

MATHER LIFEWAYS

AgeAdvantage

OCTOBER | NOVEMBER | DECEMBER 2019



Trip: Wisconsin Music & Harvest Delight, p. 4

Ways to Age Well in Edgewater with Mather LifeWays

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THE STORY OF MATHER LIFEWAYS IN EDGEWATER



Founded in 1941, Mather LifeWays is a non-denominational not-for-profit organization that enhances the lives of older adults by creating Ways to Age Well.SM Our program in Edgewater is the result of a shared vision of community service partners seeking to connect older adults to resources. It consists of community partnerships formed between Chicago Methodist Senior Services (CMSS), City Lit Theater, Edgewater Presbyterian Church, Bethany Retirement Community, the Heart-to-Heart program at St. Gertrude's Church, St. Andrew's Greek Orthodox Church, and CJE SeniorLife.

To learn more about Mather LifeWays in Edgewater, contact Kathy Bavaro at (773) 769.0299 or edgewater@matherlifeways.com.

Lunch, Entertainment, and More— Join the Celebration!

Meet new friends or bring a group—either way, each Mather LifeWays luncheon will be the party of the month! With a delicious lunch, toe-tapping live entertainment, an array of neighborhood resources, and a warm welcome for all, these events are part of what makes the Edgewater neighborhood a great place to Age Well!



MARK YOUR CALENDAR FOR ALL OUR LUNCHEON DATES!

October 28 | (No Luncheon in November) | December 9

MUSIC & ENTERTAINMENT

Monthly Luncheons

Oktoberfest | Monday, October 28

Entertainment: Frank "K" Trio

Savor the tastes and scents of the season while swinging to the music of the Frank "K" Trio! Enjoy traditional German tunes as well as favorite hits from the '50s, '60s, and '70s. Delight in a tasty menu of bratwurst, sauerkraut, roasted chicken, potato salad, fresh fruit, rolls, dessert, and beverages. This event is sure to warm your heart!

Reservations begin Tuesday, September 24 and are required by Wednesday, October 23.

Holiday Celebration | Monday, December 9

Entertainment: Edizon Dayao

'Tis the season for spirited fun! Enjoy the magic of the holidays with a bright and beautiful performance of popular holiday tunes by Edizon Dayao in a one-of-a kind audience experience. Feast on a menu of roasted turkey, sage dressing, oven-roasted potatoes, vegetables, rolls, salad, fresh fruit, dessert, and beverage.

Reservations begin Tuesday, October 29 and are required by Wednesday, December 4.

LUNCHEON DETAILS

RESERVATIONS REQUIRED: Please leave a message on our toll-free number (888) 600.2560, or email your name and phone number to edgewater@matherlifeways.com.

CHECK-IN: 11:30 a.m.

LUNCH AND PERFORMANCE: 12:00–2:00 p.m.

LOCATION: St. Andrew's Greek Orthodox Church
5649 N. Sheridan Road, Chicago (Park in the PAVED lot.)

COST: \$12; \$14 for a tuna plate or veggie burger.
These options must be requested upon reservation.



SAVE MONEY & TIME WITH EXPRESS PASS

What Is the Express Pass Program?

It's the opportunity to pre-pay for a year's worth (11 months) of Mather LifeWays luncheons in Edgewater and enjoy special benefits. When you join the Express Pass Program, you'll pre-pay for 11 luncheons (no luncheon in November) and receive these benefits:

- Save money
- Guaranteed reservation—no need for a monthly call
- Entrance through a special "Express" line—faster check-in!

Even if you miss some months, the Express Pass is a great value! There are no exchanges or refunds on the Express Pass.

Watch your mail and look for information at upcoming luncheons for the 2020 Mather LifeWays Express Pass Program.

TRIPS

Wisconsin: Music & Harvest Delight Thursday, October 10



Travel with us to Delavan for a farm-to-table lunch at Rosewood and enjoy *Heart and Soul*, a performance by Mark, Gretch, and Jo. First, we'll stop at the Royal Oak Farm Orchard, where you'll have time on your own to shop and explore the farm. For lunch, choose from roasted citrus garlic crusted organic chicken with asparagus, and rice pilaf; vegetable risotto with arugula, parmesan cheese, and sun-dried tomato basil pesto; tilapia with sautéed ratatouille, roasted potatoes, and tomato cilantro crudo; or braised burgundy beef tips with roasted vegetables and puree of sweet potato. Guests must be able to travel on their own or bring someone to assist them.

