

*Thank you for choosing Renaissance Senior Center at South Econ Community Park!!!*

*We hope you will find this information useful when planning your visit.*

*Renaissance Senior Center at South Econ Community Park  
3800 South Econlockhatchee Trail  
Orlando, FL 32829  
407-254-9070 – Office  
407-281-0956 – Fax*

**Room Rental Information..... Page 1 – 2**

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Renaissance Senior Center at South Econ Community Park  
 3800 South Econlockhatchee Trail  
 Orlando, FL 32829

407-254-9070 – Office

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**OPERATING HOURS**

**8 A.M. TO 8 P.M. MONDAY- SATURDAY (After hour charges start at 8:00 p.m.)**

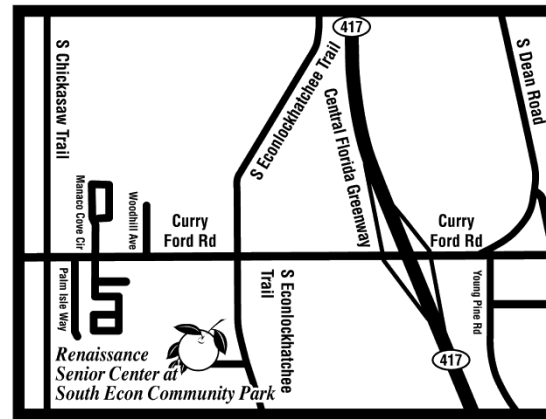
**1 P.M. TO 6 P.M. ON SUNDAYS**

**(After hour charges will be added from 8 a.m. to 1 p.m. and after 6 p.m. on Sunday)**

**ROOM RENTAL AND PAVILION RENTAL INFORMATION**

ROOM	CAPACITY	HOURLY RATE	DAMAGE SECURITY FEE (Refundable)	8 P.M. - 10 P.M.	10 P.M. – 11 P.M.
NAPLES A	40	\$50.00	\$50.00	\$80.00	\$130.00
NAPLES B	40	\$50.00	\$50.00	\$80.00	\$130.00
A & B (combined)	80	\$100.00	\$100.00	\$160.00	\$230.00
TUSCANY	40	\$50.00	\$50.00	\$80.00	\$130.00
URBINO	40	\$50.00	\$50.00	\$80.00	\$130.00
<b>VENICE – BALLROOM</b>	<b>2 hour minimum</b>	<b>kitchen rental is a separate hourly rate</b>			
BANQUET STYLE	240	\$190.00	\$190.00	\$220.00	\$410.00
AUDITORIUM STYLE	350	\$190.00	\$190.00	\$220.00	\$410.00
LARGE KITCHEN	40	\$50.00	\$50.00	\$80.00	\$130.00
PAVILION	40	\$50/DAY, 1 RENTAL PER DAY			

- Tables and chairs are included in the rental fee.
- You must pay for your time in the room, ***which includes set-up time and clean-up time.*** No exceptions will be made.
- Type of Payments: Checks, Exact Cash and Money Orders are accepted.
- Orange County Fees and Policies are subject to change based upon inflationary indexing and/or action by the BCC.
- All Functions or ***events must end by 10:00 p.m.*** and be cleaned up and out facility no later than 11:00 p.m., or an extra hour charge will apply.
- To rent a room the following documentation is required:
  - Facility Use Contract
  - Hold Harmless Agreement
  - Room rental and clean up agreements
  - Damage/Security Fee
  - Room Layout
- All rooms including the kitchen must be restored to their original condition. We will supply cleaning materials, mops and garbage bags for disposal of all trash.
- If customer cancellation of event/pavilion/room is made ***three days prior*** to the date, a "rain" date must be claimed within six months. If not redeemed within six months of the original date, then the payment must be refunded less the \$10 processing fee.
- Fee Waivers - Fee Waivers on rental rates or labor are not available after 8 p.m. or on weekends and holidays.
- Alcohol beverage waiver application fee for 1 – 100 people: \$153.02, for 101 – 500 people: \$290.72, and shall be made out to BCC and paid with room rental.
- Alcohol liability insurance is non refundable.
- Orange County Parks and Recreation is not responsible for items left or misplaced.



**From the West:**

408 East to 417 South to Curry Ford Road Exit.  
Turn right onto Curry Ford Road. Go to the first stop light which is Econlockhatchee Trail and turn left. Go 1 mile south until you get to a sign on right side that says "South Econ Community Park".

**From the East:**

408 West to 417 South to Curry Ford Road Exit.  
Turn right onto Curry Ford Road. Go to the first stop light which is Econlockhatchee Trail and turn left. Go 1 mile south until you get to a sign on right side that says "South Econ Community Park".

**From the South:**

417 North to Lee Vista Blvd Exit.  
Turn left onto Lee Vista Blvd. Go to the first stop light which is Econlockhatchee Trail and turn right. Go approximately 1.5 miles north until you get to a sign on left side that says "South Econ Community Park".

