

FOR IMMEDIATE RELEASE:

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General Programs

15th Birthday Bash

Alafaya Branch

Sunday, February 1, 2 p.m.

The Alafaya Branch is turning 15-years-old. Help us celebrate with games, crafts, demos and birthday fun. Don't miss the dance party with our mascot Squirt!

CareerSource Job Search Assistance

Alafaya Branch

Monday, February 2, 10 a.m. – 3 p.m.

Orlando Public Library, Reference Central

Monday, February 9, 9 a.m. – 1 p.m.

North Orange Branch

Monday, February 16, 10 a.m. – 3 p.m.

Winter Garden Branch

Monday, February 23, 10 a.m. – 3p.m.

Spend time with experts from CareerSource Central Florida. Explore the services they provide and learn how to connect with employment opportunities using the Employ Florida Marketplace.

CareerSource Central Florida provides employment support services, educational opportunities, skill development workshops, career counseling, training and more!

Family Nutrition Program: Eating Smart, Being Active

Eatonville Branch

Mondays, February 2, 9, 16 and 23, 6 p.m.

Groups meet for a series of easy lessons that are both fun and interactive. Prepare and taste new recipes at each lesson while you learn about eating healthy and being active. This program is intended for adults with children and who are eligible for assistance programs such as SNAP, WIC or Head Start. Space is limited. To register, call 407.835.7323.

Digital Organizing 101

Windermere Branch

Tuesday, February 3, 6:30 p.m.

Overwhelmed by paper, boxes of old photos and other types of clutter? Diana Uricchio of OXO Digital Organizing will cover apps for going paperless, how to digitize important life documents, photos and other media. She will also discuss backup options and other areas of considerations for digitizing your life.

Affordable Care Act Discussion and Enrollment Assistance

Hiawassee Branch

Wednesdays, February 4 and 11, 6:30 p.m.

Saturday, February 7, 2 p.m.

North Orange Branch

Thursdays, February 5 and 12, 6:30 p.m.

Herndon Branch

Fridays, February 6 and 13, 11:30 a.m.

West Oaks Branch

Sundays, February 8 and 15, 2 p.m.

South Creek Branch

Tuesday, February 10, 6 p.m.

Affordable Care Act Navigators with SRA International and representatives from Enroll America will assist with 2015 Open Enrollment and questions. For enrollment, you will need to provide applicable documents including a W-2, 2014 tax returns, proof of income and social security cards for all family

members, or green card and naturalization certificate. To schedule an appointment, please call 407.340.0844. Walk-ins welcome. Language line available for non-English speakers.

Harry Potter Book Night

Alafaya Branch

Wednesday, February 4, 6:30 p.m.

Join us for a special Harry Potter celebration! We promise a night of wizarding fun including trivia, games, crafts and a sorting ceremony. Please leave your broomsticks at the door and keep your wands at the ready. Costumes are encouraged. All ages welcome.

Financial Planning for Today's World

Herndon Branch

Saturday, February 7, 2 p.m.

North Orange Branch

Saturday, February 21, 11 a.m.

Discover insightful tips and tricks on how to build your savings and secure your investments. For more information, visit mastercapitalgroup.com.

Counsel for Caregivers

West Oaks Branch

Tuesday, February 10, 10:30 a.m.

Orlando Public Library, Albertson Room

Thursday, February 19, 12:15 p.m.

Let us lend you a helping hand of healing with your caregiving responsibilities at the Counsel for Caregivers Seminar. This series is presented by OCLS and Orange County's Commission on Aging. Registration required. Call 407.836.7446 to register or e-mail officeonaging@ocfl.net. Refreshments will be provided to the first 50 attendees.

Know Your Rights

Washington Park Branch

Tuesday, February 10, 6:30 p.m.

South Trail Branch

Tuesday, February 17, 6:30 p.m.

South Creek Branch

Tuesday, February 24, 6:30 p.m.

James W. Smith III, attorney with CPLS, P.A. Law Firm, discusses civilian-police interactions on the street, in your car and in your home. Learn about Fourth Amendment Rights in relation to searches and seizures as well as practical advice for getting through a police encounter safely and calmly with your rights fully intact.

Body and Books

Southwest Branch

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

Experience the health benefits and rejuvenation of yoga-based exercises and a healing dose of read-aloud literature. Please dress in loose, comfortable clothing. No prior yoga experience needed. Exercises can also be done while in a chair.

