



For more information, contact:

Erin Sullivan, Chief Marketing and Public Relations Officer

407.835.7480

sullivan.erin@ocls.info

Learn About Asian American and Pacific Islander Heritage Month and Mental Health Awareness Month in May at Your Library

In May, join Orange County Library System as we celebrate Asian American and Pacific Islander Heritage Month. Join OCLS for programs and events throughout the month that encourage customers of all ages to learn about and appreciate the diverse identities and cultures found within the Asian American and Pacific Islander communities. Learn about the history of art forms like calligraphy and silk painting, watch a kung fu demonstration or a hula performance and honor the histories and contributions of Asian Americans and Pacific Islander Americans at all branches all through the month of May. Visit ocls.info/aapi-heritage for more details.

May is also Mental Health Awareness Month. OCLS is committed to providing services and support for fostering emotional health in community members from all walks of life. This month, attend a workshop or class to help you practice mindfulness with meditation or a craft, learn yoga techniques to de-stress, or discover the power of cultivating resilience. Go to ocls.info/classes-events/hashtag/mental-health-awareness.

Registration for OCLS's annual summer program, Summer at Your Library, also kicks off beginning May 1. This year's theme is *All Together Now: Kindness, Friendship and Unity*. Visit ocls.info/summer to learn more and register to participate in the reading challenge.

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.

General events:

Mommy & Me: Headwrap Styling Workshop

South Trail Branch

Saturday, May 6, 1–2:30 p.m.

Join us for a fun and interactive experience that provides step-by-step instructions on headwrap styling techniques in celebration of Mother's Day. Registration is required for each participant.

Blakemore School of Music

Orlando Public Library, Library Central

Sunday, May 7, 2 p.m.

Enjoy a live performance by the students of the Blakemore School of Music. Students of all ages will perform classical music.

Virtual: Yoga for Anxiety

Thursday, May 18, 7 p.m.

This all-levels yoga class focuses combining movement, meditation and breathing to help you reduce anxiety, stress and depression. Presented by certified yoga instructor Dana Brady.

This is a virtual event. For more information, visit attend.ocls.info/event/7955897.

A Passage to Opportunity: My Journey from Vietnam to America

West Oaks Branch

Friday, May 19, 1:30 p.m.

Orlando Public Library, Cypress Room

Tuesday, May 23, 1:30 p.m.

Between 1975 and 1997 nearly 2 million people fled Vietnam to escape the fallout of the Vietnam War. Hear the first-person experience from longtime OCLS presenter Ha Roda as she shares her story.

Kung Fu Show Presented by Wah Lum Kung Fu Temple

Orlando Public Library, Library Central

Saturday, May 20, 1 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 demonstrations. Explore Chinese culture through this demonstration.

Virtual: Spring Into Cleaning and Organizing

Monday, May 22, 11 a.m.

Join Jane Cole, certified professional organizer, as she guides you through a plan for a successful spring cleaning. Learn the steps to achieve clean and organized spaces.

This is a virtual event. For more information, visit attend.ocls.info/event/8041102.

Virtual: A Deep Dive Into Scene Structure

Tuesday, May 23, 7 p.m.

Learn how to take your scenes to greater heights with book editor and author Lorin Oberweger. Create richer and more dynamic moments that lead to a much more satisfying work.

This is a virtual event. For more information, visit attend.ocls.info/event/8107991.

Music in the Library: Chinese Guzheng by Ann Yao

Chickasaw Branch

Friday, May 26, 11 a.m.

Ann Yao performs cutting-edge interpretations of traditional material on the guzheng, a five-foot long horizontal plucked zither that typically has 21 strings, one of China's most ancient instruments.

Virtual Cuisine Corner: Jamaican Fritters and Carrot Juice

Tuesday, May 30, 6:30 p.m.

Join culinary expert Dianne Morin as she demonstrates how to make savory Jamaican saltfish and vegetable fritters served with traditional carrot juice.

This is a virtual event. For more information, visit attend.ocls.info/event/8037841.

Dementia Sensitivity

Eatonville Branch

Wednesday, May 31, Noon

Increase your awareness of Alzheimer's disease and other related dementias by learning about early signs and symptoms, communication techniques and resources to help individuals and their families.

Youth events:**Growing Up WILD: Wiggling Worms**

Southwest Branch

Tuesday, May 2, 10:30 a.m.

Can you wiggle like a worm? Learn all about earthworms and where they live. Presented as a part of the Association of Fish & Wildlife Agencies Project WILD.

Bubble Playtime

Fairview Shores Branch

Tuesdays, May 2, 16 & 30, 10:30 a.m.

Alafaya Branch

Wednesday, May 3, 10:15 a.m.

North Orange Branch

Tuesday, May 16, 11 a.m.

Southwest Branch

Wednesday, May 31, 10:30 a.m.

Help your child with their motor development skills in this interactive bubble class.

Mother Goose on the Loose

Fairview Shores Branch

Thursdays, May 4–25, 10:30 a.m.

Southwest Branch

Mondays, May 8 & 22, 10:30 a.m.

North Orange Branch

Tuesday, May 23, 10:30 a.m.

Using rhymes, songs, puppets, musical instruments and more, we will be interacting together to help develop important pre-literacy skills in our littlest ones.

READing Paws

Chickasaw Branch

Saturday, May 6, 11 a.m.

Windermere Branch

Saturday, May 13, 11:30 a.m.

North Orange Branch

Saturday, May 27, 11 a.m.

Alafaya Branch

Saturday, May 27, 11:30 a.m.

West Oaks Branch

Saturday, May 27, 11:30 a.m.

Virtual

Saturday, May 13, 11:30 a.m.

The Reading Education Assistance Dogs (R.E.A.D.) program improves children's reading and communication skills by employing a powerful method: reading to a therapy dog.

Teen Volunteering

Orlando Public Library

Saturday, May 6, 11 a.m.–1 p.m.

Hiawasse Branch

Saturday, May 13, 11 a.m.–1 p.m.

High school students will earn two hours of community service by assembling craft kits for the library. Recommended for ages 13-18.

Teen Volunteering: Orange Slice

Alafaya Branch

Saturday, May 6, 3–5 p.m.

Earn community service hours by becoming involved in the *Orange Slice*, Alafaya's teen literary and creative arts magazine.

Registration required.

Little Chef: Crazy About Congee

South Creek Branch

Tuesday, May 16, 10:30 a.m.

West Oaks Branch

Tuesday, May 23, 11 a.m.

Your little one will use their scooping, mixing and layering skills to top off their classic Chinese rice porridge. Adult participation is required. Recommended for ages 3–5. Registration required.

Growing Up WILD: Spider Web Wonders

Southwest Branch

Tuesday, May 16, 10:30 a.m.

Children will learn about spiders, their webs and how to be safe around spiders. Presented as a part of the Association of Fish & Wildlife Agencies Project WILD.

Teen Takeover

Southeast Branch

Wednesday, May 17, 3–5 p.m.

High school students will earn up to two hours of community service by assembling craft kits, testing new projects for future programs and performing other tasks as needed.

Pirates of the ZOOribbean

Orlando Public Library, Library Central

Saturday, May 27, 2 p.m.

Ahoy Mateys! Set sail on an exciting pirate's journey in search of amazing coastal and island animals. Discover the true treasures of a pirate's life! Recommended for families with children ages 0–12.

LEARN. GROW. CONNECT.

####