

Next Chapter

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Chair Yoga and Fitness

Southwest Branch

Saturday, March 4, 10:30–11:45 a.m.

Experience a gentle form of yoga using a chair for sitting or standing. Designed for seniors, those with limited mobility or persons new to yoga looking for a slower-paced experience. Participants are encouraged to bring a bottle of water and wear comfortable clothes and shoes. Presented by Leisa Knight, certified yoga instructor for over 15 years. Registration required. Ages 18 and up.

Kidney Smart

North Orange Branch

Monday, March 13, 10:30 a.m.–12:30 p.m.

Certified educators with Kidney Smart will teach you how your kidneys function. You will also learn 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

Eatonville Branch

Wednesdays, March 15 & 29, 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 or call 407.835.7323.

Supporting the Emotional Needs of Caregivers

Orlando Public Library, Albertson Room

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

At times, providing care to a frail elder can be incredibly stressful. Learn tips for coping with anxiety, anger, frustration as well as grief and guilt, then create a plan for managing your own emotional needs. 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.