Check-in: 8:00 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Departure: 8:15 a.m.; **Return:** Approximately 6:30 p.m.

Cost: \$82 (includes lunch with gratuity, performance, and round-trip travel on a coach bus)

White Fence Farm for Peter Oprisko's "Classic Crooners Christmas"

Thursday, December 5



Travel with us to Romeoville for a fun-filled performance by Chicago's singing sensation Peter Oprisko. Peter will entertain us with a plethora of Christmas sing-along hits. It's an exciting and memorable celebration you

won't want to miss! Lunch will include your choice of fried chicken, fried shrimp, broiled Alaskan whitefish, or a vegetarian dinner. All entrees come with baked potato, corn fritters, coleslaw, kidney bean salad, cottage cheese, pickled beets, ice cream, and beverages. Guests must be able to travel on their own or bring someone to assist them.

Check-in: 10:00 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Departure: 10:15 a.m.; **Return:** Approximately 5:15 p.m.

Cost: \$60 (includes lunch with gratuity, performance, and round-trip travel on a coach bus)

TRIP DETAILS

To register for a trip: Call (773) 769.1995 for more information, to receive a registration form, or to pay by credit card. Payment in full is required to confirm. **Payments are non-refundable. No exchanges.**

Checks payable to: Mather LifeWays

Mail to: Mather LifeWays, 1020 W. Bryn Mawr Avenue, Chicago, IL 60660

Day of trip: Parking is available at St. Andrew's Church. (Park in the **PAVED** lot.)

ARTS & CREATIVITY

Fall Wreath Making

Thursday, October 17, 2:00–4:00 p.m.

Celebrate the season with a hands-on art project you can take home! Our favorite artist/instructor, Vivian Visser, will guide you through the steps of creating a beautiful fall wreath using ribbon.

Cost: \$12 (includes materials)

Payment in advance required. Space is limited. For more information or to pay by credit card, call (773) 769.1995.

Holiday Cards

Thursday, November 7, 2:00–4:00 p.m.

Vivian Visser will walk you through creating four unique holiday card designs using scrapbooking techniques.

Cost: \$12
(includes materials)

Payment in advance required. Space is limited. For more

information or to pay by credit card, call (773) 769.1995.

Art Insights—Coming in November!

Art Insights will return in November with another great program presented by a volunteer from the Art Institute of Chicago! Interested in learning more? Contact us for the topic, date, and time—and make a reservation! This program is free. Please call (773) 769.1995 for details.

LOCATION INFORMATION

Each program takes place in St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

FITNESS

Exercise—Mild & Moving

Tuesdays, 11:00 a.m.–12:00 p.m.

Boost your cardiovascular fitness, flexibility, and balance, all while you move to fun music, standing or sitting in a chair. A former dancer with the Juilliard School in New York, instructor Suzanne Harris is a certified physical trainer who also teaches at Galter LifeCenter. Take advantage of this great way to stay fit!

Cost: \$2/class

Call (773) 769.1995 and register to try your first class free!

Tai Chi

Fridays, 11:00 a.m.–12:00 p.m.



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

Why tai chi? Increased balance, stamina, flexibility, brain health, and reduced blood pressure... all are possible benefits of tai chi! Come try something new—you'll learn and practice in a supportive, compassionate environment and feel better! Please wear loose-fitting, comfortable clothing, and bring a pair of socks.

Cost: \$4/class

Call (773) 769.1995 and register to try your first class free!

LOCATION INFORMATION

Each program takes place in St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

LIFELONG LEARNING

Tuesday Morning Book Club

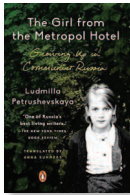
Meets the last Tuesday of the month.
(No meeting in December)



Rules of Civility

By Amor Towles

Date: Tuesday, October 29,
10:00–11:30 a.m.



The Girl from the Metropol Hotel

By Ludmilla Petrushevskaya

Date: Tuesday, November 26,
10:00–11:30 a.m.



Mary Coin

By Marisa Silver

Date: Tuesday, January 28,
10:00–11:30 a.m.

Location: Edgewater Presbyterian Church,
1020 W. Bryn Mawr Avenue

Parking: Available at St. Andrew's Church, PAVED lot

Cost: FREE

Contact: (773) 769.1995

Exploring a Paris Cemetery

Tuesday, November 5, 1:00–2:00 p.m.

Historian Paula Fenza will take us on a virtual tour of a Parisian cemetery. Call for more information and to make a reservation!

Location: St. Andrew's Greek Orthodox Church,
5649 N. Sheridan Road, the President's Room. Park in
the PAVED lot and use the REAR entrance between the
church and the auditorium.

Cost: FREE

Reservations Required: Call (773) 769.1995

What Is Estate Planning (and Why Do I Need It)?

Nancy Franks-Strauss, Partner, Golan Christie Taglia LLP

Tuesday, October 1, 1:00–2:00 p.m.

Learn all about the basics on estate planning and how to benefit from it. Nancy will cover planning for

- disability (health care issues, living wills, and health care power of attorney)
- financial issues (property power of attorney and guardianship)
- death (wills, probate, living trusts, and estate taxes)

Location: St. Andrew's Greek Orthodox Church,
5649 N. Sheridan Road, the President's Room. Park in
the PAVED lot and use the REAR entrance between the
church and the auditorium.

Cost: FREE

Reservations Required: Call (773) 769.1995

EDGEWATER GREEK FOOD FEST



**SATURDAY,
OCTOBER 19
3:00–8:00 p.m.**

**SUNDAY,
OCTOBER 20
12:00–4:00 p.m.**

Admission is **FREE** with plenty of parking on the church grounds. Enjoy Greek food, beer, wine, pastries, and other delicacies. Buy extra for carryout and enjoy another tasty meal at home.

Location: St. Andrew's Greek Orthodox Church,
5649 N. Sheridan Road, Chicago

*For more information, call the church office at
(773) 334.4515 or visit standreworthodox.org*

HEALTH & WELLNESS

Harvesting Abundance

Tuesday, October 22, 1:00–3:00 p.m.

Kathy Bavaro, Spiritual Guide



Fall is a season that reminds us that there is beauty in letting go. Join us in this reflection time as we center ourselves on the changes occurring in nature that reflect the changes in our lives. Using readings, music, and a brief presentation, we will become aware of the abundance of this rich season.

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

Cost: \$2

Reservations Required: (773) 769.1995

Low-Vision Friends

Mondays, October 14, November 11 & December 9, 10:00 a.m.

This group provides an exchange of information, moral support, resource sharing, tricks of the trade, and solutions for people with low vision. *Meets the second Monday of each month. Call to confirm.*

Location: Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Cost: FREE

Contact: (773) 769.1995

MUSIC & ENTERTAINMENT



Concert by Ovie and the Mather Jammers

Tuesday, November 19, 1:00–2:00 p.m.

The Mather Jammers is a group of five talented staff members and customers from throughout Mather LifeWays. Join them as they perform everything from John Lennon to Tom Jones to Trinidad Lopez to wherever the mood takes them!

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

Cost: \$3

Reservations Required: (773) 769.1995

JUST FOR FUN

Film Series

Light refreshments will be served.

Cost: \$2 • Reservations Required: (773) 769.1995

Location: St. Andrew's Greek Orthodox Church,
5649 N. Sheridan Road, the President's Room.
Park in the **PAVED** lot and use the **REAR** entrance
between the church and the auditorium.



Yesterday PG-13

A struggling musician realizes he's the only person on Earth who can remember the Beatles after waking up in an alternate timeline where they never existed.

Wednesday, October 9, 1:00–3:00 p.m.

Late Night R

Katherine Newbury (Emma Thompson) is a legendary late-night talk show host. When she's accused of being a "woman who hates women," she puts affirmative action on the to-do list, and hires Molly (Mindy Kaling) as the one woman in Katherine's all-male writers' room. Wanting to prove she's not merely a diversity hire, Molly is determined to help Katherine revitalize her show and career.

Wednesday, October 23, 1:00–3:00 p.m.

The Art of Racing in the Rain PG

Dog lovers believe their canine family members understand language, comprehend events, have opinions, exude loyalty. Wise old dog Enzo Swift, voiced by Kevin Costner, shares thoughts about the life experiences that prepared him to protect his family in times of greatest need.

