

Next Chapter

ocls.info/nextchapter

Storytime for Grownups!

Eatonville Branch

Tuesdays, September 5 & 19, 2 p.m.

Herndon Branch

Mondays, September 11 & 25, 2 p.m.

West Oaks Branch

Tuesdays, September 12 & 26, 2 p.m.

Southwest Branch

Wednesday, September 27, 10:30 a.m.

Why should kids have all the fun? Come to the library and enjoy a story or activity as our talented library storytellers entertain ages 18 and up! Each branch will present a unique storytime. Be sure to check out your local branch for individual event details. For more information, visit ocls.info/grownupstorytime.

Kidney Smart

North Orange Branch

Monday, September 11, 10:30 a.m.–12:30 p.m.

Certified educators with Kidney Smart will teach you how your kidneys function. Learn how medications, diet and nutrition work together to help keep you healthy and how to manage other related conditions, including diabetes and hypertension.

Senior Scams

West Oaks Branch

Wednesday, September 13, 10:30 a.m.–12:30 p.m.

You're aware that scams exist. Do you know how to prevent yourself from being a target of these scams? Senior experts will provide information and education on how to protect yourself from scammers. This event is part of the ongoing Smarter Senior Seminar Series presented by Mike Flahaven, E-Pro, SFR and Certified Senior Housing Professional. To learn more about YourFloridaHaven, visit yourfloridahaven.com. To register, call Mike Flahaven at 407.340.5291.

Introduction to Pilates for Adults

Alafaya Branch

Wednesdays, September 13 & 20, 2 p.m.

Exercise your way to fitness in this introductory Pilates class. Learn simple moves that will work your muscles, help alignment and encourage flexibility. Comfortable exercise or loose fitting clothing required, yoga mats encouraged. Registration recommended. Register online at ocls.info/nextchapter or call 407.835.7323. You are welcome to attend multiple classes.

Hospital Based Resources You Never Knew Existed

Orlando Public Library, Albertson Room

Thursday, September 21, 12:10 p.m.

Hospitals are complex. Yet, they have a tremendous network of resources that can support patients during their visit and even help patients navigate the complicated medical system. Learn about these resources that range from billing support, discharge planning and preventing hospital readmissions. 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.

Smarter Senior Series: Financial Well-Being
Southwest Branch

Tuesday, September 26, 10:30 a.m.–12:30 p.m.

A recent Gallup Poll shows 54% of Americans worry about having enough money for retirement and paying for medical costs. In this seminar, financial experts will guide you through such topics as Medicare/Medicaid, veteran's benefits, long-term care, wills, trusts, estate planning and annuities. Learn how you can improve your financial strategy. Part of the Smarter Senior Seminar Series sponsored by Mike Flahaven, SRP, EPRO, Certified Senior Housing Professional/Keller Williams Realty. Light refreshments will be served. Registration required. To register, call Mike Flahaven at 407.340.5291. yourfloridahaven.com.