

## Next Chapter

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

### Storytime for Grownups!

South Creek Branch

*Wednesdays, February 1 & 15, 2 p.m.*

West Oaks Branch

*Tuesdays, February 7 & 21, 2 p.m.*

Washington Park Branch

*Mondays, February 13 & 27, 2 p.m.*

Southeast Branch

*Tuesdays, February 14 & 28, 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!

### What You Should Know About Volunteering

Herndon Branch

*Wednesday, February 8, 10:30 a.m.–12:30 p.m.*

Certified Senior Housing Professional Mike Flahaven and representatives from local charities will discuss the many volunteer opportunities available for seniors and active adults. To learn more about YourFloridaHaven, please visit [yourfloridahaven.com](http://yourfloridahaven.com). For registration, please contact Mike Flahaven at 407-340-5291.

### Introduction to Pilates for Seniors

Chickasaw Branch

*Thursdays, February 9 & 23, 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 are encouraged. Space is limited. Register online at [ocls.info/nextchapter](http://ocls.info/nextchapter) or call 407.835.7323.

### Living Alone: The Pros & Cons

Orlando Public Library, Albertson Room

*Thursday, February 16, 12:10 p.m.*

Learn factors to consider when evaluating whether you want to “age-in-place” or move and then learn how to build a home environment that is safe and meets your changing needs. 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.

### Laughter Lab’s Senior Chair Fitness

Edgewater Branch

*Thursday, February 23, 11 a.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.