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Learn About Asian American and Pacific Islander Heritage, Mental Health and Bicycle Safety at Your Library in May

This month during Asian American and Pacific Islander Heritage Month, as well as throughout the year, Orange County Library System will host a variety of events, including crafts, cooking and even a Kung Fu Show presented by the Wah Lum Kung Fu Temple, to share stories and celebrate the history, culture and achievements of Asian Americans and Pacific Islanders. To learn more, visit <https://ocls.info/asian-american-and-pacific-islander-heritage-month>.

May is also Mental Health Awareness Month. Mental health is an important aspect of our overall wellbeing and OCLS will provide a safe place to practice mindfulness, meditation and discuss emotional health. Join Sumer Strawbree, 12-year-old illustrator and author, for an introduction to written self-affirmations from her bestselling coloring book, *Black, Brown and Beautiful*. AdventHealth University faculty librarian and assistant professor Jessica Daly will also present free online mental health resources and discuss how mental health affects physical health. To learn more, visit <https://ocls.info/classes-events/hashtag/mental-health-awareness>.

As part of National Bike Month, OCLS has partnered with reThink Your Commute and Courtney Reynolds, President of the Board of Directors for the Florida Bicycle Association, to present a webinar series about biking to work. Courtney will provide strategies for individuals and employers, plus an introduction to bike safety. More information about the Biking to Work seminar series can be found at https://ocls.info/classes-events?search_api_views_fulltext=bike%20to%20work&sort_by=timestamp.

You can find interviews with Sumer Strawbree, Jessica Daly and Courtney Reynolds in the May 2022 issue of Books & Beyond available in print and online at ocls.info/Newsletters.

Registration is strongly recommended for all in-person events due to limited capacity. If you have any questions about the information shared below, call 407-835-7323. Visit us online at ocls.info to register, or to view a complete listing of both virtual and in-person library events.

Youth Events:

WE HeART MOM!

Chickasaw Branch

Wednesday, May 4, 11 a.m.

Washington Park Branch

Wednesday, May 4, 4 p.m.

Hiwassee Branch

Wednesday, May 4, 4:30 p.m.

Winter Garden Branch
Thursday, May 5, 4 p.m.
Fairview Shores Branch
Thursday, May 5, 4:30 p.m.
Southeast Branch
Friday, May 6, 4 p.m.
South Creek Branch
Saturday, May 7, 2 p.m.

Celebrate mom, grandma or the special caregiver in your life by crafting and creating art to let her know just how much she means to you.

Caregiver Connect: Stay and Play

Winter Garden Branch
Fridays, May 6–27, 11:35 a.m.
Connect with other caregivers to meet and mingle while your little one explores imaginary play with new and old friends.

Healthy Relationships

Alafaya Branch
Sunday, May 15, 2 p.m.
Identify the characteristics of healthy, unhealthy and abusive relationships through interactive scenarios. Learn effective communication within relationships. Recommended ages 13 and up

Aloha, Toddlers!

Southeast Branch
Monday, May 16, 11 a.m.
North Orange Branch
Thursday, May 26, 11 a.m.
Cruise down to the library for a staycation luau with plenty of tropical island fun for your little ones. Recommended for ages 18–36 months

Meet Sumer Strawbree

Washington Park Branch
Wednesday, May 18, 4 p.m.
Take the first step toward protecting young girls' self-esteem by introducing positive written self-affirmations from Sumer's bestselling coloring book, *Black, Brown and Beautiful*.

Teen Art Adventures: Samoan Siapo Cloth

Southeast Branch
Wednesday, May 18, 4:30 p.m.
Discover the cultural importance of the Samoan art form, Siapo, and create a patterned cloth of your own! Recommended for ages 13–18.

A World of Pausabilities

Southeast Branch
Friday, May 20, 4 p.m.
Take a moment to pause. Teach your child how to identify emotions, use meditation to control them and create fun tools to help your child meditate! Recommended for families with children ages 5 and up.

Mommy and Me: Headwrap Styling Workshop

South Trail Branch
Saturday, May 21, 2–3:30 p.m.
Join us for a fun and interactive experience that provides step-by-step instruction on headwrap styling techniques in celebration of Mother's Day. Registration required.

M is for Memorial Day

Southeast Branch
Monday, May 23, 11 a.m.
South Creek Branch

Tuesday, May 24, 10:30 a.m.

Chickasaw Branch

Wednesday, May 25, 11 a.m.

Celebrate Memorial Day with stories and rhythms. Take part in an indoor parade to honor our heroes for all they did for our country.

Virtual: Cuisine Corner Junior: Dumpling Dreams

Thursday, May 26, 3 p.m.

How far will Joyce Chen's dumpling dream go? Learn about her story and how to whip up a delicious dumpling recipe. Recommended for families with children ages 6–18.

General Events:

Biking to Work: Strategies for Individuals

Monday, May 2, 12:30 p.m.

Are you interested in biking to work but have some questions on how to get started? Learn which type of bike would be best for your needs, what clothing will serve you best and more.

Biking to Work: Safety 101

Monday, May 9, 12:30 p.m.

In this bike safety introductory course, you will learn about the laws that apply to all drivers and bike specific laws. You'll also be guided through problem solving techniques to keep you safe on your bike rides.

Biking to Work: Strategies for Employers

Monday, May 16, 12:30 p.m.

Looking for ways to encourage your employees to get fit and do something good for the environment? This discussion will give employers strategies and policies that will encourage their employees to explore biking to work.

Butterfly & Pollinator Gardening

Windermere Branch

Wednesday, May 4, 3:30 p.m.

Local horticulturalist Caroline Chomanics teaches the basics of setting up a pollinator garden including: Florida native landscaping, raising butterflies and solitary beehives. Part of the Sustainability Series sponsored by the Friends of the Orange County Library System.

Virtual: Hand Sewing Sashiko Patterns

Thursdays, May 5–26, 10:15 a.m.

Stitch beautiful May flowers using sashiko hand sewing techniques. This Japanese hand sewing technique uses the simple running stitch to form geometric patterns.

Make a Cherry Blossom Andon Lamp

Orlando Public Library, Melrose Center

Wednesday, May 4, 3 p.m.

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

Online

Thursday, May 19, 6 p.m.

Celebrate Asian American and Pacific Islander Heritage Month with a softly glowing paper andon lamp! Learn how to use the Silhouette Cameo to create beautiful papercraft projects.

Virtual: Mental Health Matters

Wednesday, May 11, 11 a.m.

Join Jessica Daly to discover free online resources and explore how your mental health is directly connected to your physical health.

Cuisine Corner: Make Your Own Summer Rolls

Orlando Public Library, Albertson Room

Friday, May 20, Noon

Learn how to make delicious, refreshing and healthy Vietnamese summer rolls with chef Ha Rhoda during this hands-on class that's perfect for all ages!

Kung Fu Show: Presented by Wah Lum Kung Fu Temple

Orlando Public Library, Library Central

Sunday, May 22, 2 p.m.

A diverse team of professional performers from the Wah Lum Kung Fu Temple will present a lion dance, kung fu and tai chi performance demonstration. Explore Chinese culture through this demonstration.

Eatonville Grand Re-Opening

Eatonville Branch

Saturday, May 28, 11 a.m.–4 p.m.

From May 9–21, Eatonville Branch will be closed for a much-needed refresh to better serve the community. Be the first to experience the refreshed library. Meet the staff, enjoy a special storytime and learn about our summer offerings as we kick-off the Summer Reading Program.

LEARN. GROW. CONNECT.

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