**From the North:**

417 South to Curry Ford Road Exit.  
Turn right onto Curry Ford Road. Go to the first stop light which is Econlockhatchee Trail and turn left. Go 1 mile south until you get to a sign on right side that says "South Econ Community Park".

**From State Road 50 West:**

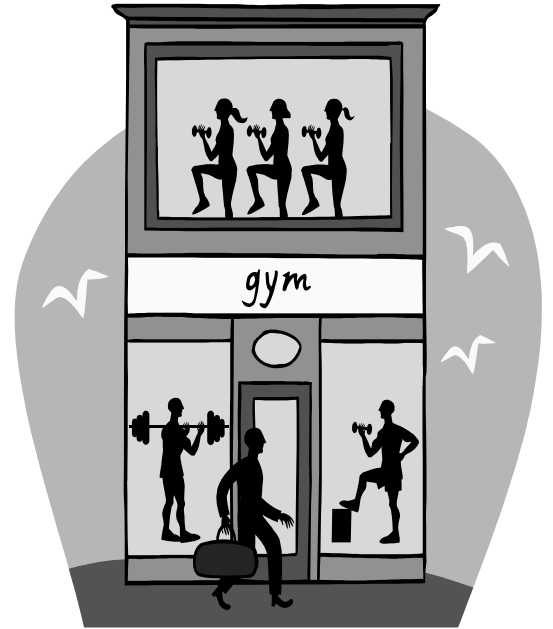
Go east on State Road 50 until you get to Econlockhatchee Trail. Turn right (south) and continue south . After crossing over Curry Ford Road continue south for 1 mile until you get to a sign on right side that says "South Econ Community Park".

**From State Road 50 East:**

Go west on State Road 50 until you get to Econlockhatchee Trail. Turn left (south) and continue south . After crossing over Curry Ford Road continue south for 1 mile until you get to a sign on right side that says "South Econ Community Park".

# ***Fitness Center Orientation***

Join Keith in the Fitness Center for this required group class. You can walk in during the times below for your Orientation. Please plan on spending at least 30 minutes for the whole class. Annual membership is \$10.



**\*\*Please bring check or exact change or you will not receive your card!\*\***

Wednesday 12:00 p.m.

Friday 10:00 a.m.

Saturday 2:00 p.m.



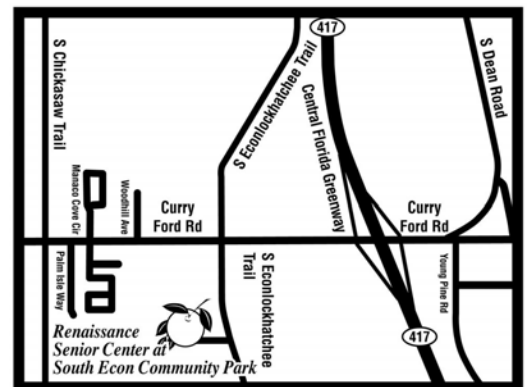
**Photo I.D.  
required for age  
verification!**

**Minimum age Requirement is 55**

Renaissance Senior Center at  
South Econ Community Park  
3800 South Econlockhatchee Trail  
Orlando, Florida 32829  
407-254-9070  
[www.orangecountyparks.net](http://www.orangecountyparks.net)

We embrace the power of diversity. Orange County Parks and recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability.

ANY SPECIAL NEEDS PLEASE CALL.



# Registration Form / Forma de Inscripción

New  Renewal

This card will be scanned by computer, write clearly. Please print using CAPITAL BLOCK LETTERS and a pen - one letter per space. Esta tarjeta será escaneada por computadora. Por favor escriba claro con un bolígrafo y use letras mayúscula - una letra por cada espacio.

Park Name / El Nombre del Parque											
Program Name / Nombre de Programa						Program Start & End Dates / Fecha de Comenzar & Terminar el Programa					
						MONTH /		DAY /		YEAR	

Participant's Name / Nombre de participante										Date of Birth / Fecha de Nacimiento					
										MONTH /		DAY /		YEAR	
LAST NAME / DURE EL NOMBRE			FIRST NAME / DENOMINE PRIMERO							M.I.					

Mailing Address / Dirección para enviar correo										Apt. #		City / Ciudad				State			
Zip / Código postal			Phone Number / Número de Teléfono				E-mail / Correo Electrónico												
			( ) - -																
School Attending / Escuela a la Cual Asiste										Grade		Age / Anos		<input type="checkbox"/> Male / Masculino		<input type="checkbox"/> Female / Hembra			
Parent / Legal Guardian / Padres / Guardian Legal						Relationship / Relación				Home Phone / Número de Teléfono de la casa									
										( ) - -									
Father's / Guardian's Work Phone / Teléfono de Trabajo de padre				Mother's / Guardian's Work Phone / Teléfono de Trabajo de madre															
( ) - -				( ) - -															
List any activities in which you / your child is UNABLE to participate / Lista cualquier actividad en las que su niño sea INCAPAZ de participar																			

