

More at Mather's

OCTOBER | NOVEMBER | DECEMBER 2019



Wonderful
Wisconsin,
p.4

Earn a free meal with our Real Meal Deal! See page 3.

3235 N. Central Avenue, Chicago, IL 60634 | (773) 205.3300



mather's | more than a **café**

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MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Friday: 8:00 a.m.–4:00 p.m.
(menu available until 3:00 p.m.)



Medical Cannabis Q&A

Tuesday, October 15

12:00 p.m. Harnessing the Power of Habits

Cate O'Brien, Director, Mather LifeWays Institute on Aging
Learn how to harness the power of habits! Cate talks about the science of habits, including why they're important, how they get formed, and how they change. **FREE**

Tuesday, October 22

1:00 p.m. Arthritis: Alternative Approaches

Dr. Rick Hunn, Total Life Chiropractic
Are you tired of your joints hurting? Join Dr. Hunn and learn more about what causes arthritis, how to treat it, and what you can do to keep it from getting worse. **FREE**

Wednesday, October 23

1:00 p.m. Medical Cannabis Q&A

Patient Representative, FloraMedex
Find out why so many people use medical cannabis to improve their sleep and mood, control pain, and reduce their use of prescription medications. Learn how to access, dose, and choose available products. **FREE**

Monday, November 4

12:30 p.m. "Forget-Me-Not": Memory in Later Life

Lisa Hollis-Sawyer, PhD, Associate Professor of Psychology, Northeastern Illinois University
Lisa will discuss common issues in memory functioning and strategies to maintain and even potentially improve memory functioning. **FREE**

Monday, December 16

12:00 p.m. Digestive Health

Dr. Jan Kaminski, Colorectal Surgeon, Advocate Illinois Masonic Medical Center
Learn why your digestive health is so important to your overall health and ask questions of an expert. **FREE**

MUSIC & ENTERTAINMENT



Get a Real Meal Deal!

Purchase any 5 \$9 and up meals as part of our entertainment package and get a 6th one FREE! Use your punch card. Don't have one? Ask the receptionist!



Wednesday, October 16

12:30–2:30 p.m. Mather's Luncheon: Oktoberfest with the Die Musikmeisters Trio

Get your lederhosen ready—we're celebrating Oktoberfest with Die Musikmeisters German Trio and their rousing traditional tunes. We'll dine on lentil soup, pork schnitzel, German potato salad, green beans, and apple cake. *Meal Cost \$9; Entertainment Suggested Donation \$5*

Tuesday, October 29

1:00 p.m. Mather's Music Ensemble Halloween Show

Enjoy a monster mash-up of Halloween and fall tunes. Plus, Halloween cookies, candy, and prize drawings! **FREE**

Wednesday, October 30

4:30–6:30 p.m. Wednesday Nights at Mather's: The Wailin' Mahalias

Tap your toes to the Wailin' Mahalias' unstoppable rhythms and heartfelt folk and universal gospel favorites. We'll dine on sloppy joes, soup, salad, tater tots, and banana splits. *Meal Cost \$9; Entertainment Suggested Donation \$5*

Wednesday, November 13

12:30–2:30 p.m. Mather's Luncheon: Thanksgiving with Music by Kristin Lems

Celebrate the holiday with the music of Kristin Lems, a versatile composer, songwriter, folk singer, and musician. Feast on roasted turkey with stuffing, mashed potatoes, green beans, and pie. *Meal Cost \$9; Entertainment Suggested Donation \$5*



Oktoberfest with the Die Musikmeisters Trio

Tuesday, December 3

9:30–11:30 a.m. Mather's Music Ensemble Christmas Breakfast

Our own Mather's Music Ensemble performs classic holiday tunes and more! Enjoy Christmas morning strata, fresh fruit, and hot chocolate. *Meal Cost \$8.50*

Wednesday, December 18

12:30–2:30 p.m. Mather's Luncheon: Wayne Messmer Holiday Favorites

 Wayne, former announcer and singer for the Chicago Cubs, will entertain with holiday songs and stories. Enjoy honey-glazed spiral ham, apple cranberry salad, twice-baked potato, and chocolate-peppermint cake. *Meal Cost \$9; Entertainment Suggested Donation \$5 or a new, unwrapped toy*

Monday, December 30

12:00–3:30 p.m. New Year's Eve Party with "Jivan" Ivan! Join us as we ring in the New Year a little early! Ivan will be spinning great music and the dance floor will be open. We'll even have a toast at noon! **FREE**

All meals on this page include coffee or tea.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

LIFELONG LEARNING



The Haunted History of Chicago

Tuesday, October 8

1:00 p.m. Getting Meaning from Artworks

Bob Lichtenbert, Author

Bob will explain how to understand and derive meaning from works of art and offer his own interpretations of major artworks, from contemporary to traditional and beyond. **FREE**

Wednesday, October 9

12:00 p.m. We're Off to See the Wizard: *The Wizard of Oz*

John Boda, Presenter

The classic film will be featured in pictures and clips, stories, and singing. Nearly every song from the film will be performed, including an outtake called "The Jitterbug." An entertaining and informative hour for true Oz fans! *Suggested Donation \$5*

Thursday, October 10

1:00 p.m. Magnificent Michigan!

