

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
- Music Melody

*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



**2017**

# 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 **7:30 a.m. - 2:45 p.m.** to residents ages 60 and older

## MONDAY AM

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

## WEDNESDAY AM

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

## WEDNESDAY PM (alternating weeks)

Southland Shopping Center & Heiness & Aldi  
Southwest General Hospital

## THURSDAY AM and PM

Medical Offices in Parma Heights  
UH Parma Medical Center  
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  
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 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 beverage and are delivered to client's homes Monday through Friday. The cost of a meal is \$7.50 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

