

# 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



## 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 Bus is offered for some Senior Center activities - \$2 round trip. Call us at 392-9030 to see what opportunities exist.

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

**Meet the Team:** Tom, Ryan, Sherry, Sheila, Joe, 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; 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.

February 28: It's A Magical Night - Rich the Magic Man (Meatloaf)

March 20: An Irish Party with Peg Dolan (Corned Beef)

April 17: The Sounds of Mike Sidoti (Chicken Cordon Blue)

May 22 Anniversary Dinner: Whitehall Mansion-Bkpt - 4 p.m. price 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.

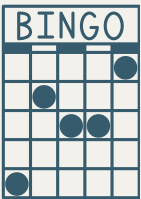


## Bingo

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.

February 26: Total Solar Eclipse

March 11: Ground Truth: CIA (90 mins talk)

April 22: Red Wings - Dan Mason

May 20: Seneca Park Zoo

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 yoga mat needed; bring a tennis ball if you'd like although some provided. Taught by Sue.

Where: Village Community Center, Room 208  
When: Session I: Tuesdays, February 6 - March 12  
Session II: Tuesdays, March 19 - April 23  
Session III: Tuesdays, April 30 - June 4

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 – 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 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.

- February 5
- March 4
- April 1
- May 13



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, 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 is on our website.

Where: Room 114 from 9:00 a.m. - 10:00 a.m.

When: Thursday, February 8 - Digital Photos

Thursday, March 14 - What is the Cloud?

Thursday, April 11 - The World of Podcasts

Thursday, May 9 - Digital Music Mania

Cost: FREE; pre-registration required

Note: More classes will be added once per month through the year; check back for the schedule



## Motorcoach Day Trips

Full Trip Schedule and Details - Call 392-9030



Hilton-Parma Recreation will be offering 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 attend and pay a non-resident fee if space is available. The full 2024 schedule and guidelines will be available on our website and in our office around the beginning of April.

## 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

Wednesday, April 19

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



Hilton-Parma  
Parks & Recreation  
& Senior Center

## 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, but we do ask that you sign -in at our office (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 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.

- February 21 - My Big Fat Greek Wedding 3 (romantic comedy)
- March 13 - Indiana Jones and the Dial of Destiny (action, adventure)
- April 10 - Are You There, God? It's Me Margaret (coming of age comedy drama)
- May 8 - Book Club: The Next Chapter (romantic comedy)



## 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. NOTE - a puzzle is not required in order to borrow one. We have an AWESOME supply!



## Donations

Hilton-Parma Senior Center is always accepting and appreciate of 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. Won't you consider us in your will?



## 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 he is here between 10 a.m. - 1 p.m. Call 585-392-9030.

- Tuesday - February 6
- Tuesday - March 5
- Tuesday - April 2
- Tuesday - May 7

## Line Dancing

Join us on Wednesdays for 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!

April 10 - May 29

Wednesdays @ 9:45 a.m. - 10:45 a.m.

\$45 for all 8 classes



# Better Balance

Join Sue with this fun class and make some community connections! 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.

Thursdays, May 2 - 23 from 9:30 a.m. - 10:30 a.m.

\$30 for 4 weeks in room 208

# 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: February 22 ~ Cooking for Two - tips on how to meal prep and cook for a small household  
March 28 ~ Focusing on Greens - discuss the benefits of green vegetables (cooking demo)  
April 11 ~ Healthy Eating When You Need To Budget ~ how to save money when shopping healthy  
May 23 ~ Spring into Spring with Produce - learn how to make homemade salad dressings

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.

- February 29 - 10 Warning Signs of Alzheimer's and Dementia - learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.
- March 21 - Understanding Alzheimer's and Dementia - learn about the impact of Alzheimer's; the difference between Alzheimer's and Dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.
- April 4 - Effective Communication Strategies - Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.
- May 16 - Understanding and Responding to Dementia Related Behaviors - Learn about caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more.

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

The best part - it's FREE

