

All Activities

Sort: Date, then Name

CLEAR

Dates
Thu 4/25/24 11:00am to 12:00pm

Presidential Legacies: Gerald and Betty Ford - part 3 of 3 (free & online)

Pre-registration
required

Learn more about Gerald R. Ford – who became President when Richard Nixon resigned in 1974 after the Watergate scandal – and the irrepressible First Lady Betty Ford, who once famously said that “*being ladylike does not require silence.*” This three-part program is presented by [Richard Weld](#), Education Specialist at the Gerald R. Ford Presidential Library and Museum:

- 11 AM Thursday, February 29: *The Early Years* (Part 1)
- 11 AM Thursday, March 28: *The D.C. Years* (Part 2)
- **11 AM Thursday, April 25: *After the White House* (Part 3)**

Part of the Mirowitz Center's continuing "Presidential Legacies" series. Attend all three sessions, or just one (prior attendance is not required). *Note:* The Gerald R. Ford Presidential Library and Museum is part of the presidential libraries system administered by the National Archives and Records Administration, a federal agency.

Dates
Every Thu 11:15-12:00pm (until 4/25)

Tai Chi - RPI, Scott Uelsmann (in person)

Pre-registration
required

Next Date: 4/25/2024 11:15am

Led by RPI therapy Services' Scott Uelsmann, this class focuses on meditative movements and chair-based aerobic exercises.

Dates
Every Fri 10:00-11:00am (until 5/17)

Circle Talk - Holly Mathis, DNP, APRN, ANP-BC (free & in person)

Pre-registration
required

Next Date: 4/26/2024 10:00am

Circle Talk is a 5-week, facilitated discussion group series led by Holly Mathis, DNP, APRN, ANP-BC, a nurse practitioner and adjunct professor of nursing at Maryville University. Circle Talk will guide you in curriculum-based discussions that build meaningful connections and reduce isolation and loneliness. “Enter as strangers, leave as friends” is the class motto. Join the conversation! A limited number of participants, so sign up early!

This Mirowitz Center program – part of our new Mental Wellness Initiative – is supported by a grant from the Women's Auxiliary Foundation for Jewish Aged.

Dates
Every Fri 11:15-12:00pm (until 4/26)

Chair Yoga - Maxine Mirowitz (in person)

Pre-registration
required

Next Date: 4/26/2024 11:15am

Led by Maxine Mirowitz, this class is adaptable for all ages and abilities and focuses on strength conditioning, flexibility, balance, as well as stress and pain reduction.

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| Dates | Guiding & Writing Autobiographies - Dr. Maxine Mirowitz (free & in person) | Pre-registration required |
| Every Fri 12:00-1:00pm (4/26-5/31) | | |
| Starts: 4/26/2024 12:00pm | Do you have a story to tell? Writing an autobiography is a great way to memorialize thoughts and emotions as well as your own experiences. <u>Dr. Maxine Mirowitz</u> , registered yoga teacher and leader of the Storywriter's Guild, is back to help provide guidance and inspiration as you write your personal narrative. This six-part program (April 26, and May 3, 10, 17, 24 & 31) enables you to express yourself in a safe and accepting environment. Writers of all levels, novice to advanced, are welcome – please sign up today! Class size is limited to 10 participants. | |
| | <i>This Mirowitz Center is supported by a grant from the Women's Auxiliary Foundation for Jewish Aged.</i> | |

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| Dates | Movies at Mirowitz! (free & in person) | Pre-registration required |
| Every Fri 1:00-3:00pm (until 12/27) | | |
| Next Date: 4/26/2024 1:00pm | Enjoy fantastic movies on our 14' screen and top-notch sound system! A movie-watching experience for all! No cost to attend. See you at the movies! | |

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| Dates | Get Your Game On! (free & in person) |
| Every Mon 10:00-4:00pm (until 12/30) | Every Monday, from 10 AM to 4 PM, join us at the Mirowitz Center to play Mahjong, bridge, poker, or Mexican Train dominoes – whatever you like! |
| Next Date: 4/29/2024 10:00am | You may bring your own snacks to enjoy and share. No reservations are necessary for these weekly games, but please plan to coordinate your group's schedule and any needed substitutions. All Mahj beginners are welcome – experienced volunteers are typically on hand to provide instructions and guidance. (If you're looking for other players, feel free to drop in to see what groups are available and/or are needing participants.) Game on! |

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| Dates | Tech Tutor: Hardware Helper with Larry Edison! (free & in person) | Pre-registration required |
| Every Mon 10:00-3:30pm (until 12/23) | | |
| Next Date: 4/29/2024 10:00am | For those looking for one-on-one assistance with their technology devices and those wanting to acquire new skills, in-person appointments are available at the Mirowitz Center! Tech Tutor's in-person classes are led by a qualified instructor, <u>Larry Edison</u> . Tech Tutor is supported through a grant from the Women's Auxiliary Foundation for Jewish Aged. | |

About the instructor:

For those looking for personalized assistance with Apple computers, phones, iPads, and related software, Larry Edison provides in-person training. Larry purchased his first computer in 1983. As the pastor of a large Presbyterian congregation in Florida, Larry and his congregation stayed close to the cutting edge of technology. After he retired from the ministry in 2011, Larry looked for a way to use and grow his computer skills. He jumped into retail to work for a privately owned local Apple Premier partner reseller in Sarasota, FL. Since returning to St Louis in 2017, he has spent time volunteering his computer skills with Mirowitz Center, Oasis, and NORC.

Larry Edison works with Apple devices and Apple software/apps. He is not able to offer help with social media (i.e. Facebook), music, games, or many non-Apple apps (What's App, TikTok, etc). He can provide some help for those using Android /Samsung tablets and Google apps.

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| <p>Dates</p> <p>Every Mon 11:15-12:00pm (until 4/29)</p> <p>Next Date: 4/29/2024 11:15am</p> | <p>Fitness With An Edge - Lucy Foxman (in person)</p> <p>Fitness With An Edge is an energetic fitness class utilizing martial arts techniques and combinations. The class is taught by a fitness instructor and black belt holder, Lucy Foxman. All techniques and combinations will be demonstrated both sitting and standing. Some of the expected benefits from Fitness With An Edge are:</p> <ul style="list-style-type: none"> • Improved Coordination • Increased Cardiovascular Fitness • Better Overall Balance • Sharpened Mental Focus • Improved Endurance | <p>Pre-registration required</p> |
| <p>Dates</p> <p>4th Tue every month 10:00-11:00am (until 12/31)</p> <p>Next Date: 4/30/2024 10:00am</p> | <p>MindMatters - Sharon Elliott, LMSW, Provident Behavioral Health (free & in person)</p> <p>Led by Nikki Adams, MSW, LMSW, a trained facilitator with Provident Behavioral Health, MindMatters is a safe, welcoming space to share experiences, feelings, and thoughts with other older adults experiencing the challenges of aging and all that comes with it. The group meets monthly – come as often as you wish to discuss information and tips on improving mental wellness. Learn from each other’s coping strategies, resources, and insights. This monthly group is ideal for older adults interested in connecting with others in a supportive and encouraging environment. This Mirowitz Center program – part of our new Mental Wellness Initiative – is supported by a grant from the Women’s Auxiliary Foundation for Jewish Aged.</p> | <p>Pre-registration required</p> |
| <p>Dates</p> <p>Every other Tue 10:00-11:00am (until 6/25)</p> <p>Next Date: 4/30/2024 10:00am</p> | <p>The Week in Review - Harvey Gerstein & Marilyn Alton (free & online)</p> <p>The news can be upsetting and concerning – so join the conversation with a community that values knowledge, respect, and the art of informed opinions. Expertly moderated by Harvey Gerstein and Marilyn Alton, this is a forum for thoughtful discussion about the most pressing news stories of the week.</p> <p>This online program is provided with FEL (Friends Enjoying Life), the Mirowitz Center men's organization.</p> | <p>Pre-registration required</p> |
| <p>Dates</p> <p>Every Tue 11:15-12:00pm (until 4/30)</p> <p>Next Date: 4/30/2024 11:15am</p> | <p>Music, Movement & Dance Class - RPI, Rachel Gross (in person)</p> <p>In this class, led by RPI’s Rachel Gross, participants will have the option to do all the movements seated, standing or a combination of both as they work on balance, flexibility, and endurance while dancing along to their favorite songs.</p> | <p>Pre-registration required</p> |
| <p>Dates</p> <p>Every Wed 11:15-12:00pm (5/01-5/29)</p> <p>Starts: 5/01/2024 11:15am</p> | <p>Strength and Conditioning - RPI, Rachel Gross (in person)</p> <p>Join RPI’s certified exercise physiologist Rachel Gross for an exercise class designed especially for seniors to build strength and endurance.</p> | <p>Pre-registration required</p> |

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| Dates | We Need to Talk: Maybe It's Your Meds (free & in person) | Pre-registration required |
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Wed 5/01/24 1:00pm to 2:30pm

Do you wonder about over-the-counter products and dietary supplements? And which drugs are potentially inappropriate? As we grow older, our list of medications can become complicated and confusing. No one understands that better than Hedva Barenholtz Levy, PharmD, a geriatric pharmacy specialist and author of *Maybe It's Your Medications*. Dr. Levy will answer your questions and help explain the best ways to avoid medication overload, harmful drugs and unnecessary prescriptions. Even if you only take a few pills each day, mark your calendar!

No cost to register, but RSVP required. Books will be available for purchase.

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| Dates | Mirowitz Center Community Singers (free & in person) | Pre-registration required |
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Every Wed 2:00-3:30pm (until 12/25)

Next Date: 5/01/2024 2:00pm

Sing the songs you love! Singers and non-singers – all are welcome to join Mirowitz Center Community Singers! No experience is necessary. Learn from CDs, no printed music. Plus, the health benefits are immeasurable! Professional musician Robert Denison conducts this group. Performance opportunities.

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| Dates | Paul is Dead - University Instructor Neil Davis (free & in person) | Pre-registration required |
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Wed 5/01/24 3:00pm to 4:00pm

Did you hear? Paul is dead. In 1966, a rumor about The Beatles began to circulate, insisting that pop star Paul McCartney had tragically died in a car crash. Further feeding the conspiracy fever, obsessed fans – also claiming McCartney had been secretly replaced by a look-alike – frantically hunted for perceived clues in lyrics and cover artwork. University Instructor Neil Davis delves into this bizarre chapter of Beatles history, which still stands as one of the most enduring hoaxes and urban legends of all time.

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| Dates | Fighting Bigotry & Hatred - ADL Heartland (free & in person) | Pre-registration required |
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Thu 5/02/24 10:30am to 11:30am

Did you know the mission of the ADL (Anti-Defamation League) is not just to fight all forms of antisemitism, but also to counter extremism and battle bigotry wherever and whenever it happens? The Regional Director of the local ADL Heartland office, Jordan Kadosh, is back to help answer tough questions about today's issues and headlines. With antisemitic incidents at an all-time high in the wake of the Oct. 7 attack in Israel, this topic couldn't be more timely. No cost to register, but RSVP required.

Program is part of the Mirowitz Center's continuing "Fighting Bigotry & Hatred" series, and co-sponsored by ADL Heartland, American Jewish Committee, Jewish Community Relations Council of St. Louis, National Council of Jewish Women St. Louis, and the St. Louis Kaplan Feldman Holocaust Museum.