Wednesday, November 6, 1:00–3:00 p.m.

Where'd You Go, Bernadette? PG-13



Based on the runaway bestseller, this inspiring comedy follows Bernadette Fox (Cate Blanchett), a loving mom who becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family.

Bernadette's leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery.

Wednesday, November 20, 1:00–3:00 p.m.

Pavarotti PG-13

Featuring never-before-seen footage, concert performances, and intimate interviews, this documentary from Ron Howard examines the life and career of famed opera tenor Luciano Pavarotti.

Wednesday, December 4, 1:00–3:00 p.m.

Downton Abbey PG



This film depicts the continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century.

**Wednesday, December 18,
1:00–3:00 p.m.**



CUSTOMER SPOTLIGHT:
Larry Lesperance

One reason that our luncheons and other programs are so well attended is customers' word of mouth. In Edgewater and beyond, "regulars" recommend us, and we deeply appreciate it! One of those influencers is Larry Lesperance.

Larry and his partner Tom moved to Edgewater about four years ago and immediately started attending our luncheons. "I had learned about Mather LifeWays a year or so before we moved," recalls Larry. "I presented at

the organization's staff training as part of a panel on aging issues within the LGBTQ [Lesbian-Gay-Bisexual-Transgender-Questioning] community."

A retired special education teacher, Larry devotes much of his time to speaking and writing about issues for older adults within the gay community. He is heavily involved in the Center on Halsted, and with the Prime Timers, a national club for older gay men. He also regularly presents on the topic at local colleges and other organizations.

In many of these endeavors, he encourages those age 50 and better to attend Mather LifeWays luncheons. And he's so well connected that the response has been noticeable! Kathy Bavaro, leader at Mather LifeWays in Edgewater, says, "Larry has been a great influencer for our program. Many new customers have been referred by him."

With his partner Tom, Larry attends nearly every Mather LifeWays luncheon, and reports that he also enjoys the film series, tai chi class, lectures, and trips. "I think it's wonderful how Kathy and Dave have developed such a broad range of programs in buildings around the community like St. Andrew's," he says.

Join the Conversation



Dear Neighbor,

Mather LifeWays certainly offers a wonderful variety of programs in Edgewater! Did you know you can access the same types of programming over the phone, without

leaving your home? Imagine being snug at home this winter and being able to connect to

- lively discussions on current events
- lectures on art, architecture, or movies and television
- musical selections from a DJ or enjoy a vocal performance by a professional singer
- trivia contests or other games
- gentle exercise classes

Telephone Topics from Mather LifeWays offers all this and more, with one or two calls scheduled nearly every weekday—and they are all free!

You can view the current month's schedule online at matherlifeways.com/telephone-topics. Just follow the directions for registering to join a call. If you'd prefer to receive the schedules by mail, give us a call at (888) 600.2560.

I hope you'll join us!

Sincerely,

Lisa Evans
Community Resource Arranger
Telephone Topics

COMMUNITY CONNECTIONS

Programs are held at the address(es) listed in the headings unless otherwise noted.

BERGER PARK

6205 N. SHERIDAN ROAD, (773) 761.0376

Classes begin September 18 and continue through December 4. Call for more specific information. Classes, dates, and prices are subject to change.

One-Person Show

In this 12-week intensive course, you will write, rehearse, and perform a short play of whatever you like. You will also participate in critiquing other students' work.

Dates: Tuesdays, 6:30–8:30 p.m.

Cost: \$25

Monologue Class

Start your acting career the way that every thespian must, with an audition monologue. This class will work on memorizing, performing, and utilizing a monologue to get the part you've always wanted.

Dates: Wednesdays, 7:30–8:30 p.m.

Cost: \$25

CJE SENIORLIFE

A Non-Denominational Social Service Agency
3003 W. TOUHY AVENUE, (773) 508.1000

CJE SeniorLife's Shalom Bus is in your neighborhood. Call (773) 508.1000 for more information or to apply.

THE LENDING CLOSET

St. Gertrude's maintains a lending closet for medical equipment that people frequently request. Call (773) 973.5464 to see if they have what you need.

OAK STREET HEALTH – EDGEWATER

1541 W. DEVON AVENUE, (773) 250.5222

Simply Strong

Staying physically active is one of the most important things you can do to maintain your health and independence. This class focuses on improving strength, balance, and flexibility—increasing your ability to carry out daily activities as well as reducing your risk of falling. The last 15 minutes of each class is dedicated to a lively and informative wellness discussion.

