

# More at Mather's

OCTOBER | NOVEMBER | DECEMBER 2019

The Legendary  
Nina Simone,  
p. 5

*Check out fitness classes for all skill levels and abilities! See page 8.*

33 E. 83<sup>rd</sup> Street, Chicago, IL 60619 | (773) 488.2801



**mather's** | more than a **café**

# CELEBRATE THE SEASON WITH SONG

**MONDAY, DECEMBER 2**

**4:00–6:00 p.m. Mather’s—More Than a Café  
Annual Holiday Party**

The Mather’s—More Than a Café Chorus will entertain us with songs of the season for all to sing along!

We’ll dine on sliced, roasted turkey breast with corn-bread dressing and gravy, sweet potatoes, string beans, cranberry sauce, and dessert.

*Meal Cost \$10; Entertainment Suggested Donation \$5*



## Check Out What’s Happening!

● Culinary Delights ..... 3	● Fitness..... 8
● Technology ..... 3	<i>Try a unique workout, like our Core Strength class on Saturdays.</i>
● Lifelong Learning ..... 4	● Arts & Creativity ..... 9
<i>Choose from author presentations, film screenings, and more—like a presentation on the first African American priest.</i>	<i>Express yourself in a class like our six-week acting workshop.</i>
● Music & Entertainment..... 6	● Trips..... 10
● Health & Wellness..... 7	● Free Resources ..... 11
<i>Sample our wellness programs—like a presentation on what social workers can do for you.</i>	<i>Get expert advice on benefits for veterans and their families!</i>
	● Ongoing Events ..... 12
	● October   November   December At-a-Glance . . 13

### MATHER’S—MORE THAN A CAFÉ HOURS

Monday–Thursday: 8:30 a.m.–4:30 p.m. (menu available until 2:45 p.m.)

Friday: 8:30 a.m.–9:00 p.m. (menu available until 8:00 p.m.)

Saturday & Sunday: 9:00 a.m.–3:00 p.m. (menu available until 2:45 p.m.)

# CULINARY DELIGHTS

# TECHNOLOGY



## October Special

### Pumpkin Spice Pancakes

Flavors of fall topped with whipped cream. Cost \$5.09

## Every Monday in October

### Big Bowl Loaded Chili

Turkey chili with the works, plus a side of corn bread. Cost \$5.69



## Friday, October 4

**\$1 slice of pie with fish fry**

## November Special

### Spiced Autumn Fruit and Nut Oatmeal Bowl

Seasonal fresh and dried fruits with almonds, walnuts, and honey drizzle. Cost \$2.99

## Every Wednesday in November

### Veggie Soul Plate

An all-vegetarian hearty meal made with seasonal vegetables and grains. Cost \$8.39



## Friday,

### November 1

**\$1 slice of pie with fish fry**



## Wednesday,

### November 20

**Thanksgiving Celebration**

Roasted turkey, stuffing, mashed potatoes, green beans, pie, and soup or salad. Cost \$10

## December Special

### Eggnog French Toast with Cranberry Compote

Cost \$5.09

## Every Thursday in December

### Holiday Homemade Louisiana Seafood Gumbo Dinner

Cajun stew that's chockfull of seafood, side salad, and cornbread. Cost \$9.29



## Friday,

### December 6

**\$1 slice of pie with fish fry**

*Please note that meal specials can only be purchased on the day(s) they are available.*

## Wednesday, October 9 & Tuesday, October 22

### 10:00 a.m.–12:00 p.m. Tech Table

Vivian Chazen, Manager of Virtual Programs, Mather LifeWays  
Have a question about technology? Stop by and ask a quick question. Vivian's got the answers! **FREE**

## Wednesday, October 9

### 1:00–2:00 p.m. Buying the Right Phone

Vivian Chazen, Manager of Virtual Programs, Mather LifeWays  
You'll find there are a lot of smartphone options. Learn which features work best for your personal needs. **FREE**

## TWO-DAY CLASSES: Cost \$35

## Thursdays, October 3 & 10

### 2:00–4:00 p.m. Word Basics

This class will introduce you to the world's most popular word-processing program. Familiarize yourself with features that can help you create documents that have impact.

## Thursdays, October 17 & 24

### 2:00–4:00 p.m. Email Basics

Learn how to send, receive, reply to, and delete emails; work with attachments; and organize your contact list in Gmail.

## Thursdays, October 31 & November 7

### 2:00–4:00 p.m. Learn How to Use an iPad

Learn the basics of using the iPad along with other features like iCloud, iTunes, Siri, and the App Store.

## Thursdays, November 14 & 21

### 2:00–4:00 p.m. Getting Started with Facebook

Learn how to set up an account and find out about security features and ways to add photos.

## Thursdays, December 5 & 12

### 2:00–4:00 p.m. Computer Basics

Learn the parts of a computer, how to use a mouse, what windows are, and basic word processing techniques.

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**

# LIFELONG LEARNING

## Tuesdays, October 1–December 17

### 2:30–4:00 p.m. New Prime Time Sister Circle

Sharon Smith, Possibilities Coach  
Join us for 12 weekly meetings that empower women through new learnings, self-care, and sister-support in the areas of exercise, nutrition, and stress management. *Limit 12. Book Cost \$20 Suggested Donation \$15 for series*

## Thursdays, October 3, November 7 & December 12

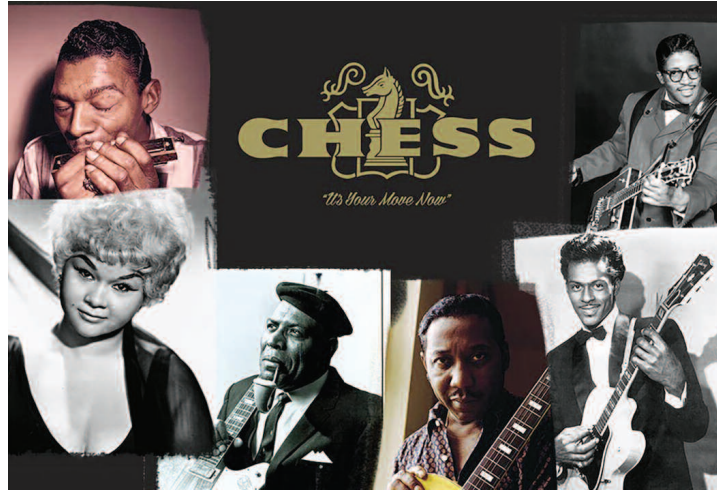
### 2:30–4:00 p.m. AARP Smart Driver TEK Workshop

We'll review high-tech safety features in your current car and discuss which technologies to look for in a new car, including blind-spot warning systems, forward-collision warnings, and more. **FREE**

## Friday, October 4

### 1:00–2:00 p.m. Chicago's Record Row

Ivan Rivera, Disc Jockey & Music Historian  
Some of the world's greatest music came out of the recording studios on Chicago's Record Row. Hear stories of artists who recorded there and enjoy photos, videos, and audio clips. *Suggested Donation \$5*



## Chicago's Record Row

### Tuesday, October 8

10:00–11:00 a.m.

