

FOR IMMEDIATE RELEASE:

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Library Events

Registration may be required for some events. Register online at ocls.info or call 407.835.7323.

CareerSource Job Search Assistance

Alafaya Branch

Monday, February 1, 10 a.m. – 1 p.m.

Orlando Public Library, Reference Central

Monday, February 8, 9 a.m. – 1 p.m.

Winter Garden Branch

Monday, February 22, 10 a.m. – 1 p.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.

Iris Folded Paper Cards

Winter Garden Branch

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

Join us as we learn the art of Iris Paper Folding. We will learn how to follow a paper folding pattern to make intricate cards. Supplies will be provided. This event is intended for those ages 18 and older.

Get the Skinny on Cleansing

Orlando Public Library, Library Central

Saturday, February 6, 10:30 a.m.

Dr. Samadhi Artemisa will share cleansing and health tips from her book, *Healthy Eating, Healthy Living, Healthy YOU*. A book sale and signing will follow the event. For more information, visit

InJoyHealthcare.com.

Paper Crafts for Adults

West Oaks Branch

Saturday, February 6, 11 a.m.

This month's craft features gift boxes! Create a beautiful gift box for Valentine's Day or any other gift giving occasion. All supplies will be provided.

Money Talks for Women

Orlando Public Library, Melrose Center

Tuesday, February 9, 6 p.m.

Learn about library services such as Morningstar Investment Research Center—an online database used for saving, investing and more. Women of all ages and financial backgrounds are encouraged to join the conversation!

Love Letters to Strangers

Windermere Branch

Tuesday, February 9, 6:30 p.m.

The World Needs More Love Letters is an organization that encourages everyone to write empowering and uplifting letters to strangers. Join us to hand-write encouraging notes to be placed around the city or sent to someone in need of a boost. For more information, visit moreloveletters.com.

Talking to Your Teen in the 21st Century

South Creek Branch

Saturday, February 13, 2 p.m.

Known as "The Wizard of Menlo Park," Thomas Alva Edison was an American inventor, holding more than 1,000 patents. He invented and developed many devices that greatly influenced life around the world including a long-lasting light bulb, the use of electric power, a stock ticker, a battery for the electric car, the phonograph, and the motion picture camera. Edison built his winter retreat, and later a laboratory, in Fort Myer, which is now open to the public.

Creative Coloring for Adults

West Oaks Branch

Wednesday, February 10, 5 p.m.

Orlando Public Library, Albertson Room

Saturday, February 13, 3 p.m.

Have you heard about the latest craze? Adults are coloring again! Coloring is a great way to relax and unwind while channeling your inner child. All supplies will be provided but feel free to bring your favorite colored pencils or markers.

How to Have a Stress Free, Organized Move

Southeast Branch

Monday, February 15, 6:30 p.m.

Chickasaw Branch

Thursday, February 18, 6:30 p.m.

Join Buffy Werle, professional organizer with B Organized Today, to learn how to de-clutter before a move. Get tips on organizing boxes to eliminate moving day confusion and unpacking made easy.

Tabletop Tuesdays

Orlando Public Library, Palm Room

Tuesday, February 16, 6:15 p.m.

Experience the fun of coordinating with teammates in cooperative gaming or enjoy the satisfaction of winning against opponents in games of strategy and skill. This month we will play *Carcassonne*[™], *Phase 10*[™], and *Concept*[™]. Space is limited. Registration required. This event is intended for those ages 18 and older.

Spiritual Experience Discussion

Edgewater Branch

Tuesday, February 16, 6:30 p.m.

Have you had a spiritual experience, a sense you've lived before, an out-of-body or near-death experience or a dream of a departed loved one? Attend a fascinating discussion for people of all faiths. Discover what your experiences really mean and connect with like-minded people.

Home-Cooked Diets for Dogs

Herndon Branch

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

Winter Garden Branch

Thursday, February 25, 6:30 p.m.

Rick's Dog Deli will demonstrate how to prepare custom meals for dogs using breed-specific or therapeutic recipes. These recipes may be tailored to meet your dog's individual needs or to support ailments such as diabetes, obesity, pancreatitis and cancer. Presented in honor of Love Your Pet Day.

Women's Health & Hormones

Windermere Branch

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

This seminar will provide true facts and help you make an informed decision on the various natural ways to help with PMS and menopause as well as the risks of Hormone Replacement Therapies (HRT). You will learn the roles that stress, the nervous system, estrogen, progesterone, blood sugar and the adrenal glands play in your health as well as how to balance your hormones, increase libido and get rid of stubborn belly fat.

Animals and Essential Oils

Alafaya Branch

Saturday, February 20, 11 a.m.

Essential oils are for everyone even our four-legged friends! Learn how essential oils can be an alternative to conventional medications—everything from flea repellent to emotional support for your furry friends. Handouts will be provided. Registration required.

Savvy Savers

West Oaks Branch

Saturday, February 20, 11 a.m.

Join in the savings! Become a savvy saver by sharing coupons and savings tips at this monthly meeting.

The Ghost Society

Orlando Public Library, Albertson Room

Sunday, February 21, 2 p.m.

The Ghost Society is an open forum hosted by The Beyond Investigators paranormal team. Share your personal experiences, learn what's new in the field and discuss books and shows in a casual, fun atmosphere. Join us every third Sunday of the month as we explore this interesting field.

Meet the Author: Ann Y. Tyler

South Trail Branch

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

Meet Ann Y. Tyler, author of the book *Grandma Julia*. She will share the memories that inspired her to write her book as well do a sample reading and sign copies of the book.

The Beatles: Band of the Sixties

Orlando Public Library, Library Central

Saturday, February 27, 2 p.m.

Explore the music of The Beatles in this 60-minute multimedia presentation (part history and part musical analysis) spanning the full 1960s: beginning with the band's seminal visits to Hamburg, continuing through Beatlemania and concluding with Abbey Road. The event will be supplemented with audio clips of music and excerpts from interviews with the band members.

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