

# Hilton-Parma Senior Center

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

## Contact Information

### Location:

Hilton Community Center  
59 Henry Street - Room 106  
Hilton, NY 14468

### Website:

[www.hprecreation.org](http://www.hprecreation.org)

### Facebook:

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

### Office Phone Number:

(585) 392-9030



Hilton-Parma  
Parks & Recreation  
& Senior Center



## General Information

Come see what you are missing as we have many great programs and services available, including a nutrition program on Tuesdays collaborated with Monroe County. Give us a call and try out a program and meet your Senior Center 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:** Town of Parma Transport Bus is offered for some Senior Center activities - \$2 round trip. Call us at 392-9030 to see what opportunities exist.

\*Medical Motor Service can be available for shopping & medical appointments - 654-7030

**Meet the Team:** Tom, Ryan R, Sherry, Ryan S, Jen, Michelle, Cora & Mike

# Lunch Club 60 and 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 lunch on Tuesdays, followed by BINGO (optional).

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; no one is refused a meal

NOTE: Reservations are required as meals are ordered 10 - 14 days in advance. Call 392-9030 to register or for menu information. Transportation is available for Town of Parma residents for the 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, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. Of HS/Office for the Aging.

## Evening Meal & A Show

When: Once a month on Wednesdays; deadline to register is the Monday before the date of meal no later than 9 a.m.

- September 25 - Pearlz Band plays 5-6:30 p.m.; Dinner is Chicken Cordon Bleu
- October 16 - Oktoberfest with Marianna Gonzalez at 11 a.m.; German lunch to follow
- November 20 - Thanksgiving w/Lions Club @ Foster's with Fred DiCesare -FREE - open to residents currently/non-residents open 10/1 Buffet Dinner - FOOD SHELF ITEM REQUIRED
- December 18 - Christmas Celebration with Gary Simboli; Dinner is Beef Tips



Where: 59 Henry Street, Room 114

Time: Dinner at 4 p.m., Entertainment at 5 p.m.

Price: \$11 per person unless noted; inquire with office staff - reservations required in advance; no exceptions.

## 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!

Plan to bring nickels, dimes and quarters as each regular board contains two games for \$0.10 each and Jackpot games are \$0.25. Try and arrive 15 minutes prior.

At times, soda & bottled water are offered for \$0.25 while complimentary snacks are offered by bingo participants. If you would like to bring in a snack, pre-packaged snacks are encouraged!



## Presenting with Pizza

Join us with this monthly program where we have a local presenter speak about an interesting topic or history followed by pizza. Each presentation will occur on a Monday with full pizza lunch to follow. Call for more details.

- October 7: Ground Truth Part 2- former CIA agent Dan Caster
- November 18: Braddock Bay Bird Observatory
- December: DMV and enhanced license/Real ID

Where: 59 Henry Street, Room 114

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

Price: \$5 per person speaker fee per date with additional contributions towards the lunch accepted on 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 as traditional yoga while providing additional support and stability from the chair. A foundational, therapeutic practice that promotes balance, strength, and flexibility. Incorporate breath and posture awareness along with relaxation techniques. We will use props such as tennis balls, yoga blocks, and straps for added strength, range of motion, and balance.

**\*\*No yoga mat is needed; bring a tennis ball if you'd like although some are provided.**

**Where:** Village Community Center, Room 208

**When:**

- o September 17 - October 22
- o October 29 - December 3
- o December 10 & 17 (\$13)

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

**Cost:** \$38 per participant per six week session; class can also be pro-rated based upon when you join



## Activities & Groups

### MONDAYS

Pinochle at 8:30 a.m.

Bridge and Penny Poker at 1 p.m.

Mah-Jong – a.m./p.m. times vary

Craft Corner at 10 a.m. (schedule varies - call office )

### TUESDAYS

Chair Yoga 9:30 - 10:30 a.m.

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

Lunch at noon, reservations required

Bingo at 1 p.m.

### WEDNESDAYS

Senior Express shopping trip & lunch, reservations req.

Feature Film (once a month)

### THURSDAYS

Computer 9 a.m. (once a month)

Alzheimer's (time varies)/Nutrition 11 a.m. (both once a month)

Euchre at 1 p.m.

**\*\*\*\*These are on-going programs throughout the year**

## Dish with a Deputy

Join Deputy Nate Clark as our new Community Engagement Deputy from Zone-C of the Monroe County Sheriff's Office to sit and chat about anything and everything. Now is the time to ask the questions so get your list ready!

This will be a monthly meeting to catch up on anything relevant and it's FREE.

Monday, December 2 @ 10:30 a.m.

2025 dates will be:

(MONDAYS) 1/7, 2/4, 3/4 & 4/8



Please call us to let us know that you would like to attend - Room 114.

## Senior Express Trips

Take advantage of this transportation service for seniors in the Town of Parma. Every Wednesday morning 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 the following places: Walmart, Aldi, Tops, Wegmans, Dollar Tree, Goodwill, The Mall, Salvation Army and many others; destinations subject to change - \$2.00 transportation fee is paid to the driver. Please call the office 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.



# Computer & Tech Seminars

Whether you are brand new to technology or have been using it for years, you're sure to find a computer seminar that's right for you. Classes are taught by Daniel Jones, who is an independent instructor provided by Monroe County to each Senior Center. His computer courses and seminars break down the barriers of fear and intimidation often associated with learning new technology. Daniel provides 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 is on our website.

