

MATHER AgeAdvantage

JANUARY | FEBRUARY | MARCH 2020



Frank Lloyd Wright's SC Johnson Campus
& Mader's Restaurant, p. 4

Ways to Age Well in Edgewater with Mather

Let the Sunshine In Luncheon	3	Greek Dance Classes	7
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<i>Featuring Peter Oprisko!</i>		PLUS	
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THE STORY OF MATHER IN EDGEWATER

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

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

There's Still Time to Sign Up for a 2020 EXPRESS PASS

Save money and time on
our 2020 luncheons

- 23% cost savings—that's equal to getting more than two luncheons free!
- Guaranteed reservation—no need for a monthly call
- Entrance through a special "Express" line—faster check-in!

Call (773) 769.1995 for details.

Lunch, Entertainment, and More— Join the Celebration!

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



MARK YOUR CALENDAR FOR ALL OUR LUNCHEON DATES!

January 13 | February 10 | March 9 | April 6 | May 4
June 15 | July 20 | August 17 | September 21 | October 26
(No Luncheon in November) | December 7

MUSIC & ENTERTAINMENT

Monthly Luncheons

Let the Sunshine In Monday, January 13

Entertainment: Jimmy and Rhonda

Bask in the warmth of '60s and '70s music performed by the two-piece live-music sensation Jimmy and Rhonda. They'll get the party started with songs that will create sunshine in our hearts. Enjoy a delicious menu of boneless stuffed chicken breast with spinach and feta, rice pilaf, blended vegetables, salad, fresh fruit, assorted rolls, dessert, and beverages.

Reservations begin Tuesday, December 10 and are required by Wednesday, January 8.

Heart and Soul Monday, February 10

Entertainment: Peter Oprisko

Join us for an event filled with memories of Valentine's Day celebrated in school with your friends. You'll be serenaded by Peter Oprisko, accompanied by a tasty menu of stuffed vegetarian green peppers, roasted chicken, Greek-style green beans, fresh salad, seasonal fresh fruit, assorted rolls, dessert, and beverages.

Reservations begin Tuesday, January 14 and are required by Wednesday, February 5.

Irish Rose Monday, March 9

Entertainment: Edizon Dayao

You'll be wearing an Irish smile as you enjoy a lively performance by vocalist and keyboardist Edizon Dayao. We'll be treated to a one-of-a-kind audience experience that will have you up and dancing. Enjoy hot corned beef brisket, cabbage, roasted chicken, parsley potatoes, fresh salad, rye bread and rolls, fresh fruit, dessert, and beverages.

Reservations begin Tuesday, February 11 and are required by Wednesday, March 4.

LUNCHEON DETAILS

RESERVATIONS REQUIRED

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

CHECK-IN: 11:30 a.m.

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

LOCATION:

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

COST: \$15

\$17 for a tuna plate or veggie burger. These options must be requested upon reservation.

Looking to save on the luncheons? Stop by the Edgewater Presbyterian Church on Monday, January 6, February 3, or March 2 between 8:30 and 10:30 a.m. to make a reservation and prepay only \$14 for each luncheon. **Payment in advance is non-refundable.**

“ It's so heart-lifting to hear the music, see the people having a good time dancing... and all of us sing along. It's just wonderful. ~ Evelyn Flynn, Mather customer ”

TRIPS

Frank Lloyd Wright's SC Johnson Campus & Mader's Restaurant

Thursday, March 12



The day begins with browsing a variety of independent merchants at the indoor Milwaukee Public Market, including cheeses, meats, wine, and more! Then we'll enjoy a delicious lunch at the famous Mader's German restaurant, which includes your choice of sauerbraten, Wiener schnitzel (pork), or herbed salmon. All entrees include salad, beverage, dessert, and gratuity. Afterwards, we'll take a guided tour of the SC Johnson Campus in Racine, the only remaining Frank Lloyd Wright-designed headquarters that's still in use. Guests must be able to travel on their own or bring someone to assist them. Registration will begin at the January 13 luncheon.

