

It is a proven fact that staying active physically and socially will help keep you healthier in body and mind. The Parma Heights Senior Center has a variety of activities and services that provide the opportunity to meet new friends and explore new interests for adults 60 and older. The free monthly newsletter keeps city resident's informed of all activities, trips, services and events including:

Transportation  
Congregate Lunch  
Home Delivered Meals  
Free Chair Dancing  
Free Movies  
Free Crafts  
Library  
Free Monthly Blood Pressure Screening  
Free Bingo  
Cards  
Guest Speakers  
Health Opportunities  
Concerts  
Entertainment  
Educational Information  
Nutritional Information  
Special Trips  
Financial Information  
Resource Information

There is no cost to be a member at the Senior Center. For additional information, to receive a monthly newsletter or to inquire about our many volunteer opportunities please call 440 888-4416 between the hours of 8:00am – 4:00pm Monday- Friday

### Administration

**Michael P. Byrne**

Mayor

**Judith McLaughlin**

Director of Senior Services

### Council

**Lesley A. DeSouza**

**Renee Everett**

**Marie Gallo**

**JoAnn Koch**

**Jim McCall**

**Anthony Stavole**

**Robert Verdile**



2014

# PARMA HEIGHTS SENIOR CENTER



**Parma Heights Senior Center  
9275 North Church Dr.  
Parma Heights OH 44130**

Phone (440) 888-4416

[www.parmaheightsoh.gov](http://www.parmaheightsoh.gov)

***Discover yourself in  
your Senior Center***

## TRANSPORTATION

Transportation service is offered between  
**8:15 am – 2:45 pm** weekdays to residents of  
Parma Heights 60 and older.

### **Monday AM**

Medical Offices in Parma Heights  
Parma, Kaiser and Southwest Hospital  
Drug Stores  
Beauty and Barber Shops

### **Monday PM**

Giant Eagle / Southwest Hospital

### **Tuesday AM and PM**

Medical Offices in Parma Heights  
Parma and Kaiser Hospital  
Drug Stores  
Beauty and Barber Shops  
Miscellaneous

### **Wednesday AM**

Doctor Appointments  
Parma and Kaiser Hospital  
Local Area Banks

### **Wednesday PM (alternating weeks)**

Southland shopping center & Heinen's &  
Southwest Hospital

### **Thursday AM and PM**

Medical Offices in Parma Heights  
Parma and Kaiser Hospital  
Drug Stores  
Beauty and Barber Shops  
Miscellaneous

### **3<sup>rd</sup> Thursday Evening 5:00-8:00**

Parma Heights night

### **Friday AM**

Medical Offices in Parma Heights  
Parma and Kaiser Hospital  
Beauty and Barber Shops  
Giant Eagle  
Southwest Hospital

### **Friday PM**

Giant Eagle & Southwest Hospital

## LUNCH PROGRAMS

The Senior Center offers the following  
lunch programs for clients 60 and older.

1. **Congregate Meals.** This is a hot meal served restaurant style at the Senior Center Monday through Friday beginning at noon. Milk and a choice of either tea or coffee is provided. If you are able we ask for a \$2.00 donation. Participation is not restricted to residents of Parma Heights; all are welcome so bring a friend. Transportation is provided to and from the center if needed.
2. **Homebound meals.** This meal is offered to Parma Heights residents only. It is designed as a temporary meal to help homebound clients get back on their feet after an injury, hospital stay, a health set back, or surgery. It is also a full hot meal including milk delivered to the client's home Monday through Friday. We ask for a donation of \$2.00.
3. **Parma Hospital Meals.** These meals are offered to Parma Heights residents only. There are 2 meals (lunch and dinner) prepared by diet specifications. Meals come with choice of either milk or juice. Meals are delivered to client's home Monday through Friday. Meals cost a mandatory fee of \$6.00 per day.

## TELEPHONE NUMBERS

### **Parma Heights**

Senior Center 440 888-4416  
City Hall 440 884-9600  
Service Department 440 884-9607  
Library 440 884-2313  
Cassidy Theatre 440 842-4600  
Police Department 440 884-1234  
Fire Department 440 885-1717  
Parma Hts Food Pantry 440 842-6291

### **Senior Groups/Clubs**

St. John Bosco 440 886-3500  
Holy Family 440 842-5533  
St. Charles 440 884-3030  
St. Bridget's 440 886-4434  
Divinity Lutheran 440 845-2060  
Parma Heights Baptist 440 886-6100  
RTA Para Transport 216 781-1110  
Social Security 1 800 772-1213  
Life Alert 1 800 247-0000  
Golden Buckeye Card 1 800 422-1976  
Attorney General 1 800 282-0515  
Elder Rights 1 800 282-1206  
Welfare Hotline 1 800 686-1568  
Medicare Information 1 800 686-1578  
State Medical Board 1 800 554-7717  
Home Energy Assistance Program  
1 800 282-0880  
Ombudsman Office for Elders  
1 800 282-1206

### **Cuyahoga County**

Senior Services 216 420-6700  
Home Care Assistance 216 420-6800  
To Report Suspected Abuse, Neglect  
and/or Exploitation 216 420-6700  
Passport Services 216 621-0303  
[www.benefitscheck.org](http://www.benefitscheck.org)