#### Following the Rules:

##### Robert's Rules of Order

Deborah A. Underwood, Professional Parliamentarian  
Parliamentary procedure is the body of rules and courtesies that govern meetings and legislative bodies. Learn its history and why it's important. *Suggested Donation \$5*

### Friday, October 11

#### 1:00–2:30 p.m. What's Happening in Chatham?

Elgie R. Sims, Jr., Illinois State Senator, 17th District  
Get the latest updates on state legislation that could affect the community of Chatham. Hear what's planned for Chatham and provide feedback to Senator Sims on what you want to see happen. **FREE**

### Tuesday, October 22

11:00 a.m.–12:00 p.m.

#### How to Meditate

Calvin Williams, The Center of Spirituality  
Mr. Williams will teach us the basics of meditation and explain its importance for a healthy lifestyle. Learn the correct procedures for meditation so that you can experience its great benefits. **FREE**

### Wednesday, October 23

#### 9:00–11:00 a.m. Book Club

This month, we'll discuss *The Sun Does Shine* by Anthony Ray Hinton. **FREE**

#### 9:30–10:30 a.m. Learn

##### about Elder Abuse

Oswaldo Caballero, Program Manager, Metropolitan Family Services  
Get valuable information so you can protect family members. **FREE**

## Friday, October 25

### 1:00–2:30 p.m. The History of Chicago State University

Byung-In Seo, Author & Associate Professor, Chicago State University

#### AUTHOR PRESENTATION

CSU progressed from a small teacher-training school that offered classes in a leaky boxcar to a large-scale public institution that provides opportunities to immigrants, communities of color, and nontraditional students. Hear about some famous alums and innovative programs. *Suggested Donation \$3*

## Saturdays, October 26 & November 9

11:00 a.m.–12:00 p.m.

#### Living Clutter-Free

Alllyson Gunter, Organizing Consultant  
Learn the basics of decluttering and how to maintain a clutter-free environment. **FREE**

## Wednesday, October 30

### 10:00–11:00 a.m. The League of Women Voters

Representative, League of Women Voters  
Learn how to take action on health care reform, the environment, gun control, restore the vote, the census, and more. **FREE**

## Friday, November 1

### 1:00–2:30 p.m. The South Suburban Airport Initiative

*Delmarie Cobb, Political Consultant*

The proposed South Suburban airport project could become the much-needed economic engine to revitalize parts of the city that have been neglected for too long. Join Delmarie to learn more! *Suggested Donation \$5*

## Thursday, November 7

10:00 a.m.–2:00 p.m.

### AARP Safe Driving Course Overview & Registration

**AARP**™ *Keith Cooper, Certified AARP*  
FOUNDATION

*Driver & Safety Volunteer*

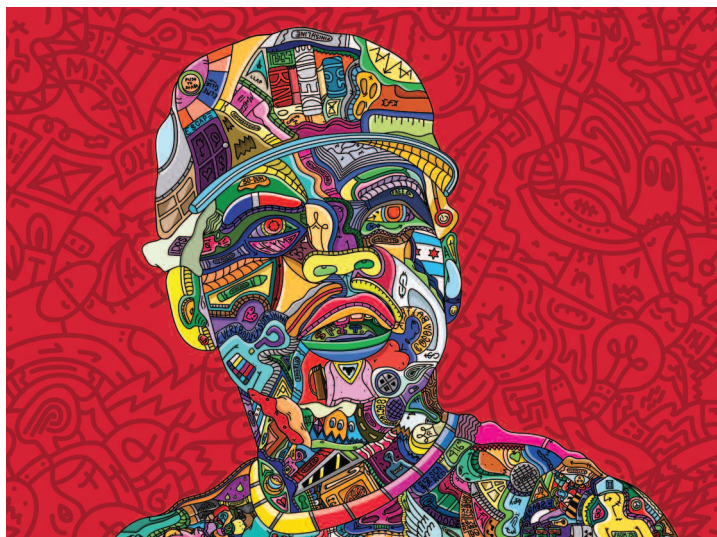
Learn about the eight-hour driving course and how it can save you money on your auto insurance. *FREE*

## Friday, November 8

1:00–2:30 p.m.

### DuSable Update: What's Happening at the Museum

*Erica Griffin, Director of Education & Cecil Lucy, CFO & General Counsel, DuSable Museum of African American History*  
What's new at the Du? Hear about new partnerships, programs, and volunteering opportunities at the DuSable Museum of African American History. Enter a drawing for a year's membership to the museum! *Suggested Donation \$3*



### The Art of Edo

## Monday, November 11

11:00 a.m.–12:00 p.m.

### A Salute to Our Veterans

A panel will discuss common issues facing veterans, including finding a new career path and re-establishing and re-evaluating relationships with family and friends. This will be followed by a 1:00 p.m. program on benefits for veterans and their family members. (See page 11.) *FREE*

## Thursday, November 14

12:30–4:30 p.m. AARP Safe Driving Course, Part 1

*Keith Cooper, Certified AARP Driver & Safety Volunteer*  
Even the most experienced drivers can benefit from brushing up on their skills. This class will teach you the current rules of the road, defensive driving techniques, and ways to operate your vehicle more safely in today's increasingly challenging driving environment. *Cost \$15 for AARP members; \$20 for non-members. Make checks payable to AARP.*

## Friday, November 15

1:00–2:30 p.m. The Art of Edo

*Edward Santana White, Artist*

Edo has had much to overcome in life, and art was his means of escape. Today, his artwork has received much recognition, and he has developed a thriving side-business creating designs for clothes. Hear Edo's remarkable story and see some of his amazing work! *Suggested Donation \$3*

## Thursday, November 21

12:30–4:30 p.m. AARP Safe Driving Course, Part 2

## Friday, November 22

1:00–2:30 p.m. Johnny Hartman: The Voice of Romance

*Gregg Akkerman, Author, The Last Balladeer: The Johnny Hartman Story*

**AUTHOR PRESENTATION**

**skype** Hear about the life and music of Chicago's baritone balladeer, Johnny

Hartman. Gregg joins us by Skype to play video and audio clips of some of Hartman's classic recordings and to discuss his life and career. *FREE*

## Wednesday, November 27

9:00–11:00 a.m. Book Club

This month, we'll discuss *When Never Comes* by Barbara Davis. *FREE*

## Friday, December 6

1:00–2:30 p.m. Chicago Gospel Music Festival

*Sasha Daltonn, Founder, Chicago Gospel Music Festival*  
The Chicago Gospel Music Festival has been a fixture of the city's music scene for 34 years. Sasha talks about the festival's distinguished history and plays clips of some outstanding musicians who have appeared on the festival stage. *Suggested Donation \$5*

## Friday, December 13

1:00–2:30 p.m. The Legendary Nina Simone

*Regina Peters, Performing Artist/Vocalist*  
Nina Simone was more than a great vocalist; she was an important figure in the civil rights movement. Learn the strange saga of her difficult life and hear clips of some of her outstanding music. *Suggested Donation \$5*

## Wednesday, December 18

9:00–11:00 a.m. Book Club

This month, we'll discuss *The Other Brother* by Brandon Massey. *FREE*

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**

# MUSIC & ENTERTAINMENT

## LIFELONG LEARNING

Continued from page 5

### Friday, December 20

**1:00–2:30 p.m. Father Tolton: The First African American Catholic Saint?**

*Bishop Joseph Perry, Archdiocese of Chicago*  
Born a slave, Father Tolton became the first African American Catholic priest. Bishop Perry is the official advocate at the Vatican in the effort to have him canonized as a saint. Hear the story of Father Tolton's extraordinary life from the person who knows it best.

