

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 ages 60 and older.

A free monthly newsletter keeps city residents informed of all activities, trips, services and events, including:

Transportation  
Congregate Lunch  
Home Delivered Meals  
Chair Dancing  
Tai Chi  
Jazzercise  
Yoga  
Movies  
Crafts  
Library  
Monthly Blood Pressure Screening  
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 of the Senior Center. For additional information, to receive a monthly newsletter or to inquire about volunteer opportunities, please call (440) 888-4416*



**MAYOR**  
**Michael P. Byrne**

**DIRECTOR of SENIOR SERVICES**  
Judith McLaughlin

### **CITY COUNCIL**

President and Ward 4  
Marie Gallo

Pro-Tem and Ward 3  
JoAnn Koch

Ward 1  
Renee Everett

Ward 2  
Annette Danczak

At-Large  
Jim McCall  
Anthony Stavole  
Robert Verdile



**2016**

# PARMA HEIGHTS SENIOR CENTER



**Parma Heights Senior Center**  
9275 North Church Drive  
Parma Heights, OH 44130

**Phone: (440) 888-4416**

Email: [seniorcenter@parmaheightsoh.gov](mailto:seniorcenter@parmaheightsoh.gov)

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

*Discover yourself in  
your Senior Center.*

*Activities ♦ Classes ♦ Lunches ♦  
Transportation ♦ Exercise Programs  
Free Health Screenings  
Entertainment ♦ Speakers  
Volunteer Opportunities*

## TRANSPORTATION

Transportation service is offered weekdays from **8:15 a.m. - 2:45 p.m.** to residents ages 60 and older

### MONDAY AM

Medical Offices in Parma Heights  
UH Parma Medical Center  
Healthspan and Southwest General Hospital  
Drug Stores & Beauty and Barber Shops

### MONDAY PM

Giant Eagle & Southwest General Hospital

### TUESDAY AM and PM

Medical Offices in Parma Heights  
UH Parma Medical Center & Healthspan  
Drug Stores & Beauty and Barber Shops  
Miscellaneous

### WEDNESDAY AM

Medical Offices in Parma Heights  
UH Parma Medical Center  
Healthspan  
Local Area Banks

### WEDNESDAY PM (alternating weeks)

Southland Shopping Center & Heinen's &  
Southwest General Hospital

### THURSDAY AM and PM

Medical Offices in Parma Heights  
UH Parma Medical Center  
Healthspan  
Drug Stores & Beauty and Barber Shops  
Miscellaneous

### 3<sup>rd</sup> THURSDAY 5:00-8:00 p.m.

Parma Heights night

### FRIDAY AM

Medical Offices in Parma Heights  
UH Parma Medical Center  
Healthspan & Southwest General Hospital  
Beauty and Barber Shops & Giant Eagle

### FRIDAY PM

Giant Eagle & Southwest General Hospital

## LUNCH PROGRAMS

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

### CONGREGATE MEALS

This is a hot meal served buffet restaurant style at the Senior Center on Monday through Friday beginning at noon. Milk and a choice of either tea or coffee are provided. If you are able, we ask for a \$2.00 donation. Participation is open to non-residents so feel free to invite friends. Transportation is provided to and from the Center if needed.



### 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, health set back or surgery. It is also a full hot meal, including milk, delivered to the clients home Monday through Friday. We ask for a \$2.00 donation.



### UH PARMA HOSPITAL MEALS

These meals are also only offered to Parma Heights residents. There are two meals (lunch and dinner) prepared by diet specifications and/or restrictions. Meals come with choice of either milk or juice and are delivered to client's homes Monday through Friday. The cost of a meal is \$7.00 per day.



## IMPORTANT PHONE NUMBERS

### Parma Heights

Senior Center.....	440-888-4416
City Hall.....	440-884-9600
Service Department.....	440-884-9607
Police Department.....	440-884-1234
Fire Department.....	440-885-1717
Library.....	440-884-2313
Cassidy Theatre.....	440-842-4600
Food Pantry.....	440-842-6491
Historical Society.....	216-496-7150
Greenbriar Art League.....	440-845-5373
Garden Club.....	440-888-9178

### Senior Groups/Clubs

St. John Bosco.....	440-886-3500
Divinity Lutheran.....	440-845-2060
Parma Heights Baptist.....	440-886-6100
Holy Family.....	440-842-5533
St. Charles.....	440-884-3030
St. Bridget's.....	440-886-4434

### Senior Services

RTA Para Transport.....	216-781-1110
Social Security.....	1-800-772-1213
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.....	1-800-282-0880
Ombudsman for Elders.....	1-800-282-1206

### Cuyahoga County

Senior Services.....	216-420-6700
Home Care Assistance.....	216-420-6800
Report Abuse/Neglect/Exploitation.....	216-420-6700
Passport Services.....	216-621-0303
Veterans Service Commission.....	216-698-2600