



DONNA SMALLWOOD ACTIVITIES CENTER
7001 West Ridgewood Drive, Parma 44129
440.885.8800

TRANSPORTATION SERVICES

Call Brenda to schedule an appointment 440.885.8156

GROCERY SHOPPING

Our drivers will pick you up and take you to one of the following stores to shop for 1-1 1/2 hours and then bring you home with your groceries:

- Giant Eagle (Day Drive)
- Giant Eagle (Broadview)
- Giant Eagle (Snow)
- Marc's (Midtown)
- Aldi (Midtown)
- Marc's (Shoppes of Parma)
- Save-A-Lot (Ridge)
- Walmart (W. Ridgewood)
- Acme (Pleasant Valley)
- Aldi (Broadview)

Please limit your shopping bags to four (4).

DONATION \$5

ROUND TRIP TO SENIOR CENTER

Join us at the Donna Smallwood Senior Center for our activities and classes.

The YMCA has Silver Sneaker exercise classes. If you have this option as a part of your insurance, please consider using it here.

We have free coffee in our hallway here every day so stop in for a cup, to chat, and to meet new people. Play pool, work on a puzzle, play cards or board games, make a craft, listen to speakers, or join a special program.

Check out our monthly calendar of activities in our newsletter.

You can pick up a newsletter here at the Center for \$.25 or you can find it on our page through the City of Parma website:

<http://cityofparma-oh.gov>

DONATION \$3

MEDICAL APPOINTMENTS

At this time, our transportation to medical appointments is provided by Senior Transportation Connections. If you need a ride, all you need to do is call Brenda to schedule it. This transportation is only provided to doctors and hospitals in Parma locations.

LUNCH SERVED DAILY M-F

We serve delicious and nutritious meals here at 11:30 a.m. Monday through Friday. You can find the menu here at the Center, in our newsletter, and on our website. You must order a meal by Wednesday, the week before so that we can order enough food. Call Charlene at 440.885.8140.

DONATION \$2

You are also welcome to bring your own lunch and eat in our dining room any time, any day. Lunch Bunch groups are always welcome here...just plan one!