

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

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 most 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, Mike, and Jim

Lunch 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 if you are interested.

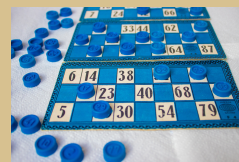
Who: Ages 60+

Where: 59 Henry Street, Room 114

When: Tuesdays, throughout the year

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 Parma residents.



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.

Feature Film Wednesdays

Enjoy our "Village Community Center Theater" (Room 114) as we show monthly films with complimentary water and popcorn served. Movie airs at 2 p.m. Bring your friends and have some fun!

September 7 - Grease (1978)

October 5 - Viva Las Vegas (1964)

November 2 - TBD

December 7 - TBD

Call 392-9030 to let us know you plan to come - it's FREE!!



Evening Meal & A Show

When: Once per Month on Wednesdays; deadline to register is the Monday before the date of meal

September 28 - Pasta Night w/Harv Evans

October 19 - Oktoberfest Meal w/Marianna Gonzalez

November 16 - Thanksgiving w/Michael Sidoti sponsored by the Lions Club (FREE @ Foster's Restaurant)

December 21 - Where's the Beef? Holiday Trivia with Joe & Sherry

Where: 59 Henry Street, Room 114

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

Meal: Call or visit our website for specific meal details.

Price: \$10 per person for most dinner; inquire with office staff - reservations required in advance; no exceptions.

Presenting with Pizza



Join us on this new monthly program where we have a local presenter speak about an interesting topic or history followed by pizza. Each presentation will occur on the third/fourth Monday of the month with pizza and drink to follow. Call for more details.

September 26 - Lifespan - Name that Scam

October 17 - Mapping the Moon for the Apollo Missions with Art Cosgrove

November 28 - Shipwrecks of Lake Ontario with Jim Kennard

December 19 - Village of Hilton Fire - Dave Crumb

Where: 59 Henry Street, Room 114

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

Price: \$5 per person, per date - reservations required the Friday before the presentation.



Motorcoach Day Trips

Full Trip Schedule and Details - Call 392-9030

Hilton-Parma Recreation will be offering a number of day trip opportunities in 2022 for those ages 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 attend and pay a non-resident fee if space is available. The full 2022 schedule is available on our website and in our office.

****As of 9/1 all motorcoach trips have sold out. Look for emails regarding local trips to be offered for November & December.**

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)

TUESDAYS

Chair Yoga 10-11 a.m.

Bi-Weekly Caseworker Service (Lifespan) 10 a.m. - 1 p.m.

(1st/3rd Tuesday)

Lunch at noon, reservations required

Bingo at 1 p.m.

WEDNESDAYS

Senior Express shopping trip & lunch, reservations required

Feature Film one Wednesday a month

THURSDAYS

Euchre at 1 pm

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

Jigsaw Puzzle Swap

Have a puzzle? Want to swap a puzzle? Need a puzzle? We have a great supply of puzzles that require concentration and improve short-term memory. Just give our office a call at 585-392-9030



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 provide 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.

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. Daniel provides older adults with computer, internet 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. Classes are FREE, but pre-registration is required to attend.



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

Room 114, Hilton Community Center

- September 7 - Understanding the Internet
- September 21 - Internet Security, Privacy & Safety
- October 12 - Everything Email
- October 26 - Google: Much More Than Search
- November 9 - Shopping Online

Senior Line Dancing

This is a super fun instructional line dance class for the beginner senior! Various styles of music will be played.

Four week sessions are planned on Thursday mornings. Taught by David Interlicchia.



Session I:
September 22 – October 13

Session II:
November 10 – December 8

TIME: 10:00 a.m. – 11:00 a.m.
COST: \$20 per session
Gym - Room 112

Chair Yoga

Chair yoga is a gentle, therapeutic practice that promotes strength, flexibility, balance, and mindful attention. This approach uses the support and safety of a chair to adapt yoga positions. Breathing exercises and relaxation techniques will be offered. This class is suitable for all fitness levels. Join us for a fun and safe practice for everybody! Taught by Sue VanSlyke.

Session I: Tuesdays, September 13 – October 25

Session II: Tuesdays, November 1 – December 6

TIME: 10:00 a.m. - 11:00 a.m.

COST: \$36 per session

NOTE: Late registrations are accepted and pro-rated. Please call the office to register!



**Questions?
Call**

585-392-9030



Hilton-Parma
Parks & Recreation