

Next Chapter

ocls.info/nextchapter

Storytime for Grownups!

Eatonville Branch

Monday, June 19, 2 p.m.

Orlando Public Library, Albertson Room

Tuesdays, June 6 & 20, 2 p.m.

North Orange Branch

Monday, June 26, 2 p.m.

West Oaks Branch

Tuesdays, June 13 & 27, 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! Each branch will have a unique storytime. Be sure to check out your local branch for event details. For more information, visit ocls.info/grownupstorytime.

Introduction to Pilates for Seniors

West Oaks Branch

Thursdays, June 8 & 22, 2 p.m.

Exercise your way to fitness in this introduction to Pilates class. You will learn simple moves that 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.

Top 20 Senior Websites

Orlando Public Library, Magnolia Room

Thursday, June 15, 12:10 p.m.

Take a hands-on journey through a network of websites that can help you learn about local and national resources, caregiving, fraud prevention and more. Bring your tablet or smart phone so you can follow along with the presentation! 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.

Sailing Into Your Senior Years

Windermere Branch

Thursday, June 22, 6 p.m.

Elder law attorney Geoff Hoatson will teach you to make your golden years a smooth cruise! Set a course for preservation – you'll learn how to protect yourself and everything you hold dear from guardianship, probate and long-term care facilities. For more information, visit familyfirstfirm.com.