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| <p>Dates Thu 5/02/24 1:00pm to 3:00pm</p> | <p>The Balancing Act - RPI Therapy Services</p> <p>“Life is like riding a bicycle. To keep your balance, you must keep moving.” — Albert Einstein</p> | <p>Pre-registration required</p> |
| <p>If you missed this program last year, then get moving and sign up for a complimentary in-person consultation. The experts at <u>RPI Therapy Services</u> are back to discuss balance challenges and evaluate your overall stability! Remember, even minor balance problems may lead to falls and injury. RPI therapists will use the cutting-edge Biodex BioSway Balance System to screen participants for previously undetected balance issues. Appointments are 10 minutes long. This program – co-sponsored by RPI Therapy Services and Senior Kollel – also is being provided with FEL (Friends Enjoying Life), the Mirowitz Center's men's organization.</p> | | |
| <p>Dates Every other Fri 10:30-11:30am (until 6/28) Next Date: 5/03/2024 10:30am</p> | <p>St. Louis County Library Service</p> <p>Reserve a book, magazine, CD or DVD from the St. Louis County Library and pick it up at the Mirowitz Center! Browse the mobile library collection. Materials can be kept for a month, and there is no limit to how many can be checked out at a time. Large print materials are available. Don't have a library card? We can sign you up on-site! No registration necessary to attend.</p> | |
| <p>Dates 1st & 2nd Tue every month 2:00-3:00pm (until 12/10) Next Date: 5/07/2024 2:00pm</p> | <p>Let's Learn Mameloshen! - Yiddish Class with Rabbi Neal Rose (free & online)</p> <p>Many Yiddish words, such as <i>shtik</i>, <i>kvetch</i>, and <i>platz</i> have become part of the American vernacular, but they are actually part of a rich language that originated in the 9th century in Central Europe and came to be the <i>lingua franca</i> of Ashkenazi Jewry. Learn to speak this lively language that is making a comeback across the globe and across generations! On the first and second Tuesday afternoon of each month, <u>Rabbi Neal Rose</u> will be leading a class in Yiddish for beginners and those wanting to improve their Yiddish. Reading Yiddish is not a prerequisite for participation. The textbook for the class, <i>Yiddish Dictionary and Phrasebook</i> by Vera Szabo, provides transliteration as well as Yiddish text. Copies of the book should be purchased in advance of the class and are available on Amazon. This program is co-sponsored by Jewish Family Services St. Louis.</p> | <p>Pre-registration required</p> |
| <p>Dates Wed 5/08/24 3:00pm to 4:30pm</p> | <p>Spring Fling Concert: Ethan Leinwand & Valerie Jo Kirchhoff (free & in person)</p> <p>Barrelhouse-blues and ragtime pianist, Ethan Leinwand, wowed the Mirowitz Center last year with his amazing <i>"Boogie Woogie & All That Jazz"</i> program. Now he's back with his wife, Valerie Jo Kirchhoff (aka "Miss Jubilee") – and their springtime concert promises to be even more memorable. You won't want to miss this chance to see two of St. Louis' most talented and entertaining performers! No cost to attend, but RSVP required.</p> <p>Co-sponsored by the St. Louis Jazz Club.</p> | <p>Pre-registration required</p> |

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| Dates Thu 5/09/24 1:00pm to 2:00pm | Intro to Smartphone Photography - Senior Planet from AARP (free & in person) | Pre-registration required |
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Come learn about smartphone features like recording videos, adding filters to pictures, and using your camera's timer! [Mirowitz Center Trainer Jim Salih](#) also will go over basic camera tips for taking good selfies, selecting backgrounds, and using optimal lighting. This presentation will cover both Android devices and iPhones. No cost to attend, but RSVP required.

The Mirowitz Center is partnering with Senior Planet from AARP to help older adults use technology to learn new skills, save money, get in shape, and make new friends. In fact, we were the first organization in Missouri to be licensed to teach Senior Planet from AARP technology training curriculum – and the only licensee in St. Louis County!

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| Dates Thu 5/09/24 2:30pm to 3:30pm | Towel Artistry: Contemporary Art Museum Workshop (free & in person) | Pre-registration required |
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Ready to immerse yourself in a world of vibrant creativity? Join the [Contemporary Art Museum](#) (CAM) staff to learn the art of transforming ordinary pieces of fabric into stunning canvases of expression. This hands-on class – inspired by artist Paul Chan's "Breathers" exhibition at CAM – promises a refreshing blend of imagination and fun! Leave with your very own towel masterpiece. So don't wait to secure your spot in this colorful adventure! No cost to register, but RSVP is required.

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| Dates 2nd Tue every month 12:00-1:00pm (until 12/10) Next Date: 5/14/2024 12:00pm | The ABCs of Judaism - Rabbi Ze'ev Smason (free & in person) | Pre-registration required |
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Judaism has its own "ABCs" – teachings to guide your life. On the second Tuesday of each month, join the engaging and inspiring [Rabbi Ze'ev Smason](#) at Mirowitz Center for *The ABCs of Judaism* to discuss a different topic with a Jewish theme.

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| Dates Tue 5/14/24 3:00pm to 4:00pm | Yom Ha'Atzmaut Gathering with HaShemesh - (free & in person) | Pre-registration required |
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Join us at Mirowitz Center on Israel's 76th birthday to hear Israeli and Jewish music with the St. Louis-based band [HaShemesh](#). In a special concert recognizing Yom Ha'Atzmaut, Israel's Independence Day, the band will perform songs that reflect the country's history and culture. No cost to register, but RSVP required.

Co-sponsored by Congregation Temple Israel.

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| Dates Wed 5/15/24 12:00pm to 1:30pm | Using GovTrack.us Website - Senior Planet from AARP | Pre-registration required |
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Wondering what Congress has been up to? In this hands-on workshop, [Mirowitz Center Trainer Daniel Landsbaum](#) explores the *GovTrack.us* website and its main features: identifying elected representatives, seeing how they vote, and learning about bills. Walk through the sign-up process and establish *GovTrack.us* email alerts to hold lawmakers accountable!

With support from the Women's Auxiliary Foundation for Jewish Aged, the Mirowitz Center will provide a Chromebook computer for you to use during the program. No cost to register, but RSVP required. Don't wait, because class size is limited!

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| Dates 3rd Thu every month 10:00-11:00am (until 12/19) Next Date: 5/16/2024 10:00am | Between the Covers: STL County Library Book Club - Reference Librarian, Hillary Peppers (free & online) | Pre-registration required |
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Calling all READERS! This online book club, in partnership with the St. Louis County Library, is available through Zoom or even the telephone. Referencet Librarian [Hillary Peppers](#), who has worked in public libraries for many years, facilitates this morning group discussion every third Thursday of each month. So come and share your love of literature with positive, nurturing discussions! There is no cost to attend, but RSVP is required. Bring your friends!

Don't forget that St. Louis County Library also is at the Mirowitz Center from 10 to 11 AM every other Friday. Reserve all of your library selections and, while you are at it, get a copy of the book club pick!

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| Dates Thu 5/16/24 1:00pm to 2:00pm | Judaism's 10 Best Ideas! - Richard Gavatin (free & in person) | Pre-registration required |
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Join us for an interactive discussion, led by Judaic educator [Richard Gavatin](#), about the book *Judaism's 10 Best Ideas: A Brief Guide for Seekers*, authored by Dr. Arthur Green, a renowned scholar and non-denominational teacher. The book contains ten chapters, each presenting an idea that originated in Judaism, which Dr. Green finds intriguing. Whether you are curious about Judaism or a seasoned student, you will discover new perspectives and insights that will enrich your life. You don't need to read the book beforehand, just bring your questions and opinions. All are welcome! No cost to register, but RSVP required.

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| Dates Tue 5/21/24 10:00am to 11:00am | How America Won World War II - Ken Weintraub (free & in person) | Pre-registration required |
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This year, America commemorates the 80th anniversary of D-Day – June 6, 1944 – which brought the Allies' land, air, and sea forces together in the largest amphibious invasion ever. Join [Ken Weintraub](#) as he details the United States' pivotal role in World War II, including strategic leadership, transformative arms production and powerful industrial manufacturing that provided critical supplies to Great Britain and the Soviet Union. Learn how America's many contributions turned the tide and changed world history. No cost to register, but RSVP required.

This program is provided with FEL (Friends Enjoying Life), the Mirowitz Center men's organization.

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| <p>Dates 3rd Tue every month 12:00-1:00pm (until 5/21)</p> | <p>The Soul, The Body, & The Afterlife - Rabbi Ze'ev Smason (free & in person)</p> | <p>Pre-registration required</p> |
| <p>Next Date: 5/21/2024 12:00pm</p> | <p>What is a "soul?" What happens after you die? Does Judaism believe in the Afterlife? Are resurrection and reincarnation Jewish concepts? Do our dreams contain "messages from afar"? Join the engaging and inspiring <u>Rabbi Ze'ev Smason</u> at Mirowitz Center for a four-part series on these fascinating topics you might not have studied in Sunday School! Attend one or all sessions – prior attendance not required.</p> <ul style="list-style-type: none"> • 2/20: Body & Soul • 3/19: The Afterlife • 4/16: Reincarnation & Resurrection • 5/21: Dreams – Messages from Afar? | |

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| <p>Dates Tue 5/21/24 1:00pm to 2:30pm</p> | <p>Gmail Tips & Tricks - Senior Planet from AARP (free & in person)</p> | <p>Pre-registration required</p> |
| <p>Do you want to do more than just send and receive emails? This workshop covers important Gmail features like spell-checking, formatting emails, searching your inbox, adding a signature, and attaching files. <u>Mirowitz Center Trainer Larry Edison</u> will combine demos and hands-on practice, so you'll have plenty of opportunities to ask questions and try out different features.</p> <p>With support from the Women's Auxiliary Foundation for Jewish Aged, the Mirowitz Center will provide a Chromebook computer for you to use during the program. No cost to attend, but RSVP is required. Don't wait to register, class size is limited!</p> <p><i>The Mirowitz Center is partnering with Senior Planet from AARP to help older adults use technology to learn new skills, save money, get in shape, and make new friends. In fact, we were the first organization in Missouri to be licensed to teach Senior Planet from AARP technology training curriculum – and the only licensee in St. Louis County!</i></p> | | |

