

**FOR IMMEDIATE RELEASE:**

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**Next Chapter**

Empowering the lives of seniors through a series of fun, educational and informative programs. For more information, please visit **[ocls.info/nextchapter](http://ocls.info/nextchapter)**.

**Counsel for Caregivers**

West Oaks Branch

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

Orlando Public Library, Albertson Room

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

Let us lend you a helping hand of healing with your care-giving responsibilities. 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](mailto:officeonaging@ocfl.net)**.

**Shape Up 4 Seniors**

South Creek Branch

Saturday, March 14, 10:30 a.m.

South Trail Branch

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

Join Shape Up 4 Seniors, LLC for a fun 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 on Shape Up 4 Seniors, visit **[shapeup4seniors.com](http://shapeup4seniors.com)**.

**Table for Two**

Windermere Branch

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

Alafaya Branch

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

Award-winning Cookbook Author Warren Caterson shares kitchen tips, cooking hints and humorous anecdotes about the joys and challenges of cooking. Chef Warren will demonstrate how easy it can be to cook for two using fresh and readily available ingredients. Book sale and signing will follow the program. For more information, please visit **[tablefortwocookbooks.com](http://tablefortwocookbooks.com)**.

**Hearing Screening**

Southeast Branch

Friday, March 20, 10:30 a.m.

Hearing is an essential part of our everyday communication and connects us to our families, friends and the world. Hearing loss is gradual but can be treated with amplification from hearing aids.

Connect Hearing helps people stay connected by offering premium, complimentary testing, servicing and after-care rehabilitation. Join us to celebrate better hearing. For more information, please visit **[connecthearing.com](http://connecthearing.com)** or call 407.351.9679.

**Route 65: Cruising the Road to Medicare**

Hiawasse Branch

Thursday, March 26, 5 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. Call 407.835.7323 to register.

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