## EMERGENCY MEDICAL INFORMATION / La EMERGENCIA INFORMACIÓN MEDICA

Emergency Contact Name / Nombre de Contacto de emergencia										Relationship / Relación			
Home Phone / Número de Teléfono de la casa				Work Phone / Teléfono de Trabajo				Other Phone / Otro Número de Teléfono					
( ) - -				( ) - -				( ) - -					
Emergency Contact Name / Nombre de Contacto de emergencia										Relationship / Relación			
Home Phone / Número de Teléfono de la casa				Work Phone / Teléfono de Trabajo				Other Phone / Otro Número de Teléfono					
( ) - -				( ) - -				( ) - -					
Please list any medical conditions or medications for which you / your child is currently under a physician's care: Liste, por favor, cualquier condición o las medicinas médicas para que tu niño/su es actualmente bajo el cuidado de un médico:													

## Participant Consent Release

I (or my child/ren) am voluntarily participating in this program, class or event written above. In return for the opportunity to participate, I voluntarily for myself (or my child/ren) waive, release, indemnify and hold harmless Orange County and its officers and employees from any liabilities, claims, damages, injuries, losses, and expenses including reasonable attorneys fees and cost whatsoever, including those for personal injury, death or property damage, which may arise from or in connection with participation in this program, class or event.

If this registration is for one of my minor children, I hereby consent to emergency treatment and transportation of my minor child for any condition which may arise during, from or in connection with participation in this program, class or event and I shall be responsible for the payment of all costs associated with such emergency treatment or transportation.

Further, I hereby give permission to Orange County to use any photographs taken by the County, its officers, employees, or agents, of either me or my child/ren during participation in this program, class or event. I agree such photographs shall be the property of Orange County and I am not entitled to compensation of any kind for the use of such photographs.

I agree to abide by all County Ordinances and Parks & Recreation rules and regulations, and understand that Orange County has the right to close registration and to change fees and requirements when necessary. This release shall remain in effect until canceled in writing.

## Liberación de Consentimiento de participante

Yo (o mi hijo(a)/os) estoy voluntariamente participando en este programa, clase, o evento anteriormente descrito. A cambio, por la oportunidad de participar, voluntariamente (o a nombre de mi hijo(a)/os) renuncio, libero, aseguro, y mantengo libre al Condado de Orange, a sus oficiales, y empleados, de toda responsabilidad reclamación, daños, heridas, pérdidas personales y gastos, incluso costos razonables de abogados, incluyendo heridas físicas, muerte o daños a la propiedad, que puedan surgir de, o en conexión con, la participación en este programa, clase, o evento.

Si esta registración es para uno de mis hijos menores, autorizo tratamiento de emergencia y transportación de mi hijo(a)/os menor por cualquier condición que pueda ocurrir durante, de o en conexión con la participación en este programa, clase, o evento. Acepto la responsabilidad por el pago o costo asociado con el tratamiento de emergencia o transportación.

También doy permiso al Condado de Orange de usar cualquier fotografía de mi hijo(a)/os tomada por el condado de Orange, sus oficiales, empleados, o agentes, durante la participación en este programa, clase, o evento. Estoy de acuerdo que las fotografías son propiedad del condado de Orange y no seré compensado(a) en forma alguna por el uso de ellas.

Acepto cumplir con todas las ordenanzas, reglas, y regulaciones del Condado y la División de Parques y Recreación, y entiendo que el Condado Orange tiene el deber de cerrar registración y cambiar los costos y requisitos cuando sea necesario. Esta declaración se mantendrá en efecto hasta que se cancele por escrito.



Signature of Parent/Legal Guardian (if under 18)  
Firma de Padres/Guardian (Si menor de dieciocho años)

Date / Fecha

# Orange County Medical Clearance

Complete this form prior to orientation or personal training at the **Renaissance Senior Center** or the Marks Street Senior Recreation Complex.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

Orange County operates a wellness/fitness training center for seniors **55 years of age** and over at the Marks Street Senior Recreation Complex and at the **Renaissance Senior Center**. **Select staff is trained in the use of all the facility's equipment, which is similar to that found in commercial health and fitness clubs.** They instruct to ensure the proper use of the exercise equipment. After an initial orientation session with Staff, there will be no personal trainers and your use of the equipment will be self-led. There are no special types of medical monitoring available in the facility, nor will any medical monitoring be done. Any special medical precautions are the responsibility of the participant and his/her physician. Please use an extra measure of care and safety at these facilities.

If you have any questions concerning the exercise facility staff, equipment or any special concerns regarding the participant, please call **Orange County at 407- 254-9070.**

**PLEASE CHECK ONE:**

The above named individual **is medically cleared** to use Orange County wellness facilities and participate in sponsored programs/activities.

The above named individual **is not medically cleared** to use Orange County wellness facilities and participate in sponsored programs/activities.

