



FALL 2025

# 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



## 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. Give us a call and try out some of the programs and meet the Senior Center Coordinator, Sherry Farrell. (sfarrell@parmany.gov)

**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 see what opportunities exist.

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

# 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). Bingo boards sold between 11:30 - 11:50 a.m.

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 make a reservation or ask about the menu. 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, 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.

## 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 will be sold between 12:30 - 12:50 p.m. A regular board contains three games for \$0.15 each and Jackpot games are \$0.25. At times, soda & bottled water and coffee 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!



## Evening Meal & Show

A delicious meal with entertainment following. Once a month on Wednesdays.

- **September 17** - Oktoberfest w/Marianna Gonzalez 4 p.m. meal \$13
- **October 15** - Meatloaf Dinner w/Garage Sale Bingo 1 p.m. meal \$13
- **November 19** - Thanksgiving Dinner sponsored by Hilton Lions Club w/music by Fred DiCesare **FREE**; 1 p.m. meal and **FOOD SHELF ITEM REQUESTED**
- **December 17** - Christmas Dinner w/Gary Simboli 1 p.m. meal \$13

Where: 59 Henry Street, Room 114



NOTE: Reservations are required, and the deadline is the Monday before the meal date, no later than 9 a.m. Please note that dinner times have changed to 1 p.m. and will remain this way through the winter.

## 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 a full pizza lunch to follow. Call for more details.

- **September 15:** Dan Caster, former CIA Agent - Inside the World of a CIA Visual Information Specialist (10:30 - 1:30 p.m. 2 hour talk + lunch)
- **October 6:** Parma Public Library
- **November 10:** Zarpentines Farm Market
- **December:** TBD

Where: 59 Henry Street, Room 114

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

Price: \$5 per person speaker fee per date; contributions towards the lunch are accepted on the day of the program, although not required.



# Chair Yoga - Sue VanSlyke

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.**

Tuesdays - Hilton Community Center, Room 208 or Room 114 based upon weather temps

- Session I: September 2 - October 7
- Session II: October 14 - November 25 (not 11/11)
- Session III: December 2 - January 13 (not 12/30)

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

Cost: \$38 per participant per session; class can also be pro-rated based upon when you join and you do not need to worry about missed weeks in order to start.



## Activities & Groups

### MONDAYS

Bridge 1 p.m.

Mah-Jong games – a.m./p.m. times vary

### 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 10 a.m./Nutrition 11 a.m. (both once a month)

Euchre at 1 p.m.

These are weekly on-going programs throughout the year unless noted otherwise

## Dish with a Deputy

Join Deputy Nate Clarke 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 will be a monthly meeting to catch up on anything relevant and it's FREE.

Coffee and tea will be provided.

MONDAYS at 10:30 a.m.

9/8, 10/6 (9 a.m.), 11/3, 12/1

**\*\*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 various places: Walmart, Aldi, Tops, Wegmans, Dollar Tree, Goodwill, Marshall's, Target, Salvation Army and 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 our 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 are on our website.

- Thursday, September 11 - Online Shams & Scams
  - Thursday, October 9 - Everything Email
  - Thursday, November 13 - Online Shopping
  - Thursday, December 11 - Digital Photos: The Big Picture
- Room 114 from 9:00 a.m. - 10:00 a.m.  
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 2025 schedule and guidelines is available on our website along with copies in our office. Sign up early to secure your spot as typically trips become sold out. Waitlists are typically needed for each trip and almost all trips are nearing sold out!

## 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.



Wednesday, November 12  
9:00 a.m. - 3:30 p.m.  
(bring own lunch 12 - 12:30 p.m.)  
\$25 for AARP members  
\$30 non-members

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

Have questions?

585-392-9030



Hilton-Parma  
Parks & Recreation  
& Senior Center

## 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 (room 106) to let us know 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 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

- September 10 - The Life List
- October 8 - Nonnas
- November 5 - Cocoon
- December 10 - A Christmas Story



## 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'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 - We also accept donations of puzzles; please bring these to our office.



## Donations

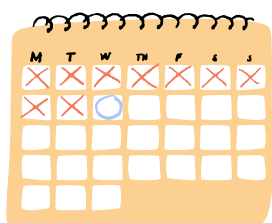
Hilton-Parma Senior Center is always accepting and appreciative for monetary donations. Many seniors who have had wonderful memories with us have been grateful to think of us in their final days. Your generous contributions directly benefit senior programming, ensuring continued enrichment and care for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

## Caseworker Service

Stacie, an Eldersource Care Manager from Lifespan, comes with a vast amount of knowledge to help with many services such as: Medical, insurance, SNAP and many other areas of concern. Hours are 10 a.m. - 1 p.m. and appointments are preferred. Please call the office to make an appointment 585-392-9030.

Tuesdays

- September 2
- October 7
- November 4
- December 2



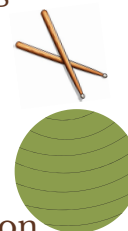
## Ball Drumming

NEW

Cardio drumming is a rhythmic workout that combines drumming with cardiovascular exercise. Participants use large stability balls and drumsticks to beat along with music. This 30 minute workout (done sitting or standing) enhances cardiovascular health, coordination and balance while having fun. Benefits:

- Low impact - gentle on the joints
- Promotes cardiovascular health
- Improves circulation
- Enhances coordination & balance
- Stimulates cognitive function

Check our website for more information, pricing, dates and times.



# Food & Safety Nutrition

## Cornell Cooperative Extension

Join Cornell Cooperative Extensions Nutrition Educator, Allyssa 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 great class with many things to learn!!

Hilton Community Center, Room 114

Thursdays, 11:00 a.m. - 12:00 p.m.

September 4 - Seasonal Food Demonstration & Making Better Beverage Choices

October 2 - Bone & Joint Health

November 6 - Mindful Eating & Celebrating the Holidays

December 4 - Citrus Garland Making & Nutrition Jeopardy

FREE, pre-registration required



NEW

## 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. This exciting, low-impact game is played with a beach ball and plenty of enthusiasm, making it perfect for all mobility levels.

It's not about winning — it's about moving, laughing, and connecting with others.

IT'S FUN!!



Session I: Mondays, September 8 - October 27

Session II: Mondays, November 3 - December 15

Session III: Thursdays, September 11 - October 30

Session IV: Thursdays, November 6 - December 18

1:30 - 3:00 p.m.

Fee applies \$7 per session, except session IV \$6

Gym at Hilton Community Center

## Daytrippin'

NEW

Join me on short & local day trips and discover new things once a month.

INFO COMING ONLINE SOON



## 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 the Alzheimer's Association, Rochester & Finger Lakes Region representative Andrea Foote.

Thursdays, 10 - 11 a.m.

Village Community Center - Room 114

- September 11 - Supporting Independence
- October 16 - Communicating Effectively
- November 13 - Responding to Dementia Related Behavior
- December 11 - Exploring Care & Support Services

FREE, pre-registration is encouraged



Have questions?  
585-392-9030



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