Jim Rowan, Presenter

This visual tour takes us from historic Greenfield Village to the waterfalls of the Upper Peninsula. We'll travel the shores of three of the five Great Lakes viewing lighthouses, sand dunes, and the sandstone cliffs of Pictured Rocks. *Suggested Donation \$5*

Friday, October 11

1:00 p.m. Simple & Practical Self-Defense

Peter Honigmann, Attorney & Founder, Best Defense Concepts

Peter will discuss the importance of being aware of your surroundings and ways to de-escalate a potential conflict. He'll explain legal aspects of using self-defense and demonstrate simple moves. *Suggested Donation \$5*

Monday, October 14

1:00 p.m. The Haunted History of Chicago

Amelia Cotter, Author/Storyteller

AUTHOR PRESENTATION

The author of several books about ghosts, Amelia will share some of Chicago's haunted history and talk about some of its most haunted places. She'll also discuss her experiences investigating haunted homes and cemeteries here. *Suggested Donation \$5*

Tuesdays, October 15, November 19 & 26, and December 3 & 17

1:00–2:00 p.m. *Chernobyl: A 5-Part Miniseries*

This acclaimed HBO miniseries dramatizes the true story of one of the worst man-made catastrophes in history: the nuclear plant disaster in Ukrainian SSR in 1986. **FREE**

Friday, November 1

1:00 p.m. Wonderful Wisconsin!

Jim Rowan, Presenter

Take a virtual tour of Wisconsin highlighted by Jim's beautiful photography. We'll visit Jim's favorite places, such as Devil's Lake; view fall color at Kettle Moraine State Forest; and, of course, more lighthouses on Lake Michigan. *Suggested Donation \$5*

Wednesday, November 6

12:00 p.m. Neuroplasticity: How to Change Your Brain

Dr. Yakov Weil, Renewal Rehab

Give your brain a workout with this discussion of the capability of the brain and nervous system to change. Hear about true cases that reveal the ability of the brain to adapt after injury and learn exercises to strengthen your cognitive and perceptive abilities. **FREE**

Enjoy improved acoustics during programs, thanks to our remodel!

Wednesday, November 6

2:00 p.m. Master of the Macabre:

Vincent Price

Victoria Price, Author



skype Vincent Price made his mark as an actor in countless thrilling horror movies. His daughter, Victoria, joins us by Skype to talk about her father's life and his acting career. Enjoy a treat prepared by our own Culinary Delighters from Vincent's cookbook recipes.

Suggested Donation \$5

Thursday, November 7

12:00–4:00 p.m. AARP Safe Driving Course, Part 1



Learn current rules of the road, defensive driving techniques, and ways to operate your vehicle more safely in today's increasingly challenging driving environment. Complete the eight-hour course and receive a certificate that can be presented to your insurance agent for a possible reduction in your auto insurance premiums. *Cost \$15 for AARP members; \$20 for nonmembers. Make checks payable to AARP.*

Friday, November 8

12:00–4:00 p.m. AARP Safe Driving Course, Part 2

Thursday, November 14

2:00 p.m. Health Care & Your Retirement

Elizabeth Caddy, Edward Jones

While health care costs may be beyond your control, you *can* control how you prepare for them. Learn to develop a strategy that works for you. **FREE**

Friday, November 15

1:00 p.m. Moving On...

Ruth Wasiukiewicz, Real Estate Broker

Have you considered the pros and cons of moving versus staying and aging in place? We'll discuss housing options, including rentals, condos, 55+ active and assisted-care facilities, and more! **FREE**

Wednesday, November 20

12:00 p.m. *Chicago Treasure & Children's Book Illustration*

Rich Green, Illustrator

Rich will take us behind the scenes of children's publishing with a look at his exciting new book *Chicago Treasure*.

Suggested Donation \$3

Friday, November 22

1:00–2:30 p.m. AARP Smart Driver TEK Workshop

Keith Cooper, AARP Instructor

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

Monday, November 25

12:00 p.m. *It's a Wonderful Life*

John Boda, Presenter

Enjoy clips, photos, history, trivia, and even live singing performances based on this classic 1949 film. *Suggested Donation \$5*

Monday, December 2

1:00 p.m. Christmas at Marshall Field's

Leslie Goddard, Actress & Historian

Leslie traces Marshall Field and Company's holiday traditions, including the Walnut Room Christmas tree, the window displays, and the Christmas catalogs. *Suggested Donation \$8*



THE GREAT COURSES: Churchill

Wednesdays, 1:00 p.m.

Winston Churchill is arguably the greatest leader of the twentieth century. He is proof that one individual can change the course of history for the better, despite public and private trials. *Suggested Donation \$1 per session*

October 9: Heritage and Destiny/Young Churchill

October 16: On the Empire's Frontier

October 23: Political Beginnings

October 30: Churchill and Controversy

November 6: Post-War Challenges

November 13: In the Wilderness

November 20: The Nazi Menace

November 27: Rallying the Nation

December 11: The Tide of War Turns

December 18: Champion of Freedom/The Legacy of Churchill

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

LIFELONG LEARNING

Continued from page 7

Friday, December 6

1:00–2:30 p.m. Made in Chicago
Austin Weber, Author

AUTHOR PRESENTATION

Take a nostalgic journey through the history of our city's major contributions to American manufacturing, including Bell & Howell, International Harvester, Pullman, Schwinn, Stewart Warner, Sunbeam, Western Electric, and Zenith. *Suggested Donation \$5*

Wednesday, December 11

1:00 p.m. Chicago Holiday Traditions Old & New
Krista August, Author & Local Historian

Tour popular holiday attractions in Millennium Park and the Chicago Loop—virtually! We'll visit the Christmas Tree schooner, caroling at Cloud Gate, ice skating both past and present, and much more! *Suggested Donation \$5*

Friday, December 13

2:00 p.m. Here Comes the Showboat
JoAleene Miranda, Show Business Historian

JoAleene will teach you about a slice of true Americana that entertained people across river waterways for decades. Learn about this great tradition through pictures, music, and JoAleene's own family history. Enter a drawing for prizes—a showboat tradition! **FREE**

TECHNOLOGY

All classes are \$10. Open Tech Table is free. Classes taught by Café Manager Jeff Rose.