Date \_\_\_\_\_ Phone \_\_\_\_\_ License # \_\_\_\_\_

Physician's Name (Print) \_\_\_\_\_

Physician's Signature \_\_\_\_\_

Office Address \_\_\_\_\_

## Office Use Only

Check Driver's License: Yes  Eligible to Participate: Yes

Staff Initials: \_\_\_\_\_ Notes: \_\_\_\_\_

**Note to Participants.** You must **renew your membership annually.** If you let your membership lapse you will have to reapply which includes this **Medical Clearance.** It is your duty to inform Staff if there are changes in your physical or medical status.

Volume 6  
Issue 1



# RENAISSANCE REVIEW

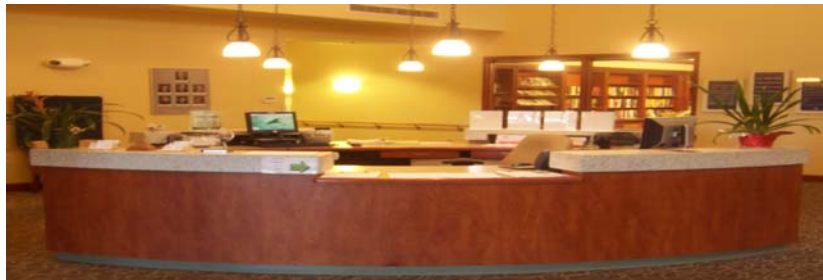
**RENAISSANCE SENIOR CENTER  
AT SOUTH ECON COMMUNITY PARK  
HOURS OF OPERATION:  
MONDAY THROUGH SATURDAY  
8:00 A.M. TO 8:00 P.M.  
SUNDAY 1:00 P.M. TO 6:00 P.M.**

October 2009  
To  
March 2010

Rental Information:

*Each room and the pavilion near the playground are available to rent.*

*Please call 407-254-9070 if you would like any additional information.*



Orange County Parks and Recreation stands by its motto. "It Starts in Parks". At the Renaissance Senior Center located at South Econ Community Park we have a motto of our own.....

## "It Starts at the Front Desk"

The front desk job has a critical role at our center. The first person that guests interact with is at the front desk; therefore the front desk staff strives to provide friendly and professional customer service at all times. Lillian Maldonado, Mary Ann Doty, Carol Kesler and Loraine Schneider manage the front desk to ensure members receive the highest level of customer service possible.

The front desk staff member gives the first impression for a company, whether it be via telephone or in person. A friendly and professional tone and action are vital in this role. Here at the Renaissance Senior Center the staff is responsible for answering a multiline phone system, booking reservations, greeting and directing guests, providing program information, facility tours, filing, mail distribution and tracking of program attendance. The ability to multi-task is essential for front desk staff to complete all of our daily tasks.

Attendance levels for each program have increased since the center opened in May 2007. In order to keep track of attendance numbers we require every participant to complete a registration/release form and sign in on the attendance sheets for every program they attend. These attendance numbers are collected every 6 months to determine if these programs are being utilized and are beneficial to keep them active. These attendance figures are also used to determine if we are meeting our Community Development Block Grant (CDBG) requirements. That goal requires us to have 51% of the people who are active members of the senior center, be 62 years of age or older.

Comments and suggestions are always welcomed. Please complete a yellow comment card and drop it in the designated box. Thank you and spread the word.. "It Starts at the Front Desk."





### Renaissance Senior Center Clarification of Rules

We all belong to a family. Our family bonds give us identity: a way to recognize ourselves with a culture and heritage all our own. We support each other, depend on each other, respect each other and comfort each other. We are also members of a much larger family: our community. We accept the responsibilities of being a part of this family, only receiving what we need so that others may have their share, and helping to strengthen the family through our service. The joy of learning can last a lifetime. Seeking knowledge begins with asking questions, then pursuing the answers with energy and creativity. The freedom and understanding gained by knowing the truth are our rewards for the pursuit of knowledge.

Orange County Parks and Recreation loves senior citizens and recognizes that they are an important part of our community. We value seniors and their input and want to help them continue exciting lives and to contribute to their community. We think their life's experience is critically valuable for our youth and families so we strive to promote mentorship by letting all families recreate together in all of our parks and facilities. Orange County Parks and Recreation's mission is to provide and preserve quality parks and recreation for all.

Programs at the Renaissance Senior Center at South Econ Community Park are developed specifically for, and marketed to seniors. The use of our fitness room is strictly reserved for people aged 55 or over. Fitness room members must have an Orange County Medical release form signed by their doctor and have attended a fitness center orientation. To promote senior mentoring and not alienate many seniors who are now guardians of their own grandchildren, seniors may bring their grandchildren or adult children in to participate with them in our social activities. If a member brings a grandchild here who wants to enjoy some of the leisure activities we offer, then the under age person must stay with the member at all times. Everyone who enters the Renaissance Senior Center is required to sign an Orange County registration form. If they are under 18 and here with a grandparent or parent, then they must still fill out a registration form and the parent or grandparent must sign it as the responsible party. No one under 18 is allowed in the billiards room. At this time, fencing is our only intergenerational program, allowing participants of any age to join that class. Again, the guardian or parent must stay in that classroom with a minor at all times.

