

Free or Low-Cost Learning Opportunities for Seniors

From Government and Non-Profit Organizations

Contents

Community Education Seminars	1
On-going Series.....	1
Regularly Scheduled Series	2
Organizations Focusing on Educational Outreach.....	2
Classes and Programs Offered at Libraries.....	3
Computer Classes	3
Education	3
Enrichment Classes for Seniors offered by Local Colleges.....	3
State College Tuition Fee Waiver Programs.....	4
Online College / Educational Classes	4
Employment Training	4
Active Aging Classes and Opportunities	5
At Senior Centers in Orange County	5
Therapy Pools	5
Additional Recreational Opportunities	5
Other Sources for Free or Low-Cost Classes	5

Community Education Seminars

On-going Series

- **Caregiver College** – Held monthly on the second Monday from 5:30 to 7 p.m., Orlando Health Heart Institute, 1222 S. Orange Ave., Orlando, FL. Call 800-272-3900.
- **Central Florida Healthy Bones** – Held monthly on the first Friday from noon to 1 p.m., Centre for Aging and Wellness, 133 Benmore Drive, Suite 200, Winter Park, FL. Contact diane.burns@flhosp.org or RSVP to 407-303-1700.
- **Dementia Caregiver Connection Education Series** – Held monthly on the third Thursday of each month from 5:30 to 7 p.m., Winter Park Memorial Hospital Library, 1925 Mizell Ave., Winter Park, FL. Contact susan@angelswithroses.com or 407-636-7563.
- **LIFE Information for Elders Seminar Series** – Held monthly on the third Thursday of each month from 12:10 to 12:50 p.m., Orlando Public Library, 101 E. Central Blvd., Orlando, FL. Contact officeonaging@ocfl.net or 407-836-7446.

Regularly Scheduled Series

- **Caregiving Matters** – For caregivers of someone with dementia. Contact info@adrccares.org or 407-843-1910.
- **FUNctional Independence Training** – An eight-week course for individuals interested in improving balance and reducing their chance of falling. Contact www.functionalindependencetraining.com or 407-949-1525.
- **Orange County Sheriff's Senior Academy** – Six-week series for individuals interested in reducing their chance of being a victim of crime, exploitation or fraud. Contact www.ocso.com or 407-254-7375.
- **Savvy Caregiver** – For caregivers of someone with dementia. Held for six consecutive weeks in different locations across Central Florida. Contact info@adrccares.org or 407-843-1910.
- **Senior Resource Alliance Classes** – Contact www.sraflorida.org or 407-514-1806.
 - **Living Healthy with Diabetes Workshops** – Six-week series for individuals with type 2 diabetes.
 - **Living Healthy Workshops** – Six-week series for individuals with chronic health conditions.
 - **Matter of Balance Workshops** – Eight-week series for individuals wishing to reduce their risk of falling.

Organizations Focusing on Educational Outreach

- **AARP** – www.aarp.org
- **Alzheimer's Association** – www.alz.org/cnfl or 800-272-3900
- **Alzheimer's and Dementia Resource Center** – www.adrccares.org or 407-843-1910
- **Center for Independent Living** – (people with disabilities) – www.cilorlando.org or 407-623-1070
- **Clearpoint** – (money management) – www.clearpoint.org or 800-750-2227
- **Florida Hospital**
 - **Diabetes Institute** – www.floridahospitaldiabetes.com or 407-303-2822
 - **Parkinson Outreach Center** – fh.parkinson@flhosp.org or 407-303-5295
 - **Additional Classes** – www.floridahospital.com/events
- **Lighthouse Central Florida** – (people with vision impairments) – www.lighthousecentralflorida.org or 407-898-2483
- **Orlando Health**
 - **Memory Disorder Clinic** – 321-841-9700
 - **Additional Classes** – www.orlandohealth.com/news-and-events

- **SHINE (Serving the Health Insurance needs of Elders)** – www.floridashine.org or 407-514-1800
- **University of Florida (IFAS) Extension in Orange County** – Classes are offered on a wide array of topics from nutrition, cooking, chronic illness, home ownership, gardening, budget and much more. Contact <http://orange.ifas.ufl.edu> or 407-254-9200.