Thursdays, October 10, 17 & 24

12:00–1:00 p.m. Learn How to Use Your iPhone: A 3-Part Series
Maria Mariottini, Technician, the Apple Store

There's a lot of power in your little phone! Maria has the expertise to help you learn the fundamentals. She'll cover basic functions, hardware and software, documents, photos, calendar, notes, the internet, email, iCloud, and the App Store. *Cost \$5 per session*

Thursday, October 24

10:00 a.m. The Technology Dictionary
The Cloud. Hashtag. Gigabyte. This class provides a breakdown of today's most common tech terms.

Thursday, October 31

10:00 a.m. Free Online Music Resources
Learn how to get internet radio, classic radio shows, and more.



OPEN TECH TABLE

**Thursdays, October 10, 24 & 31;
November 7 & 14; December 5 &
12, 11:00 a.m.–12:00 p.m.**

Get answers to all your tech questions in a one-on-one session. First-come, first-served. BYOD—Bring Your Own Device! **FREE**



Learn How to Use Your iPhone Series

Thursday, November 7

10:00 a.m. Uber & Lyft
Discover two smartphone applications that offer cheaper, more efficient transportation than taxis. You must bring your smartphone to class.

Thursday, November 14

10:00 a.m. Black Friday & Cyber Monday
Discover how you can take advantage of great online deals! Get tricks and tips for resources, price comparisons, and a guide to help you get ready for the biggest shopping time of the year!

Thursday, December 5

10:00 a.m. Amazon Echo & Google Home: The Smart Speaker Revolution
This program will teach you what smart speakers are, why people use them, and all the amazing things these gadgets can do!

Thursday, December 12

10:00 a.m. The Cloud & Your Pictures
Learn the basics, including a detailed description of what the cloud is, and get demonstrations and recommendations. Also learn how and why to store your pictures in the cloud.

TRIPS



Macy's Holiday Experience & Lunch

Anderson Japanese Gardens

Rockford, Illinois

Travel with us to one of North America's highest quality Japanese gardens, an extraordinarily beautiful outdoor setting to inspire the mind and energize the soul. You'll enjoy a guided tour of this 12-acre landscape of streams, waterfalls, winding pathways, and koi-filled ponds. We'll have lunch at Fresco, a restaurant renowned for its fresh, hand-crafted, organic cuisine. After lunch, enjoy more time on your own in the gardens.

DATE: Thursday, October 10, 9:00 a.m.–3:30 p.m.

Departure Location: 7134 W. Higgins Avenue

Cost: \$75

Please register by October 3. Cost includes tour, lunch, and transportation. Limit 25.

Macy's Holiday Experience & Lunch

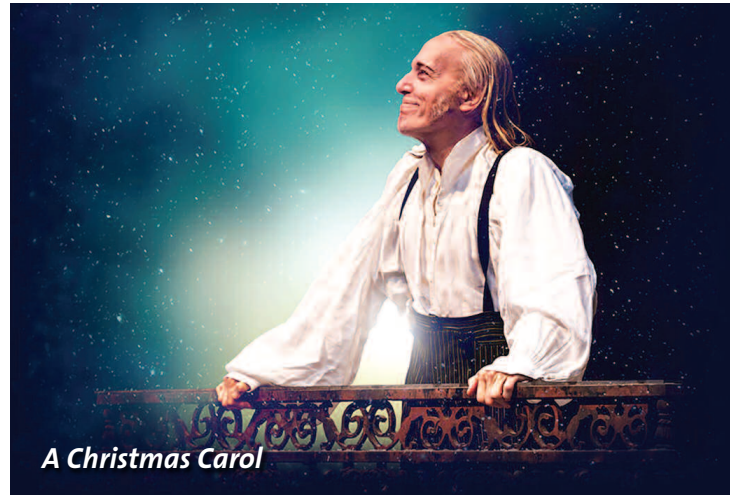
Each year at Macy's on State Street, a new Christmas theme comes to life, awakening the spirit of the holiday season. We'll tour the store and learn about its history of holiday traditions, get a taste of Frango Mints, and admire the two-story Great Tree in the world-famous Walnut Room. We'll also enjoy a festive lunch in Macy's Culinary Studio Holiday Room.

DATE: Thursday, December 5, 9:30 a.m.–2:30 p.m.

Departure Location: 3235 N. Central Avenue

Cost: \$70

Please register by November 21. Cost includes tour, lunch, and transportation. Limit 25.



A Christmas Carol

A Christmas Carol

Goodman Theatre

Experience once again the heartwarming story of Ebenezer Scrooge's discovery of kindness, compassion, and redemption. The Goodman has been presenting this beloved classic for more than four decades, and each year the production has something new and more amazing. You'll enjoy gorgeous sets and costumes, wonderful song-and-dance numbers, and the very finest performers in this staging of the best Christmas story ever told!

DATE: Wednesday, December 11, 10:45 a.m.–3:45 p.m.

Departure Location: 3235 N. Central Avenue

Cost: \$85

Please register by November 11. Cost includes admission and transportation. Limit 25.

