

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

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 to try out some of the programs and meet the Senior 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: The Town of Parma transport bus is offered for some Senior Center activities - \$2 round trip. Call us at 392-9030 to schedule a transport.

Meet the Team: Tom, Ryan R, Sherry, Ryan S, Cora, Michelle, Alyshia & Roy

Lunch Club 60 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 lunches on Tuesdays, followed by BINGO (optional). Bingo boards are sold between 11:30-11:50 a.m. for lunch participants and again from 12:30-12:50 p.m. for those attending bingo only.

Who: Ages 60+

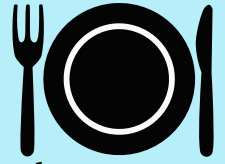
Where: 59 Henry Street, Room 114

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

Cost: Suggested contribution of \$3.50 for meals; although no one is refused a meal.

NOTE: Reservations are required as meals are ordered 10 days in advance. Call 392-9030 to register or to ask about the menu. Food prepared by Foodlink.

****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, NYSDOH, and Monroe County Dept of HS & Office for the Aging. Meals are catered by Foodlink



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 are sold between 12:30-12:50 p.m. A regular board contains three games for \$0.15 each and jackpot games are \$0.25. Coffee is available each week and at times, soda & bottled water are offered for \$0.25, while complimentary snacks are brought in weekly by bingo participants. If you would like to donate snacks, pre-packaged snacks are encouraged.

Meal & A Show

Once a month on a Wednesday, a delicious meal catered by Arlington Restaurant, followed by entertainment.

- **June 10:** 42nd Anniversary Dinner at Whitehall Mansion, Brockport/Pearlz Band (\$30) Deadline is June 1
- **July 29:** FREE Picnic Dinner w/Lions Club(residents)w/music by Johnny Bauer
- **August 26:** Country BBQ Night w/music by Worthy Duncan
- **September 23:** Oktoberfest

Doors open at 3:30 p.m.

Where: 59 Henry Street, Room 114

NOTE: Reservations are required the Monday before the meal date by 9 a.m.



Presenting w/ Pizza

Join us on this monthly program where we have a local presenter speak about an interesting topic or history. Each presentation will occur on a **Monday** with a full pizza lunch to follow. Call for more info or check our website.

June 8 - Travelogue on Holland

June 29 - Growing up in a Frank Lloyd Wright home

July 13 - Cemeteries in Parma

August 10 - CCC & POW Camp Hamlin Beach

September 14 - Morgan Manning House

Where: 59 Henry Street, Room 114

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

Cost: \$5 per person speaker fee per date; reservations required/no walk-ins; contributions towards the lunch provided by Monroe County Office of the Aging & Foodlink accepted 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.

**No yoga mat is needed; bring a tennis ball or one can be provided

Where: Hilton Community Center Room 114 or 208

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

When: May 26 - June 30

July 7 - August 11

Cost: \$38 per session

NOTE: Class can also be pro-rated based upon when you join.



Activities & Groups

Mondays: Bridge 1 p.m.

Mah-Jong/Games 12 p.m.

Tuesdays: Chair Yoga 9:30 a.m.

Caseworker Service (Lifespan) 10 a.m.

-1 p.m on 1st Tuesday - appts required

Lunch at noon, reservations required

Bingo at 1 p.m.

Wednesdays: Senior Express shopping trip & lunch, reservations required 9:30 a.m.

Feature Film (once a month) 2 p.m.

Thursdays: Computer Tech Class 9 a.m.

(once a month)

Euchre at 1 p.m.

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

Dish with a Deputy

Join Deputy Nate Clark, 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 is a monthly meeting to catch up on anything relevant to our Town and it's FREE.

MONDAY at 10:30 a.m.

June 1 in Room 114

We will not have this program in July & August, but will return in the fall.

**Please call us to let us know that you will be attending.



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, Dollar Tree, Goodwill, Marshall's, Target, Salvation Army and others; destinations subject to change - \$2 transportation fee is paid to the driver. Please call us 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.



Hilton-Parma
Parks & Recreation
& Senior Center

Have questions?
585-392-9030

Computer & Tech Seminars

Whether you are brand new to technology or have been using it for years, you're sure to find a 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 seminars help older adults with computer, internet, mobile, 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. Full details of each class are on our website.