Construction will begin soon for a new full-size indoor gymnasium/recreation center, at South Econ Community Park. This new facility will allow us to provide quality recreation services for all ages. This facility will include a full size basketball court, a weight room, meeting space, and concession area. Orange County Parks and Recreation Division will provide summer camps for youth, athletic leagues, after school enrichment programs, basketball programs and more.

Here are some quotes from a mentoring program in Hawaii that has been operating for the last 7 years called "Giving Back".

"I get younger every day I work with my children! And I love watching them learn and blossom."

~ Senior volunteer

"The relationships that developed between the mentors, teachers, and children were perhaps the best and most beautiful thing to watch. The mentors shared their life stories and their knowledge of many subjects with the students."

~ Special Education Coordinator

"I have greatly benefited personally from this experience. The love and trust the children gave me, makes me feel very much a part of their lives. I'm very grateful for this experience."

~Kathryn, Senior mentor

### Renaissance Clarificación Central Mayor de Reglas

Todos pertenecemos a una familia. Nuestros bonos familiares nos dan identidad: una manera de reconocerse con una cultura y la herencia todo nuestro propio. Sostenemos uno al otro, dependemos de uno al otro, respetamos uno al otro y aliviamos uno al otro. Somos también miembros de una familia mucho más grande: nuestra comunidad. Aceptamos que las responsabilidades de es una parte de esta familia, sólo recibiendo lo que necesitamos para que otros puedan tener su acción, y ayudando a reforzar la familia por nuestro servicio. La alegría de aprender puede durar una vida. Buscar el conocimiento empieza con hacer preguntas, entonces siguiendo las respuestas con energía y creatividad. La libertad y comprendiendo ganado sabiendo la verdad es nuestras recompensas para el persecución del conocimiento.

El Condado anaranjado Aparca y personas de la terceras edades de amores de Recreación y reconoce que ellos son una parte importante de nuestra comunidad. Valoramos a mayores y su entrada y queremos ayudarlos continúan emocionante vive y para contribuir a su comunidad. Pensamos que la experiencia de su vida es críticamente valiosa para nuestra juventud y familias tan nosotros nos esforzamos por promover mentorship permitiendo todas familias divierten junto en todos nuestros parques y facilidades. El Condado anaranjado Aparca y la misión de la Recreación es de proporcionar y preservar parques de calidad y recreación para todo.

Los programas en el Renacimiento el Centro que Mayor en Parque de South Econ Comunidad es desarrollado específicamente para, y vendido a mayores. El uso de nuestro cuarto de la salud es reservado estrictamente para personas se envejeció 55 o sobre. Los miembros del cuarto de la salud deben tener un Condado Anaranjado forma Médica de liberación firmadas por su médico por y han asistido una orientación de centro deportivo. Para promover mentoring mayor y no enajenar a muchos mayores que son ahora guardianes de sus propios nietos, los mayores pueden introducir sus nietos o a niños adultos participar con ellos en nuestras actividades sociales. Si un miembro trae a un nieto aquí que quiere disfrutar de algunos de los pasatiempos que ofrecemos, entonces el bajo persona de edad debe permanecer con el miembro siempre. Todos que entra el Renacimiento el Centro Mayor son requeridos a firmar un formulario de inscripción Anaranjado de Condado. Si ellos son abajo 18 y aquí con un abuelo o padre, entonces ellos todavía deben llenar un formulario de inscripción y al padre o el abuelo lo debe firmar como el partido responsable. Nadie bajo 18 es permitido en el cuarto de billar. En este momento, cercando es nuestro único programa de intergeneracional, permitiendo a participantes de cualquier edad para unir esa clase. Otra vez, el guardián o el padre deben permanecer en esa aula con un menor siempre.

La construcción empezará pronto para un nuevo gimnasio/recreación social interior de tamaño natural, en Parque de South Econ Comunidad. Esta nueva facilidad nos permitirá proporcionar la calidad los servicios de la recreación para todas edades. Esta facilidad incluirá un tribunal lleno del baloncesto del tamaño, un cuarto del peso, encontrando el espacio, y área de concesión. El Condado anaranjado Aparca y la División de la Recreación estará proporcionando el verano campamentos para la juventud, las ligas atléticas, después de programas de enriquecimiento de escuela, los programas del baloncesto y más.

Aquí están algunas citas de un programa de mentoring en Hawaii que ha estado operando para los últimos 7 años llamado "Devolviendo".

¡"Consigo más joven cada día que trabajo con mis niños! Y adoro mirar que los aprenden y florecen". - Voluntario Mayor

"Las relaciones que desarrollaron entre los mentores, los maestros, y los niños fueron quizás el mejor y la mayoría de las hermosas cosas de mirar. Los mentores compartieron sus biografías y su conocimiento de muchos sujetos con los estudiantes". - Coordinador Especial de Educación

"He beneficiado mucho personalmente de esta experiencia. El amor y se fia de los niños dio mí me hago me siento tanto una parte de su vive. Estoy muy agradecido para esta experiencia". -Kathryn, mentor Mayor

A message from Carrie:

Hi everyone! I'm going to tell you about the programs that I manage and a little bit about what I do around the center.

