

# Next Chapter

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

## Storytime for Grownups!

North Orange Branch

*Mondays, May 1 & 15, 2 p.m.*

West Oaks Branch

*Tuesdays, May 9 & 23, 2 p.m.*

Hiawassee Branch

*Wednesdays, May 17 & 31, 2 p.m.*

Southwest Branch

*Wednesday, May 24, 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! Check out your local branch for unique event details. For more information, visit [ocls.info/grownupstorytime](http://ocls.info/grownupstorytime).

## Introduction to Pilates for Seniors

Orlando Public Library, Albertson Room

*Thursdays, May 4 & 25, 2 p.m.*

Exercise your way to fitness in this introduction to Pilates class. 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](http://ocls.info/nextchapter) or call 407.835.7323.

## Mother's Day Potluck Social

South Creek Branch

*Sunday, May 7, 2–5 p.m.*

Share a moment with mom! Celebrate her special day with a potluck social and give thanks for all her love and hard work. Prepare your mom's favorite dish and enjoy the community we share. Registration required.

## Kidney Smart

North Orange Branch

*Monday, May 8, 10:30 a.m.–12:30 p.m.*

West Oaks Branch

*Thursday, May 18, 10:30 a.m.–12:30 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.

## Aging in Place

Herndon Branch

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

Is your goal to live in your own house and community as you age? Experts in senior wellness will explain key factors to consider when your goal is to age in place. This event is part of the ongoing Smarter Senior Seminar Series presented by Mike Flahaven, certified senior housing professional. To learn more about YourFloridaHaven, visit [yourfloridahaven.com](http://yourfloridahaven.com). To register call 407.340.5291.

### **Retired? Avoid Missteps in Asset Usage & Financial Estate Planning**

Orlando Public Library, Albertson Room

*Thursday, May 18, 12:10 p.m.*

Discover the keys to building a successful portfolio as well as the most common financial pitfalls that occur when planning for retirement. Find out why ownership of assets is a key consideration when planning for your financial 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.

### **Resources & Opportunities for Elders in your Community**

Windermere Branch

*Thursday, May 25, 1 p.m.*

Create positive aging! Join us as we welcome the Orange County Commission on Aging for a short presentation on the resources and opportunities for elders in your community.

### **Your Social Security Questions Answered**

Edgewater Branch

*Thursday, May 25, 6:30 p.m.*

Social Security will likely be the foundation of your retirement income. Before you retire, it is important to understand your options and the effect your decisions have on your retirement. Presented by Tim Holter, financial advisor with Edward Jones.