Thursdays -FREE, but pre-registration required

9:00 a.m. - 10:00 a.m. in Room 114

- June 11 - Digital Afterlife
- July 9 - The Language of Icons
- August 13 - Fake News & How to Spot It
- September 10 - Talk to your Tech



Motorcoach Day Trips



Hilton-Parma Recreation offers a number of day trip opportunities 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 register and pay a non-resident fee if space is available. The full 2026 schedule will be available on our website soon and in our office. For now, trips are being released individually until all information is complete.

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 25 and pre-registration is required. Must attend both dates.

Wednesday, August 5 & Friday, August 7

1:00 - 4:00 p.m.

\$25 for AARP members

\$30 non-members

**payment by check or money order only

Feature 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

- June 24 - Reminders of Him
- July 15 - The Life of Chuck
- August 12 - The Last Rodeo
- September 9 - TBD



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 in our office (room 106) to let us know upon your arrival. Let's stay active and get moving!



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 is also a great family-time project. Stop in or give our office a call at 392-9030 and we will show you where they are. We have an AWESOME supply! NOTE: Please bring donated puzzles to our office



Nutrition Wellness with Cornell

Join Cornell Cooperative Extensions Nutrition Educator, Alyssa 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 fun class with many things to learn!!

Thursdays & FREE, but pre-registration required

11:00 a.m. - 12:00 p.m. in Room 114

- June 4 - Brain Health & Nutrition Presentation
- July 16 - Shake the habit and incorporate herbs in meals
- August 13 - Extend the Harvest- an Introduction to Food Preservation Techniques
- September 10 - How can we store produce properly?



Alzheimer's Class

Are You or a Loved One Experiencing Memory Loss? Discover Tools, Strategies and Resources to Help from Alzheimer's Association, Rochester & Finger Lakes Region. The best part is that it is FREE.

Wednesdays & FREE, pre-registration required

10:00 a.m. - 11:00 a.m. in Room 114

- June 10 - Building Brain Healthy Habits
- July 8 - 10 Warning Signs of Alzheimer's and Dementia
- August 12 - Understanding Alzheimer's and Dementia
- September 9 - The Empowered Caregiver - Responding to Dementia Related Behaviors

Caseworker

An Eldersource Care Manager from Lifespan comes to our center the first Tuesday of the month from 10a - 1p. Help with many services such as medical, insurance, SNAP and other topics can be handled. Please call for an appointment 392-9030.

Tuesdays ~ 6/2, 7/7, 8/4, 9/8



presented by
**THE VILLAGE
OF HILTON**

in cooperation with
**HILTON PARMA
RECREATION**



SUMMER CONCERT SERIES

AT THE GAZEBO



FIRST MONDAY OF

**JUNE
JULY
AUGUST**



June 1
Country
Band
"Begging
Angels"

**LIVE MUSIC
FOOD TRUCKS
& MORE!**

**FOOD TRUCKS 5:00-7:30 PM
LIVE MUSIC AT 6:00 PM
VILLAGE OF HILTON COMMUNITY CENTER**

SAVE THE DATES



6TH ANNUAL

CLAMS & BANDS

SATURDAY, JUNE 6

4:00 P.M. - 8:00 P.M.



LIVE PERFORMANCES BY:

THE KID KURRY BAND & RED 7

2026

SUMMER SMASH

AND FOOD TRUCK RODEO

JULY 24TH, 2026 5 - 10 P.M.



FREE
ADMISSION
&
ACTIVITY
ZONE!

15 TRUCKS FROM AROUND THE COUNTY

WHERE PARMA TOWN PARK

PYRO DRONE SHOW!

LIVE MUSIC FROM:

JTB & ALYSSA TRAHAN



Wednesday FOOD TRUCK Line-Ups



MAIN MENU

Rob's Kabobs **May 27**

Roll'n Deep Roc **June 3**

Vasko's On Wheels **June 10**

Wraps On Wheels **June 17**

Sammies and Sweets **June 24**

ArMY Eats **July 1**

Roc Bowl **July 8**

Parma Town Park

1300 Hilton Parma Corners Rd.

The Melt Truck **July 29**

Chef's Kitchen **August 5**

Roc Dilla **August 12**

Al Dente Mobile Pasta . **August 19**

Eat Greek **August 26**

Sonny's Landing **September 2**

Serving:
4:30 p.m. - 7:30 p.m.

JULY 24 SUMMER SMASH

Food Truck Rodeo
15+ TRUCKS!