Essential Oils for Stress

North Orange Branch

Wednesday, February 11, 6:30 p.m.

Your body doesn't distinguish one kind of stress from another. Alleviating stress in your life can have profound health benefits. Marylou Morris shares how you can help manage your stress levels. Learn how different essential oils can help balance your mood as well as regulate your blood sugar and metabolism.

American Higher Education in Crisis?

Herndon Branch

Tuesday, February 17, 6:30 p.m.

American higher education is at a crossroads as cost-minded students, families and the public question the worth of a college education. Author and Journalist Goldie Blumenstyk will discuss the trends that have brought the education system to this point and highlight some of the ways they will reshape America's colleges in years to come in her new release *American Higher Education in Crisis? What Everyone Needs to Know*. A book sale and signing will follow the program.

Spiritual Experience Discussion

Edgewater Branch

Tuesday, February 17, 6:30 p.m.

Attend a fascinating discussion for people of all faiths. Discover what experiences such as an out-of-body or near-death experience, passing of a loved one or sense you've lived before really mean and connect with like-minded people.

The Power Diet: Plant Nutrition

South Creek Branch

Wednesday, February 18, 2 p.m.

Boost your health with tips that pack a punch and add more power to your diet with plant nutrition!

Gaining Financial Control of Your Divorce

Alafaya Branch

Thursday, February 19, 6:30 p.m.

Avoid some common financial mistakes made during the divorce process. Learn about the sources of money that may be available to you as a result of your divorce. Each attendee will receive a copy of the Institute for Divorce Financial Analyst's *Divorce Survival Guide*. For more information, visit

OrlandoAdvisors.com.

Identity Theft Prevention

Edgewater Branch

Thursday, February 19, 6:30 p.m.

Learn how to protect yourself against the most common forms of identity theft and what to do if you have been victimized. Free Victim Kits will be provided by Office of the Attorney General to assist in the reporting process.

Chinese New Year Celebration: Year of the Sheep

Orlando Public Library, Library Central

Saturday, February 21, 11 a.m.

Celebrate the Chinese New Year and enjoy a few Chinese traditions with folk dances, a musical performance and a demonstration of Chinese calligraphy. Presented by the Chinese School of CAACF, Inc.

Budgeting Made Simple

Alafaya Branch

Monday, February 23, 6:30 p.m.

West Oaks Branch

Thursday, February 26, 6:30 p.m.

Join representatives from Ledger 2 Ledger, Inc. to learn what a budget is, the purpose and benefits of following a budget as well as tips to reduce expenses. Make sure your budget continues to work for you going forward with fun activities! Presented in honor of *America Saves Week*.

Paranormal Investigations: Breaking the Myths

South Trail Branch

Monday, February 23, 6:30 p.m.

Journey into the unknown with the *Beyond Investigators* team for a closer look at the myths surrounding the paranormal. Experience a hands-on tour of the equipment used in the field. For more information, please visit **thebeyondinvestigators.com**.

Rick's Dog Deli

Edgewater Branch

Wednesday, February 25, 6 p.m.

Rick's Dog Deli demonstrates how-to prepare custom meals for dogs using breed-specific or therapeutic recipes. Recipes may be tailored to meet your dog's individual needs or to support ailments such as diabetes, obesity, pancreatitis and cancer. Registration recommended. Call 407.835.7323 to register.

Route 65: Cruising the Road to Medicare

Orlando Public Library, Cypress Room

Thursday, February 26, 4:30 p.m.

If you are a baby boomer with an eye for retirement, representatives from SHINE may have directions for a smooth ride! Get answers to your questions and an overview of the options and benefits available to the soon-to-be-retired. Please call 407.835.7323 to reserve a seat.

Shape Up 4 Seniors

Southeast Branch

Saturday, February 28, 10:30 a.m.

Join Shape Up 4 Seniors, LLC for an interactive health program and take part in a demonstration of Zumba Gold, a modified lower intensity fitness class. Learn all about the local resources and activities available to seniors. For more information, visit shapeup4seniors.com.

Home Buyer Seminar

Herndon Branch

Saturday, February 28, 11 a.m.

Get an overview of the entire home-buying process. Learn about each step including prequalifying for a mortgage, searching for a home, presenting offers and negotiating contracts to the home inspection, appraisal, title search and closing process. You will also have the opportunity to get prequalified for free! Presented by Premium Properties Real Estate Services.

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