Dates: Tuesdays, 10:00–11:00 a.m.

Cost: FREE

NORTHSIDE COMMUNITY RESOURCES

1530 W. MORSE AVENUE, (773) 338.7722, EXT. 21

Senior Home Repair Program

You're eligible for FREE repairs if you meet income limit restrictions, are at least 60, and a Chicago resident. Types of repairs include safety improvements, security improvements, and accessibility improvements. Contractors are licensed and bonded. This program is sponsored by the City of Chicago Department of Planning and Development. For more information, call (773) 338.7722, ext. 21.

HEART-TO-HEART

Serving homebound older adults in the Edgewater community. Volunteers provide friendly visits, reassuring phone calls, light shopping assistance, escorts to appointments, and transportation. Call (773) 973.5464 if you need assistance or would like to become a volunteer.

BETHANY RETIREMENT COMMUNITY

4950 N. ASHLAND AVENUE, (773) 989.1501

Music & Movement with Kaitlyn

This program brings together aerobics and a variety of music to create an energy-boosting exercise class that's easily done sitting or standing.

Date: Thursdays, 9:00–10:00 a.m.

Location: 4950 N. Ashland Avenue, in the auditorium

Parking: Available in the outdoor lot at the corner of Winnemac Avenue and Paulina Street

Cost: FREE

Reservations Required: (773) 989.1501

Mental Fitness

Learn ways you can strengthen your cognitive abilities with fun demonstrations of brain-stimulating games, plus take home great educational handouts.

Date: Fridays, 9:30 a.m.

Location: 4950 N. Ashland Avenue, 2nd floor

Parking: Available in the outdoor lot at the corner of Winnemac Avenue and Paulina Street

Cost: FREE

Reservations Required: (773) 989.1501

CITY LIT MEET CITY LIT THEATER

LITERATE * THEATER We are proud to partner with City Lit, a not-for-profit theater company founded in 1979 devoted to stage adaptations of literary material. Their mission includes making live theater accessible through low ticket prices. They also offer a \$4 senior discount on all shows. 2019–2020 performances will include *Romance Language*, *Voice of Good Hope*, *Thirteen Days*, and *The Virginian: A Horseman of the Plains*. For more information, visit citylit.org.

CHICAGO METHODIST SENIOR SERVICES

The Most Extensive Senior Services Network

on Chicago's North Side • cmsschicago.org

1415 W. FOSTER AVENUE • (773) 769.5500

Classes will take place at Winwood Apartments, 1406 W. Winona. Reserve a spot by calling (773) 769.9000 or emailing computerservices@cmsschicago.org. Classes are \$12 with a reservation, \$15 without a reservation.

Mind Games

Did you know you can train your brain? We'll look at online tools for boosting memory, increasing your ability to focus and pay attention.

Date: Tuesday, October 8, 10:30 a.m.–12:00 p.m.

Online Streaming—Movies and More

Learn to use your smart TV, streaming device (Roku, Amazon Fire Stick, etc.) to view what you want, when you want.

Date: Thursday, October 24, 10:30 a.m.–12:00 p.m.

FREE Desktop Publishing for Free

Make flyers, newsletters and more using free software and your computer. Bring a few ideas and make a start on that annual family newsletter in time for the holidays.

Date: Tuesday, October 29, 1:30–3:00 p.m.

An Overview of Virtual Reality

Learn the difference between virtual reality, augmented reality, and mixed reality and see what they mean for you. We'll use an Oculus Rift VR system.

Date: Thursday, November 14, 10:30 a.m.–12:00 p.m.

Security Options for Your Home

We'll look into cameras, alarms, and monitoring tools for your home. Your insurance rate might go down if you add a security system to your home.

Date: Tuesday, November 19, 1:30–3:00 p.m.



1020 W. Bryn Mawr Avenue
Chicago, IL 60660

Non-Profit Org.
U.S. Postage
PAID
Evanston, IL
Permit No. 198



Create Memorable Moments with Us!

- Live music and contemporary line dancing at monthly luncheons
- Weekly exercise options
- Spiritual programming
- Seminars to support financial wellness
- And much more!