



Stay Active in Orange County

Recreational opportunities & activities for adults 50+

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 3 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 stay sharp as you age.
- Reduces risk of depression and may help you sleep better.

SOURCE: Centers for Disease Control and Protection: www.cdc.gov



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!

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**
3933 W. D. Judge Dr., Ste. B, Orlando, FL 32808
407-836-8450
- **Holden Heights**
1201 20th St., Orlando, FL 32805
407-836-6777
- **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

IMPORTANT NOTE: Prior to beginning an exercise program, please consult your physician.

Online Resources

- **Exercise & Physical Guide for Older Adults**
This free guide illustrates exercises for endurance, strength, balance and flexibility. It also includes worksheets to track progress and a healthy eating overview. To request a copy, visit www.nia.nih.gov/Go4Life or call 800-222-2225.
- **Senior Health**
The website www.nihseniorhealth.gov provides easy to understand health and wellness information for consumers.
- **Center for Healthy Aging**
The webpage www.ncoa.org/center-for-healthy-aging provides information on falls prevention, flu prevention, disease management, behavioral health and activity programs for older adults.

This Stay Active in Orange County guide was produced in partnership with:

Orange County Parks & Recreation
www.orangecountyparks.net
407-836-6200
and
Orange County Office on Aging
www.ocfl.net/seniors
407-254-9277





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, 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.

¹Source: "Physical Active Guidelines for Americans," Centers for Disease Control and Protection 2008 (CDC)

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/fpr/senior-programs



Fran Carlton Center

11 North Forest Ave.
Apopka, FL 32703
407-703-1642
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



Jessie Brock Community/Senior Center

310 N. Dillard St.
Winter Garden, FL 34787
407-656-4155
Hours: Mon.–Fri. 8 a.m.–5 p.m.
(Ages 50+)
No bus stop within ¼ mile
Maintained by City of Winter Garden
www.cwgd.com/resident/recreation/active



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.–6 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/fpr/senior-programs



Maitland Senior Center

345 S. Maitland Ave.
Maitland, FL 32751
407-539-6251
Hours: Mon.–Fri. 9 a.m.–4 p.m.
(Ages 50+)
Bus stop within ¼ mile
Maintained by City of Maitland
www.itsmymaitland.com - search for "senior center"



Marks Street Senior Recreation Complex

99 E. Marks St.
Orlando, FL 32803
407-254-1066
Hours: Mon.–Sat. 8 a.m.–8 p.m.,
Sun. 1–6 p.m. (Ages 55+)
Bus stop within ¼ mile
Maintained by Orange County Government
www.orangecountyparks.net



Renaissance Senior Center

3800 S. Econlockhatchee 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.orangecountyparks.net



Tom Ison Seniors & Veterans Center

1701 Adair St.
Ocoee, FL 34761
407-592-4498
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.ocoe.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



Types of Classes & Activities Offered*

	Beardall	Fran Carlton	Jessie Brock	Maitland	Marks Street	L. Claudia Allen	Renaissance	Tom Ison	Winter Park
Art Lessons	(\$)	●	●	(\$)	●		●		●
Arts & Crafts	●	●	●	●			●	●	●
Bingo	●					●	(\$)	(\$)	●
Book Club			●				●		
Card / Board Games	●	●	●	●	●	●	●	(\$)	●
Common Social Area	●		●		●		●	●	●
Computer Classes	(\$)			(\$)	(\$)		(\$)		●
Cooking Classes / Activities				(\$)	(\$)				
Dancing Classes / Lessons			●		(\$)		(\$)	(\$)	●
Day Trips	(\$)	(\$)	(\$)			(\$)		●	(\$)
Educational Classes / Seminars		(\$)	(\$)	●	●	●	●	●	●
Exercise Classes	●	(\$)	(\$)	(\$)	●	●	(\$)	●	●
Fitness Center	●				(\$)	●	(\$)		●
Resource Information	●	●	●		●		●	●	●
Karaoke						●	●	●	
Library / Book Sharing	●		●		●		●	●	
Movies		●		●		●		(\$)	
Pool / Billiards / Ping Pong	●				●	●	●		●
Room Rentals	(\$)	(\$)	(\$)	(\$)	(\$)	(\$)	(\$)		●
Social / Dance Events	(\$)			●	(\$)		(\$)	(\$)	●
Walking Classes / Programs	●	●			●		●		●
Yoga / Tai Chi	(\$)		(\$)	(\$)	(\$)	●	(\$)		●

(\$) There may be a fee charged to participate in this activity.

*Activities listed are subject to change without notice.