

FOR IMMEDIATE RELEASE:

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General Programs

AARP Income Tax Assistance

Herndon Branch

Mondays and Thursdays through April 13, 10 a.m.

Southeast Branch

Mondays and Fridays through April 13, 10 a.m.

South Creek Branch

Thursdays through April 9, 10 a.m.

West Oaks Branch

Fridays through April 10, 10 a.m.

AARP Volunteers will provide free income tax assistance. Attendees must provide a valid ID, social security card, any tax forms and annual benefits statements (if necessary) to complete a tax return. Insurance coverage information will be needed this year as required by the Affordable Care Act. Attendees will be seen on a first-come, first-serve basis.

Job Smart USA

Orlando Public Library, Reference Central Tuesdays, 2 p.m.

Engage a knowledgeable librarian for expert job search assistance using Reference USA and Indeed.com. We will help uncover job openings that match your interests and skills. Walk-ins welcome.

Family Nutrition Program: Eating Smart, Being Active

Southeast Branch

Tuesdays, April 14 - June 2, 2 p.m.

Groups meet for a series of eight easy lessons that are both fun and interactive. You will prepare and taste new recipes at each lesson. This program is intended for adults with children eligible for assistance programs such as SNAP, WIC or Head Start. Space is limited. To register, please call 407.254.9225.

Introduction to Meditation

Orlando Public Library, Albertson Room

Wednesday, April 1, 6:30 p.m.

Meditation Coach Tisse Mallon will teach the basics of meditation to help you achieve confidence, clarity and peace.

Shape Up 4 Seniors

Alafaya Branch

Saturday, April 4, 10:30 a.m.

Eatonville Branch

Saturday, April 18, 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.

Home Safety For Seniors

West Oaks Branch

Saturday, April 4, 11 a.m.

North Orange Branch

Tuesday, April 14, 11 a.m.

Tim Hetz, certified personal trainer with Healthy Agers, shares tips on home safety for seniors and caregivers. Learn about hazards in the home, preventing falls, and building balance and muscles to keep up physical health.

Hearing Screening

Edgewater Branch

Tuesday, April 14, 2 p.m.

South Creek Branch

Thursday, April 30, 10:30 a.m.

Hearing is an essential part of our everyday communication and connects us to our world. Connect Hearing helps people stay connected by offering premium, complimentary testing, servicing and after-care rehabilitation.

CareerSource Job Search Assistance

Alafaya Branch

Monday, April 6, 10 a.m. – 3 p.m.

Orlando Public Library, Reference Central

Monday, April 13, 9 a.m. – 1 p.m.

North Orange Branch

Monday, April 20, 10 a.m. – 3 p.m.

Winter Garden Branch

Monday, April 27, 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 career counseling, skill development workshops and more.

The Truth About Atlantis

Orlando Public Library, Library Central

Monday, April 6, 6:30 p.m.

Many believe the stones lying off the north shore of Bimini in the Bahamas are the remnants of legendary Atlantis. Eugene Shinn, author of *Bootstrap Geologist*, has spent 40 years investigating the true origin of these stones. A book signing will follow the program.

Learn the FUNDamentals of Improv

Orlando Public Library, Library Central

Wednesdays, beginning April 8, 6 p.m.

Whether you are new to Improv or have some previous performance experience, this eight-week class is about having fun while learning some of the essential skills of Improv. Ages 10 and older. To register, call 407.835.7323 or go online to ocls.info.

Community Conversations: We the People

Herndon Branch

Thursdays April 9, 16, 23, 30 and May 7, 6:30 p.m.

What does it mean to be a citizen in an age of consumerism? Join us for a weekly discussion on the reality of distinguishing our roles as consumers from our roles as citizens. The Community Conversations program is a weekly, five-part series sponsored by the Florida Humanities Council. The goal of this series is to arrive at a better understanding of the issues raised and the people it involves, including ourselves.

Peace Corps Information Session

Orlando Public Library, Albertson Room

Friday, April 10, 2 p.m.

Joining the Peace Corps is an excellent opportunity to launch your career, see the world and make a difference in an international community! Hear stories from a former Peace Corps volunteer that served in Africa. There will be a short application workshop after the program.

Counsel for Caregivers

West Oaks Branch

Tuesday, April 14, 10:30 a.m.

Orlando Public Library, Albertson Room Thursday, April 16, 12:15 p.m.
Let us lend you a helping hand of healing with your caregiving 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. Refreshments will be provided to the first 50 attendees.

Money Talks for Women

Orlando Public Library, Melrose Center Tuesday, April 14, 6 p.m.
Learn about library services such as Morningstar Investment Research Center designed for everyday people, goal-oriented tools for spending and saving, and more. Women of all ages and financial backgrounds are encouraged to join the conversation.

Blood Pressure Screening with Walgreens

Alafaya Branch Wednesday, April 15, 10:15 a.m.
Walgreens will provide free blood pressure screening to adults 18 years and older.

Harry Potter Series Discussion and Trivia

Orlando Public Library, Albertson Room Saturday, April 18, 2 p.m.
The Central Florida Slug Club will discuss the representation of the media and government in the Harry Potter novels. Interact with fellow Harry Potter enthusiasts and take part in trivia.

Extraordinaire Fashion Seminar: Movie Night

Hiawassee Branch Saturday, April 18, 2:30 p.m.
Join us for a four-part series about how to use garments, fashion crafts and accessories to express your best self. The series will culminate in a fashion show in July. In April, we will be showing a fashion-focused movie and make our own facial scrub.

National Coin Week: Building Tomorrows—Inspiration and Innovation at World Fairs

Orlando Public Library, Albertson Room Sunday, April 19, 1:30 p.m.
The 92nd annual *National Coin Week* runs April 19-25. Join the Central Florida Coin Club members to kick off this year's celebration: *Building Tomorrows: Inspiration and Innovation at World's Fairs*. This year's theme will celebrate the history of these great events and the 100th anniversary of the 1915 Panama-Pacific International Exposition in San Francisco.

DIY: Vacation Planning

Hiawassee Branch Friday, April 24, 2:30 p.m.
Looking forward to vacation? Learn the tips and tools you need to plan a dream vacation in this two-part series. This month, we will cover booking flights, hotel rooms, activities and more.

The Civil War in Songs and Stories

Orlando Public Library, Library Central Saturday, April 25, 11 a.m.
Florida Storyteller and Civil War re-enactor Mary Fears presents stories about service, resistance, courage and valor of people of color in the Civil War. Presented in honor of the 150th Anniversary of the end of the Civil War.

Ballroom Dancing

Edgewater Branch Saturday, April 25, 1 p.m.
Beginner and intermediate dancers will learn at least one new concept in this class. Presented by Two Left Feet Dance Lessons. Registration recommended. Call 407.835.7323 to register.

Poetry Workshop and Reading

Herndon Branch

Saturday, April 25, 2 p.m.

Join Nigerian-born poet Obi Nwakanma for a dynamic workshop on writing poems. Bring an idea you would like to explore and listen as Obi Nwakanma shares his insight and poetry.

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