**FREE**

### Mather's in Chatham Writers' Guild

**Wednesdays,**

**11:00 a.m.–1:00 p.m.**

*J. D. Cooper, Moderator*  
Suggested Donation \$25 per session

### October 16

**Write around the Block**

Learn what writer's block really is and what to do when you can't write.

### November 6

**Your Story Can Make You Money**

Learn how to submit your writing to publications that pay cash.

### December 11

**To the Market**

Learn how to promote your book online. Get a free website ad to market your book.

### Saturday, October 26

**3:00–6:00 p.m. Jam Session with the Blues Kids**

Enjoy a lively performance led by Fernando Jones of the Blues Camp Foundation. *Suggested Donation \$5*

### Monday, December 2

**4:00–6:00 p.m. Mather's—More Than a Café Annual Holiday Party**

The Mather's—More Than a Café Chorus will entertain us with songs of the season for all to sing along! We'll dine on sliced, roasted turkey breast with corn-bread dressing and gravy, sweet potatoes, string beans, cranberry sauce, and dessert. *Meal Cost \$10; Entertainment Suggested Donation \$5*

### Thursday, December 26

**12:00–2:00 p.m. Celebrate Kwanzaa at Mather's!**

Come celebrate Kwanzaa with us. Each day from December 26 to January 1, we'll focus on one of the principles of Kwanzaa. Dress in African attire, if possible, check out our daily meal specials, and enjoy entertainment by DJ Mellow Yellow, who will officiate during the celebration. **FREE**



**Celebrate Kwanzaa at Mather's!**

### FIRST & THIRD FRIDAYS OF EACH MONTH

**5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party**

Make it a dinner dance! We'll serve a full dinner menu until 8:00 p.m., including rotating specials. Order to eat in the Café while you enjoy the music, or get it to-go! *Suggested Donation \$5*

### SECOND & FOURTH FRIDAYS OF EACH MONTH

**5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase**

Enjoy the acts and showcase your talents. Join the emcees: Baba Griot Leonard Lucas, the spoken-word artist, and Lil Bit, the karaoke star with 50,000+ songs in her library. America's got talent right here at Mather's! *Suggested Donation \$5*

### BUSINESS EXPO WEEK

Mather's—More Than a Café will host a week-long business expo every month for those who would like to share information or sell their wares. *Call (773) 488.2801 to participate as a vendor/exhibitor or for more details. Vendor cost: \$30/day*

### MARK YOUR CALENDAR FOR THE FOLLOWING WEEKS:

**October 1–4, November 4–8, December 2–6, 9:30 a.m.–1:30 p.m.**



# HEALTH & WELLNESS



Mather's—More Than a Café is a proud partner of the South Side Healthy

Aging Resource Experts (SHARE) Network, teaming up with South Side-based health care and community organizations and the University of Chicago Medicine to promote healthy living for older adults. SHARE Network events bring older adults, caregivers, primary care providers, and medical specialists together to share knowledge and resources. Through health care workforce education and community outreach, the SHARE Network bridges the gap between geriatric specialty care and the community.

## Tuesday, October 8

**11:00 a.m.–12:00 p.m. Social Workers:  
An Important Resource**

*Christina Bernhardt, LCSW, University of Chicago  
Senior Outpatient Health Clinic*

Social workers play a critical role in empowering older adults through access to resources and services, counseling and therapy, case coordination, and more. Learn how working with social workers can benefit you. **FREE**

## Tuesday November 12

**11:00 a.m.–12:30 p.m. Breast Cancer Screening &  
Treatment**

*Shellie Williams, MD, Geriatric Specialist*

As you age, your risk for breast cancer changes, but it's still an important part of your health. Talk with a University of Chicago physician about the latest screening recommendations, life with and after breast cancer, and more. **FREE**

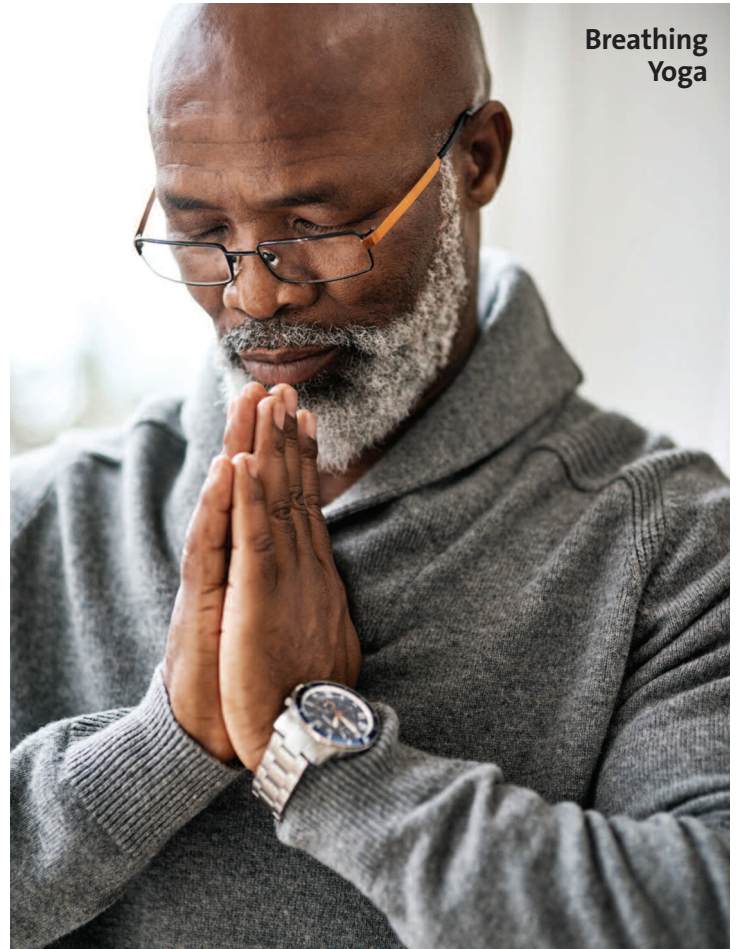
## Tuesday, December 3

**12:00–1:00 p.m. The Opioid Crisis**

*Jason Molony, AM, Program Manager, SHARE Network*

Learn about the impact of opioids on older adults in Chicago and available resources, and be trained to recognize signs of an opioid overdose and respond with lifesaving naloxone, which will be distributed to those who successfully complete the training. **FREE**

**Breathing  
Yoga**



## Tuesday, October 8

**1:00–2:00 p.m. Knowledge Is Power: What You Need to  
Know about Breast Cancer**

*Donalynne Schaffer, Metropolitan Chicago Breast Cancer  
Task Force*

Hosted by the Prime Time Sister Circle, this program will explore the factors that put more African American women at risk for breast cancer. **FREE**

## Thursday, October 24

**12:30–1:30 p.m. Breathing Yoga**

*Saidia, The Breathing Lady*

This workshop focuses on how breathing correctly can impact your physical health, flow of energy, focus, and relaxation. *Suggested Donation \$5*

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**

# FITNESS

ALL CLASSES ARE 50 MINUTES LONG UNLESS OTHERWISE NOTED.