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.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

ARTS & CREATIVITY

JUST FOR FUN

Mondays, October 7, November 4 & December 2

11:00 a.m. Drawing for Everyone

Val Zucker-McCune, Owner, Smart Art Studios

Anyone can learn to draw by understanding basic elements such as proportion, composition, value, and perspective. Individual attention will be given for every skill level. Bring a photo of a family member, pet, or landscape—and learn to draw it. *Suggested Donation \$12*

Mondays, October 14, November 18, & December 16

1:00 p.m. Card-Making with Carole

Carole Hays, Hand-Made Cards

You'll walk away with two or three completed cards. Different styles are available, and the fee includes all materials. *Suggested Donation \$10*

Tuesdays, October 15, November 19 & December 10

1:00 p.m. Art as Meditation

Ruthe Guerry, Artist & Art Therapist

Learn some art-making processes to aid with mindful breathing and grounding techniques and meditations. No experience required. *All supplies included. Suggested Donation \$5 per session*

Mondays, October 21, November 18 & December 16

11:00 a.m. Paint with Val

Val Zucker-McCune, Owner, Smart Art Studios

Val will teach you how to mix colors and choose the brush that will work best with your project. Take home a finished piece of art! *All supplies included. Suggested Donation \$15*

Thursday, October 24

1:00 p.m. Make a Pumpkin Wall Hanging

Vivian Visser, Local Artist

These festive fall decorations are a great way to celebrate Halloween and the season. Make your own today! *All supplies included. Suggested Donation of \$10*

Tuesday, October 29

11:00 a.m. Flower Arranging: Spooky Fun!

Robert Neri, Robert's Floral Design Studio

Payment required in advance. *All supplies included. Suggested Donation \$15*

Fridays, November 22 & December 27

1:00 p.m. Printmaking

Ruthe Guerry, Artist & Art Therapist

Learn a different printmaking process and take home a finished piece at the end of each class. No experience required. *All supplies included. Suggested Donation \$5 per session*

November 22 – Paper Marbling

December 27 – Toner Transfer

Tuesday, November 26

11:00 a.m. Flower Arranging: Thanksgiving

Tuesday, December 17

11:00 a.m. Flower Arranging: Christmas

Thursday, December 19

1:00 p.m. Make a Holiday Candle Jar

Vivian Visser, Local Artist

Your personal, handmade jar will capture the holiday magic and light up your winter nights. Learn how to craft one of these for your home or as a gift for a loved one. *All supplies included. Suggested Donation \$10*

Friday, October 11

12:00 p.m. Mather's Grand Re-Opening Party

Mather's—More Than a Café Staff & "Jivan" Ivan, DJ

Join us to celebrate our newly renovated spaces. We'll have a ribbon-cutting ceremony, followed by cake and coffee. Help fill our new space with music, food, and fun! *FREE*

Thursday, October 31

1:00 p.m. Classic Horror Movies with Free Popcorn!

Watch two films featuring the most iconic monsters in motion picture history: Dracula and Frankenstein. These original films set the standard for a new horror genre with revolutionary makeup, mood-altering cinematography, and groundbreaking special effects. *FREE*

Wednesday, November 27

1:00 p.m. Movies with the Grandkids: Toy Story 2

Join Buzz, Woody, and all their friends in the second installment of their great adventure. Popcorn and drinks provided. *FREE*

Thursdays, December 5 & 19

1:00 p.m. Wii Bowling

Monday, December 23

11:00 a.m.—1:00 p.m. Customer Appreciation Cookie Decorating Party

Help us celebrate you! Receive a free sugar cookie and have fun decorating it with our special holiday frosting. *FREE*

Thursday, December 26

1:00 p.m. Movies with the Grandkids: Frozen

Enjoy this favorite animated film—with or without your grandchildren. Popcorn and drinks provided. *FREE*

CULINARY DELIGHTS



Every Tuesday in October
BBQ Rib Dinner Special

October Special

Pumpkin Spice Pancakes

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

Every Tuesday in October

BBQ Rib Dinner

Barbecued ribs, cole slaw, fries or chips. *Cost \$8.39*



Friday, October 11

Slice of homemade pie \$1 with order of 4-piece 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

Big Bowl Loaded Chili

All-beef chili with the works, plus a side of corn bread. *Cost \$5.69*



Friday, November 1

Slice of homemade pie \$1 with order of 4-piece fish fry

Tuesday, November 5

1:00 p.m. The Culinary Delighters

Present: Cooking with Pumpkin Spice

Join Ashlee to explore cooking with the most popular flavor of the fall season: pumpkin spice! You'll learn how to create tasty meals for fall—and sample them! *Cost \$6*

Tuesday, November 12

12:30–2:00 p.m. The Blue Zones

Lunch & Learn

Joan Davis, RN, Presenter

Take a virtual trip to the Blue Zones, places where people are living longer, more vibrant lives. Learn what these older adults are doing right. We'll enjoy a delicious luncheon made from ingredients from the Blue Zones diet. *Meal Cost \$9; Entertainment Suggested Donation \$5*

December Special

Eggnog French Toast with Cranberry Compote

Cost \$5.09

Every Thursday in December

Holiday Homemade Tamale Dinner

2 homemade pork, chicken, or vegetable tamales with Mexican rice and a side salad. *Cost \$8.89*



Friday, December 6

Slice of homemade pie \$1 with order of 4-piece fish fry



Thursday, December 19

Hanukkah Celebration Meal Special

Russian barley soup, tarragon roasted chicken, potato latkes, beet salad, and honey almond cake *Cost \$9*

Friday, December 20

1:00 p.m. The Art of Tea Taste-Test

Christina Bates, Tea & Wellness Enthusiast

Learn the art of serving tea and taste numerous varieties such as white, red, black, and green as we cover health benefits of each. *Suggested Donation \$5*



Monday, December 30

Salisbury steak, mashed potatoes, mixed veggies, and a sweet treat. *Cost \$9*

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

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

FREE RESOURCES

Wednesdays, October 16, November 20 & December 18

10:00 a.m. Roundtable Discussion

Elizabeth Caddy, Edward Jones

Let's get to know each other as we discuss current events, the economy, and investing in a relaxed setting. The coffee is on us!

