

Next Chapter

ocls.info/nextchapter

Senior Travel Adventures

Winter Garden Branch

Thursday, November 10, 6:30 p.m.

Learn about the Road Scholar program as Stephanie Berry recounts her learning adventures. The Road Scholar allows participants to experience in-depth and behind-the-scenes learning opportunities, by land and by sea, on travel adventures designed for boomers and beyond. Also learn about Airbnb and other great deals for seniors who want to explore the world.

Kidney Smart

North Orange Branch

Monday, November 14, 10:30 a.m.–12:30 p.m.

Certified educators with Kidney Smart will teach you how your kidneys function, 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

Herndon Branch

Mondays, November 14 and 28, 2 p.m.

Learn simple moves that will work your muscles, help alignment and encourage flexibility. Comfortable exercise or loose fitting clothing required. Yoga mats encouraged. Space is limited. Register online at ocls.info or please call 407.835.7323.

Internet Safety

Eatonville Branch

Monday, November 14, 6 p.m.

Washington Park Branch

Monday, November 21, 4 p.m.

Keep yourself and your family safe in cyberspace. Learn about recognizing the latest internet scams, staying safe when meeting people online and more. For more information, visit

VictimServiceCenter.org.

Maximizing Your Social Security Benefits

Orlando Public Library, Albertson Room

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

Does it pay to wait? What is the impact of continuing to work? Or getting married later in life? Get answers to these questions and learn how you can take steps to maximize your Social Security benefits! 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.