

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

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, Ryan S, Michelle, Cora & Mike

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 (optional).

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 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.



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.

At times, soda & bottled water are offered for \$0.25 while complimentary snacks are offered by bingo participants. If you would like to bring in a snack, pre-packaged snacks are encouraged!

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 10: Dave Crumb - Questions & Answers about Hilton & Parma History
- March 10: Summit FCU - Empowering Seniors Against Fraud
- April 7: NYS Office of Parks, Recreation & Historic Preservation - Mr. Letchworth & Letchworth Park History
- May 12: 13 WHAM Scott Hetsko, Meteorologist
- June 23: Seabreeze History w/ Kevin Dorey

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.



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.

- January 22 - Pasta Night w/music by Bob & Rick
- February 26 - Chicken French w/ music by Joe Rider
- March 26 - St. Patrick's Day Party w/Corned Beef & Cabbage w/music by Dave North
- April 30 - Rotary Ham Dinner *FREE*
FOOD SHELF ITEM REQUIRED
- May - Anniversary Dinner 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.



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: Tuesdays

- January 7 - February 11
- February 18 - March 25
- April 1 - May 6

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 (once a month)

THURSDAYS

Computer 9 a.m. (once a month)

Alzheimer's (time varies)/Nutrition 11 a.m. (both once a month)

Euchre at 1 p.m.

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

Dish with a Deputy

Join Deputy Nate Clarke as our new Community Engagement Deputy 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:

1/6, 2/3, 3/3, 3/31, 5/5

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, Salvation Army 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. Pre-registration is required.



Computer & Tech 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 our 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 are on our website.

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

- Thursday, January 9 - What is Instacart & Grubhub?
- Thursday, February 13 - Understanding the Internet
- Thursday, March 13 - Online Security, Privacy & Safety
- Thursday, April 10 - What is AI?
- Thursday, May 8 - The Language of Icons

Cost: FREE; pre-registration required



Motorcoach Day Trips

Full Trip Schedule and Details - Call 392-9030



Hilton-Parma Recreation offers a number of day trips yearly 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 2025 schedule and guidelines will be available on our website along with copies in our office. Look for the 2025 schedule in April and know that all of our trips in 2024 sold-out!!

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 35 participants and pre-registration is required.

Friday, May 9

-OR-

Wednesday, August 6

9:00 a.m. - 3:30 p.m.

(lunch 12 - 12:30 p.m. bring own)

\$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" 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

- January 15 - It Ends With Us
- February 12 - Wicked
- March 12 - Here
- April 2 - A Complete Unknown



Jigsaw Puzzle Swap



Have a puzzle? Want to swap a puzzle? Need a puzzle? We have puzzles from 300-500-750-1000 pieces. 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. We also accept donations of puzzles - please bring these to our office.

Donations

Hilton-Parma Senior Center is always accepting and appreciative for 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 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. Her hours are 10 a.m. - 1 p.m. once per month on Tuesdays. Please call the office to make an appointment 585-392-9030.

- January 7
- February 11
- March 4
- April 1
- May 6



Line Dancing

Join us for fun instructional line dance classes that are open to all levels! Country and other styles of music will be played. It doesn't matter if you have been dancing for a long time or are a beginner, this will be a fun dance class for all levels. Sessions are 8 weeks long for \$45. Pre-registration is required - wear comfortable clothes and shoes.

- Mondays: January 13 - March 3
- Mondays: March 10 - May 5 (no class 4/14)

Time - 6:30 - 7:30 p.m.



Better Balance

Balance isn't just about staying steady on one foot, it's the foundation of every movement you make. Maintaining steady balance helps keep us safe and active. This training is for you if you :

- Want to improve your ability to balance
- Sit a lot during the day
- Want to strengthen your core and lower body
- Find yourself becoming more cautious about uneven surfaces
- Want to feel more centered and balanced



We will practice different kinds of balance poses to help us develop stability, internal awareness, Awareness of our body in space and focused attention.

****This is a standing, moving and walking class and a chair is only used occasionally****

Village Community Center, Room 208: April 3 - 24

Time: 9:30 a.m. - 10:30 a.m. Cost: \$30 per participant

Food & Safety Nutrition

Cornell Cooperative Extension

Join 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. Food samples at most every class

Village Community Center, Room 114

Dates coming for April, May & June

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

FREE, pre-registration required



Have questions?

585-392-9030



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Taxes

Need to have your taxes done? We have AARP volunteers here starting on 2/5-4/11 on Wednesdays and Fridays - what a fabulous service! Please call our office to make an appointment as we will fill up quickly!



585-392-9030

Alzheimer's Series

Are you or a loved one experiencing memory loss? Discover tools, strategies and resources to help. Please join us for these presentations given by Alzheimer's Association, Rochester & Finger Lakes Region.

- Thursday, April 17 - Healthy Living for Your Brain and Body
- Thursday, May 8 - 10 Warning Signs of Alzheimer's
- Thursday, June 12 - Understanding Alzheimer's and Dementia

JOIN US!

Thursdays - check website for times

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