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| <p>Dates Wed 5/22/24 1:00pm to 2:00pm</p> | <p>Beyond the Spotlight: Jewish Values in the Theatre (free & in person)</p> | <p>Pre-registration required</p> |
| <p>Explore Jewish playwrights, characters, and values that grace the stage of the New Jewish Theatre (NJT)! Join this fascinating five-part class series introducing the upcoming NJT season and the emerging Jewish topics. Each session includes insights from NJT's artistic team, discussions with a rabbi, and a discount on play tickets! Each session includes insights from NJT's artistic team, discussions with a rabbi, and a discount on play tickets! Themes of the third session include mental health, the definition of art, the Russian Jewish refugee Mark Rutho, and mentorship. Don't miss this chance to go 'beyond the spotlight' and discover the Jewish themes highlighted in NJT's productions!</p> <ul style="list-style-type: none"> • Session #1: <i>All My Sons</i> by Arthur Miller • Session #2: <i>We All Fall Down</i> by Lila Rose Kaplan • Session #3: <i>Red</i> by John Logan with guest speaker Rabbi James Stone Goodman (CRC) • Session #4: <i>Trayf</i> by Lindsay Joelle (1 PM, Thursday, September 5) • Session #5: <i>First Date</i> by Austin Winsberg, Alan Zachary, and Michael Wiener (1 PM, Thursday, November 14) | | |

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| Dates 4th Wed every month 3:00-4:00pm (until 12/25) Next Date: 5/22/2024 3:00pm | The Rabbi Is In - Rabbi Neal Rose (free & online) | Pre-registration required |
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On the fourth Wednesday of every month, join [Rabbi Neal Rose](#), Chaplain for Jewish Family Services, for a monthly discussion with a Jewish theme. This program is co-sponsored by JFS St. Louis.

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| Dates Thu 5/23/24 1:30pm to 2:30pm | What's on Your Mind, Joe? - columnist Joe Holleman (free & in person) | Pre-registration required |
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St. Louis Post-Dispatch columnist [Joe Holleman](#) has lots of opinions! A political correspondent, author and proud Baby Boomer, Joe has penned newspaper columns ranging from "Life Sherpa" to "Political Fix." He also has written several books and frequently participates in lively debates on the local PBS "Donnybrook" program. So welcome him back to the Mirowitz Center and hear what's on Joe's mind today – including current events, interesting trends, and hometown issues. This is a rare chance to interact with one of the most influential voices in St. Louis media!

Program co-sponsored by the St. Louis Press Club. No cost to register, but RSVP required.

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| Dates Wed 5/29/24 12:00pm to 1:00pm | Virtual Museum Tours - Senior Planet from AARP | Pre-registration required |
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Learn how to tour world-famous museums from the comfort of your home! Did you know many of the world's leading museums have been making their collections and exhibits available to view virtually? [Mirowitz Center Trainer Daniel Landsbaum](#) explores some of these virtual galleries, as well as digital tools that help bring art, architecture, and history to life! Participants will take virtual tours of the Louvre Museum and the American Museum of Natural History. No cost to register, but RSVP required.

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| Dates Thu 5/30/24 12:00pm to 4:00pm | The J's Senior Olympics Games Day at Mirowitz Center! (registration/fee via The J) | |
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If you love Mahjongg, you won't want to miss this mahj-ical opportunity to attend The J's Senior Olympics Games Day, co-sponsored by Senior Kellel, on Thursday, May 30. Hosted at the Mirowitz Center, this is your chance to tile the town red! To register, visit St. Louis Senior Olympics - St. Louis JCC (jccstl.com), call (314) 442-3164, or email srhea@jccstl.org. To print a registration form, click [here](#) and return your completed form with fee to The J.

Doors open at noon; Game Play from 1 PM to 4 PM. Senior Kellel will provide a free boxed lunch for registrants!