

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



Hilton-Parma
Parks & Recreation



General Information

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 Vehicle offered for some Senior Center activities - \$2 round trip. Call us at 392-9030 to schedule a transport.

*Medical Motor Service - Shopping, Medical Appts - 654-7030

Meet the Team: Tom, Ryan, Sherry, Sheila, Joe, George, Mike, Jim & Jen

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 outings on Tuesdays, followed by BINGO.

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.

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 are \$0.10 each and Jackpot games are \$0.25.



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.

October 25: Oktoberfest & entertainment by Marianna Gonzalez (Pork Schnitzel)

November 15: FREE Thanksgiving Dinner at Foster's & entertainment by Daniel Henry (Turkey)

December 13: Christmas Dinner & Lets Make A Deal w/Sherry & Joe (Roast Beef)

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.



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 16: Manitou Trolley

November 20: The New York State Citizen Preparedness Training Program

December: Hilton Fire Dept



Where: 59 Henry Street, Room 114

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

Price: \$5 per person speaker fee per date.

Additional contributions towards the lunch can be 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 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. We will use props such as tennis balls, yoga blocks and straps for added strength, range of motion and balance.

No need to bring a yoga mat, but if you can bring a tennis ball to class. Other props will be provided. Join us for a fun and safe practice for everyone! Taught by Sue.



Where: Village Community Center, Room 208

When: Tuesdays - September 12 - October 17

Tuesdays - October 24 - November 28

Tuesdays, December 5 - January 23

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

Activities & Groups

MONDAYS

Pinochle at 8:30 a.m.

Bridge and Penny Poker at 1 p.m.

Mah-Jong – am/pm 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.

Call for her schedule

Lunch at noon, reservations required

Bingo at 1 p.m.

WEDNESDAYS

Senior Express shopping trip & lunch, reservations req.

Feature Film one Wednesday a month

THURSDAYS

Euchre at 1 pm

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

Dish with a Deputy

Join Deputy Jonathan Payne 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.

Mondays @ 10:30 a.m.

- October 2
- November 6
- December 4



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, Dollar Tree, Christmas Tree Shop, Goodwill and many other places; 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.

Computer 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, providing elders with a greater understanding of the options and tools available through a patient, fun and easy-to-learn approach. Classes are FREE, but pre-registration is required to attend.

Room 114: 9:30 a.m. - 10:30 a.m.

Wednesday, October 4 - What is Facebook?
Wednesday, November 8 - Interest in Pinterest
December TBD - The Right Computer 4U



Food & Safety Nutrition

Call our office for more details on this yummy yet educational program.

- November 16th from 1-2pm
- December 21st from 1-2pm

Motorcoach Day Trips

Full Trip Schedule and Details - Call 392-9030

2023 Day Trips have been a big success and have filled for the year. Here is a list of the remaining trips that we will offer for the year and we can waitlist people. These trips are subsidized by the Town of Parma; therefore, only Town of Parma residents are eligible for a subsidized rate, however, non-residents are permitted and pay a non-resident fee if space is available. Don't delay and sign-up today!

- October 18 - A Luci ~ Desi Kind of Day; \$98/\$123 (FULL)
- December 5 - Christmas Show & Casino; \$65/\$90 (FULL)

Have ideas of places to go? Call Sherry to submit your ideas.



This is a refresher course designed to meet the needs of motorists over 50 years of age. Participants do not need to be a member of AARP to register. Bring your lunch for a lunch break from 12-12:30 p.m. Limited to 35 participants and must pre-register.

Wednesday, December 6
9:00 a.m. - 3:30 p.m.

\$25 for AARP members/\$30 non-members (payment by check or money order the day of class)

Have questions?
585-392-9030



Walking

The colder months are fast approaching so why not walk laps in our small gym. Approximately 26 laps = a mile
Our gym is available 9-10 a.m. weekdays



Featured Film Wednesdays

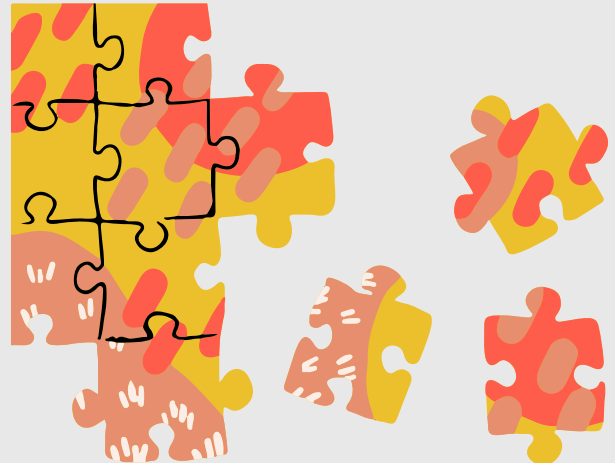
Enjoy our "Hilton Community Center Theater" on Wednesdays, Room 114 as we show monthly films with complimentary water, soda, popcorn and snacks. Movie airs at 2 p.m! Bring your friends and have some fun! It's FREE, but call our office to let us know that you will be attending.

- November 1 - 80 for Brady (comedy/sport)
- November 29 - Jerry & Marge Go Large (comedy/drama)



Jigsaw Puzzle Swap

Have a puzzle? Want to swap a puzzle? Need a puzzle? We have a great supply of puzzles from 300-500-750-1000 pieces. Join in the fun as jigsaw puzzles are a great way to keep a mind active and strong. It's also a great family-time project. Just give our office a call at 585-392-9030 and we will show you where they are.
NOTE - a puzzle is not required to borrow one.



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 schedule is 10 a.m. - 1 p.m. on the following days:

- Tuesday - October 10
- Tuesday - November 7
- Tuesday - December 5

Line Dancing

Join us on Wednesdays Line Dancing Class as these classes are specifically for the older adult beginner. It's 8 weeks of classes taught by David who brings a fun experience - give this class a try!

- Wednesdays @ 9:45 - 10:45 a.m.
November 1 - December 20
\$45 for all 8 classes