Check-in: 8:15 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Departure: 8:30 a.m.

Return: Approximately 6:45 p.m.

Cost: \$55 (includes lunch with gratuity, guided tour, and round-trip travel on a coach bus)

Sanfilippo Estate

Thursday, April 23



Our first stop will be Jolane's Restaurant in Glenview for your choice of chicken schnitzel with roasted garlic mashed potatoes and cucumber salad; Austrian goulash with slow-cooked beef and a side of mixed greens; orange-glazed salmon with fried rice and

orange peel; or a black angus cheeseburger on a pretzel bun with fries. All entrees include dessert and beverage. Then we're off to the Sanfilippo Estate in Barrington Hills for a guided tour of the residence and the large collection of automated music machines, penny arcade machines, Wurlitzers, and beautiful glass art. Guests must be able to navigate steps on their own or bring someone to assist them. Registration will begin at the February 10 luncheon.

Check-in: 9:45 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Departure: 10:00 a.m.

Return: Approximately 6:00 p.m.

Cost: \$80 (includes tour, general admission, lunch with gratuity, and round-trip travel on a coach bus)

TRIP DETAILS

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

Checks payable to: Mather

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

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

TRIPS

Evita at Drury Lane Theatre

Thursday, April 30



Join us for a performance of *Evita*, a musical masterpiece featuring some of Tim Rice and Andrew Lloyd Webber's most iconic songs, including "Don't Cry for Me, Argentina." Based on true events, *Evita* won seven Tony Awards, including Best Musical and Best Original Score. Before the performance, we'll enjoy lunch with a choice of pork medallions, chicken breast with lemon thyme jus, or grilled salmon with roasted shallots and black garlic in beurre blanc. All luncheons include a mixed green salad, peach melba, and beverages. Guests must be able to travel on their own or bring someone to assist them. Registration will begin at the February 10 luncheon.

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

Departure: 10:15 a.m.

Return: Approximately 5:45 p.m.

Cost: \$90 (includes performance, lunch with gratuity, and round-trip travel on a coach bus)

FITNESS

Exercise—Mild & Moving

Tuesdays, 11:00 a.m.–12:00 p.m.

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

Cost: \$2/class

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

Tai Chi

Fridays, 11:00 a.m.–12:00 p.m.



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

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

Cost: \$4/class

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

LOCATION INFORMATION

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

LIFELONG LEARNING

Tuesday Morning Book Club

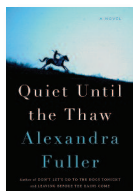
Meets the last Tuesday of the month.



Mary Coin

By Marisa Silver

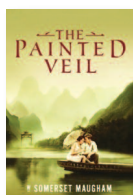
Date: Tuesday, January 28,
10:00–11:30 a.m.



Quiet Until the Thaw

By Alexandra Fuller

Date: Tuesday, February 25,
10:00–11:30 a.m.



The Painted Veil

By W. Somerset Maugham

Date: Tuesday, March 31,
10:00–11:30 a.m.

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

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

Cost: **FREE**

Contact: (773) 769.1995

Cahokia Mounds

Thursday, March 17, 1:00–2:00 p.m.

The Cahokia Mounds is the site of a pre-Columbian Native American city located in Collinsville, Illinois. Historian Paula Fenza will take us on a virtual tour of this historic park.

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

Cost: **FREE**

Reservations Required: Call (773) 769.1995

HEALTH & WELLNESS

Food for the Journey: Centering Moments

Thursday, February 20, 1:00–3:00 p.m.

Kathy Bavaro, Presenter



Amidst this world of chaos, join us to center and reflect on peace, gratitude, spirit connection, and the whispers of our hearts.

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

Cost: \$2

Reservations Required: (773) 769.1995

Low-Vision Friends

Mondays, February 10 & March 9, 10:00 a.m.

This group provides an exchange of information, moral support, resource sharing, tricks of the trade, and solutions for people with low vision. *Meets the second Monday of each month. No meeting in January. Call to confirm.*

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

Cost: **FREE**

Contact: (773) 769.1995

ARTS & CREATIVITY

Make a Mosaic Frame

Thursday, February 27, 2:00–4:00 p.m.

Vivian Visser will walk you through creating a mosaic frame that you can take home.

Cost: \$12 (includes materials)

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

Art History Class

Join us for an informative lecture by DePaul Professor Mark Pohlad, who will cover a topic that intersects Chicago and art history. Call (773) 769.1995 for details and to register!

Art Insights—Coming in March!

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

Greek Dance Class

Tuesdays, February 25 & March 3, 1:00–2:00 p.m.

Like to dance? Like to try new things? Join us for one or both of these classes and learn the steps to Greek line dances. Get some great exercise while learning something new or joining in dances you may already know! No need to bring a partner.

Cost: \$4/session

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

LOCATION INFORMATION

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



CUSTOMER PROFILE: Dorothy Hoffner

Meet Dorothy. She's a lifelong Chicagoan, a centenarian (she'll have turned 101 by the time you read this), and a regular customer at our monthly luncheons. "I enjoy the luncheons—they're always good, and I meet different people every time," Dorothy says. "I like to take Mather's trips, too. I never miss when they take us to White Fence Farm."

Dorothy has a lifetime of experiences, and one of her favorites is sky diving this past July. "I highly recommend it!" she says. "I'd like to go back and do it again—it was so fun!"

She explains, "I was talking at dinner about wanting to try sky diving, and this nice young man—I call him my grandson—said, 'let's go!' So we did. We went to a place in Ottawa, Illinois. They gave me a nice yellow jumpsuit to put on, then they put a harness on me to attach me to an instructor. There were about 10 of us in the plane, and when they reached the right altitude, they just open the door and push you out!"

Dorothy enjoyed every minute of the high-flying experience and is now considering when she can go up in a hot air balloon.

JUST FOR FUN

Film Series

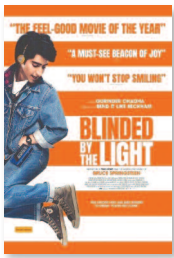
Light refreshments will be served.

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

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



Blinded by the Light PG-13



This uplifting British comedy follows a teenager from an Asian family who learns to live his life, understand his family, and find his own voice through the music of Bruce Springsteen.

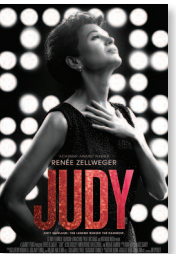
Wednesday, January 15, 1:00–3:00 p.m.

Official Secrets R

This is the true story of a British whistleblower who leaked information to the press about an illegal NSA spy operation designed to push the UN Security Council into sanctioning the 2003 invasion of Iraq.

Wednesday, January 29, 1:00–3:00 p.m.

Judy PG-13



It's 1968 and showbiz legend Judy Garland arrives in London to perform a five-week, sold-out run. As she prepares for the show, battles with management, charms musicians, and reminisces with friends and adoring fans, her wit and warmth shine through.

Wednesday, February 12, 1:00–3:00 p.m.

Frankie PG-13

Three generations of a European family come together in Sintra, Portugal, for one last vacation before the family matriarch faces the final chapter of her life. Over the course of one day, the fairy-tale setting brings about everyone's most romantic impulses, revealing both cracks between them, as well as unexpected depth of feeling.

Wednesday, February 26, 1:00–2:45 p.m.

Harriet PG-13

This is the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Wednesday, March 11, 1:00–3:00 p.m.

Waves R

Set in South Florida and featuring an astonishing ensemble of award-winning actors and breakouts alike, Waves traces the epic emotional journey of a suburban African American family as they navigate love, forgiveness, and coming together in the aftermath of a loss.

Wednesday, March 25, 1:00–3:00 p.m.



VOLUNTEER SPOTLIGHT: Wallie Dayal

Mather volunteer Wallie Dayal has designed a life that is as full of purpose, fun, and meaningful connections as one of our monthly luncheons! Now in her fourth year as an Experience Master at our luncheons, Wallie helps direct customers before, during, and after the buffet lunch is served. “I also try to make sure new people are welcome. I’ll find a spot for

them to sit with others,” she says. “When I arrive before a luncheon, I find it amazing to encounter so many dedicated volunteers hard at work to make it a wonderful experience.”

Wallie dedicates much of her time to volunteering at the Selfhelp Home, a retirement community for Jewish seniors in Uptown, where she leads three monthly programs that are popular with residents. “In 2014, I started a poetry class,” she says. “It evolved into ‘Song and Verse with Wallie and Friends’ after I enlisted a resident to accompany us on the piano and a group of 90+-year-old residents to lead the singing.”

Inspired by a storytelling program at Mather several years ago, she proposed a new class at the *Selfhelp Home* called “My Life, with Wallie.” It’s a free and easy sharing of anecdotes, and at participants’ request, incorporates some singing,” she says. She also leads a class for residents with memory issues called “Wallie World.”

“I stay busy,” says Wallie. “A few months ago, I started learning classical guitar, and I walk five miles a day.”

Wallie is an inspiring example of how to age well in Edgewater. If you haven’t met her yet, be sure to say hello at the next luncheon!

YOU CAN NOW REGISTER ONLINE!



You can use our new online registration for any Mather event found in this newsletter.

- Register from home—or from anywhere, using your computer, smartphone, or tablet!
- Payment is easy and secure.
- Register early to ensure you get a spot.

VISIT [MATHER.COM/EDGEWATER](https://mather.com/edgewater).

Please register for all programs at least one week in advance.

WAYS TO #AGEWELL



Our Ways to #AgeWell series provides research-based tips every weekday to help you make the most out of each day. From boosting brain health to building resilience and happiness, every simple little tip can make a big difference in your life.

Sign up to receive tips by email at mather.com/agewell.

You can also see tips when you follow Mather on social media:

 **[Facebook.com/matheragewell](https://facebook.com/matheragewell)**

 **[Twitter.com/matheragewell](https://twitter.com/matheragewell)**

COMMUNITY CONNECTIONS

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

GOOD MEMORIES CHOIR

EVANSTON, (847) 275.0326

Good Memories is a fun, upbeat community where people with early-stage memory loss and their care partners sing together, enjoying familiar music that they love. Our professional conductors and pianists make it fun. No audition, no pressure—just a great time. Choir members include people with memory loss, their care partners, and volunteers. No musical experience or training is needed. We welcome anyone living with Alzheimer's or another dementia who can attend the structured weekly rehearsals and, best of all, wants to make great music and new friends! Contact Helen Gagel, Choir Coordinator, at (847) 275.0326 or hgagel@soundsgoodchoir.org.

BERGER PARK

6205 N. SHERIDAN ROAD, (773) 761.0376

Classes begin January 6 and continue through March 27. Call for more specific information. Classes, dates, and prices are subject to change.

Creative Drama

This activity is a group experience in which every participant is guided to express themselves as they work and play with others for the joy of creating improvised drama. Participants will learn the three key elements of drama: player, playwright, and audience. Warm-ups, dramatic games, and stories will be used to explore character development improvisation.

Dates: Thursdays, 2:00–3:00 p.m.

Cost: FREE

OAK STREET HEALTH – EDGEWATER

1541 W. DEVON AVENUE, (773) 250.5222

Simply Strong

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

Dates: Tuesdays, 10:00–11:00 a.m.

Cost: FREE

NORTHSIDE COMMUNITY RESOURCES

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

Senior Home Repair Program

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

CJE SENIORLIFE

A Non-Denominational Social Service Agency

3003 W. TOUHY AVENUE, (773) 508.1000

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

CLEAR CAPTIONS

ClearCaptions is a Federal Communications Commission (FCC) certified telephone captioning provider. Our captioning service is paid for through Title IV of the Americans with Disabilities Act (ADA), a fund which established the Telecommunications Relay Service. There is no cost to qualified individuals whose hearing loss inhibits their phone use. