

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, or stop by any Milwaukee Public Library to register. A light lunch is provided.

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

JUNE

June 6 – Mill Road Library, 6431 N. 76th St.

Writing to Transform Your Life & Expand Creativity

Journaling improves memory and sleep, boosts immune cell activity, supports you in achieving your goals, and increases your longevity. Learn easy exercises from positive psychology and narrative therapy that will help you access memories, improve wellness, and explore creativity with author, speaker, and certified professional coach Rochelle Melander.

June 13 – Central Library, 814 W. Wisconsin Ave.

Gardening for Life

Learn how to enjoy gardening throughout your life with modifications to your garden and tool & techniques. Presented by master gardeners and the Lifelong Gardening Committee.

June 20 – Zablocki Library, 3501 W. Oklahoma Ave.

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.

JULY

July 4 – No Discovery Lunch - HOLIDAY CLOSING

July 11 – Central Library, 814 W. Wisconsin Ave.

Writing to Transform Your Life & Expand Creativity
(see June 6)

July 18 – Zablocki Library, 3501 W. Oklahoma Ave.

Exploring Stories thru Book Art

Explore, create, and share at this Discovery Lunch devoted to the love of stories and books. Share your favorite books and why they have left an impact. Create a piece of art using old books as a keepsake.

AUGUST

Aug. 1 – Mill Road Library, 6431 N. 76th St.

Gardening for Life (see June 13)

Aug. 8 – Central Library, 814 W. Wisconsin Ave.

Music is Fun!

Rich Regent, clarinetist, and John Dudzik, accordionist, discuss musical terms and play classic pieces. Hear a mix of improvising skills and entrancing harmonies that feature jazz, tangos, polkas, Dixieland, waltzes and Blues.

Aug. 15 – Zablocki Library, 3501 W. Oklahoma Ave.

Writing to Transform Your Life & Expand Creativity
(see June 6)

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