



Renaissance Senior Center Programs and Events

Movie of the Week: Every Wednesday evening at 4pm there will be a movie shown in the ballroom. Popcorn and refreshments will be offered for a \$1 fee.

What's for Dinner: Please join us for a pot luck dinner before the Movie of the Week presentation. Bring your favorite dish to share and join us for dinner and a movie. Hot & cold drinks, paper plates, napkins, and utensils will be furnished. The \$1.00 fee is waived for this event.

Golf Chipping: Practice your skills or just come for instruction Wednesday and Friday at 3 pm. We will supply the clubs and the balls needed for this activity.

Putting Contest: Come in to practice your skills and pin them up against fellow members to see who is the best putter. We have the putters and balls in supply already. This program runs every Tuesday and Thursday at 5:00 pm.

Karaoke: Great opportunity to test your singing ability one Tuesday a month from 6 – 9 pm. Join us for a night of fun and socialization. If you can't sing you can always dance! Call for dates.

Jazzercise Light: This 60-minute class combines moderate aerobics with exercises designed to improve your strength, balance, and flexibility. Whether you're a senior, newcomer, or prefer low impact, you can't go wrong with this popular light version of the original Jazzercise program. This class is \$32 a month, with classes every Tuesday and Thursday at 9:00 to 10:00 am.

Flea Market: One Sunday a month, feel free to come to the ballroom to sell or buy a variety of items. If you have stuff you're looking to sell pay a \$5 table rental fee and we'll set up a table for you. Call for dates.

Geo Fit: This low impact aerobic exercise follows a DVD and also has an instructor in the room. Numbered mats are available to make it easy to know where you are supposed to be stepping. This program runs every Monday at 11:30 am and Thursday at 11 am.

Walking with Friends: This is a very popular program can be used both indoors and outdoors. Whether you are walking on a set path or actually following the instructor on a DVD, you will get a good work-out either way.

Yoga: Every Monday and Wednesday volunteer instructor Gwen Burnett will instruct basic Yoga. Gwen will teach stretches, breathing and meditation techniques. A limited number of yoga mats will be available for those without a personal yoga mat. Yoga is celebrated world-wide for being an efficient and low impact exercise. The class will be offered at 2 pm on Monday and 11:00 am on Wednesday and is free of charge.

Yoga 2: Every Tuesday and Thursday at 7pm Diane Chewing will volunteer her time to instruct a Yoga class during the evening hours. This class is free, however donations are accepted.

Gentle Yoga: Leslie McBritt will be volunteering to teach a basic yoga class. The gentle yoga is more focused on seniors than the other classes are. The class will be offered on Friday nights at 6 pm starting in June and on Sunday at 1 pm starting in April.

Fencing: Join us every Tuesday night from 5:00 – 7:00 pm. Learn the art of Fencing from an active coach. It is great exercise and a lot of fun. The class is \$7.00 to participate.

Scrappy Seniors: Preserve your memories every Tuesday from 11:00 am till 1:00 pm. Bring in your old photos and collectables and learn how to turn them into a nice scrapbook.

Tai Chi: Phu and Dong will be here on Wednesday and Friday between 9 am and 10 am to offer the "eight brocades" style of Tai Chi. This class is a good form of stretching and martial arts which is good for seniors to have. This class is free however donations will be accepted.

Tai Chi 2: Barbara Mulroy is a teacher with Wellworks who will be offering her time on Wednesday nights from 5:45 pm to 6:45 pm to teach a wide variety of Tai Chi styles to the seniors. She is doing this class for free as a volunteer, however donations are accepted.

Line Dancing: On Thursday from 10:30 am – 12:00 pm join Francis as she goes over the steps on how to Line dance. Each week they will be teaching a new step to learn. This class is free, however donations are accepted.

Line Dancing 2: Every Saturday at 1 pm Ivan Mao will be here to teach a more fast paced class. He does a variety of dances from Mambo, Jazz, Hip-Hop, and Salsa. This program is a great way to get a good workout. They charge \$6.00 for this class to participate.

Ballroom Dancing: On Saturdays, from 10 am to 11:30 am, Ron and Anne Isler teach ballroom dancing. They will teach a new type of dance each month, with the last Saturday of the month reviewing all they learned until that point. This class is \$6.00 per person, per class.