Where: Room 114 from 9:00 a.m. - 10:00 a.m.

- Thursday, October 10 - TV Today
- Thursday, November 14 - What is Instagram?
- Thursday, December 12 - What Is Uber & Lyft?

Cost: FREE; pre-registration required



## Motorcoach Day Trips

Full Trip Schedule and Details - Call 392-9030

Hilton-Parma Recreation offers a number of day trips yearly for those age 55 and older. These trips are subsidized by the Town of Parma; 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 full 2024 schedule and guidelines are available on our website along with copies in our office. Anyone can be waitlisted at this time. All of our trips sold out overwhelmingly!! Look for the 2025 schedule in April of next year.



## 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 35 participants and pre-registration is required.

Friday, November 15

9:00 a.m. - 3:30 p.m.

(lunch 12 - 12:30 p.m. bring own)

\$25 for AARP members

\$30 non-members

\*\*payment by check or money order  
the day of class



Have questions?

585-392-9030



## 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 at our office to let us know (room 106) upon your arrival. Let's stay active and get moving!



## Featured Film Wednesdays

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

The movie airs 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

- September 18 - The Color Purple (drama musical)
- October 9 - Anyone But You
- November 6 - The Boys in the Boat
- December 11 - The Polar Express



## Questions?

**Call 585-392-9030**

## Jigsaw Puzzle Swap

Have a puzzle? Want to swap a puzzle? Need a puzzle? We have puzzles from 300-500-750-1000 pieces. Jigsaw puzzles are a great way to keep a mind active and strong. It's also a great family-time project. Stop in or give our office a call at 585-392-9030 and we will show you where they are. We have an AWESOME supply!

NOTE - a puzzle is not required in order to borrow one.



## Donations

Hilton-Parma Senior Center is always accepting and appreciate for monetary donations. Many seniors who have had wonderful memories with us have been grateful to think of us in their final days. Your generous contributions directly benefit senior programming, ensuring continued enrichment and care for our center. Won't you consider donating?

## Caseworker Service

Stacie, an Eldersource Care Manager comes with a vast amount of knowledge to help with many services such as: Medical, insurance, SNAP and many other areas of concern. Please call the office to make an appointment. Her hours are 10 a.m. - 1 p.m. once per month.

Call 585-392-9030.

- Tuesday, September 24
- Tuesday, October 1
- Tuesday, November 5
- Tuesday, December 3



## Flu/Covid Shots

Join us along with Lifespan and URMC Outpatient Clinic for a flu shot or the most recent covid vaccine.

Monday, October 7  
12:30 - 2:30 p.m.

Senior Lounge - Room 102

Bring your insurance card with you!



# Better Balance



This class helps participants stay mobile, strong, and steady on their feet. Balancing both sides and various parts of the body increases resilience, independence and postural stability which can boost confidence. Receiving the benefits of our balance practice can also improve overall well-being and prevent or minimize falls. Class is limited to 15.

During this workshop we will:

- Work with breathing exercises to improve focus, increase endurance & energy levels.
- Warm up the body/loosen the joints to prepare for movement and coordination.
- Practice exercises that consist of walking balancing poses, standing balance poses, stretching, strengthening the core and mental agility.
- Focus will be on our feet. Good foot health is essential for an active life. They serve as the foundation for your entire body for support, balance, and posture.

Village Community Center, Room 208: October 3 - 24

Time: 9:30 a.m. - 10:30 a.m. Cost: \$30 per participant

# Food & Safety Nutrition

## Cornell Cooperative Extension

Join Nutrition Educator, Allyssa VanValkenburg, for monthly nutrition classes. Lessons cover the unique needs of people ages 65 and over. 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.

Village Community Center, Room 114

- Thursday, September 26 - tomatoes & sample a recipe
- Thursday, October 17 - Bone and Joint Health
- Thursday, November 7 - Prepare for Thanksgiving Feast
- Thursday, December 5 - Healthy Holiday Celebrations

\*\*\*Food samples at most every class 11:00 a.m. - 12:00 p.m.

FREE, pre-registration required



# Alzheimer's Series

Are you or a loved one experiencing memory loss? Discover tools, strategies and resources to help. Please join us for these presentations given by Alzheimer's Association, Rochester & Finger Lakes Region.

- Thursday, October 18 - The Empowered Caregiver: Communicating Effectively - teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.
- Thursday, November 14 - The Empowered Caregiver: Responding to Dementia-Related Behaviors - details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.
- Thursday, December 12 - The Empowered Caregiver: Exploring Care and Support Services - examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

JOIN US!

Thursdays - check website for times  
The best part - it's FREE - just call us to let us know you will be coming!



# Medicare

## How to Choose a Plan - Lifespan

Our nothing-to-sell Medicare counselors will talk about:

- 2025 premiums, deductibles, and co-insurance costs
- Details and review the Medicare Advantage and Medigap Plans in your area
- Examples of comparing Medicare Advantage and Medigap plans to determine which best meets your specific needs
- How Part D works including the donut hole
- Instruction on how to use Medicare's Plan Finder tool to determine which plans cover your prescription drugs at the lowest cost

Monday, November 18 1:00 - 2:30 p.m.  
FREE, pre-registration required

