



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 life¹

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.
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:
Mon. – Fri. 9 a.m. – 12 p.m.
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.
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. – Fri. 8 a.m. – 6 p.m.
Sat. noon – 6 p.m.
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. – Thurs. 9 a.m. – 4 p.m.
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. – Fri. 8 a.m. – 8 p.m.
Bus stop within ¼ mile
Maintained by Orange County Government
www.orangecountyparks.net



Multicultural Senior Center

7149 W. Colonial Dr.
Orlando, FL 32818
407-836-8404
Hours: Mon. – Fri. 8 a.m. – 5 p.m.
Bus stop within ¼ mile
Maintained by Orange County Government
Community Action
www.ocfl.net/seniors



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.
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
407-592-4495
Hours: Mon. – Fri. 9 a.m. – 3 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. 7 a.m. – 9 p.m.
Sat. 9 a.m. – 6 p.m., Sun. 10 a.m. – 5 p.m.
Senior Activities: Mon. – Fri. 9 a.m. – noon
Bus stop within ¼ mile
Maintained by City of Winter Park
www.cityofwinterpark.org



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

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 fall each year, and 1 in 5 of those falls result in serious injury.
- Helps your thinking, learning, and judgment 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

Pickleball Locations

Open play at these parks, first come, first served. Call the location for play dates and times.

Barber Park Hockey Rink

3701 Gatlin Ave., Orlando, FL 32812
407-254-6860

Downey Park

10107 Flowers Ave., Orlando, FL 32825
407-254-9180

Fort Christmas Historical Park

1300 Fort Christmas Rd., Christmas, FL 32709
407-254-9310

Warren Park

3406 Warren Park Rd., Orlando, FL 32812
407-254-6860

Wedgefield Park

20425 Mansfield St., Orlando, FL 32833
407-254-1905

PLAY IS INCLUDED AT THESE LOCATIONS WITH A PAID ADULT GYM MEMBERSHIP

Barnett Recreation Center

4801 W. Colonial Dr., Orlando, FL 32808
Monday 6–8 p.m. • 407-836-6248

Goldenrod Recreation Center

4863 N. Goldenrod Rd., Winter Park, FL 32792
Sunday 1–3 p.m., and Monday and Friday 10:30 a.m. – 1:15 p.m. • 407-254-9025

Meadow Woods Recreation Center

1751 Rhode Island Woods Cir., Orlando, FL 32824
Monday, Wednesday and Friday 8–10:45 a.m.
407-254-9065

Silver Star Recreation Center

2801 N. Apopka Vineland Rd., Orlando, FL 32818
Monday 8:30–10:30 a.m.
Wednesday 8:30–10:30 a.m.
407-254-9250

South Econ Recreation Center

3850 S. Econlockhatchee Tr., Orlando, FL 32829
Tuesday 8–10:45 a.m. • Thursday 8–10:45 a.m.
Sunday 1–3 p.m.
407-254-9092

West Orange Recreation Center

309 S. West Crown Point Rd.,
Winter Garden, FL 34787
Tuesday 8–10:45 a.m. • Thursday 8–10:45 a.m.
407-254-9245



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: <https://www.nia.nih.gov/health/exercise-and-physical-activity> or call 800-222-2225.

- **Senior Health**

The webpage <https://www.ncoa.org/older-adults/health/> provides information on falls prevention, disease management, mental health, and physical health 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

Other Active Aging Opportunities

Orange County's Community Action and Orange County Parks and Recreation centers offer creative opportunities for older adults to stay active and healthy. Contact your nearest location for details.

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

- **Meadow Woods Recreation Center**
1751 Rhode Island Woods Cir.
Orlando, FL 32824
407-254-9065

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

- **Senior Fish-4-Fun**
(catch and release)
3800 S. Econlockhatchee Trail
Orlando, FL 32829
407-254-9070



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

Orange County Parks and Recreation fitness centers

Seniors can join any of the seven fitness centers at a discounted annual rate. Contact your nearest location for details.

- **Barnett Recreation Center**
4801 W. Colonial Dr., Orlando, FL 32808
407-836-6248
Hours: Mon. – Sat. 8 a.m.– 8 p.m.
Sun 1 p.m.– 8 p.m.
- **Bithlo Community Park**
18501 Washington Ave., Orlando, FL 32820
407-254-1905
Hours: Mon. – Sat. 8 a.m. – 8 p.m.
Sun. 1 p.m. – 8 p.m.
- **Goldenrod Recreation Center**
4863 N. Goldenrod Rd., Winter Park, FL 32792
407-254-9025
Hours: Mon. – Sat. 8 a.m.– 8 p.m.
Sun. 1 p.m.– 8 p.m.
- **Meadow Woods Recreation Center**
1751 Rhode Island Woods Cir., Orlando, FL 32824
407-254-9065
Hours: Mon – Sat. 8 a.m.– 8 p.m.
Sun. 1 p.m. – 8 p.m.
- **Silver Star Recreation Center**
2801 N. Apopka Vineland Rd.
Orlando, FL 32818
407-254-9250
Hours: Mon. – Sat. 8 a.m. – 8 p.m.
Sun. 1 p.m. – 8 p.m.
- **South Econ Recreation Center**
3850 S. Econlockhatchee Tr.
Orlando, FL 32829
407-254-9092
Hours: Mon. – Sat. 8 a.m. – 8 p.m.
Sun. 1 p.m.– 8 p.m.
- **West Orange Recreation Center**
309 S. West Crown Point Rd.
Winter Garden, FL 34787
407-254-9245
Hours: Mon. – Sat. 8 a.m. – 8 p.m.
Sun. 1 p.m. – 8 p.m.

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 the 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
- Stretch every day!



**Stay Active in
Orange County**
Recreational opportunities
& activities for adults 50+