

LOCAL SENIOR EVENTS

LAKE NONA/GREATER ORLANDO

<p>LAKE NONA PERFORMANCE CENTER</p>	<p>EVENTS: SENIOR SOCIAL HOUR (FREE), SENIOR-FRIENDLY FITNESS CLASSES (INCLUDED WITH MEMBERSHIP) WHEN: SOCIAL HOUR- 3RD THURSDAY OF THE MONTH, FITNESS CLASSES- THROUGHOUT THE WEEK ADDRESS: 6775 CHOPRA TERRACE, ORLANDO FL 32827 WEBSITE: LAKENONAPERFORMANCECLUB.COM</p>
<p>LAKE NONA YMCA</p>	<p>EVENTS: SILVERSNEAKERS EXERCISE CLASSES (FREE WITH ELIGIBLE MEDICARE ADVANTAGE OR SUPPLEMENT PLAN) WHEN: MONDAY-SATURDAY (SPECIFIC DAYS VARIES BY WEEK) ADDRESS: 9055 NORTH LAKE PKWY, ORLANDO FL 32827 WEBSITE: YMCA.ORG/LOCATIONS/LAKE-NONA-YMCA-FAMILY-CENTER</p>
<p>MID-FLORIDA MILERS WALKING CLUB</p>	<p>EVENTS: ORGANIZED SOCIAL WALKING ROUTES (\$3-\$4 PER WEEKEND WALK) WHEN: WEEKENDS ADDRESS: VARIABLE WEBSITE: MIDFLORIDAMILERS.ORG/UPCOMING-EVENTS</p>
<p>MARKS STREET SENIOR RECREATION COMPLEX</p>	<p>EVENTS: SENIOR FITNESS, GAMES, SOCIAL CLUBS (\$10 ANNUAL MEMBERSHIP FEE, ADDITIONAL \$75 ANNUAL FEE IF USING FITNESS CENTER) WHEN: MONDAY-SATURDAY ADDRESS: 99 E MARKS STREET, ORLANDO FL 32803 WEBSITE: ORANGECOUNTYFL.NET</p>
<p>AARP-SPONSORED TECHNOLOGY CLASSES</p>	<p>EVENTS: CLASSES AND WORKSHOPS OFFERING TECHNOLOGY TRAINING (FREE) WHEN: VARIABLE ADDRESS: VARIABLE (CHECK WEBSITE FOR LOCAL NEIGHBORHOOD CENTER PARTICIPATING) WEBSITE: ORLANDO.GOV/OUR- GOVERNMENT/DEPARTMENTS-OFFICES/FPR/SENIOR- CONNECTIONS</p>

IF YOU ARE A CITY OF ORLANDO RESIDENT OVER 55, YOU CAN BRING YOUR ID TO THE BEARDALL AND ALLEN CENTERS AND WORK OUT FOR FREE!

MORE INFO AT [HTTPS://WWW.ORLANDO.GOV/OUR-GOVERNMENT/DEPARTMENTS-OFFICES/FPR/SENIOR-CONNECTIONS](https://www.orlando.gov/our-government/departments-offices/fpr/senior-connections)