Tailgate Saturday: This program will start at 12 pm on Saturday. We encourage people to bring in food to cook on the grill. We will supply the drinks and plates. A staff member will prepare all the food on the grill as the participants bring it in. During the season where games may be on TV, we will have them on so the participants can watch.

Renaissance Dance: This program gives our participants a chance to come in and enjoy a live band with refreshments. The band will be supplied by our ballroom dancing instructors and some of the nights have a theme to them. This program is offered once a month and there is a \$7.00 charge for admission.

Bocce Ball: This is a fun program we offer outside in the backyard area every Tuesday and Friday at 12 pm. This game tests your skill and accuracy with a little bit of strategy. This is a free program to all participants.

Bridge: Guests will be able to come in and play in Milan from 10 am to 1 pm on the second Tuesday of the month and fourth Wednesday of the month. This is open bridge with no instructor. This game needs four people, so bring your friends!

Chair Dancing: For those people whose health isn't as it once was, and would like to exercise, we offer Chair Dancing. This program is a sit down exercise program, which is good for those people who are limited in participating in conventional forms of exercise through physical condition, restricted mobility, or age. This program is free and held on Saturdays from 11 am to 12 pm.

Horseshoes: This is an old favorite past time we now offer in our backyard area. We will offer this on Tuesday and Thursday at 2 pm. Come out to test your skill and accuracy. Or if you want to play at other times ask the front desk for the horseshoes.

Zumba: This program is a very high impact dance aerobics class. There is a Latin flare involved with this class which makes it a little more fun. We have an instructor named Gina who comes in and teaches this class on Wednesday night at 6:45 pm and Saturday morning at 8 am. There is a \$10 dollar charge for this program.

Healthy Living: On the second Wednesday of each month at 2 pm and the fourth Wednesday at 3 pm of the month we will have a wellness bingo. This program will offer nutritional information in a fun way. This program is sponsored by the Orange County Association for Home and Community Education. There is no charge for this class.

Salsa Dance: For only \$3.00 a person you can dance all you want from 6:30 p.m. to 9 p.m. on 5/9/08, 6/13/08, 7/11/08, 8/8/08, & 9/12/08. Dance to our CD's and get some exercise along the way. Light snacks and refreshments will be provided.

Stretching and Toning: Join Laura for an hour long class with no charge on stretching and toning your body. This class is great for balance and flexibility. This class is offered every Thursday at 12 pm.

Ice Cream Social: The Visiting Angels present this program every third Thursday of the month at 1:30 pm. Please join us for an old fashioned Ice Cream Social.

Game Day: Stop by to enjoy some fun and relaxation every Wednesday from 2 pm to 5 pm. This program is free to play. We will be selecting a game of the day that everyone can enjoy.

Bingo: Every Thursday from 5 pm to 7 pm join us for an exciting night of bingo. For a \$2 entry fee you will be given the chance to win prizes and enjoy light refreshments.

Badminton: We will now be offering this long time game every Sunday from 2 pm to 5 pm. This game is a lot of fun to play and has no fee involved to play.

Card Sharks: On Thursday at 3pm every week we will be doing a wide variety of card games. Like Canasta, Pinochle, Whist, and many more. This program has no fee.

Pickleball: If you like tennis, badminton, and ping pong, come and join us for some pickleball. It is very similar and is played outside or in the ballroom if the conditions outside aren't perfect. Minimum of two people are needed, and the recreational staff member will serve as a referee and scorekeeper. Pickleball is free and will be played every Thursday at 12 p.m.

Read a Book: If you like to 'Read a Book' once in a while, come and chose the books we have to offer! The proceeds will go towards Bingo prizes and other activities for our members. We accept book donations; please drop them off at the front desk. Look at what we have to offer every other Thursday from 10 am to 1 pm, starting May 1st.

Book of the Month: On the first Tuesday of the month, 4-5:30 pm, come and join us to discuss the book of the month. A list of designated books is available at the front desk. Participants should purchase the book on their own or check it out from their local library. For those who love to read, come, join us, and relax into a good book.

Chair Massage: Angelica Fabbri, a Licensed Massage Therapist, will be available on Mondays and Fridays from 4-6pm. She will offer her services for \$1 per minute with a minimum 10 minutes and a maximum 30 minutes. A number of research studies show how massage therapy reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins. We encourage everyone to make appointments, but walk-ins are welcome.

The Renaissance Senior Center at Curry Ford Community Park

3800 S. Econlockhatchee Trail

Orlando, FL 32829

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