

# Free or Low-Cost Learning Opportunities for Seniors

## From Government and Non-Profit Organizations

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### 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](mailto: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](mailto: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](mailto:officeonaging@ocfl.net) or 407-836-7446.

## ***Regularly Scheduled Series***

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

- **SHINE (Serving the Health Insurance needs of Elders)** – [www.floridashine.org](http://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](http://www.ocls.info) or 407-835-7323
- **City of Maitland Library** – 1 branch – [www.maitlandpubliclibrary.org](http://www.maitlandpubliclibrary.org) or 407-647-7700
- **City of Winter Park Library** – 1 branch – [www.wppl.org](http://www.wppl.org) or 407-623-3300
- **Seminole County Public Library System** – 5 branches - [www.seminolecountyfl.gov/library](http://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](http://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](http://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](http://www.life.ucf.edu) or 407-823-5433
- **Senior TARS at Rollins College** – [www.rollins.edu/rcll/senior](http://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](http://www.registrar.ucf.edu/senior-citizen-audit-request) or 407-823-3100
- **Seminole State College** – [www.seminolestate.edu/catalog/studentinfo/registration/senior-citizens](http://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](http://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](http://www.khanacademy.org)
- **Code Academy** – [www.codecademy.com](http://www.codecademy.com)
- **Ted Talks** – [www.ted.com](http://www.ted.com)

## ***Employment Training***

- **Career Source Central Florida** – Career training opportunities. Contact [www.careersourcecentralflorida.org](http://www.careersourcecentralflorida.org) or 800-757-4598.
- **Goodwill Industries** – Classes, job search assistance, vocational evaluations and more. Contact [www.goodwillcfl.org](http://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/](http://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/](http://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/](http://www.cityoforlando.net/recreation/claudia-allen-senior-center/) or 407-246-2121
- **Jessie Brock Community Senior Center** – [www.cwgd.com/resident/recreation/brock/](http://www.cwgd.com/resident/recreation/brock/) or 407-656-4155
- **Marks Street Senior Center** – [www.ocfl.net/seniors](http://www.ocfl.net/seniors) or 407-254-1066
- **Renaissance Senior Centers** – [www.ocfl.net/seniors](http://www.ocfl.net/seniors) or 407-254-9070
- **Thomas Ison Center** – [www.ocoe.org/departments/pr/seniorprograms.htm](http://www.ocoe.org/departments/pr/seniorprograms.htm) or 407-592-4498
- **Winter Park Community Center** – [www.cityofwinterpark.org](http://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](http://www.winterspringsfl.org) and click on Parks and Recreation or 407-327-6577

### *Additional Recreational Opportunities*

- **Central Florida Community Arts** – [www.cfcarts.com](http://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](http://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.