

Next Chapter

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Storytime for Grownups!

West Oaks Branch

Tuesdays, August 1 & 15, 2 p.m.

Eatonville Branch

Mondays, August 7 & 21, 2 p.m.

Orlando Public Library, Albertson Room

Wednesdays, August 16 & 30, 2 p.m.

Southwest Branch

Wednesday, August 23, 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 have a unique storytime. Be sure to check out your local branch for individual event details. For more information, visit ocls.info/grownupstorytime.

Introduction to Pilates for Adults

Edgewater Branch

Thursdays, August 10 & 24, 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. Registration recommended. Register online at ocls.info/nextchapter or call 407.835.7323. You are welcome to attend multiple classes.

Where to Travel? What to See?

Orlando Public Library, Albertson Room

Thursday, August 17, 12:10 p.m.

Travel experts will share their tips on traveling after age 50. You'll learn about the best trips both nationally and internationally for any age. You'll even learn how to manage your special needs while traveling. 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 to register. A small lunch is provided to the first 50 people to RSVP.

Sailing Into Your Senior Years

West Oaks Branch

Tuesday, August 22, 11 a.m.

Elder Law Attorney Geoff Hoatson will teach you how to make your golden years a delightfully smooth cruise! Set a course for preservation – you'll learn how to protect yourself and everything you hold dear from guardianship, probate and long-term care facilities. To learn more about Geoff and the Family First Firm, visit familyfirstfirm.com.

Senior Health

Herndon Branch

Wednesday, August 23, 10:30 a.m.–12:30 p.m.

Health is at the forefront of the mind as we age. Learn from senior experts how to manage health expectations as one ages. 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, contact Mike Flahaven at 407.340.5291.