## MONDAY

### 7:45–9:00 a.m. 10K Walkers

*Sharon Smith, Possibilities Coach*

The group will walk every Monday and Wednesday through October, weather permitting. We'll meet at the Café and walk to Cole Park. **FREE**

### 10:00–11:00 a.m. Urban Chi

*Wendell Williams, Instructor*

Urban Chi takes a fun yet gentle approach to tai chi that will help you maintain balance, improve coordination and range of motion, and manage stress. No class on the first Monday of the month. *Cost \$5.75*

### 1:00 p.m. Group Exercise

*Eric Ramirez, Instructor*

Classes focus on cardiovascular fitness, strength training, flexibility, and balance. *Cost \$4.25*

## TUESDAY

### 7:30–8:50 a.m. Worth the Weight

*Sharon Smith, Possibilities Coach*

Attend strength-training classes two days per week to improve your everyday functioning with the use of weights and bands. Please preregister before the first class of the month. *Cost \$28 per month*

### 10:30–11:15 a.m. Moving Easy

*Toni Hector, Instructor*

If you have arthritis, join us for a unique class that will help you improve flexibility and range of motion as well as manage joint pain without weights. *Cost \$5.25 per class or \$8 for 2/week*

## WEDNESDAY

### 7:45–9:00 a.m. 10K Walkers

See Monday.

### 10:00–10:45 a.m. Chairobics for Active Agers

*Wendell Williams, Senior Fitness Specialist*

Exercise using a chair in this total fitness workout that enhances stability, mobility, flexibility, and muscle endurance. *Cost \$5.75 per class or \$9.50 per week for 2 classes paid in advance.*

### 11:00 a.m. Line Dancing

Step right up and have fun learning the footwork of popular line dances. Dolores “Dee” Pillow will teach you the steps, and you can get a cardio workout as you practice. *Cost \$4*

### 12:00 p.m. Meditation & Relaxation

*Sharon Smith, Possibilities Coach*

Simple yoga breathing techniques will be covered. *Cost \$4.75*

### 1:00 p.m. Steppers Step Out

*Maurice Coes, Instructor*

The moves of this popular dance are fun and easy to learn! *Cost \$5.25*

### 2:30 p.m. Men's Strength Training

*Toni Hector, Instructor*

Train with a professional exercise instructor for improved daily function. *Cost \$5*

## THURSDAY

### 7:30–8:50 a.m. Worth the Weight

See Tuesday.

### 9:00 a.m. Tai Chi Movement

*Anthony Guerrero, Instructor*

Learn the low-impact and non-strenuous movements associated with the traditional tai chi “long form.” *Cost \$6*

### 10:30 a.m. African Movement & Dance

*Toni Hector, Instructor*

A low-impact workout designed to tone and strengthen in a structured way. *Cost \$4.50*

### 11:30 a.m.–12:15 p.m. Moving Easy

See Tuesday.

## FRIDAY

### 9:00 a.m. Yoga Balance

*Toni Hector, Instructor*

Join us for a balance exercise class for those who want to maintain or improve their ability to function and move safely every day. *Cost \$5.25*

### 10:15 a.m. Laughter Yoga

*Linda Hondras & Donna Lawrence, Instructors*

Come with an open mind and leave feeling rejuvenated and refreshed. *Cost \$3.50*

### 11:15 a.m. Strength & Stretch

*Eric Ramirez, Instructor*

Decrease your risk of falls, boost your metabolism and energy, and relieve joint pain with moderate resistance training. *Cost \$4.25*

## SATURDAY

### 9:00–9:45 a.m. Core Strength

*Eric Ramirez, Instructor*

Use yoga to tone and strengthen your core abdominal and back muscles for greater balance, stability, and flexibility. *Cost \$4.25*

### 10:00–10:45 a.m. Chairobics for Active Agers

See Wednesday.



# ARTS & CREATIVITY



## The Acting Workshop: A 6-Part Series

**Tuesdays, October 1–December 17**

**2:30–3:30 p.m. Latin Rhythms Series**

*Joe McCord, Instructor*

Students will learn basic and intermediary skills for four popular Latin dances: merengue, salsa, cha-cha, and rumba. *Suggested Donation \$5 per session or \$48 for the 12-session series*

**Wednesdays, October 2–30**

**4:00–6:30 p.m. The Open Studio**

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

Learn to express yourself using creative techniques in a variety of art forms with other artists. *Basic supplies provided. Suggested Donation \$10 per session or \$35 for the 5-session series*

**October 3 & 17, November 7 & 21, and December 5 & 19**

**11:00 a.m.–12:00 p.m. Art Appreciation**

*Ruthe Guerry, Art Therapist*

Learn to appreciate art through in-class experiences as well as museum and gallery visits. *Suggested Donation \$14 for 2 sessions each month*

**Thursdays, October 10 & 24, November 14, and December 12 & 26**

**11:00 a.m.–12:00 p.m. Color Me Relaxed**

*Sharon Smith, Possibilities Coach*

Join us for a relaxing, mindful, and creative adult coloring class using colored pencils and/or markers. *Basic supplies included. Suggested Donation \$8 per class or \$14 for 2 classes per month*

**Fridays, October 11–November 15**

**9:00–10:30 a.m. The Acting Workshop: A 6-Part Series**

*Shelia Robinson, Acting Instructor*

Learn the basics of performing as you participate in exercises, games, and dancing. At the end of workshop, we'll present a short play. Have fun as you transform into another individual! *No prior acting experience required. Suggested Donation \$5 per class or \$25 for 6 sessions*

**Fridays, October 11–November 15**

**11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry: A 6-Week Workshop**

*Madie Cannamore, Instructor*

Learn basic and advanced steps for creating different kinds of jewelry. Students will display their work in a show at the end of the course. A supply list will be provided. *Suggested Donation \$6 per session, or \$30 for 6 sessions*

**Tuesday, October 15**

**4:00–6:00 p.m. Art Exhibition at Mather's—More Than a Café**

Join us for our first-ever Mather's art exhibition showcasing the varied artistic talents of customers. Enjoy light refreshments. *Donations accepted*

**Wednesday, November 20**

**1:00–2:00 p.m. Jan's Crafts Corner**

*Jan Mason, Volunteer*

Jan will help you create a beautiful Christmas wreath and Christmas ornaments to keep or give as special gifts. *All supplies included. Suggested Donation \$8*

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**

# TRIPS



**Bronner's CHRISTmas Wonderland**

## **A Historical Bus Tour back through Time**

**DATE: Wednesday, October 2**

This tour will highlight black historic landmarks in the Chicago area, such as Underground Railroad stops, a black-owned newspaper, the oldest black high school, black churches, and lots of surprises.

