

MATHER TELEPHONE TOPICS

August 17–21, 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!

Dial our call-in number at the start time of the program and then enter the Meeting ID.

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

Call-in number: (855) 880.1246 or join us online: zoom.us/join

Enter Meeting ID when prompted: 386 399 7030#

Draw-Along: Nature Collage WATCH ON ZOOM

Heidi Parkes, Presenter

Monday, August 17, 9:30 a.m.

Join a guided exercise and create a collage of nature. We will make collages inspired by the natural world. Ideal materials: a glue stick, a magazine, paper, pen, and scissors.

Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Monday, August 17, 12:00 p.m.

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

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, August 17, 2:00 p.m.

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Tai Chi WATCH ON ZOOM

Lin Shook, Instructor

Monday, August 17, 4:00 p.m.

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Connecting with Anne Frank WATCH ON ZOOM

Eva Schloss, Anne Frank's Stepsister

Tuesday, August 18, 11:00 a.m.

We'll talk live from London with Anne Frank's stepsister, Eva Schloss. Like Anne and her family, Eva and her family were also sent to Auschwitz. Eva and her mother both survived, and after the war, her mother married Anne's father, Otto Frank. Hear a deeply personal story about the Holocaust and one of its most well-known and beloved victims.

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, August 18, 1:00 p.m.

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

Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, August 18, 2:30 p.m.

Join us for alternating 30 minutes of simple cardio programs with 10 minutes of upper- and lower-body strength exercises. Squats and lunges can be done at your level, including simple upper-body work. Modifications are welcome!

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, August 18, 4:00 p.m.

Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

Radical Acts of Self-Love

Andrea Vernon-Cwik, Licensed Clinical Social Worker

Wednesday, August 19, 9:30 a.m.

Learn quick and effective ways to meditate in high-stress situations.

Humorously Unconventional Presidential Pursuits

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

Wednesday, August 19, 11:00 a.m.

Wally looks at some of the surprising presidential candidates who have come from television, including entertainer Gracie Allen in the 1940 Surprise Party, talk-show host Stephen Colbert, comedian Pat Paulsen, and even Howdy Doody!

What Would You Do?

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, August 19, 1:00 p.m.

Jeanne examines medical and ethical dilemmas in our modern life. The time to make some decisions is before a crisis occurs.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, August 19, 2:30 p.m.

Learn a guided system of coordinated body postures and movements, breathing, and meditation, used to facilitate optimal health.

Songs & Stories to Brighten Your Day WATCH ON ZOOM

Amy Lowe, Singer, Musician & Storyteller

Wednesday, August 19, 4:00 p.m.

Amy will entertain us with songs that span the decades with a variety of themes and styles. She'll include a few stories and provide an opportunity for you to collaborate.

Paul Anka WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, August 20, 9:30 a.m.

Hear about the life and career of this famous singer and listen to clips of some of his hits.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Thursday, August 20, 11:00 a.m.

Joe speaks "off the cuff" in a presentation that might include comedy, variety, interviews, travel stories, talk about food, fun facts, surprises, and great American songs.

The Black Cyclone: Major Taylor WATCH ON ZOOM

Kisha Tandy, Assistant Curator, Indiana State Museum

Thursday, August 20, 1:00 p.m.

Hear the incredible story of the first African American world champion in cycling.

Improving Strength at Home WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, August 20, 2:30 p.m.

Learn different and effective ways to do strength training at home with minimal equipment.

The Blue Zones, Part 2: Bringing the Blue Zones Home WATCH ON ZOOM

Joan Davis, RN, Presenter

Thursday, August 20, 4:00 p.m.

Learn how to "Blue Zone" your life from your kitchen to your community and even into your bedroom! Pick up tricks you can incorporate for healthier aging. (Note: Participation in the Blue Zones Part I program is *not* necessary.)

Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Friday, August 21, 9:30 a.m.

Join us for guided meditation to reduce stress, increase resilience, and promote inner calm.

The Nutrition Facts behind the Label WATCH ON ZOOM

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

Friday, August 21, 11:00 a.m.

Learn how elements of the food label have been improved and how to use this important information to support healthier eating choices.

Storytelling with Michael

Michael Menendian, Theater Director

Friday, August 21, 1:00 p.m.

Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Exploring Common Herbs: 3 Ways to Use Them WATCH ON ZOOM

Lesley Peters, Presenter

Friday, August 21, 2:30 p.m.

Lesley will share how we can easily include herbs in our everyday life. We will learn about their seasoning properties, cosmetic possibilities, and medicinal capabilities.

You Are the Artist!

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

Friday, August 21, 4:00 p.m.

Hear how television has helped us to pursue creativity at home, from the paintings of Bob Ross and Jon Gnagy to the culinary stylings of the French Chef.