

Library Events

World AIDS Day: A Day of Remembrance

Orlando Public Library, Magnolia Room

Thursday, December 1, Noon–4 p.m.

Please join The Hope and Help Center of Central Florida in remembrance of lost family and friends. They will be offering HIV/STI education and no-cost HIV and Hepatitis C testing in the Magnolia Room. *The Age of AIDS*, a PBS documentary that follows the trials and triumphs that have come with the AIDS epidemic, will be shown in the Albertson Room. For more information, please visit hopeandhelp.org.

Orlando Public Library Pokémon League

Orlando Public Library, Magnolia Room

Sundays, December 4 & 18, 3 p.m.

Calling all trainers! Join the official Orlando Public Library Pokémon League. Battle for fun or for glory with the Pokémon Trading Card Game, Pokémon video games and even Pokkén Tournament. Earn cool prizes, meet other trainers and have fun. Trainers of all ages and skill levels welcome. For all things Pokémon, visit ocls.info/pokemon.

CareerSource Central Florida Presents: Job Search Assistance

Alafaya Branch

Monday, December 5, 10 a.m.–2 p.m.

Orlando Public Library

Monday, December 12, 10 a.m.–2 p.m.

Chickasaw Branch

Monday, December 12, 10 a.m.–2 p.m.

North Orange Branch

Monday, December 19, 10 a.m.–2 p.m.

Come in and work with a CareerSource Central Florida professional and learn to connect with employment opportunities. Take advantage of free career counseling, skill-development workshops and more. Learn more about our partner at careersourcecentralflorida.com.

Disney Movie Marathon

Orlando Public Library, Library Central

Monday, December 5, 11 a.m.–4 p.m.

Celebrate the 115th birthday of Walt Disney by watching a Disney movie marathon. The library will be screening *Snow White and the Seven Dwarfs*, *Alice in Wonderland* and *Sleeping Beauty*.

Tai Chi and Qigong for Reducing Stress

Southwest Branch

Wednesday, December 7, 10:15–11:30 a.m.

Learn Tai Chi principles of movement and Qigong techniques for reducing stress during the holidays. Tai Chi brings the mind into the "moment of now." It is mindful, moving meditation. Taught by Jon Malone, Registered Yoga Teacher, Master Martial Art Instructor and Tai Chi Sifu. Jon teaches Tai Chi at the YogaMatrix Studio in Dr. Phillips and at Orlando Health UF Health Cancer Center. No prior Tai Chi or Qigong experience needed. Wear comfortable clothing and shoes. Registration required.

Savvy Savers

West Oaks Branch

Saturday, December 10, 1:30 p.m.

Attend our monthly meeting and save money shopping for the holidays.

Cupcake Celebration!

Edgewater Branch

Saturday, December 10, 2 p.m.

Join us for a sweet celebration in honor of National Cupcake Day with cartoons, cupcakes and crafts!

Cupcakes provided by B Cupcakes in Winter Park.

Creative Coloring for Adults

North Orange Branch

Sunday, December 4, 2 p.m.

Orlando Public Library, Albertson Room

Sunday, December 11, 3 p.m.

Alafaya Branch

Monday, December 19, 7 p.m.

Have you heard about the latest craze? Adults are coloring again! Coloring is a great way to relax and unwind while channeling your inner child. Join us for a fun time of creating and coloring. All supplies will be provided, but feel free to bring your favorite colored pencils or markers. Ages 18 and up.

Stress Buster Coloring Hour

Southwest Branch

Wednesday, December 14, 10:30 a.m.

Life got you stressed? Unwind at the Library. Turn off your phone, unplug your computer, and join us for an hour of stress-busting coloring for adults. Adults all over the world are discovering the relaxing, stress-reducing, and meditative benefits of coloring. All the supplies you need to color away your stress are provided, but feel free to bring your favorite coloring tools. Ages 18 and up. Some supplies provided by Community School of the Arts program sponsored by Women in the Arts Inc., in partnership with the Orange County Library System. womenintheartsinc.org.

Stress Less with Essential Oils

Edgewater Branch

Saturday, December 17, 10:30 a.m.

Your body doesn't distinguish one kind of stress from another... Stress causes inflammation and toxicity, which in turn can cause disease. When you can alleviate stress in your body, you will sleep better, your moods will change, your digestion will improve and in general you will feel a new sense of lightness. Learn how you can help manage your stress levels and how different essential oils help balance your mood and regulate your blood sugar and metabolism!

Introducción a los Aceites Esenciales

Edgewater Branch

Wednesday, December 14, 6:30 p.m.

Los invito a una clase gratis donde se presentará información sobre el botiquín natural para su casa! Aprende porque usted debe buscar soluciones para su salud de la naturaleza en vez de las medicinas sintéticas.