**Depart from Mather's: 9:30 a.m.**

**Approximate return to Mather's: 2:00 p.m.**

**Cost \$45**

*Cost includes transportation and boxed lunch. Please register and pay in advance. Limit 29.*

## **Bronner's CHRISTmas Wonderland**

**DATES: Thursday & Friday, December 5–6**

*Frankenmuth, Michigan*

Experience the World's Largest Christmas Store! If you love the joy and excitement of the holiday season, then enjoy those special feelings at Bronner's CHRISTmas Wonderland. The sights, sounds, and spirit of Christmas will completely envelop you at this amazing store, which is the size of one-and-a-half football fields. Bronner's is overflowing with more than 50,000 gifts!

**Depart from Mather's: Thursday, December 5, 7:00 a.m.**

**Approximate Return to Mather's:**

**Friday, December 6, 6:00 p.m.**

*Please see receptionist for details.*

## **Holiday Lunch at Eddie V's Prime Seafood**

**DATE: Wednesday, December 18**

Join us for merrymaking at Eddie V's and enjoy a private fine dining experience.

**Depart from Mather's: 11:00 a.m.**

**Approximate Return to Mather's: Approximately 3:00 p.m.**

**Cost \$60**

*Please register and pay in advance. Limit 30.*

## **AMERICAN CLASSIC TOURS**

**May 7–9 (3 days)**

**Holland Tulip Festival in Michigan**

**May 13–17 (5 days)**

**New York City Theater &  
3 Broadway Shows!**

**June 17–19 (3 days)**

**Mississippi River Magic with  
Galena & Bishop Hill Colony**

*For detailed tour itineraries or to make a reservation,  
please call American Classic Tours Inc.  
at (800) 666.0358 or (847) 548.3333.*

# FREE RESOURCES



## Financial Literacy

### Wednesday, October 2

11:00 a.m.–12:30 p.m.

#### Financial Literacy

*Nancy Smith, Financial Planner*

Ms. Smith will help participants gain some basic financial survival skills for the future.

### Monday, October 7

2:30–3:30 p.m. **How to Draft a Power of Attorney & Living Will, Part 1**

*Center for Disability & Elder Law*

If you're not sure what a power of attorney or living will can do for you, this presentation explains it in easy-to-understand language. After the presentation, sign up for a 45-minute session on October 29 with a pro bono lawyer who will help you file your completed forms. *You must attend Part 1 to participate in Part 2.*

### Mondays, October 7–December 2

1:00–2:00 p.m. **Medicare and You Series**

*Preston Brown Jr., Attorney*

An expert will review Medicare options every Monday, through December 2 (except November 11). Choose a date that works for you and get answers to your questions.

### Tuesday, October 15

1:00–2:00 p.m. **Holiday Safety Tips**

*Monica Hughes, Police Officer, Chicago Police Department*

Get the latest tips and protect yourself and your property during the upcoming holiday season.

### Tuesday, October 29

1:00–3:30 p.m. **How to Draft a Power of Attorney & Living Will, Session 2**

### Thursdays, October 31 & November 21 & Friday, December 6

9:30–10:30 a.m. **Medicare 101**

*Various licensed insurance agents, sponsored by Jen Care*

These sessions will provide you with everything you wanted to know about Medicare. Get all your questions answered and enter to win a free lunch at Mather's.

### Tuesday, November 5

1:00–2:30 p.m. **Fall Prevention Screening**

*Physical Therapists, Northwestern University*

Receive a free evaluation to reduce your risk of falling. *Preregistration required.*

### Monday, November 11

1:00–2:00 p.m. **Benefits for Veterans**

*Preston Brown Jr., Attorney*

Mr. Brown will discuss benefits for veterans, their survivors, spouses, and family members.

### Wednesdays, November 27 & December 11

9:00–10:00 a.m. **Volunteer at Mather's — More Than a Café**

Join us to find out about volunteering and its benefits. Call (773) 488.2801 to register.



## COOK COUNTY ELDER JUSTICE CENTER

In partnership with the Cook County Elder Justice System, we're providing a list of some of their free seminars. Seminars are held from 12:00–1:30 p.m. at the Elder Justice Center, Richard J. Daley Center, 50 W. Washington Street, Suite 2505. Admission is free, but please call (312) 603.9233 to reserve a seat.

### October 10

Navigating Foreclosures: What Happens When You Get Served with Foreclosure Papers?

### October 23 (Room CL-115)

Financial Literacy: Managing and Protecting Your Assets

### November 7

Benefits and Services: Do You Know About This?

### November 21

Caregiver Support Services: Choosing the Right Adult Day Care

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

# ONGOING EVENTS

## MAGAZINE RELEASE PARTY!

FRIDAY, DECEMBER 6

Join us on December 6 to see the NEXT *More at Mather's* magazine. Register for an event in January, February, or March 2020, and enter to win a FREE KINDLE!

*Note: you must register on-site and pay in full by December 13.*

### MONDAY

9:00–11:00 a.m.

Red Hat Society

JUST FOR FUN

A support network for women to focus on friendship, sisterhood, and fun. Takes place the first Monday of each month. Open for new members. **FREE**

3:00–4:00 p.m. Mather's—

More Than a Café Chorus  
MUSIC & ENTERTAINMENT

The Chorus performs year-round concerts. *Waiting list.* **FREE**

### TUESDAY

10:00–11:00 a.m. Caregiving & Creativity Chat

FREE RESOURCES

Caring for a loved one at home? Pick up the phone and join an art therapist and other caregivers in a conference call that offers support and a creative outlet. Call (773) 488.2805 for the call-in number. *Meets the first Tuesday of each month.* **FREE**

9:00 a.m.–12:30 p.m.

Piano Lessons

MUSIC & ENTERTAINMENT

Thirty-minute lessons for beginners and those with limited experience. *No space*

*available at this time.*

*Check with the front desk for availability. Suggested Donation \$25 for 4 lessons*

12:00–2:30 p.m.

Consultation: Benefits  
Check-Up.org

FREE RESOURCES

Are you eligible for local and national benefits? A visiting consultant can tell you how you may qualify. *Appointment required.* **FREE**

12:30–2:00 p.m.

Prime Time Sister Circle I  
JUST FOR FUN

*No space available at this time. Check with the front desk for availability.*

### WEDNESDAY

12:00–2:00 p.m.

