

MATHER TELEPHONE TOPICS

April 6–10, 2020

With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. No need to register in advance! All calls are FREE!

Call-in number: (855) 880.1246

Enter Meeting ID when prompted: 386 399 7030#

Bob Hope: American Smart Aleck

Steven Frenzel, Presenter

Monday, April 6, 9:30 a.m. CT

Rediscover the humor of one of the most iconic comedians of the twentieth century. Bob Hope conquered every field of entertainment: stage, radio, film, and television!

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Monday, April 6, 12:00 p.m. CT

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Use What Is Handy!

Sharon Smith, Possibilities Coach, Mather

Monday, April 6, 2:30 p.m. CT

Get a good workout using household items, such as soup cans for strength, tennis balls for hand strength, towels for stretches and flexibility, and a sturdy chair for balance.

Spirituality & Television

Walter Podrazik, Author, Watching TV: Eight Decades of American Television

Tuesday, April 7, 9:30 a.m. CT

Wally examines some of the great personalities like Bishop Sheen and Rev. Billy Graham who have brought spiritual healing to the small screen.

Caregiving & Creativity Chat

Sharon Smith, Possibilities Coach, Mather & Ruthe Guerry, Art Therapist

Tuesday, April 7, 11:00 a.m. CT

Caregivers and care receivers: Learn how to relieve stress through creativity exercises and get resources for self-care.



Amazing Grace

Heather Braoudakis, Vocalist

Tuesday, April 7, 1:00 p.m. CT

Heather sings some favorite hymns and shares stories about what inspired this beautiful music and its impact on music history.

Chair Ballet Stretch

Jeanine Dent, Instructor

Tuesday, April 7, 2:30 p.m. CT

Learn stretching and strengthening techniques using ballet positions, focusing on hip flexors, core strength, and spinal alignment.

Leiber & Stoller: A New Class of Songwriters

John Boda, Presenter/Musician

Wednesday, April 8, 9:30 a.m. CT

Jerry Leiber and Mike Stoller wrote songs together for over 60 years. John talks about the music and performs songs including “Hound Dog,” “Jailhouse Rock,” and “Stand by Me.”

El Greco: Ambition & Defiance

Dave Williams, Art Institute of Chicago

Wednesday, April 8, 11:00 a.m. CT

Hear the history of this expressionistic Greek artist known for extremely elongated figures.

Game Time with Jeanne: Brain Quest Challenge

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, April 8, 1:00 p.m. CT

Have fun challenging your knowledge by answering questions about English, science, social studies, math, and food fun.

Poetry & Art about Hope

Caroline Edasis, Director of Creative Arts, Mather

Wednesday, April 8, 2:30 p.m. CT

Caroline will share inspiring examples of ways in which poets and artists have expressed hope in their work. Participants will have an opportunity to write their own poem of hope.

Mending

Heidi Parkes, Artist

Thursday, April 9, 9:30 a.m. CT

Heidi will discuss her philosophy on mending clothing as it pertains to technique, aesthetics, her childhood, daily life, and fine art exhibitions.



A Tour of Chicago's Historic Gangster Sites

Paula Fenza, Historian

Thursday, April 9, 11:00 a.m. CT

Learn the history behind the gravestones of some of Chicago's famous gangsters and hear stories of the city's gangster past.

Ways to Improve Foot & Ankle Mobility

Paige Corley, Certified Personal Trainer

Thursday, April 9, 1:00 p.m. CT

Learn how to increase and maintain foot and ankle mobility and how important this is for balance and gait.

Love Letters from Great Men Known & Unknown

Kate Marrs, Presenter

Thursday, April 9, 2:30 p.m. CT

Listen to the words that men have written to express their love to the women in their lives. You'll discover powerful emotion, humor, longing, and more.

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Friday, April 10, 9:30 a.m. CT

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your "happiness factor"!

Simply Strong

Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach

Friday, April 10, 11:00 a.m. CT

Join us for a guided strength-training routine that can be done in the comfort of your home.

Storytelling with Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Friday, April 10, 1:00 p.m. CT

Hear a master storyteller read a thought-provoking short story, followed by a discussion.

Pop Sing-Along: Hits of the '60s

Rick Pickren, Musician

Friday, April 10, 2:30 p.m.

Rick will perform the number one hit from every year of the 1960s! Sing along to classics from "It's Now or Never" "to "My Girl" to "Raindrops Keep Fallin' on My Head."