

MATHER PLACE REPRIORMENT PROGRAMS

August 24–28, 2020

Using a tool called Zoom, you can call in on your phone toll-free or log in on your computer to join live discussions and programs led by Mather Place staff. All are FREE!

DIRECTIONS:

BY PHONE:

NOTE: If calling from your home phone in Mather Place, dial 8 and 1 first

Call-in number: (877) 853.5257

Enter Meeting ID when prompted: 847 256 9300 and then press #

BY COMPUTER: To bring the program up on your computer, enter this web address at the scheduled time: <https://zoom.us/my/matherplace>

You will need the Zoom app on your computer or smartphone to see video. To download the app, look in your app store. The app looks like this:



THROUGH THE APP: To access a program on zoom app on your smartphone or computer/laptop, simply enter 847-256-9300 at the scheduled time.

DAILY OFFERINGS

Gentle Movements

Elise Foss, GET FIT

Every Monday, Tuesday, Wednesday, Thursday, 10:00 a.m.

Friday - CANCELLED

Elise will guide you through gentle movements from head to toes to support joint health, flexibility, and range of motion.

SPECIAL OFFERINGS

Writing & Sharing

Paul McComas

Monday, August 24, 10:45 a.m.

Join Paul for a creative writing group as we share our own writing on themes of Silliness and Shelter.



30-Minute Interval Training

Elise Foss, GET FIT

Monday, August 24, 3:00 p.m.

In this 30-minute program, we will do a combination of aerobic exercises and strength training exercises that will get your heart rate up and help with your overall strength.

Meditation

Elise Foss, GET FIT

Monday, August 24, 4:00 p.m.

Elise will guide you through a 20-minute meditation to ease anxiety and tension.

Frank Sinatra: The Voice, Part 2

Susan Benjamin

Tuesday, August 25, 1:00 p.m.

Join Susan Benjamin to learn about Francis Albert Sinatra, an American singer, actor and producer who was one of the most popular and influential musical artists of the twentieth century.

Cardio Moves / Strength Moves

Elise Foss, GET FIT

Tuesday, August 25, 3:00 p.m.

Join Elise to go through some simple strength exercises that can be done from your home.

Virtual Museum

Emily MacArthur, Art Therapist

Wednesday, August 26, 3:00 p.m. - CANCELLED

Cardio Moves / Strength Moves

Elise Foss, GET FIT

Thursday, August 27, 3:00 p.m.

Join Elise to go through some simple strength exercises that can be done from your home.

Cardio Moves / Strength Moves

Elise Foss, GET FIT

Friday, August 28, 11:15 a.m. - CANCELLED

Meditation

Elise Foss, GET FIT

Friday, August 28, 4:00 p.m. - CANCELLED

