SUMMER 2023

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 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, George, Mike, and 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 outings on Tuesdays, followed by BINGO if you are interested.

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.

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 "Hilton Community Center Theater" -on Wednesdays, 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!

June 14 - A Man Called Otto
July 12 - In the Heights
August 16 - Walk the Line
September 13 - Singing in the Rain
Call 392-9030 to let us know you plan to join us - it's FREE!!

Evening Meal & A Show

When: Once a month on Wednesdays; deadline to register is the Monday before the date of meal no later than 12 noon.

June 28: Why Not Breakfast?; Entertainment Mike Sidoti
July 19: Hilton Lion's Club Picnic; Entertainment Johnny Bauer (FREE EVENT)
August 30: Country Night; Entertainment Worthy Duncan
September 27: TBD
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.

June 26 - Monroe County Recycling & Ecopark
July 17: The History of the ROC Airport
August 14: 10 Warning signs of Alzheimer's and Dementia
September 18: Rochester Theater Organ Society
Where: 59 Henry Street, Room 114
Time: 10:30 a.m. - 12:30 p.m.
Price: $5 per person presenter fee per date. Additional contributions towards the lunch can be accepted on the day of the program.

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 please bring a tennis ball to class. Other props will be provided.
Join us for a fun and safe practice for everyone! Taught by Sue VanSlyke.

Where: Village Community Center, Room 208
When: Tuesdays - May 23 - June 27
Tuesdays - July 11 - August 15
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 for dates)

TUESDAYS

Chair Yoga 9:30 - 10:30 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.

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.
Mondays - 6/12, 7/10, 9/11, 10/2 @ 10:30 a.m.
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. 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.

Room 114, Hilton Community Center
9:30 a.m. - 10:30 a.m.

- Wednesday, June 7 - Your Digital Afterlife
- Wednesday, July 5 - Have Apps Will Travel
- Wednesday, August 2 - Apps That Really Deliver
- Wednesday, September 6 - Meet the Ipad
- Wednesday, October 4 - What is Facebook?

Motorcoach Day Trips

Full Trip Schedule and Details - Call 392-9030

The Day Trip Schedule for 2023 is out and we have just recently completed our first trip. Here is a list of the remaining trips that we will offer for the year. 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. Don't delay and sign-up today!

- June 21 - Oh Canada Day; $101/$126
- July 26 - Finger Lakes Fun; $92/$117
- August 23 - A Day in the Country; $68/$93
- September 20 - Chorus Line; $114/$139
- October 18 - A Luci ~ Desi Kind of Day; $98/$123
- December 5 - Christmas Show & Casino; $65/$90

AARP Driver Safety

This is a refresher course designed to meet the needs of motorists over 50 years of age. Participants must attend both classes for completion of the course. Participants do not need to be a member of AARP to register.

- Wednesday, September 20 & Friday, September 22
  (Must attend both dates and pre-register)
  9:30 a.m. - 12:30 p.m.
  $25 for AARP members/$30 non-members

Have questions?
585-392-9030

Hilton-Parma
Parks & Recreation
& Senior Center

Wednesday FOOD TRUCK Line-Up

MAIN MENU

Morgan's Cereal Bar.. **May 31**

Waffles R Wild ..... **June 7**

Agatina Eats ..... **June 14**

Rob's Al Dente Mobile ..... **June 21**
Pasta
Rob's Kabobs
Rob's Sweet Tooth
Classic Taps Mobile Bar
MUSIC BY: Begging Angels

Braided Acres ..... **June 28**

Red Osier ..... **July 5**

Wraps on Wheels ..... **July 19**
Macarollin
Carousel Cookies
Classic Taps Mobile Bar
MUSIC BY: Mr. Mustard

Red Osier ..... **August 2**

Roc City Sammich ..... **August 9**
KO - BQ
Kona Ice
Classic Taps Mobile Bar
MUSIC BY: Shades of Grey

The Melt Truck ..... **August 16**

Waffles R Wild ..... **August 23**
Braided Acres
Andie Makes Cakes
Classic Taps Mobile Bar
MUSIC BY: Worthy Duncan

Qazi's Kitchen ..... **August 30**

Eat Greek ..... **September 6**
Chef's Catering
J & S Fried Dough
Classic Taps Mobile Bar
MUSIC BY: Midnight Storm

Parma Town Park
Serving: 4:30 p.m. - 7:30 p.m.

July 28 Summer Smash w/ Food Truck Rodeo
20 + TRUCKS!

the UPTOWN Groove

SUMMER CONCERTS 2023

PARMA TOWN PARK

CLAMS & BANDS!

JUN 10

5 SECOND RULE
4 PM

AMY MONTROIS
6 PM

BEGGING ANGELS
6 PM

JUN 21

JUL 19

MR. MUSTARD
6 PM

SUMMER SMASH!

UPTOWN GROOVE
6 PM

JUL 28

AUG 9

SHADES OF GREY
6 PM

WORTHY DUNCAN
6 PM

AUG 23

SEP 6

MIDNIGHT STORM
6 PM