

Next Chapter

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Storytime for Grownups!

South Trail Branch

Wednesdays, November 1 & 15, 2 p.m.

Alafaya Branch

Tuesdays, November 7 & 21, 2 p.m.

West Oaks Branch

Tuesdays, November 14 & 28, 2 p.m.

Southwest Branch

Wednesday, November 29, 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 unique event details. For more information, please visit ocls.info/grownupstorytime.

Benefits Workshop for War Era Veterans

Herndon Branch

Monday, November 6, 6:30 p.m.

Scott Thomas of Long Term Care for Veterans LLC will explain how veterans 65 and older could be eligible for additional benefits. This workshop is specially designed for war time vets and their surviving spouses. If either you or your spouse is a veteran with 90 days of military service, one day served during wartime period (even if not in combat) and no dishonorable discharge you may qualify for VA pension for senior veterans. To learn more about Long Term Care for Veterans, visit LTC4Vets.org. To RSVP call 888.902.3011 ext. 8928.

Introduction to Pilates for Adults

West Oaks Branch

Tuesdays, November 7 & 21, 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.

Kidney Smart

North Orange Branch

Monday, November 13, 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.

Senior Living

Herndon Branch

Wednesday, November 15, 10:30 a.m.–12:30 p.m.

Curious about senior living options? Senior experts will provide information and education on senior living. 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.

Caring for Your Aging Skin

Orlando Public Library, Albertson Room

Thursday, November 16, 12:10 p.m.

Get tips from a dermatologist on how skin changes as we age. Learn to prevent itching, flaking, redness and age spots and discover simple routines that can keep your skin glowing. 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.

Sailing Into Your Senior Years

North Orange Branch

Tuesday, November 21, 2 p.m.

Elder law attorney, Geoff Hoatson, teaches 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.