

# Next Chapter

[ocls.info/nextchapter](http://ocls.info/nextchapter)

## **Storytime for Grownups!**

West Oaks Branch

*Thursdays, July 6 & 20, 2 p.m.*

Eatonville Branch

*Mondays, July 10 & 24, 2 p.m.*

Orlando Public Library, Albertson Room

*Wednesdays, July 12 & 26, 2 p.m.*

Herndon Branch

*Mondays, July 17 & 31, 2 p.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 have a unique storytime so check out your local branch for event details. For more information, please visit [ocls.info/grownupstorytime](http://ocls.info/grownupstorytime).

## **Kidney Smart**

North Orange Branch

*Monday, July 10, 2–4 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.

## **Introduction to Pilates for Seniors**

Southeast Branch

*Tuesdays, July 11 & 18, 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 exercise or loose fitting clothing required, yoga mats encouraged. We invite you to partake in this introductory course as many times as you would like. Registration recommended. Register online at [ocls.info/nextchapter](http://ocls.info/nextchapter) or call 407.835.7323.

## **Downsizing**

Southwest Branch

*Wednesday, July 12, 10:30 a.m.–12:30 p.m.*

The prospect of downsizing your home can be stressful and overwhelming. In this informative seminar, moving and real estate experts will guide you through the downsizing process as you prepare to unclutter and liquidate your possessions. This session is 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](http://yourfloridahaven.com).

## **Ten Pieces of Technology Seniors Should Embrace**

Orlando Public Library, Albertson Room

*Thursday, July 20, 12:10 p.m.*

Join Delilah McKay of Volunteers for Community Impact to discuss technology seniors should embrace. This seminar is part of the LIFE Information for Elders series presented by Orange County's Commission on Aging. Call 407.836.7446 or email [officeonaging@ocfl.net](mailto:officeonaging@ocfl.net) to register. A small lunch is provided to the first 50 people to RSVP.