Senior Health Insurance  
Program (SHIP)

FREE RESOURCES

*By appointment only.* **FREE**

12:00–2:30 p.m. Consult  
with a Social Worker

FREE RESOURCES

A licensed social worker will be available for individual consultations. Get information and referrals to community services. *Appointment required.* **FREE**

## Learn about RTA Free Transit



### THURSDAY

12:00–2:00 p.m. Learn  
about RTA Free Transit

FREE RESOURCES

Sign up for free rides on the RTA. **FREE**

2:00–4:00 p.m. Open Bridge/  
Whist/Scrabble/Chess Club

JUST FOR FUN

Join other card sharks or enjoy the game of your choice. Scrabble and chess players may bring their own boards. *Suggested Donation \$1.30*

### FRIDAY

11:30 a.m.–1:30 p.m.

Blood Pressure Screening  
HEALTH & WELLNESS

Get your blood pressure checked each week by a registered clinician. **FREE**

## Mather's Chicagoland Locations

7134 W. Higgins Avenue, Chicago, IL

3235 N. Central Avenue, Chicago, IL

33 E. 83<sup>rd</sup> Street, Chicago, IL

For information, please call

(888) 600.2560.

Mather LifeWays opened Mather's—More Than a Café in 2000. Mather LifeWays enhances the lives of older adults by creating Ways to Age Well.<sup>SM</sup>

### Important Information

**TRIP DEPOSITS:** Full trip payment is due at time of registration to reserve your place. If you cancel your reservation and we are able to sell your ticket, we can refund your money in full or you can apply your payment towards another event in 2019. No refunds will be issued unless your reservation can be replaced.

**WAIVERS:** Participants registering for any programs involving physical activity and trips/tours must sign the Waiver of Liability available at the Café prior to participation.

**SPECIAL ACCOMMODATION:** When registering for an event, please notify the Café of any special accommodations needed.

### Disclaimers

**GENERAL DISCLAIMER:** The opinions expressed by presenters are their own and do not reflect the views of Mather LifeWays or any of the sponsoring organizations.

**PHOTOGRAPHY DISCLAIMER:** Mather's uses pictures of events and participants to inform others about these opportunities. Some pictures may be used on our Facebook page. If you do not want your picture taken, please tell our photographer.

### HEALTHY LIVING DISCLAIMER

Mather's—More Than a Café implemented a members-only process for all its fitness programs in order to comply with City of Chicago licensing rules. Mather's fitness programs will be available only to Mather's members. There is no charge for this membership, no paperwork for you to complete, and no ID card or badge. The next time you check in with the Café receptionist, simply confirm your fitness membership. If you are a new visitor, please sign up for this free membership at the front desk. At any time if you do not wish to be enrolled, please contact the Café Manager or receptionist.

### LESSONS & LECTURES DISCLAIMER

In order to comply with City of Chicago licensing rules, lessons and lectures other than computer classes and fitness programs will have a suggested donation. We hope you will make the suggested voluntary donations so we may continue to bring high-quality programs to Mather's. Any donations are purely voluntary and can even be deducted from your income taxes!

### ENTERTAINMENT DISCLAIMER

Entertainment is available to all customers regardless of meal purchase. We hope you will make the suggested donation so we may continue to bring high-quality programs to Mather's. Any donations are purely voluntary and can even be deducted from your income taxes! Mather's—More Than a Café does reserve the right to reserve seating for those customers purchasing meals.

Mather LifeWays is committed to helping the Earth Age Well. Please recycle.

# October | November | December At-a-Glance

## WEEKLY EVENTS

### Monday

10:00 a.m. Urban Chi	8
1:00 p.m. Group Exercise	8

### Tuesday

7:30 a.m. Worth the Weight	8
10:30 a.m. Moving Easy	8
12:00 p.m. Consultation: Benefits Check-Up.org	12

### Wednesday

10:00 a.m. Chairobics for Active Agers	8
11:00 a.m. Line Dancing	8
12:00 p.m. Senior Health Insurance Program (SHIP)	12
12:00 p.m. Consult with a Social Worker	12
12:00 p.m. Meditation & Relaxation	8
1:00 p.m. Steppers Step Out	8
2:30 p.m. Men's Strength Training	8

### Thursday

7:30 a.m. Worth the Weight	8
9:00 a.m. Tai Chi Movement	8
10:30 a.m. African Movement & Dance	8
11:30 a.m. Moving Easy	8
12:00 p.m. Learn about RTA Free Transit	12
2:00 p.m. Open Bridge/Whist/ Scrabble/Chess Club	12

### Friday

9:00 a.m. Yoga Balance	8
10:15 a.m. Laughter Yoga	8
11:15 a.m. Strength & Stretch	8
11:30 a.m. Blood Pressure Screening	12

### Saturday

9:00 a.m. Core Strength	8
10:00 a.m. Chairobics for Active Agers	8

## OCTOBER

**OCTOBER SPECIAL: Pumpkin Spice Pancakes  
EVERY MONDAY IN OCTOBER:  
Big Bowl Loaded Chili**

### Tuesday, October 1

10:00–11:00 a.m. Caregiving & Creativity Chat	12
2:30–3:30 p.m. Latin Rhythms Series	9
2:30–4:00 p.m. New Prime Time Sister Circle	4

### Wednesday, October 2

TRIP: A Historical Bus Tour back through Time	10
7:45 a.m. 10K Walkers	8
11:00 a.m.–12:30 p.m. Financial Literacy	11
4:00–6:30 p.m. The Open Studio	9

### Thursday, October 3

11:00 a.m.–12:00 p.m. Art Appreciation	9
2:00–4:00 p.m. Word Basics	3
2:30–4:00 p.m. AARP Smart Driver TEK Workshop	4

### Friday, October 4

<b>Meal Special: \$1 slice of pie with fish fry</b>	
1:00–2:00 p.m. Chicago's Record Row	4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party	6

### Monday, October 7

7:45 a.m. 10K Walkers	8
9:00–11:00 a.m. Red Hat Society	12
2:30–3:30 p.m. How to Draft a Power of Attorney & Living Will, Part 1	11
1:00–2:00 p.m. Medicare and You	11

### Tuesday, October 8

10:00–11:00 a.m. Following the Rules: Robert's Rules of Order	4
11:00 a.m.–12:00 p.m. Social Workers: An Important Resource	7
1:00–2:00 p.m. Knowledge Is Power: What You Need to Know about Breast Cancer	7
2:30–3:30 p.m. Latin Rhythms, Session 2	9
2:30–4:00 p.m. New Prime Time Sister Circle, Session 2	4

### Wednesday, October 9

7:45 a.m. 10K Walkers	8
10:00 a.m.–12:00 p.m. Tech Table	3

1:00–2:00 p.m. Buying the Right Phone	3
4:00–6:30 p.m. The Open Studio	9

### Thursday, October 10

11:00 a.m.–12:00 p.m. Color Me Relaxed	9
2:00–4:00 p.m. Word Basics	3

### Friday, October 11

9:00–10:30 a.m. The Acting Workshop: A 6-Part Series	9
11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry: A 6-Week Workshop	9
1:00–2:30 p.m. What's Happening in Chatham?	4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	6