Friday, October 18

10:00 a.m.–1:00 p.m. Learn about the RTA

Beth Daly, Mobility,

RTA Outreach Coordinator

Beth will hand out information and answer transit-related questions. Learn about the many programs the RTA has to offer.

1:00 p.m. All about Balance

Nikki Williams, MSOTR/L

Get an overview of home safety and learn easy changes you can make that can reduce your risk of falls, and try a home exercise program that can improve overall balance and core strength.

Thursday, October 24

2:00 p.m. Preparing Your Estate Plan

Elizabeth Caddy, Edward Jones

This program is designed to remove the mystery surrounding the invest-



What's New with 311?

ment process and empower you—the investor—with the information you need to make sound decisions.

Friday, October 25

12:30 p.m. What's New with 311?

Deborah Farmer, 311 Representative

It's your information pipeline to city services and more. Learn how 311 works and what's new with it.

Monday, October 28

1:00 p.m. Medicare 101

Oliver Wasilewski, UnitedHealthcare Medicare Solutions

Get your questions answered, then meet with a rep for a one-on-one session.

Monday, November 11

1:00 p.m. Volunteer at Mather's— More Than a Café

Learn about the great opportunities we have to offer.

Monday, November 18

1:00 p.m. Medicare 101

Thursday, December 5

1:00–3:00 p.m. Mather's Connections Volunteer Meeting

Calling all current volunteers!

Learn what's new and celebrate the holidays. If you want to participate in our Secret Santa exchange, please bring a wrapped gift with a value of \$5.

Friday, December 13

10:00 a.m.–1:00 p.m. Do We Have Your Money?

*Representative, Illinois State
Treasurer's Office*

Find out about I-Cash, the state fund for lost and abandoned assets. The state treasurer is holding over \$2 billion that belongs to Illinois residents and businesses. See if your name is on the list!

CDEL Senior Legal Assistance Clinic

The Center for Disability & Elder Law (CDEL) provides free legal services to low-income older adults and people with disabilities throughout Cook County. Each month Mather's— More Than a Café in Portage Park hosts a Senior Legal Assistance Clinic, allowing prospective clients the opportunity to meet with a CDEL representative close to home. CDEL's primary areas of practice include real property, landlord/tenant, power of attorney documents, simple wills, elder financial abuse, collections defense, and simple divorces. The Clinic operates by appointment only and those interested must **call CDEL at (312) 600.6407** to complete a brief eligibility screening.

FITNESS

ALL CLASSES ARE 45 MINUTES OR 1 HOUR LONG

Our Fitness Center is FREE. Sign up for a free orientation. See page 12 for details.



Brains & Balance

MONDAY

9:30 a.m. Total Body Fit

This total body workout is made for those who want a little challenge. Get energized with some vigorous cardio moves, build muscle strength, and tone up. A great way to stay healthy and exercise to music! *Cost \$3*

TUESDAY

10:00 a.m. Chair Yoga

Sit down and do yoga! Build strength, increase flexibility, improve balance, and breathe more deeply. *Cost \$3*

11:00 a.m. Yoga

Yoga is wonderful for muscle tone, strength, and flexibility. Through breathing exercises, special poses, relaxation, and meditation, feel incredibly calm and serene. Please wear loose, comfortable clothing. Bring a towel or mat. We recommend not eating one hour before class. *Cost \$5*

WEDNESDAY

9:30 a.m. Worth the Weight

Try concentrated sessions for improving cardiovascular fitness, balance, and flexibility—increasing overall strength while having fun. *Cost \$3*

10:30 a.m. Tai Chi

Tai chi is non-impact and will move you slowly and gently while promoting strength, stamina, and flexibility. *Cost \$5*

THURSDAY

8:30 a.m. Chair Yoga

See Tuesday.

9:45 a.m. Brains & Balance

Experience an exercise class that works your body *and* your mind. We'll work on improving balance and reducing the risk of falling, plus a variety of activities to increase brain health and memory. *Cost \$5*

FRIDAY

9:30 a.m. Total Body Fit

See Monday.

10:30 a.m. Total Body Fit Lite

This is a total body workout designed for everyone, with seated and standing exercises. Start with some light cardio moves, then work your muscles, at your pace, to strengthen and tone. *Cost \$3*

Check out our new fitness equipment!

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.SM

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.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

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 TRIP in 2020!

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

MONDAY

1:00 p.m. Rummikub®

JUST FOR FUN

Try this game that combines elements of rummy, dominoes, mah-jongg, and chess. **FREE**

2:00 p.m. Women's Discussion Group

JUST FOR FUN

Join us to discuss topics significant to women, from personal to global. **FREE**

TUESDAY

9:00 a.m.–1:00 p.m. Benefit Access

FREE RESOURCES

Meet with a trained counselor on Benefit Access, RTA free ride, and license plate discount applications. *Appointment required.* **FREE**

9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP)

FREE RESOURCES

Meet with a trained counselor to get questions answered, complete Medicare forms, settle current claims, and apply for Benefits Access. *Appointment required.* **FREE**

9:00 a.m. Bowling Group

JUST FOR FUN

Bowl with us at Classic Bowl, 8530 Waukegan Road, Morton Grove. Free shoe rental. *Cost \$8 for three games, payable at the lanes*

11:00 a.m.–1:00 p.m. Chair Massage
HEALTH & WELLNESS

Appointment required. Takes place 1st & 3rd Tuesday of each month. *Cost \$18 for 20-minute massage*

12:30 p.m. Pinochle

JUST FOR FUN

Learn or play the game. **FREE**

2:30 p.m. Mather's Music Ensemble

MUSIC & ENTERTAINMENT

Singing with others fills the soul. Come fill yours with song each week. **FREE**

WEDNESDAY

10:30 a.m.–12:00 p.m.