Classes and Programs Offered at Libraries

Arts, computer instruction, local community resources, cooking, video production

- **Orange County Public Library System** - 17 branches - www.ocls.info or 407-835-7323
- **City of Maitland Library** – 1 branch – www.maitlandpubliclibrary.org or 407-647-7700
- **City of Winter Park Library** – 1 branch – www.wppl.org or 407-623-3300
- **Seminole County Public Library System** – 5 branches - www.seminolecountyfl.gov/library or 407-665-0000

Computer Classes

- **Cyber Seniors** – Matches seniors with little knowledge of computers with a mentor for one-on-one training over eight sessions. Contact www.volunteersforcommunityimpact.org or 407-298-4180.
- **Seniors Now Computer Learning Center** – Offers low-cost computer classes for seniors that are taught by senior volunteers. Classes are hosted by Marks Street Senior Recreation Complex. Contact <https://seniorsnoworlando.org/> or 407-318-3256.
- **Orange County Library System** – Offers an array of computer classes for individuals with an Orange County Library card. Contact www.ocls.info or 407-835-7323.
- **Renaissance Senior Center Computer Lab** – Offers basic computer classes and open lab for current and recent students. Call 407-254-9070.

Education

Enrichment Classes for Seniors Offered by Local Colleges

Literature, history, finance, performing arts, social sciences, politics

- **LIFE @ UCF** – www.life.ucf.edu or 407-823-5433
- **Senior TARS at Rollins College** – www.rollins.edu/rcll/senior or 407-646-1577
- **Stetson Lifelong Learning at Celebration** – <https://celebrationfoundation.org/> or 321-939-7600

State College Tuition Fee Waiver Programs

Florida residents age 60+ are eligible for a “tuition fee waiver” at many of Florida’s colleges and universities. These waivers enable residents to audit college classes, if space is available.

- **University of Central Florida** – www.registrar.ucf.edu/senior-citizen-audit-request or 407-823-3100
- **Seminole State College** – www.seminolestate.edu/catalog/studentinfo/registration/senior-citizens or 407-708-2050
- **Valencia College** – <http://valenciacollege.edu/admissions-records/registration-details/seniorcitizens.cfm> or 407-582-1507

Online College / Educational Classes

Subject-based lecture classes on multiple topics.

- **edX** – www.edx.org
- **Academic Earth** – <http://academicearth.org/>
- **OEDb** – <http://oedb.org/open/>
- **Open Yale** – <https://oyc.yale.edu/>
- **MIT Open CourseWare** – <https://ocw.mit.edu/index.htm>
- **Khan Academy** – www.khanacademy.org
- **Code Academy** – www.codecademy.com
- **Ted Talks** – www.ted.com

Employment Training

- **Career Source Central Florida** – Career training opportunities. Contact www.careersourcecentralflorida.org or 800-757-4598.
- **Goodwill Industries** – Classes, job search assistance, vocational evaluations and more. Contact www.goodwillcfl.org or 407-857-0659.
- **Senior Community Service Employment program (SCSEP)** – Offers job training and classes to individuals age 55+ who are enrolled in their program. Contact www.aarp.org/aarp-foundation/our-work/income/scsep/ or 407-852-1608.

Active Aging Classes and Opportunities

At Senior Centers in Orange County

- **Beardall Senior Center** – www.cityoforlando.net/recreation/beardall-senior-center/ or 407-246-4440
- **Fran Carlton Center** – <https://www.apopka.net/188/Fran-Carlton-Center> or 407-703-1741
- **L. Claudia Allen Senior Center** – www.cityoforlando.net/recreation/claudia-allen-senior-center/ or 407-246-2121
- **Jessie Brock Community Senior Center** – www.cwgd.com/resident/recreation/brock/ or 407-656-4155
- **Marks Street Senior Center** – www.ocfl.net/seniors or 407-254-1066
- **Renaissance Senior Centers** – www.ocfl.net/seniors or 407-254-9070
- **Thomas Ison Center** – www.ocoe.org/departments/pr/seniorprograms.htm or 407-592-4498
- **Winter Park Community Center** – www.cityofwinterpark.org or 407-599-3275

Therapy Pools

- **City of Altamonte Springs** – <http://altamonte.org/505/therapeutic-pool> or 407-571-8761 - Closed for renovations until 2019.
- **City of Winter Springs** – www.winterspringsfl.org and click on Parks and Recreation or 407-327-6577

Additional Recreational Opportunities

- **Central Florida Community Arts** – www.cfcarts.com or 407-937-1800
- **East Orange Community Center** – 407-254-9610
- **Taft Community Center** – 407-254-1950

Other Sources for Free or Low-Cost Classes

- **Eventbrite** – Many organizations use Eventbrite to manage their community events. Visit www.eventbrite.com and search using such topics as health care, aging, elder, caregiving, etc.
- **Faith Communities** – Many faith communities have an active aging group that is open to the community. Activities offered by each faith community differ but may include exercise classes, educational seminars and travel adventures.
- **Health Insurance Company** – Your health insurance company may offer free classes, sponsor a community room for activities, or fund exercise programs such as Silver Sneakers.
- **Local Governments** – Local governments often host educational seminars or community events for their residents.
- **Non-Profits** – Many non-profits offer seminars in their field of expertise.