Explore Endless Experiences at Home!

**Telephone Topics**

Pick up the phone and dial up free, fun, and interesting topics from the comfort of your home. All you need is your telephone!

**Edward Hopper**

Lynette Bremer, Art & Architecture Historian
Friday, July 6, 11:00 a.m. CT
Learn about this prominent realist painter whose finely calculated renderings reflected his vision of modern life.

**Your Turn: Feedback on Telephone Topics**
Lisa Evans, Mather LifeWays
Monday, July 2
11:30 a.m. CT
Here's your chance to give your opinion on specific topics you liked and didn't like, what you'd like to hear more about, or even topics you'd like to present.

**Mobility & Flexibility**
Paige Corley, Certified Personal Trainer
Tuesday, July 3, 11:00 a.m. CT
Learn the difference between being flexible and having good mobility. We'll also explore the connection between functional movement and improved mobility.

**Picnics & Outdoor Dining**
Camille Stagg, Food & Travel Journalist, Author & Teacher
Tuesday, July 3, 1:00 p.m. CT
Camille shares delicious recipes that use fresh herbs and produce, along with some food safety tips. Time to reminisce about great family picnics!

**The Power of Pets**
Caryl Derenfeld, Joy Fueled Souls
Thursday, July 5, 11:00 a.m. CT
Join a discussion of the ways in which our pets give us joy.

**Storytelling with Caroline**
Caroline Latta, Theatre Department, Columbia College Chicago
Friday, July 6
1:00 p.m. CT
Hear a master storyteller read a thought-provoking short story, followed by discussion.

Interactive talks, exercise, performances, lectures, and more

All programs are central time (CT).
Meditation
Susan Wilkens, Yoga Instructor, Dancing Cranes
Monday, July 9, 16 & 23
2:00 p.m. CT
Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Road Trips with Burma Shave
Kate Marrs, Presenter
Tuesday, July 10
11:00 a.m. CT
From the 1920s through the 1960s, roads across the US were dotted with revolutionary marketing jingles. We’ll review, remember, and discuss.

Feelin’ Groovy
Heather Braoudakis, Vocalist
Tuesday, July 10
1:00 p.m. CT
Heather will perform some of the grooviest songs of all decades. Hear songs from The Mamas & the Papas, the Rolling Stones, the Beatles, and many others. It’s a fun and informative hour with short words or numbers.

Fashions & Fads of the 1970s
Caryl Derenfeld, Joy Fueled Souls
Thursday, July 12
1:00 p.m. CT
Put on your bell bottoms and leisure suits as we discuss this era from a personal and historical perspective.

Elvis: The Concert Years
Rich Lang, Media Historian
Thursday, July 12
11:00 a.m. CT
Rich returns to discuss Elvis and his concert years, the fevered fans, and the ways in which they affected the King’s life.

Fashions & Fads of the 1970s
Thursday, July 12, 1:00 p.m. CT
See feature above.

Simply Strong
Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach
Friday, July 13
11:00 a.m. CT
Join us for a guided strength-training routine that can be done in your home. Written instructions will be provided.

The Shape of Water
Fabiana Glazer, Arts Educator
Thursday, July 19, 11:00 a.m. CT
Come and listen to water—in art! We’ll look at artists who use water as their subject matter and medium, and we’ll do a little water art ourselves!

Chair Yoga
Tom Wilkens, Yoga Instructor, Dancing Cranes
Monday, July 30
2:00 p.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

What’s Hot in Politics
Judy Lear, Activist
Tuesday, July 31
1:00 p.m. CT
Judy recapsthe past month’s national issues and news events and asks for your input.

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