I will start with my programs that I'm continuing with:

Art class will run every Thursday from 12-1:30 p.m. The teacher is Joseph Antonello; he took a break for a little while, but he's excited to be back. Please see flyer for more info.

Ballroom Dance class is being cancelled, but the time slot will be used by Julius Dumapit who will teach Beginning Level Ballroom Dance Class from 10 to 12 p.m. on Saturdays. Julius is changing the name of Mix Dance Class to Intermediate-Advance Level Ballroom Dance Class on Sunday from 4 to 6 p.m. Each class will be \$7 per person. The two separate classes will help the beginners with the basics without slowing down those who have been in the game longer.

If you are in need of a good massage, look no further than our very own licensed massage therapist, Angelica Fabbri. Her new prices will be \$20 for 15 minutes, \$25 for 20 minutes, \$30 for 25 minutes, and \$35 for 30 minutes. There is relaxing music to help you forget your worries.

Recently Diana Chewning started a new yoga class called Chair Yoga that would benefit a wider range of people. Check flyer for details.

Jazzercise Lite is going to add Monday, to the Tuesday/Thursday routine. There is no registration fee and the price has changed! Check flyer for more info.

The Latin Dance was not as popular as we had hoped, so I have changed it to every other month. The music will be Juan Acevedo (NEW) on October 16<sup>th</sup>, Los Claudios on December 11<sup>th</sup>, and Henry Cordero y su Combo Show next Valentine's Dance on February 12<sup>th</sup>. The cost will still be \$5 per person. Each dance will have a raffle for free tickets to the next dance. With budget constraints I only have a few dollars for food and drinks for each dance - so any and all food donations will be greatly appreciated!

The Read-A-Book program has greatly benefited our center. The money that comes from the book and bake sales goes toward Bingo prizes and other things that may be needed by our center. The Friends of Renaissance is a developing organization full of volunteers who want to help this center thrive, so if you would like to join, let the front desk know.

Yoga with Diana is adding more times, please see flyer for more info.

My new programs include a Writing Class and Conversational Spanish.

The Writing class will be a chance for you to jot down a memory so it'll never be forgotten. Some examples of writing topics will be: best/worst summer, first kiss, favorite possession, worst habit, etc. This class will only be 45 minutes, and meet one time a week, so whatever does not get finished in class can be finished at home. Starting on the second class, participants will be able to share with the class what they wrote about in the previous class (optional). To help you tell your story, participants are encouraged to bring in photographs or other materials pertaining to the topic (which will be revealed at the end of the previous class). If you have any questions, you can always ask me.

Our members have asked for a Spanish class, and we have listened! We will start a brand new class called Conversational Spanish, led by Lucy Santiago, a fluent Spanish speaker. With three years of Spanish classes under my belt, I will be assisting Lucy with this class. We will have a sign up sheet with a maximum of 10 people per session. We will have 2 sessions; each will last for 8 weeks, starting October 6. The next session begins December 15. In lieu of a class fee donations will be accepted.

For each of the programs that I've told you about I have to turn in program proposals, put attendance records together, make monthly reports, make sure all the paperwork is in order, and do surveys for each program. I am also in charge of the volunteers, making sure the paperwork is filled out correctly and contacting each volunteer after their background screening has been approved. Volunteer hours are collected each month and I put them on our Monthly Operations Report. Making sure we have volunteers for our special events or daily activities is also my responsibility. If you would like to help us out, please see the front desk.

See you around!



Hola todos,

This is Laura, I hope everyone is looking forward to the fall season that is approaching us QUICKLY and I must say QUICKLY! Can you believe the holidays are just around the corner? I can't wait! I have to say, I know a lot of you guys and gals by first names, but I am seeing a lot of new faces around, and I am very interested and excited about meeting everyone. Please stop me in the hall and introduce yourself if I have not done so first. So let's get "krackin"... I have some great new programs that will be starting in October and have had to cancel some old ones due to lack of interest. Here is a list of my new programs that will start in October 2009:



**Meditation:** Wednesdays at 2:00p.m. (Spanish) and Fridays at 11:00 a.m. (English) Free

**Recipe Exchange:** Tuesdays at 12:00p.m. Bring in your favorite old or new recipes to share and a sample of it for everyone to enjoy. Free

**Animal Services Amnesty Day:** March 10<sup>th</sup> 2010 from 9:00a.m. -12:30p.m. (Bring in any unwanted or stray animals. Free rabies shots will be provided with proof of Orange County Residency.