Conversaciones con Maria

JUST FOR FUN

Join Maria Barcia for Spanish conversation about Mather's—More Than a Café, world news, and more. **FREE**

11:00 a.m. Fitness Center Orientation

HEALTH & WELLNESS

Stop by to get information, learn to use the equipment, or just see what the center has to offer. Takes place October 9, November 6, and December 11. **FREE**

1:00 p.m. Social Worker

FREE RESOURCES

Appointment required. **FREE**

1:00 p.m. Crochet/Knitting Class

ARTS & CREATIVITY

Learn basic to advanced crochet and knitting techniques with Connie Schulz. *Suggested Donation \$2 per class*

THURSDAY

9:00 a.m. Bowling Group

JUST FOR FUN

See Tuesday.

10:45 a.m. Scrabble **FREE**

JUST FOR FUN

11:00 a.m. RTA Passes

FREE RESOURCES

Apply for or renew your reduced fare cards, subject to pre-approval. Takes place 1st & 4th Thursday of each month. **FREE**

1:00 p.m. Tea Time

JUST FOR FUN

Rich Lang, Discussion Facilitator
Join Rich and friends for a welcoming, nonjudgmental chat on life, personal exploration, and more. Takes place 2nd & 4th Thursday of each month. All are welcome! **FREE**

1:00 p.m. Red Hat Society

JUST FOR FUN

Takes place 2nd Thursday of each month.

FRIDAY

11:00 a.m.–1:00 p.m.

Blood Pressure Screening **FREE**

HEALTH & WELLNESS

12:00–1:00 p.m. Live Music with

Ben Mercado

MUSIC & ENTERTAINMENT

Takes place 4th Friday of each month. **FREE**

12:00–4:00 p.m. Dancing Fridays

with "Jivan" Ivan

MUSIC & ENTERTAINMENT

Ivan Rivera, our favorite DJ, will spin your favorite songs. All requests welcome. Takes place 1st, 2nd & 3rd Friday of each month. **FREE**

1:30–3:00 p.m. Café con Ovie

JUST FOR FUN

Join Señor Ovie for a cup of *café* to learn more about the programming at Mather's—More Than a Café or brush up on your *Español*. Takes place 3rd Friday of each month. **FREE**

October | November | December At-a-Glance

WEEKLY EVENTS

Monday

9:30 a.m. Total Body Fit	11
1:00 p.m. Rummikub	12
2:00 p.m. Women’s Discussion Group	12

Tuesday

9:00 a.m. Bowling Group	12
9:00 a.m. Senior Health Insurance Program (SHIP)	12
9:00 a.m.–1:00 p.m. Benefit Access	12
10:00 a.m. Chair Yoga	11
11:00 a.m. Yoga	11
12:30 p.m. Pinochle	12
2:30 p.m. Mather’s Music Ensemble	12

Wednesday

9:30 a.m. Worth the Weight	11
10:30 a.m. Tai Chi	11
10:30 a.m.–12:00 p.m. Conversaciones con Maria	12
1:00 p.m. Social Worker	12
1:00 p.m. Crochet/Knitting Class	12

Thursday

8:30 a.m. Chair Yoga	11
9:00 a.m. Bowling Group	12
9:45 a.m. Brains & Balance	11
10:45 a.m. Scrabble	12

Friday

9:30 a.m. Total Body Fit	11
10:30 a.m. Total Body Fit Lite	11
11:00 a.m. Blood Pressure Screening	12

OCTOBER

OCTOBER SPECIAL:
Pumpkin Spice Pancakes
EVERY TUESDAY IN OCTOBER:
BBQ Rib Dinner

MATHER’S—MORE THAN A CAFÉ WILL BE CLOSED FOR REMODELING FROM SEPTEMBER 21 THROUGH OCTOBER 6.

Monday, October 7

11:00 a.m. Drawing for Everyone	8
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Tuesday, October 8

1:00 p.m. Getting Meaning from Artworks	4
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Wednesday, October 9

11:00 a.m. Fitness Center Orientation	12
12:00 p.m. We’re Off to See the Wizard: <i>The Wizard of Oz</i>	4
1:00 p.m. The Great Courses: Churchill	5

Thursday, October 10

TRIP: Anderson Japanese Gardens	7
11:00 a.m.–12:00 p.m. Open Tech Table	6
12:00–1:00 p.m. Learn How to Use Your iPhone: A 3-Part Series	6
1:00 p.m. Tea Time	12
1:00 p.m. Red Hat Society	12
1:00 p.m. Magnificent Michigan!	4

Friday, October 11

<i>\$1 slice of pie with fish fry</i>	
12:00 p.m. Mather’s Grand Re-Opening Party	8
12:00–4:00 p.m. Dancing Fridays with “Jivan” Ivan	12
1:00 p.m. Simple & Practical Self-Defense	4

Monday, October 14

1:00 p.m. The Haunted History of Chicago	4
1:00 p.m. Card-Making with Carole	8

Tuesday, October 15

11:00 a.m.–1:00 p.m. Chair Massage	12
12:00 p.m. Harnessing the Power of Habits	2
1:00–2:00 p.m. <i>Chernobyl</i> , Part 1	4
1:00 p.m. Art as Meditation	8

Wednesday, October 16

10:00 a.m. Roundtable Discussion	10
12:30–2:30 p.m. Mather’s Luncheon: Oktoberfest with the Die Musikmeisters Trio	3
1:00 p.m. The Great Courses: Churchill	5

