated puzzles to our office.



Nutrition Wellness with Cornell

Join Cornell Cooperative Extension Nutrition Educator, Alyssa VanValkenburg, for monthly nutrition classes. Lessons cover the unique needs of older adults. Topics will focus on important subjects like eating healthy on a budget, how nutrition affects bones and joints, heart health, and the importance of physical activity. Many times a simple recipe is demonstrated and sampled. This is a fun class with many things to learn!!

Thursdays & FREE, but pre-registration required.

11:00 a.m. - 12:00 p.m. in Room 114

- **October 8** - Shake the Habit
- **November 12** - How to enjoy the holidays
- **December 10** - Come learn how to dehydrate food



Chair Volleyball

Sit, Serve, and Have a Ball! Looking for a fun way to stay active, socialize, and share a few laughs? Join us for Chair Volleyball, a seated spin on a classic favorite! This exciting, low-impact game is played with a beach ball and plenty of enthusiasm, making it perfect for all mobility levels.

Mondays - 1:30 - 3 p.m.

September 21 - November 2 for \$6

November 9 - December 21 for \$7

Flu Shots

The clinic in conjunction with **Lifespan**, will be staffed by an URMIC pharmacist with a technician to assist with registration. **URMIC** will be providing both the regular and high dose flu vaccine. Participants should bring their insurance cards with them. Covid shots can also be administered.

Tuesday - September 29

10:30 a.m. - 1 p.m.



Caseworker

An Eldersource Care Manager from Lifespan comes to our center the first Tuesday of the month from 10a - 1p. Help with many services such as medical, insurance, SNAP and other topics can be handled. Please call for an appointment 392-9030.

Tuesdays ~ 10/6, 11/3, 12/1

Walking

Did you know that you can walk laps in our Community Center Gym from 9-10 a.m. weekdays?

No pre-registration is required, just stop in our office (room 106) to let us know upon your arrival. Let's stay active and get moving!



SEPTEMBER/OCTOBER

2026

LUNCH AT NOON

lunch and fun

585-392-9030

TUES 9/8

Tortilla Crusted
Tilapia
Rice
Salsa Cup
Corn
Peach Cup

TUES 9/15

BBQ Chicken Sliders
(2 each)
Spinach
Peach Cup
Chocolate Pudding

TUES 9/22

Cheese lasagna rolls
in sauce
Breadstick
Broccolio
Fruit Cup

TUES 9/29

Egg Salad
with Lettuce and
Tomato on
Multigrain Bread
Corn Cobette
Peach Cup

TUES 10/6

Tomato Florentine
Soup
Spinach Quiche
Italian Blend
Vegetables
Chocolate Marble Ice
Cream Cup

TUES 10/13

Pub Burger
on a Bun with
Cheese, Lettuce, and
Tomato
Roasted Potatoes
Carrots
Mixed Fruit Cup

TUES 10/20

Chicken
ala King
over Egg Noodles
Green Beans
Fresh Kiwi

TUES 10/27

Vegetable Soup
Chicken Breast
on a Bun
Mixed Fruit Cup
Brownie

Hello September
&
October

calendar on reverse side



Some items may be subject to change based upon availability
call 585-392-9030 to reserve a spot - 10 days notice needed
\$3.50 suggested contribution - Certified by Michelle Koch
Blood, RD&CDN on 6/12/2026.