### Monday, October 14

7:45 a.m. 10K Walkers	8
1:00–2:00 p.m. Medicare and You	11

### Tuesday, October 15

1:00–2:00 p.m. Holiday Safety Tips	11
2:30–3:30 p.m. Latin Rhythms, Session 3	9
2:30–4:00 p.m. New Prime Time Sister Circle, Session 3	4
4:00–6:00 p.m. Art Exhibition at Mather's—More Than a Café	9

### Wednesday, October 16

7:45 a.m. 10K Walkers	8
11:00 a.m.–1:00 p.m. Mather's in Chatham Writers' Guild, Part 1	6
4:00–6:30 p.m. The Open Studio	9

### Thursday, October 17

11:00 a.m.–12:00 p.m. Art Appreciation	9
2:00–4:00 p.m. Email Basics	3

### Friday, October 18

9:00–10:30 a.m. The Acting Workshop, Part 2	9
11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry, Session 2	9
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party	6

### Monday, October 21

7:45 a.m. 10K Walkers	8
1:00–2:00 p.m. Medicare and You	11

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

**Tuesday, October 22**  
 10:00–10:30 a.m. Tech Table ..... 3  
 11:00 a.m.–12:00 p.m. How to Meditate ..... 4  
 2:30–3:30 p.m. Latin Rhythms, Session 4 ..... 9  
 2:30–4:00 p.m. New Prime Time Sister Circle, Session 4 ..... 4

**Wednesday, October 23**  
 7:45 a.m. 10K Walkers ..... 8  
 9:00–11:00 a.m. Book Club ..... 4  
 9:30–10:30 a.m. Learn about Elder Abuse ..... 4  
 4:00–6:30 p.m. The Open Studio ..... 9

**Thursday, October 24**  
 11:00 a.m.–12:00 p.m. Color Me Relaxed ..... 9  
 12:30–1:30 p.m. Breathing Yoga ..... 7  
 2:00–4:00 p.m. Email Basics ..... 3

**Friday, October 25**  
 9:00–10:30 a.m. The Acting Workshop, Part 3 ..... 9  
 11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry, Session 3 ..... 9  
 1:00–2:30 p.m. The History of Chicago State University ..... 4  
 5:00–9:00 p.m. Mather’s Got Talent Open Mic Showcase ..... 6

**Saturday, October 26**  
 11:00 a.m.–12:00 p.m. Living Clutter-Free ..... 4  
 3:00–6:00 p.m. Jam Session with the Blues Kids ..... 6

**Monday, October 28**  
 7:45 a.m. 10K Walkers ..... 8  
 1:00–2:00 p.m. Medicare and You ..... 11

**Tuesday, October 29**  
 1:00–3:30 p.m. How to Draft a Power of Attorney & Living Will, Session 2 ... 11  
 2:30–3:30 p.m. Latin Rhythms, Session 5 ..... 9  
 2:30–4:00 p.m. New Prime Time Sister Circle, Session 5 ..... 4

**Wednesday, October 30**  
 7:45 a.m. 10K Walkers ..... 8  
 10:00–11:00 a.m. The League of Women Voters ..... 4  
 4:00–6:30 p.m. The Open Studio ..... 9

**Thursday, October 31**  
 9:30–10:30 a.m. Medicare 101 ..... 11  
 2:00–4:00 p.m. Learn How to Use an iPad ..... 3

**NOVEMBER**

**NOVEMBER SPECIAL: Spiced Autumn Fruit and Nut Oatmeal Bowl**  
**EVERY WEDNESDAY IN NOVEMBER: Veggie Soul Plate**

**Friday, November 1**  
**Meal Special: \$1 slice of pie with fish fry**  
 9:00–10:30 a.m. The Acting Workshop, Part 4 ..... 9  
 11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry, Session 4 ..... 9  
 1:00–2:30 p.m. The South Suburban Airport Initiative ..... 5  
 5:00–9:00 p.m. Friday Night Live at Mather’s Steppers & Line Dance Party ..... 6

**Monday, November 4**  
 9:00–11:00 a.m. Red Hat Society ..... 12  
 1:00–2:00 p.m. Medicare and You ..... 11

**Tuesday, November 5**  
 10:00–11:00 a.m. Caregiving & Creativity Chat ..... 12  
 1:00–2:30 p.m. Fall Prevention Screening ..... 11  
 2:30–3:30 p.m. Latin Rhythms, Session 6 ..... 9  
 2:30–4:00 p.m. New Prime Time Sister Circle, Session 6 ..... 4

**Wednesday, November 6**  
 11:00 a.m.–1:00 p.m. Mather’s in Chatham Writers’ Guild, Part 2 ..... 6

**Thursday, November 7**  
 10:00 a.m.–2:00 p.m. AARP Safe Driving Course Overview & Registration ..... 5  
 11:00 a.m.–12:00 p.m. Art Appreciation ..... 9  
 2:00–4:00 p.m. Learn How to Use an iPad ..... 3  
 2:30–4:00 p.m. AARP Smart Driver TEK Workshop ..... 5

**Friday, November 8**  
 9:00–10:30 a.m. The Acting Workshop, Part 5 ..... 9  
 11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry, Session 5 ..... 9  
 1:00–2:30 p.m. DuSable Update: What’s Happening at the Museum ..... 5  
 5:00–9:00 p.m. Mather’s Got Talent Open Mic Showcase ..... 6

**Saturday, November 9**  
 11:00 a.m.–12:00 p.m. Living Clutter-Free ..... 4

**Monday, November 11**  
 11:00 a.m.–12:00 p.m. A Salute to Our Veterans ..... 5

1:00–2:00 p.m. Benefits for Veterans .. 11

**Tuesday, November 12**  
 11:00 a.m.–12:30 p.m. Breast Cancer Screening & Treatment ..... 7  
 2:30–3:30 p.m. Latin Rhythms, Session 7 ..... 9  
 2:30–4:00 p.m. New Prime Time Sister Circle, Session 7 ..... 4

**Thursday, November 14**  
 11:00 a.m.–12:00 p.m. Color Me Relaxed ..... 9  
 12:30–4:30 p.m. AARP Safe Driving Course, Part 1 ..... 5  
 2:00–4:00 p.m. Getting Started with Facebook ..... 3

**Friday, November 15**  
 9:00–10:30 a.m. The Acting Workshop, Part 6 ..... 9  
 11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry, Session 6 ..... 9  
 1:00–2:30 p.m. The Art of Edo ..... 5  
 5:00–9:00 p.m. Friday Night Live at Mather’s Steppers & Line Dance Party ..... 6

**Monday, November 18**  
 1:00–2:00 p.m. Medicare and You ..... 11

**Tuesday, November 19**  
 2:30–3:30 p.m. Latin Rhythms, Session 8 ..... 9  
 2:30–4:00 p.m. New Prime Time Sister Circle, Session 8 ..... 4

**Wednesday, November 20**  
**Meal Special: Thanksgiving Celebration** ..... 3  
 1:00–2:00 p.m. Jan’s Crafts Corner ..... 9

**Thursday, November 21**  
 9:30–10:30 a.m. Medicare 101 ..... 11  
 11:00 a.m.–12:00 p.m. Art Appreciation ..... 9  
 12:30–4:30 p.m. AARP Safe Driving Course, Part 2 ..... 5  
 2:00–4:00 p.m. Getting Started with Facebook ..... 3