Thursday, October 17

12:00–1:00 p.m. Learn How to Use Your iPhone, Part 2	6
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Friday, October 18

10:00 a.m.–1:00 p.m. Learn about the RTA	10
12:00–4:00 p.m. Dancing Fridays with “Jivan” Ivan	12
1:00 p.m. All about Balance	10
1:30–3:00 p.m. Café con Ovie	12

Monday, October 21

11:00 a.m. Paint with Val	8
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Tuesday, October 22

1:00 p.m. Arthritis: Alternative Approaches	2
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Wednesday, October 23

1:00 p.m. The Great Courses: Churchill	5
1:00 p.m. Medical Cannabis Q&A	2

Thursday, October 24

10:00 a.m. The Technology Dictionary	6
11:00 a.m.–12:00 p.m. Open Tech Table	6
11:00 a.m. RTA Passes	12
12:00–1:00 p.m. Learn How to Use Your iPhone, Part 3	6
1:00 p.m. Tea Time	12
1:00 p.m. Make a Pumpkin Wall Hanging	8
2:00 p.m. Preparing Your Estate Plan	10

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

Friday, October 25
 12:00–1:00 p.m. Live Music with Ben Mercado 12
 12:30 p.m. What's New with 311? ... 10

Monday, October 28
 1:00 p.m. Medicare 101 10

Tuesday, October 29
 11:00 a.m. Flower Arranging: Spooky Fun! 8
 1:00 p.m. Mather's Music Ensemble Halloween 3

Wednesday, October 30
 1:00 p.m. The Great Courses: Churchill 5
 4:30–6:30 p.m. Wednesday Nights at Mather's: The Wailin' Mahalias 3

Thursday, October 31
 10:00 a.m. Free Online Music Resources 6
 11:00 a.m.–12:00 p.m. Open Tech Table 6
 1:00 p.m. Classic Horror Movies with Free Popcorn! 8

NOVEMBER

NOVEMBER SPECIAL: Spiced Autumn Fruit and Nut Oatmeal Bowl
EVERY WEDNESDAY IN NOVEMBER: Big Bowl Loaded Chili

Friday, November 1
\$1 slice of pie with fish fry
 12:00–4:00 p.m. Dancing Fridays with "Jivan" Ivan 12
 1:00 p.m. Wonderful Wisconsin! 4

Monday, November 4
 11:00 a.m. Drawing for Everyone 8
 12:30 p.m. "Forget-Me-Not": Memory in Later Life 2

Tuesday, November 5
 11:00 a.m.–1:00 p.m. Chair Massage . . 12
 1:00 p.m. The Culinary Delighters Present: Cooking with Pumpkin Spice 9

Wednesday, November 6
 11:00 a.m. Fitness Center Orientation 12
 12:00 p.m. Neuroplasticity: How to Change Your Brain 4
 1:00 p.m. The Great Courses: Churchill 5

2:00 p.m. Master of the Macabre: Vincent Price 5

Thursday, November 7
 10:00 a.m. Uber & Lyft 6
 11:00 a.m. RTA Passes 12
 11:00 a.m.–12:00 p.m. Open Tech Table 6
 12:00–4:00 p.m. AARP Safe Driving Course, Part 1 5

Friday, November 8
 12:00–4:00 p.m. Dancing Fridays with "Jivan" Ivan 12
 12:00–4:00 p.m. AARP Safe Driving Course, Part 2 5

Monday, November 11
 1:00 p.m. Volunteer at Mather's—More Than a Café 10

Tuesday, November 12
 12:30–2:00 p.m. The Blue Zones Lunch & Learn 9

Wednesday, November 13
 12:30–2:30 p.m. Mather's Luncheon: Thanksgiving with Music by Kristin Lems 3
 1:00 p.m. The Great Courses: Churchill 5

Thursday, November 14
 10:00 a.m. Black Friday & Cyber Monday 6
 11:00 a.m.–12:00 p.m. Open Tech Table 6
 1:00 p.m. Tea Time 12
 1:00 p.m. Red Hat Society 12
 2:00 p.m. Health Care & Your Retirement 5

Friday, November 15
 12:00–4:00 p.m. Dancing Fridays with "Jivan" Ivan 12
 1:00 p.m. Moving On 5
 1:30–3:00 p.m. Café con Ovie 12

Monday, November 18
 11:00 a.m. Paint with Val 8
 1:00 p.m. Card-Making with Carole . . . 8
 1:00 p.m. Medicare 101 10

Tuesday, November 19
 11:00 a.m.–1:00 p.m. Chair Massage . . 12
 1:00–2:00 p.m. *Chernobyl*, Part 2 4
 1:00 p.m. Art as Meditation 8

Wednesday, November 20
 10:00 a.m. Roundtable Discussion . . . 10

12:00 p.m. *Chicago Treasure & Children's Book Illustration* 5
 1:00 p.m. The Great Courses: Churchill 5

Friday, November 22
 12:00–1:00 p.m. Live Music with Ben Mercado 12
 1:00–2:30 p.m. AARP Smart Driver TEK Workshop 5
 1:00 p.m. Printmaking 8

Monday, November 25
 12:00 p.m. *It's a Wonderful Life* 5

Tuesday, November 26
 11:00 a.m. Flower Arranging: Thanksgiving 8
 1:00–2:00 p.m. *Chernobyl*, Part 3 4

Wednesday, November 27
 1:00 p.m. The Great Courses: Churchill 5
 1:00 p.m. Movies with the Grandkids: *Toy Story 2* 8

Thursday, November 28
CAFÉ CLOSED—Happy Thanksgiving!

