

# 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, Sheila, Ryan S, Jen, Michelle, Mike & Jim

# 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.

Who: Ages 60+

Where: 59 Henry Street, Room 114

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

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.

- June 26 - Country Night with Jack Anten; Dinner is BBQ Pulled Chicken
- July 24 - Summer Picnic Night w/Lions Club and it's FREE; sounds of Johnny Bauer will entertain us!
- August 28 - It's BINGO NIGHT (Prizes); Dinner is Nashville Crispy Chicken Sandwich

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.



## 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.

- June 17: Angel's Truck Stop - A Woman's Love, Laughter, and Loss during the Vietnam War (A Memoir)
- July 15: Be Scam Aware - Lifespan/M&T Bank
- August 12: Braddock Bay Bird Observatory
- September 16: Unraveling the Mystery of Sleep

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:** June 11 - July 23 (no 7/2)  
July 30 - August 27 (5-week session - \$32)  
September 17 - October 22

**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 (one Wednesday a month)

### THURSDAYS

Euchre at 1 p.m.

**\*\*\*\*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.**

- June 3
- July 1?
- August 5



**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 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.



# 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. 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, June 13 - You & Youtube
- Thursday, July 11 - Wearable Tech
- Thursday, August 8 - What is Instagram?
- Thursday, September 12 - Meet Libby, Hoopla & Kanopy

Cost: FREE; pre-registration required

Note: Classes will continue through 2024.



## Motorcoach Day Trips

Full Trip Schedule and Details - Call 392-9030



Hilton-Parma Recreation will be offers a number of day trip opportunities in 2024 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 now available on our website along with copies in our office. Trips are filling FAST!

## 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. Bring a lunch to remain onsite from 12-12:30 p.m. Limited to 35 participants and pre-registration is required

Friday, August 2 or November 15

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

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

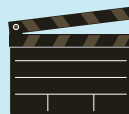
No pre-registration is required, just stop at our office to let us know (room 106) upon your arrival. Let's stay active and get moving!



## Featured Film Wednesdays

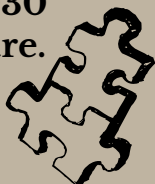
Enjoy our "Hilton Community Center Theater" on Wednesdays, Room 114 as we show monthly films with complimentary water, soda, popcorn or snacks (varies). The movie airs at 2 p.m! Bring your friends and have some fun! It's FREE, but call our office to let us know that you will be attending.

- June 12 - Top Gun Maverick (action)
- July 17 - The Holdovers (comedy drama)
- August 14 - Arthur the King (true story)
- September 18 - The Color Purple (drama musical)



## Jigsaw Puzzle Swap

Have a puzzle? Want to swap a puzzle? Need a puzzle? We have 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. 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 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. 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 as she is here between 10 a.m. - 1 p.m. once per month. Call 585-392-9030.

- Tuesday - July 2
- Tuesday - August 6
- Tuesday - September 3



## Police Academy

The Monroe County Sheriff Office Senior Citizens Academy is an opportunity for our senior community to experience the different facets of the Sheriff's Office. It's completely free and transportation is provided from the Hilton Community Center, and will be for eight weeks. Attendance at most all classes is preferred and needed to graduate. Registration will open August 2 and the program will be on Fridays, September 6 - October 25 tentatively from 9 a.m. - 11:30 a.m.



# Better Balance

~COMING THIS FALL IN OCTOBER~

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.

During this workshop we will:

- Work with breathing exercises to improve focus, increase endurance & energy levels.
- Warm up the body and 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.



## Food & Safety Nutrition

### Cornell Cooperative Extension

Join Cornell Cooperative Extensions 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.

Where: Village Community Center, Room 114

When:

- Monday, June 24 - plant based eating & sample a recipe
- Thursday, July 25 - summer food safety & sample a recipe
- Monday, August 26 - nutritional jeopardy & sample a recipe
- Thursday, September 26 - tomatoes & sample a recipe

Time: 11:00 a.m. - 12:00 p.m.

Cost: 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 a 4 part series given by Alzheimer's Association, Rochester & Finger Lakes Region.

- July 19 - The Empowered Caregiver: Building Foundations of Caregiving - explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.
- August 23 - The Empowered Caregiver: Supporting Independence - focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.
- September 20 - The Empowered Caregiver: Communicating Effectively - teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

JOIN US! Fridays 10 a.m. - 11 a.m.

The best part - it's FREE - just call us to let us know you will be coming!







# 2024 SUMMER Concert Series

**SAT**  
06/8/24  
**CLAMS & BANDS**  
MUSIC BY: AJ HILTON & MIDNIGHT STORM  
4PM - 8PM

**WED**  
6/19/24  
**CONCERT IN THE PARK**  
MUSIC BY: 5 SECOND RULE  
6PM - 8PM

**WED**  
7/17/24  
**CONCERT IN THE PARK**  
MUSIC BY: 8 DAYS A WEEK  
6PM - 8PM

**FRI**  
7/26/24  
**SUMMER SMASH**  
15 FOOD TRUCKS, VENDORS,  
KID'S ZONE & FIRE WORKS!  
5PM - 10PM



**WED**  
8/7/24  
**CONCERT IN THE PARK**  
MUSIC BY: BB DANG  
6PM - 8PM

**WED**  
8/21/24  
**CONCERT IN THE PARK**  
MUSIC BY: SHADES OF GREY  
6PM - 8PM

# IN THE PARK





# Wednesday FOOD TRUCK *Live-Ups*



## MAIN MENU .....

Roc City Sammich ..... **May 29**

Rob's Kabobs ..... **July 31**

KO-BQ ..... **June 5**

Eat Greek ..... **August 7**

Braided Acres ..... **June 12**

ROCin' Cookie MOMsters

Classic Taps Mobile Bar

MUSIC BY: BB Dang 

Agatina Eats ..... **June 19**

Pauly Cakes' Delights

Classic Taps Mobile Bar

MUSIC BY: 5 Second Rule 

Sonny's Landing ..... **August 14**

Food Truck TBA ..... **June 26**

Roc Dilla ..... **August 21**

Blodgett Family Farms

Classic Taps Mobile Bar

MUSIC BY: Shades of Grey 

Macarollin' ..... **July 3**

Braided Acres ..... **August 28**

The Melt Truck ..... **July 17**

Rob's Sweet Tooth

Classic Taps Mobile Bar

MUSIC BY: 8 Days a Week 

Sammies & Sweets .. **September 4**

**Parma Town Park**

Serving: 4:30 p.m. - 8:00 p.m.

**July 26 Summer Smash w/ Food Truck Rodeo**

**15+ TRUCKS!**

