

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

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 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

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!

February 15 - 7 Brides for 7 Brothers

March 15 - On Golden Ponds

April 12 - The Notebook

May 17 - Elvis

Call 392-9030 to let us know you plan to come - 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.

January 25: Rockin in the New Year w/Joe Miltsch (chicken marsala)

February 22: Love is in the Air w/Gary Simboli (chicken parm)

March 22: Luck of the Irish w/ Peg Dolan (corned beef/cabbage)

April: TBD

May: TBD

Where: 59 Henry Street, Room 114

Time: Dinner at 4 p.m., Entertainment at 5 p.m.

Price: \$11 per person for most dinners; 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 the third/fourth Monday of the month with pizza lunch to follow. Call for more details.

January 30 - Lifespan - Financial Fitness for Aging Gracefully

February 27 - Blue Barn Cidery Tells All

March 27 - Monroe County Sheriff - Zone C

April 17 - Shipwrecks of Lake Ontario

May 15 - Stacey Pengsen - News10NBC

Where: 59 Henry Street, Room 114

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

Price: \$5 per person presenter fee per date with contributions towards the lunch accepted on the day of the program.

Motorcoach Day Trips

Full Trip Schedule and Details - Call 392-9030

Hilton-Parma Recreation will be offering a number of day trip opportunities in 2023 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 attend and pay a non-resident fee if space is available. The full 2023 schedule and guidelines will be available on our website and in our office towards the end of March.



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 10-11 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 - 3/6, 4/10, 5/8, 6/12 @ 10:30 a.m.



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 provide 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.



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.

Days of the week vary- 9:30 a.m. - 10:30 a.m.

Room 114, Hilton Community Center

- Monday, Feb. 6 - Money \$eminar
- Thursday, Mar. 9 - Fake News & How to Spot it
- Monday, Apr. 3 - Meet the Iphone
- Wednesday, May 3 - TV Today
- Wednesday, June 7 - Your Digital Afterlife



Healthy Living Classes

What you eat and how much you move can impact your risk of cancer and other chronic diseases. Promote Health/Prevent Cancer is a free eight-week program aimed at empowering participants to make and maintain changes in diet, physical activity and exposures. Join others with similar health goals and learn how small changes can add up to make a big difference in increasing your overall health and well-being. The class will meet for eight consecutive weeks and no exercise equipment needed.

****It is encouraged that you attend all eight weeks.**

Where: 59 Henry Street, Room 114

When: Thursdays, April 6 - May 25

Time: 10:00 a.m. - 11:00 a.m.

Cost: Free to attend, please pre-register

Mended Hearts

Mended Hearts (MH), an international organization, has been offering the gift of hope to heart disease patients, their families and caregivers for more than 70 years. Our local Rochester Chapter 050 has been here for 55 years, and is dedicated to alleviating the stress and trauma associated with heart disease and surgery. We bring together patients, spouses, family members and medical professionals to form a network of caring individuals to educate and empower others.

Who: Anyone interested - all ages

Where: 59 Henry Street, Room 114

When: Wednesday, February 8

Time: 1:00 p.m. - 2:00 p.m.

Cost: Free to attend, please pre-register



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.

Session I: Tuesdays, January 10 - February 14

Session II: Tuesdays, February 21 - March 28

Time: 10:00 a.m. - 11:00 a.m.

Cost: \$38 per session

NOTE: Late registrations are accepted and pro-rated. Please call the office to register!

Better Balance Workshop

Join this fun and new 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.

***Plan to be on your feet a good portion of the class - with minimal chair support.

When: Thursdays, February 2 - 23

Where: Room 208

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

Cost: \$30