

Next Chapter

ocls.info/nextchapter

Kidney Smart

North Orange Branch

Monday, January 9, 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.

Storytime for Grownups!

Washington Park Branch

Mondays, January 9 & 23, 2 p.m.

West Oaks Branch

Tuesdays, January 10 & 24, 2 p.m.

Southeast Branch

Thursdays, January 12 & 26, 2 p.m.

Southwest Branch

Wednesday, January 25, 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!

Introduction to Pilates for Seniors

Southeast Branch

Tuesdays, January 10 and 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.

Healthy Living for Seniors

Southwest Branch

Wednesday, January 11, 10:30 a.m.

In this seminar, experts will discuss what older adults need to know about healthy living in order to maintain health and thrive. 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. yourfloridahaven.com.

Top 10 Tips for Aging Successfully

Orlando Public Library, Albertson Room

Thursday, January 19, 12:10 p.m.

Gain an understanding of the health risks from aging and common chronic illnesses as well as the benefits of creating a personal health care team to help you identify areas for improving your personal health and wellness routines. 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.

Laughter Lab's Senior Chair Fitness

North Orange Branch

Thursday, January 26, 2 p.m.

This fun chair fitness routine consists of deep breathing, gentle stretching, calisthenics and isometrics while listening to music from all of your favorite decades! Attendees are encouraged to dress in comfortable clothing.