

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
Line Dancing
Free Movies
Free Crafts
Library
Free Monthly Blood Pressure Screening
Free Bingo
Cards
Guest Speakers
Health Opportunities
Flu Shots
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 – 3:00pm Monday- Friday

Administration

Michael P. Byrne

Mayor

Judith McLaughlin

Director of Senior Services

Council

President

Lesley A. DeSouza

Joann Koch

Ralph Kolasinski

Jim McCall

Robert P. Sepik

Robert Verdile



PARMA HEIGHTS SENIOR CENTER



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

Phone (440) 888-4416

*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

Thursday AM and PM

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

3rd 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

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
Greenbriar Theatre 440 842-4600
Police Department 440 884-1234
Fire Department 440 885-1717

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
Passport Services 216 621-0303
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 1 800 282-0530
State Medical Board 1 800 554-7717
Home Energy Assistance Program
1 800 282-0880
Ombudsman Office for Elders
216 664-2899
AARP 216 331-1800

Cuyahoga County

Senior Services 216 420-6750
Home Care Assistance 216 420-6752
Grandparents Raising Grandchildren
216 420-6773
To Report Suspected Abuse, Neglect
and/or Exploitation 216 420-6700