**Other Active Aging Opportunities**

All seven of Orange County’s Community Centers offer creative opportunities for older adults to stay active and healthy. For a schedule, visit or call the location near you.

- **East Orange**
  12050 E. Colonial Dr., Orlando, FL 32826
  407-254-9610

- **Hal P. Marston**
  3923 W. D. Judge Dr., Ste. B, Orlando, FL 32808
  407-836-8450

- **Holden Heights**
  1201 20th St., Orlando, FL 32805
  407-836-8777

- **John H. Bridges**
  445 W. 13th St., Apopka, FL 32703
  407-254-9449

- **Maxey**
  830 Klondike St., Winter Garden, FL 34787
  407-254-1970

- **Pine Hills**
  6408 Jennings St., Orlando, FL 32818
  407-254-9107

- **Taft**
  9450 S. Orange Ave., Orlando, FL 32824
  407-254-1950

**Activities to Help You Stay Fit**

- **Aerobic activity** (also known as **cardio**) that is moderate to vigorous in intensity for at least 10 minutes increases your stamina, giving you more energy for work and play. Popular choices are walking, cycling, aerobic dance, cardio machines, swimming, dancing and hiking.

- **Muscle-strengthening** activities include yoga, resistance training with elastic bands, free weights and weight machines. It’s important to work all muscles of the body—legs, hips, back, chest, arms, stomach and shoulders.

- **Bone-strengthening** activities include weight training, walking, hiking, jogging, climbing stairs, tennis and dancing. These activities help build and maintain bone density.

- **Balance and stretching** activities enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, Pilates, yoga, martial arts and Tai Chi.

**Healthy Tips to Follow Each Week**

- Engage in at least 150 minutes of moderate cardio exercise.
- Do strength training at least twice a week.
- Exercise to prevent falls and improve your ability to remain self-sufficient.
- Include activities from each of the four categories listed above.
- Stretch every day!

**Benefits of Regular Exercise**

- Reduces risk of developing diabetes, osteoporosis, high blood pressure, heart disease and obesity. If you have any of these chronic conditions, exercise may help you manage better.
- Increases strength and improves balance, making falls and injuries less likely to happen—1 in 5 people 65 and older falls each year and 1 in 5 of those falls results in serious injury.
- Helps your thinking, learning and judgement skills stays sharp as you age.  
- Reduces risk of depression and may help you sleep better.

**SOURCE:** Centers for Disease Control and Prevention

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**Stay Active in Orange County**

Recreational opportunities & activities for adults 50+

**IMPORTANT NOTE:** Prior to beginning an exercise program, please consult your physician.
Where to Go for Recreation

Beardall Senior Center
800 Delaney Ave.
Orlando, FL 32801
407-246-4440
Hours: Mon. 8 a.m.–9 p.m.,
Tues.–Thurs. 8 a.m.–10 p.m.,
Fri. 8 a.m.–5 p.m., Sat. 9 a.m.–10 p.m.
(Ages 55+ computer/fitness ctr. / 21+ programs)
Bus stop within ¼ mile
Maintained by City of Orlando
www.cityoforlando.net/ftp/senior-programs

Fran Carlton Center
11 North Forest Ave.
Apopka, FL 32703
407-573-1642
Hours: Mon.–Fri. 8 a.m.–5 p.m.
Senior Activities: Tues.–Wed. 9 a.m.–5 p.m.,
Thurs.–Fri. as needed (Ages 50+)
Bus stop within ¼ mile
Maintained by City of Apopka
www.apopka.net/departments/recreation

Jesse Brock Community/Senior Center
310 N. Dilled St.
Winter Garden, FL 34787
407-656-1455
Hours: Mon.–Fri. 8 a.m.–5 p.m.
(Ages 50+)
No bus stop within ¼ mile
Maintained by City of Winter Garden
www.rwpgdh.com/resident/recreation/active

PLEASE NOTE:
Hours of operation and programming are subject to change without notice. Age minimums vary by facility and/or program. Contact center for more information.

L. Claudia Allen Senior Center
1840 Mable Butler Ave.
Orlando, FL 32805
407-246-4461
Hours: Mon.–Tues. 8 a.m.–7 p.m.,
Wed.–Fri. 8 a.m.–9 p.m., Sat. noon–6 p.m.
(Ages 50+ programs / Ages 21+ evening fitness)
Bus stop within ¼ mile
Maintained by City of Orlando
www.cityoforlando.net/ftp/senior-programs

Maitland Senior Center
345 S. Maitland Ave.
Maitland, FL 32751
407-579-4251
Hours: Mon.–Fri. 9 a.m.–4 p.m.
(Ages 50+)
Bus stop within ¼ mile
Maintained by City of Maitland
www.townofmaitland.com - search for “senior center”

Mark Street Senior Recreation Complex
99 E. Marks St.
Orlando, FL 32803
407-254-1066
Hours: Mon.–Sat. 8 a.m.–8 p.m.,
Sun. 1 p.m.–8 p.m. (Ages 55+)
Bus stop within ¼ mile
Maintained by Orange County Government
www.orangecountyfl.gov

Renaissance Senior Center
3800 S. Echolschenee Trail
Orlando, FL 32829
407-254-9070
Hours: Mon.–Sat. 8 a.m.–8 p.m.,
Sun. 1 p.m.–8 p.m.
(Ages 55+ fitness center / Ages 18+ programs)
No bus stop within ¼ mile
Maintained by Orange County Government
www.orangecountyfl.gov

Tom Kiss Senior Citizens Center
1701 Adair St.
Ocoee, FL 34761
407-593-4498
Hours: Mon., Tues., Thurs. 8 a.m.–4 p.m.,
Wed., Fri. 8 a.m.–noon, Sun. 1 p.m.–7 p.m.
Bus stop within ¼ mile
Managed by West Orange Seniors, Inc.
www.ocoec.org/174/Senior-Programs

Winter Park Community Center
721 W. New England Ave.
Winter Park, FL 32789
407-599-3275
Hours: Mon.–Fri. 8 a.m.–9 p.m.,
Sat. 9 a.m.–8 p.m., Sun. 10 a.m.–5 p.m.
Senior Activities: Mon.–Fri. 9 a.m.–1 p.m. (Ages 55+)
Bus stop within ¼ mile
Maintained by City of Winter Park
www.cityofwinterpark.org

Staying Active is Important!

Staying active can be fun and offers significant health benefits! It’s especially important to stay in good physical health later in life. As we age, our bodies lose muscle mass, which means regular activity is essential to maintaining strength and flexibility. It can also:

- Boost your energy level
- Help you manage symptoms of illness or pain
- Allow you to remain independent
- Add years to your life

Activities like exercise and sports not only make you stronger, but they are beneficial to your mind, mood and memory. The Orange County community offers many opportunities and places for older adults to enjoy a wide variety of recreational and healthy activities.

From dancing or fitness classes to bridge clubs or social events, there’s something for everyone at center locations throughout Orange County. Most programs and activities are free, but some charge a nominal fee.

*Source: “Physical Activity Guidelines for Americans,” Centers for Disease Control and Prevention 2008 (CDC)