

# Discovery LUNCHES

## *Inspiration starts here!*

Discovery Lunches are one-hour programs that invite you to explore and connect with fellow learners. Continue on your journey to discovery via your Milwaukee Public Library. Please call 414-286-3011, register online at [www.mpl.org](http://www.mpl.org), or stop by any Milwaukee Public Library to register. A light lunch is provided.

**Tuesdays, 12:30-1:30 p.m.**

### SEPTEMBER

**Sept. 5 – Mill Road Library, 6431 N. 76th St.**

#### **Eat Green: Local and Organic**

What's the difference between organic and natural? Learn the differences and similarities and what is best for your family. Taste the difference with gluten-free recipes that use organic and local foods fresh from the farmer's market.

**Sept. 12 – Central Library, 814 W. Wisconsin Ave.**

#### **Explore the Backroads of Switzerland**

Ralph Danielsen leads an exploration of some of Europe's finest medieval towns and castles, stunning alpine vistas, and ancient ruins of the Roman Empire. Hiking and driving in the Alps reveal how Swiss engineering has conquered this most difficult terrain with ease; without spoiling the world's most magnificent natural beauty.

**Sept. 19 – Zablocki Library, 3501 W. Oklahoma Ave.**

#### **Explore Beautiful Bavaria**

Ralph Danielsen's journey to Beautiful Bavaria includes lively Munich, the gorgeous Alpine Road, perfect little Rothenburg and the ancient towns along the Romantic Road, medieval trading centers, Europe's celebrated art and architecture, and mighty rivers and castles.

Upon reasonable notice, efforts will be made to accommodate the needs of individuals with disabilities. For additional information or to request services contact the Library Director's Office at (414) 286-3021, 286-2794 (FAX), or mail to Central Library, 814 W. Wisconsin Ave., Milwaukee, WI 53233 Attn: Accommodation Request. 2017

### OCTOBER

**Oct. 3 – Mill Road Library, 6431 N. 76th St.**

#### **Writing for Brain Power**

Research has discovered that both writing and art boosts brain power. Join us as we create found poetry and then write poems and illustrate them with simple doodle art. Rochelle Melander is an author, speaker, and certified professional writing coach.

**Oct. 10 – Central Library, 814 W. Wisconsin Ave.**

#### **Eat Green: Local and Organic (see Sept. 5)**

**Oct. 17 – Zablocki Library, 3501 W. Oklahoma Ave.**

#### **Writing for Brain Power (see Oct. 3)**

### NOVEMBER

**Nov. 7 – Mill Road Library, 6431 N. 76th St.**

#### **Explore Maritime Canada**

Ralph Danielsen leads a journey to the world's highest tides, the "home" of Anne of Green Gables, Canada's most photographed village, and final resting place for many of the artifacts and victims of the Titanic. The journey continues to Canada's other coast to visit delightful British Columbia, Vancouver and capital city Victoria on Vancouver Island.

**Nov. 14 – Central Library, 814 W. Wisconsin Ave.**

#### **Writing for Brain Power (see Oct. 3)**

**Nov. 21 – Zablocki Library, 3501 W. Oklahoma Ave.**

#### **Intro to Reiki**

A traditional Reiki treatment is presented in a quiet setting. A trained practitioner will share benefits of the Reiki method while demonstrating the Reiki body scan.



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PUBLIC LIBRARY