Paper Crafts for Adults

West Oaks Branch

Saturday, December 17, 1:30–4:30 p.m.

Transform an old book into a personalized journal or scrapbook featuring your own creative art work. Supplies will be provided but feel free to bring any embellishments or photos to personalize your creation.

Explore Tech: The Next Frontier of Space Exploration

South Trail Branch

Saturday, December 17, 2 p.m.

Join Emil Buehler Planetarium Director Derek Demeter as he examines the future of space exploration for the next generation. Topics include the Solar System, search for exoplanets, dark matter and more! The South Trail Branch of the Orange County Library System will be hosting the traveling exhibit Explore Tech: Engineers Make a World of Difference from November 5, 2016 – January 6, 2017.

The Ghost Society

Orlando Public Library, Albertson Room

Sunday, December 18, 2 p.m.

The Ghost Society is an open forum hosted by The Beyond Investigators paranormal team. Come share your personal experiences, learn what's new in the field, discuss books and shows in a casual and fun atmosphere. Join us every third Sunday of the month as we explore this interesting field.

Healthy Living

ocls.info/healthyliving

Affordable Care Act Information and Assistance

Herndon Branch

Thursdays, December 1 & 8, 2–6 p.m.

South Trail Branch

Mondays, December 5 & 12, 2–6 p.m.

Edgewater Branch

Tuesdays, December 6 & 20, 4–8 p.m.

Washington Park Branch

Tuesday, December 13, 4–8 p.m.

South Creek Branch

Wednesdays, December 14 & 21, 2–6 p.m.

West Oaks Branch

Thursday, December 15, 2–6 p.m.

Eatonville Branch

Monday, December 19, 2–6 p.m.

Certified In-Person Assisters will answer your questions regarding the Affordable Care Act and assist with enrolling in the Health Insurance Marketplace. The Open Enrollment Period for 2017 is November 1, 2016 – January 31, 2017. For more information, please call 407.340.0844 or visit facebook.com/enrollorlando.

Affordable Care Act Enrollment Assistance

Alafaya Branch

Mondays, December 5 & 12, 2–8 p.m.

Don't miss the 2017 Open Enrollment, when you can enroll in a health insurance plan. Affordable Care Act Navigators will be providing Enrollment Appointments. The Open Enrollment Period for 2017 is November 1, 2016 – January 31, 2017. Appointments can be made online by visiting CoveringCFL.net or calling 877-564-5031.

Introduction to Pilates for Seniors

Hiawassee Branch

Tuesdays, December 6 & 20, 2 p.m.

Exercise your way to fitness in this introduction to Pilates class. You will learn simple moves that will work your muscles, help alignment and encourage flexibility. Comfortable clothing required, yoga mats encouraged. Registration recommended. Register online at ocls.info or call 407.835.7481.

Growing Herbs

Alafaya Branch

Thursday, December 8, 6:30 p.m.

Whether you're growing herbs to use in cooking or simply for their delightful scents, they're an attractive and versatile addition to any garden. In this fun-filled presentation by Leu Gardens' Director Robert Bowden, learn about some of the easiest herbs to grow—rosemary, dill, lemongrass and mint—and which herbs can be grown year-round in Central Florida.

Reducing Stress This Holiday Season Through Meditation

Orlando Public Library, Albertson Room

Saturday, December 10, 11 a.m.

The scientific community has recently been exploring the use of meditation as a healing modality. Join Mark Young, Professor of Counselor Education at UCF, as he discusses the extraordinary effect of meditation. Dr. Young has been a meditator for 40 years and has taught meditation to hundreds of individuals. He will also present a simple yet powerful meditation technique that can enrich one's life personally, professionally, spiritually and help with seasonal stress.

A Physical Therapist's Tips & Tricks to Staying Healthy

Orlando Public Library, Albertson Room

Thursday, December 15, 12:10 p.m.

Discover what types of exercises are best for seniors of all abilities. A physical therapist will give you hands-on demonstrations on which exercises can improve your walking gait, ability to get up from a seated position and increase your flexibility and reach. This seminar is part of the LIFE Information for Elders series presented by the Orange County's Commission on Aging. Call 407.836.7446 or email officeonaging@ocfl.net to register. A small lunch is provided to the first 50 people to RSVP.

Ayurvedic Beauty

Winter Garden Branch

Thursday, December 22, 6 p.m.

Nourish your skin, hair and body from the inside out with ancient Indian Ayurvedic beauty techniques with certified Holistic Health Coach, Shahnaz Nensey. An afternoon of beauty and wellness with organic skincare products that can be easily found in your kitchen using essential oils, herbs and spices will be demonstrated in this interactive class.