

Virtual Espresso Bar

View our archive of virtual espresso bar discussions with variety of fun topics from our special guests!

Thurs 4/30: [Microsoft Teams – Lou Lindow](#)

Tues 5/5: [Homeschooling Tips – Melissa Leaman](#)

Thurs 5/7: [Myers Briggs Personality Types: Introversion vs. Extroversion – Tosh & Nate](#)

Fri 5/8: [TGIF Special Edition – Mixology with Todd Koss, Rich Doyle & Rick Froh](#)

Tues 5/12: [Q&A with Club Olympia – Fitness at Home – Lynn Roethke/Lynda Johnson](#)

Thurs 5/14: [How to Cut your own Hair – Elizabeth Achter \(Main St. Style, Mt. Calvary\)](#)

Tues 5/19: [Baking French Bread – Tosh \(Click here for recipe\)](#)

Thurs 5/21: [Dental Care at Home – Dr. Greg Theis \(Delta Dental\)](#)

Tues 5/26: [Smoothie Demo \(Grande Instant Whey Protein\) – Kate Petrie & Nicole Mueller](#)
– [Smoothie Nutrition Information](#)
– [Berry Smoothie Recipe](#)
– [Pumpkin Smoothie Recipe](#)
– [Green Smoothie Recipe](#)

Thurs 5/28: [Roaming Reptiles – Brandon & Michelle Fowler](#)

Tues 6/2: [Mushroom Hunting – Tyler Norton](#)

Thurs 6/4: [Myers Briggs Personality Types \(Part 2\): Sensing vs. Intuition – Tosh and Nate](#)

Tues 6/9: [Myers Briggs Personality Types \(Part 3\): Thinking vs. Feeling – Tosh and Nate](#)

Tues 6/16: [Starting a Self-Sustaining Farm/Home – Ashley Klaes](#)

Tues 6/16: [Homemade Pasta Demo – Girolamo Maniscalchi \(Click here for recipe\)](#)

Thurs 6/18: [Myers Briggs Personality Types \(Part 4\): Judging vs. Perceiving – Tosh and Nate](#)

Tues 6/23: [Homemade Pizza Dough – Matt Tedeschi \(Click here for recipe\)](#)

Thurs 7/9: [Crochet Tutorial – Amanda Heinz \(click here for instructions\)](#)

TGIT Thurs 7/16 (4pm): [Wine and Cheese Pairings – Megan Aubrey](#)

Fri 7/17 (11am): [Ricotta Gnocchi w/ Luigi Betti](#)

Thurs 7/30: [Summertime Dip Recipes with Bravo 300 – Nicole Mueller, Brad Nielsen and Brooke Johnson](#)

- [PWRPOINT Bravo Recipe Book v3](#)
- [BRAVO Blueberry Mini Muffins](#)
- [BRAVO Cheesecake Bites](#)
- [Bravo Choc Chip Cookies](#)
- [BRAVO Pumpkin Cheesecake](#)
- [BRAVO Strawberry Cheesecake Dip](#)
- [BRAVO Taco Dip](#)
- [Graham Cracker Crust](#)

Thurs 8/6: [Lakeside Park Master Plan – Ben Giles, FDL City Councilman](#)

TGIT Thurs 8/20 (4pm): [Beer Tasting and Cheese Pairing – Jeremy Smith & Brad Nielsen](#)

Thurs 8/27: [UMR: Portal Tips & FAQs](#)

Thurs 9/3: [The Art & Science of Smoking Meats – Rich Doyle](#)

Thurs 10/8: [Work Life Balance & Satisfaction](#) – Alayne Stelsel, MA, LPC, NCC, Agnesian Healthcare Work & Wellness EAP

TGIF Friday 10/9 (4pm): [Live, Interactive On-line Trivia](#) – Dr. Rob Rowbotham

Thurs 11/19: [Avorio with Megan Aubrey](#)

TGIF Friday 1/15/21 (4pm): [Demo – Pizza Bible Master Dough w/o Starter & Detroit Style Pizza – Brian Stalter \(with Julie Gruber\)](#)