Friday, November 29
CAFÉ CLOSED—Happy Shopping!

DECEMBER

DECEMBER SPECIAL: Eggnog French Toast with Cranberry Compote
EVERY THURSDAY IN DECEMBER: Holiday Homemade Tamale Dinner

Monday, December 2
 11:00 a.m. Drawing for Everyone 8
 1:00 p.m. Christmas at Marshall Field's 5

Tuesday, December 3
 9:30–11:30 a.m. Mather's Music Ensemble Christmas Breakfast 3
 11:00 a.m.–1:00 p.m. Chair Massage . . 12
 1:00–2:00 p.m. *Chernobyl*, Part 4 4

Wednesday, December 4
CAFÉ CLOSED—All-Employee Meeting

Thursday, December 5
 TRIP: Macy's Holiday Experience & Lunch 7
 10:00 a.m. Amazon Echo & Google Home: The Smart Speaker Revolution 6
 11:00 a.m. RTA Passes 12

11:00 a.m.–12:00 p.m. Open Tech Table.....	6
1:00 p.m. Wii Bowling	8
1:00–3:00 p.m. Mather’s Connections Volunteer Meeting	10

Friday, December 6

Magazine Release Party!

\$1 slice of pie with fish fry

1:00–2:30 p.m. <i>Made in Chicago</i>	6
12:00–4:00 p.m. Dancing Fridays with “Jivan” Ivan	12

Tuesday, December 10

1:00 p.m. Art as Meditation	8
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Wednesday, December 11

TRIP: <i>A Christmas Carol</i>	7
11:00 a.m. Fitness Center Orientation	12
1:00 p.m. The Great Courses: Churchill	5
1:00 p.m. Chicago Holiday Traditions Old & New	6

Thursday, December 12

10:00 a.m. The Cloud & Your Pictures	6
11:00 a.m.–12:00 p.m. Open Tech Table.....	6
1:00 p.m. Tea Time	12
1:00 p.m. Red Hat Society.....	12

Friday, December 13

10:00 a.m.–1:00 p.m. Do We Have Your Money?.....	10
12:00–4:00 p.m. Dancing Fridays with “Jivan” Ivan	12
2:00 p.m. Here Comes the Showboat.....	6

Monday, December 16

11:00 a.m. Paint with Val	8
12:00 p.m. Digestive Health.....	2
1:00 p.m. Card-Making with Carole....	8

Tuesday, December 17

11:00 a.m. Flower Arranging: Christmas.....	8
11:00 a.m.–1:00 p.m. Chair Massage..	12
1:00–2:00 p.m. <i>Chernobyl</i> , Part 5	4

Wednesday, December 18

10:00 a.m. Roundtable Discussion ...	10
1:00 p.m. The Great Courses: Churchill	5

12:30–2:30 p.m. Mather’s Luncheon: Wayne Messmer Holiday Favorites ...	3
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Thursday, December 19

Hanukkah Celebration Meal Special

1:00 p.m. Wii Bowling	8
1:00 p.m. Make a Holiday Candle Jar...	8

Friday, December 20

12:00–4:00 p.m. Dancing Fridays with “Jivan” Ivan	12
1:00 p.m. The Art of Tea Taste-Test....	9
1:30–3:00 p.m. Café con Ovie.....	12

Monday, December 23

11:00 a.m.–1:00 p.m. Customer Appreciation Cookie Decorating Party.....	8
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Tuesday, December 24

CAFÉ CLOSED—Happy Holidays!

Wednesday, December 25

CAFÉ CLOSED—Happy Holidays!

Thursday, December 26

11:00 a.m. RTA Passes	12
1:00 p.m. Tea Time	12
1:00 p.m. Movies with the Grandkids: <i>Frozen</i>	8

Friday, December 27

12:00–1:00 p.m. Live Music with Ben Mercado.....	12
1:00 p.m. Printmaking	8

Monday, December 30

Lunch Special: New Year’s Eve	9
12:00–3:30 p.m. New Year’s Eve Party with “Jivan” Ivan!.....	3

Tuesday, December 31

CAFÉ CLOSED—Happy New Year!

For general questions or input, contact Café manager Jeff Rose at (773) 205.3307 or jjrose@matherlifeways.com.

Mather’s Chicagoland Locations

7134 W. Higgins Avenue, Chicago, IL

3235 N. Central Avenue, Chicago, IL

33 E. 83rd 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.SM

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 membership 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.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

PRACTICE YEAR-ROUND WELLNESS

Lighten up your autumn with a focus on wellness! We have a healthy handful of programs to choose from. Here are just a few examples:

HARNESSING THE POWER OF HABITS

Tuesday, October 15, 12:00 p.m.

Cate O'Brien, Director, Mather LifeWays Institute on Aging

Learn how to harness the power of habits! Cate talks about the science of habits, including why they're important, how they get formed, and how they change. **FREE**

ART AS MEDITATION

Tuesdays, October 15, November 19 & December 10, 1:00 p.m.

Ruthe Guerry, Artist & Art Therapist

Learn some art-making processes to aid with mindful breathing and grounding techniques and meditations. No experience required.

All supplies included. Suggested Donation \$5 per session

THE BLUE ZONES LUNCH & LEARN

Tuesday, November 12, 12:30–2:00 p.m.

Joan Davis, RN, Presenter

Take a virtual trip to the Blue Zones, places where people are living longer, more vibrant lives.

Learn what these older adults are doing right.

We'll enjoy a delicious luncheon made from ingredients from the Blue Zones diet.

Meal Cost \$9; Entertainment Suggested Donation \$5