**Friday, November 22**  
 1:00–2:30 p.m. Johnny Hartman: The Voice of Romance ..... 5  
 5:00–9:00 p.m. Mather’s Got Talent Open Mic Showcase ..... 6

**Monday, November 25**  
 1:00–2:00 p.m. Medicare and You ..... 11

**Tuesday, November 26**  
 2:30–3:30 p.m. Latin Rhythms, Session 9 ..... 9  
 2:30–4:00 p.m. New Prime Time Sister Circle, Session 9 ..... 4

**Wednesday, November 27**  
 9:00–11:00 a.m. Book Club ..... 5  
 9:00–10:00 a.m. Volunteer at  
 Mather’s—More Than a Café ..... 11

**Thursday, November 28**  
**CAFÉ CLOSED—Happy Thanksgiving!**

**Friday, November 29**  
**CAFÉ CLOSED—Happy Shopping!**

**DECEMBER**

**DECEMBER SPECIAL: Egnog French Toast  
 with Cranberry Compote**  
**EVERY THURSDAY IN DECEMBER:**  
**Holiday Homemade Louisiana  
 Seafood Gumbo Dinner**

**Monday, December 2**  
 9:00–11:00 a.m. Red Hat Society. .... 12  
 1:00–2:00 p.m. Medicare and You ..... 11  
 4:00–6:00 p.m. Mather’s—More Than  
 a Café Annual Holiday Party ..... 6

**Tuesday, December 3**  
 10:00–11:00 a.m. Caregiving &  
 Creativity Chat ..... 12  
 12:00–1:00 p.m. The Opioid Crisis. .... 7  
 2:30–3:30 p.m. Latin Rhythms,  
 Session 10 ..... 9  
 2:30–4:00 p.m. New Prime Time  
 Sister Circle, Session 10 ..... 4

**Wednesday, December 4**  
**Café Closed – All-Employee Meeting**

**Thursday, December 5**  
 TRIP: Bronner’s CHRISTmas  
 Wonderland ..... 10  
 11:00 a.m.–12:00 p.m. Art  
 Appreciation ..... 9  
 2:00–4:00 p.m. Computer Basics ..... 3

**Friday, December 6**  
**Magazine Release Party!**  
**Meal Special: \$1 slice of pie with fish fry**  
 9:30–10:30 a.m. Medicare 101 ..... 11  
 1:00–2:30 p.m. Chicago Gospel  
 Music Festival ..... 5  
 5:00–9:00 p.m. Friday Night Live  
 at Mather’s Steppers & Line  
 Dance Party ..... 6

**Tuesday, December 10**  
 2:30–3:30 p.m. Latin Rhythms,  
 Session 11 ..... 9  
 2:30–4:00 p.m. New Prime Time  
 Sister Circle, Session 11 ..... 4

**Wednesday, December 11**  
 9:00–10:30 a.m. Volunteer at  
 Mather’s—More Than a Café ..... 11  
 11:00 a.m.–1:00 p.m. Mather’s in  
 Chatham Writers’ Guild, Part 3 ..... 6

**Thursday, December 12**  
 11:00 a.m.–12:00 p.m. Color Me  
 Relaxed ..... 9  
 2:00–4:00 p.m. Computer Basics ..... 3  
 2:00–2:30 p.m. AARP Smart Driver  
 TEK Workshop ..... 5

**Friday, December 13**  
 1:00–2:30 p.m. The Legendary  
 Nina Simone ..... 5  
 5:00–9:00 p.m. Mather’s Got Talent  
 Open Mic Showcase ..... 6

**Tuesday, December 17**  
 2:30–3:30 p.m. Latin Rhythms,  
 Session 12 ..... 9  
 2:30–4:00 p.m. New Prime Time  
 Sister Circle, Session 12 ..... 4

**Wednesday, December 18**  
 TRIP: Holiday Lunch at Eddie V’s  
 Prime Seafood ..... 10  
 9:00–11:00 a.m. Book Club ..... 5

**Thursday, December 19**  
 11:00 a.m.–12:00 p.m. Art  
 Appreciation ..... 9

**Friday, December 20**  
 1:00–2:30 p.m. Father Tolton: The First  
 African American Catholic Saint? ..... 6  
 5:00–9:00 p.m. Friday Night Live  
 at Mather’s Steppers & Line  
 Dance Party ..... 6

**Tuesday, December 24**  
**CAFÉ CLOSED—Happy Holidays!**

**Wednesday, December 25**  
**CAFÉ CLOSED—Happy Holidays!**

**Thursday, December 26**  
 11:00 a.m.–12:00 p.m. Color Me  
 Relaxed ..... 9  
 12:00–2:00 p.m. Celebrate Kwanzaa  
 at Mather’s! ..... 6

**Friday, December 27**  
 5:00–9:00 p.m. Mather’s Got Talent  
 Open Mic Showcase ..... 6

**Tuesday, December 31**  
**CAFÉ CLOSED—Happy New Year!**

**Thank you for being  
 a part of Mather’s—  
 More Than a Café**

Mather’s—More Than a Café customers tell us they love the sense of community, well-being, and exploration they experience at our locations. The Cafés are a part of Mather LifeWays— a unique, non-denominational not-for-profit organization founded more than 75 years ago and dedicated to developing and implementing Ways to Age Well.<sup>SM</sup>

We are looking to the kindness and caring of people like you to help us continue to provide our quality (and fun!) lessons, lectures, and entertainment. Please join our family of donors with a gift of \$25, \$50, \$100, or any amount that is right for you. You’ll see your generosity at work every time you walk through our door.

Your tax-deductible gift can be made in person at any Mather’s—More Than a Café, or by mail to:

Mather Possibilities  
 1603 Orrington Avenue  
 Suite 1800  
 Evanston, IL 60201

*Please make your check payable to Mather Possibilities and indicate “Café” on the memo line.*

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**

# AGE WELL WITH ART!



**Get creative with us! We offer a range of arts, crafts, and creativity programs— see page 9 for a complete listing. Here is a sample:**

## **THE OPEN STUDIO**

**Wednesdays, October 2–30, 4:00–6:30 p.m.**

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

Learn to express yourself using creative techniques in a variety of art forms with other artists.

*Basic supplies provided. Suggested Donation \$10 per session or \$35 for the 5-session series*

## **ART APPRECIATION**

**October 3 & 17, November 7 & 21, and December 5 & 19, 11:00 a.m.–12:00 p.m.**

*Ruthe Guerry, Art Therapist*

Learn to appreciate art through in-class experiences as well as museum and gallery visits.

*Suggested Donation \$14 for 2 sessions each month*

## **ART EXHIBITION AT MATHER'S—MORE THAN A CAFÉ**

**Tuesday, October 15, 4:00–6:00 p.m.**

Join us for our first-ever Mather's art exhibition showcasing the varied artistic talents of customers.

Enjoy light refreshments. *Donations accepted*

