

# LUNCH & LEARN

**Join Us for an Exciting New "Lunch & Learn" Program Series!**

**Discover, Explore, and Connect in 2023-24**

Are you ready for a year of enlightening experiences and engaging conversations? Look no further! Our "Lunch & Learn" program has a fantastic lineup of events designed to inspire, educate, and entertain. **Mark your calendars and invite your friends!**

**Tuesday, Sept. 19: Life on the Line: Movements and Mortality in Poland**

- Join Rev. Dr. Brian R. Paulson as he shares the inspiring stories of partner churches supporting Ukrainian refugees and the interfaith delegation's journey to learn about Jewish history. Time: 12:00 - 1:30 p.m. | Location: Social Hall | Lunch: \$12 |

**Tuesday, Oct. 17: Fall Foliage Walk along the Des Plaines River**

- Embrace the beauty of autumn with Rev. Amy Heinrich. Enjoy a delightful picnic inside the Adler Park Lodge followed by a scenic contemplative walk\* along the Des Plaines River Trail (\*weather permitting). Pre-order your box lunch for \$12 and make it a perfect day outdoors. Time: 12:00 - 1:30 p.m. | Location: Adler Park | Lunch: \$12 |

**Tuesday, Nov. 21: ThanksLIVING: Integrating Gratitude & Mindfulness into our Daily Lives**

- Dr. Robert Heinrich, a clinical psychologist and meditation practitioner, will guide us on a journey to appreciate the power of gratitude and mindfulness in enhancing our daily lives. Time: 12:00 - 1:30 p.m. | Location: Social Hall | Lunch: \$12 |

**Tuesday, Dec. 19: Ringing in Christmas**

- Let the enchanting sounds of the Bel Canto Ringers fill the air as we celebrate the holiday season with joyous Christmas music. Time: 12:00 - 1:30 p.m. | Location: Fellowship Hall | Lunch: \$12 |

**Tuesday, Jan. 16: Cozy Up to a Good Book**

- Bring a favorite book that has positively impacted your life and share the magic of reading with fellow book enthusiasts. Panelists Brian Smith, Judy Beinlich, Phil Hartung and Eileen Sokoloski will tell us about books that have changed their lives and then we'll

break out into small groups to talk about some of our favorites. A perfect opportunity to discover new literary gems. Time: 12:00 - 1:30 p.m. | Location: Social Hall | Lunch: \$12 |

### **Tuesday, Feb. 20: Travel Tips & Trends**

- Planning your next vacation? Join an expert travel advisor for insights into the latest travel trends and valuable tips to make your journeys unforgettable. Time: 12:00 - 1:30 p.m. | Location: Social Hall | Lunch: \$12 |

### **Tuesday, March 19: Senior Crime Awareness & Safety**

- The Libertyville Police Department will empower us with knowledge about community safety and how to protect ourselves from scams. Time: 12:00 - 1:30 p.m. | Location: Social Hall | Lunch: \$12 |

### **Tuesday, April 15: The Gift of Humor**

- Laugh your way to a brighter day with Rosemary Monahan as she explores how humor can transform and uplift our lives. Time: 12:00 - 1:30 p.m. | Location: Social Hall | Lunch: \$12 |

### **Tuesday, May 21: Explore the Chicago Botanic Gardens**

- Immerse yourself in the beauty of nature at the Chicago Botanic Gardens. Enjoy a private tram ride, delicious lunch, and the opportunity to discover the wonders of the gardens. Fee: \$25-\$30\* (includes parking, admission, private tram ride, and lunch). Time: 12:00 - 1:30 p.m. | Location: Chicago Botanic Gardens in Glencoe | \*\$25 (Early Bird rate Jan 15-April 15) or \$30 (Regular Rate April 16-May 9).

Experience the joy of learning, the delight of discovery, and the warmth of community at our "Lunch & Learn" program series. Questions? Contact the church office at 847-362-2174 or [office@boxp.net](mailto:office@boxp.net).