

Dunham Recreation Center

4356 Dunham Way
Cincinnati OH 45238

Area(s) Served:
Hamilton County

<https://www.cincinnati-oh.gov/recreation/programs/seniors>
dunham@cincinnati-oh.gov

Phone: 513-251-5862

Phone Extension: N/A

Contracted Provider: Not Applicable

Description:

Cincinnati Recreation Commission Seniors are active and aware. They want to play, relax, learn and enjoy. They're at the top of their life enjoying their view. Recreational, cultural, educational, and leisure activities designed for an active lifestyle are offered at over 16 senior centers located throughout the Cincinnati area. Cincinnati Recreation Commission Seniors leisure and cultural activities mean relaxing and enjoying. Whether its basketball, volleyball, swimming, bowling, karate, or Tai Chi. Cincinnati Recreation Commission Seniors also helps seniors attain a new level of physical fitness and health. Many of the senior centers features weight rooms, aerobics, health walking, and yoga classes.