

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

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
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 & Heinens & Southwest General Hospital

THURSDAY AM and PM

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

3rd 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 |