**Step Aerobics:** Every Wednesday from 4:00p.m. - 5:00 p.m. This class is taught by volunteer Sylvia Boyd. Free

Continuing programs in October 2009:

**WWF:** (Walking with friends) Monday through Wednesday from 10-11a.m. and Thursday from 9:15-10:15a.m. Follow along to a walk slim DVD. Free

**Bingo:** Thursdays from 3-5p.m. Great game and lots of fun! Bring in snacks to share. \$2.00 per person

**Belly Dancing:** Mondays at 11:00a.m. and Thursdays at 7:00p.m. Class is taught by a certified instructor and is by donation

**Blood Pressure Checks:** Wednesday from 9-11a.m. on the following dates: (11/18/09, 1/27/10, 3/24/10) Free

**HCE: (Home and Community Education Class)** is held one Wednesday a month from 10:00a.m. to 12:30p.m. Watch for fliers! This is a Nutritional class and it is free for all.

**Wellness Class:** is held on one Wednesday a month from 11:00a.m to 12:30p.m. This is a nutritional and educational class on different seniors' issues. Watch for fliers! Free

**Scrappy Seniors:** Tuesdays from 11:00a.m.-2:00p.m. Scrapbooking tools provided just bring in your own supplies and photos! Free

**Flea Market:** One Sunday a month from 1:00-4:00p.m. Rent a table for \$5.00 and bring in your treasures to sell trade or barter. Look for flier for dates!

**Yoga with Gwen:** Mondays at 2:00p.m and Wednesdays at 11:15a.m. Yoga is taught by a certified instructor and class is by donations. Please bring in your own mat.

**Geo Fit Seniors:** Mondays at 11:30a.m and Thursdays at 11:00 a.m. This is a new twist to senior fitness. Workout on a numbered mat as you follow a musical DVD.

**Zumba:** Wednesdays from 6:45-7:45p.m. This is a Latin aerobics dance class taught by a certified instructor. \$8.00 per person per class. Bring your WATER!

Some future programs that are being planned are: Body Toning, Food Drive and I'm hoping for a "Love Boat" themed dance {singles only}. I always welcome comments or any ideas for new and exciting programs, so please let me know if you have any.

**Remember an untold idea is just an untold idea.**

Hey, this is Keith. We are excited once again to start a new program period with our members. I will be continuing most of my programs from the summer. There are two, however, I just didn't get the attendance I hoped for and won't be continuing. These programs are: Closest to the Pin and Recipe Exchange. The good news is that Laura will be taking over the Recipe Exchange program and will be adding a new twist to it. Check it out! Our golf chipping/putting green is always available for open recreation.



I have seen a great attendance increase in all the other programs I am in charge of since they've started. All of my instructors have seen their classes grow in size also. Mexican Dance with Patti, Line Dancing with Ivan, Line Dancing with Francis, Tai Chi with Sherry, the Spinning class with Paola, and Tami's Karaoke night, I am happy to announce will all continue. The programs I lead personally have also been a big success this summer. Fitness Orientation is still a very popular program. On top of continuing this I will be in the fitness room from time to time to make sure proper attire is being worn and the machines are being used properly. Movie of the Week has seen the largest popularity growth. More and more people have been coming and I am happy to announce in the next few months we will start getting the big summer blockbusters that you may have missed. Tailgate Saturday will now be more enjoyable because football season has started! Don't forget to bring in stuff so I can cook it for you!! The Renaissance Dance is a wonderful social event and everyone seems to enjoy it. Keep an eye out for more themed dances and new bands starting sometime next year.

On top of all these programs I did decide to start a couple new ones as well. First one will be the Saturday Buzz. This program will be run by Carla who is a former reader to the blind. She will be here on Saturday mornings at 10 a.m. to read the newspaper or any stories to those interested. This is a great opportunity for any individuals who have trouble reading. My next program leads up to a Renaissance Olympics Event which will take place on March 13, 2010. The Olympics will consist of four events: Basketball Free Throws, Archery, Golf Putting, and Horseshoes. To help prepare for these events just like any Olympic athlete would do, we set aside practice and training time for these events. For one hour every Tuesday at 10:00 a.m. you can come in to learn the rules as set by the Florida Senior Games, and help prepare yourself for the Renaissance Olympics. Also keep an eye out for more tournaments like ping pong, billiards, and Wii Bowling.

Besides running our programs we stay busy in the office with attendance reports. We are responsible for making sure everyone has filled out a registration form and entering them into any program you attend. After all the attendance is entered in the computer, I collect all the surveys and monies to put into a monthly operations report. I am also responsible for any purchases required for programs and have to make monthly reports reflecting these items. Special events here are a big part of my day as well. We constantly have weddings, parties, and meetings that need supervision. This starts with occasionally taking reservations, setting up rooms, making sure the sound system is set for them, being available to help them with anything they need, and to clean up afterwards.



Hello everyone, my name is Ben and I am the Senior Park Specialist here at the Renaissance Senior Center. I am responsible for making sure general safety standards are maintained inside the building and outside at the park as well as the grounds. I perform inspections daily for preventative maintenance reports. I handle specialized projects using my technical skills. Some more of my responsibilities include contacting and supervision of all contractors working on the building and property. I also assist park and building patrons, set-up rooms for classes and events, assist the recreation staff when necessary and last but certainly not least, I supervise the Park Specialists, Randy, Ramon, Jaime, Julio and Jimmy. They are responsible for keeping the building and grounds clean, light maintenance, handling small projects as assigned as well as assisting park and building patrons.



Each of our Park Specialists has a special task that they perform. Randy's specialty is daily playground inspections along with assisting me with grounds related projects. Ramon handles our supplies inventory and daily event set-up. Ramon also makes sure our special event signs are placed in the lobby in a timely manner. Jaime is responsible for making sure our floors stay in tip top shape as well as keeping the fitness room equipment and floor sanitized and dust free. He also assists me with interior and exterior building related projects. Julio takes care of repairs and adjustments to the fitness equipment and various building projects. Jimmy is in charge of keeping our putting green, bocce court and horse shoe areas, clean and weed free. Julio and Jimmy also assist with the set-up and break down of daily and special events like weddings and birthday parties.

**Special Events**

**AARP Defensive Driving:** 9:00 a.m.- 1:00 p.m.

English version Oct. 29 & 30, Dec. 17 & 18, Feb 26 & 27.

Spanish version Nov. 26& 27, Jan. 28 & 29, Mar. 25 & 26.

**Flea Market:** 1:00- 4:00 p.m. Nov. 15, Dec. 13, Jan. 10, Feb. 14, & Mar. 14.

**Karaoke:** 6:00 - 9:00 p.m. Oct. 20, Nov. 17, Dec. 15, Jan. 12, Feb. 23, & Mar. 23.

**Renaissance Dance:** 7:30-10:00 p.m. Nov. 21, Dec. 5, Jan. 23, Feb. 20, & Mar. 27. (\$7)

**Latin Dance:** 7:00 - 10:00 p.m. Oct. 16, Dec. 11, & Feb. 12. (\$5)

**Ballroom Dance After Hours:** 7:00—10:00 p.m. Dec. 4, & Feb. 5. (\$7)

**Read A Book/Bake Sale:** 9:00 - 1:00 p.m. Nov. 5 & 19, Dec. 3 & 17, Jan. 7 & 21, Feb. 4 & 18, Mar. 4 & 18.

**Home & Community Education:** 10:00-12:30 p.m. Nov. 11, Dec. 16, Jan. 20, Feb. 24, & Mar. 24.

**Free Blood Pressure Checks:** 9:00-11:00 a.m. Nov. 18, Jan. 27, & Mar. 24.

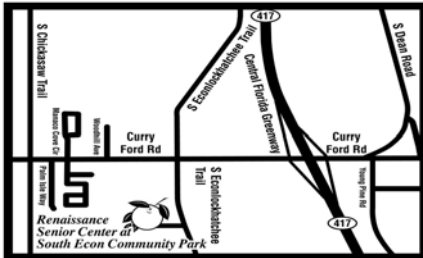
**Wellness Class:** 11:00-12:30 p.m. Oct. 21, Nov. 18, Jan. 20, Feb. 10, & Mar. 17.

**Parkinson's Support Group:** 9:30 - 11:30 a.m. Nov. 4, & Dec. 2.

**Free Blood Pressure & Sugar Glucose Screening:**  
9:00 - 11:00 a.m. Oct. 17, Nov. 21, Dec. 19, Jan. 16, Feb. 20, & Mar. 20.



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Orange County Mayor **Richard T. Crotty**

Orange County Commissioners

- District 1      **S. Scott Boyd**
- District 2      **Fred C. Brummer**
- District 3      **Mildred Fernandez**
- District 4      **Linda Stewart**
- District 5      **Bill Segal**
- District 6      **Tiffany Moore Russell**

**Help us save trees!**

Receive your newsletter by email.  
 Call or visit the office to sign up.



Orange County Orlando Magic Recreation Center News



I know you have all been surprised at how fast the new recreation center walls went up. All you have seen since June 2009 is the blue construction fence hiding all the work being done behind it. And “boom” all of a sudden, over a three day period the walls are standing up! This new 24,000 square foot community recreation center is one of five new recreation centers being built to expand the recreation services Orange County Parks and Recreation already provides. The five new Recreation Centers will be located in different parts of the county including, Goldenrod Park, Meadow Woods Park, Silver Star Community Park and Mildred Dixon Community Park as well as ours here at South Econ Community Park. Each center will have a 12,000 square foot gymnasium, fitness rooms, game room, meeting space, concession area and kitchen space which will all be available for use to the public. Membership packages will be available and other recreation programs will also take place at each new facility. With the addition of the new recreation center here at South Econ Community Park, we will be able to provide recreation services to the entire community from youth to seniors. Please visit the website for more information about all of these new facilities.

[www.orlandomagicocflgyms.net](http://www.orlandomagicocflgyms.net)

**Sheryl Fleming, Site Supervisor**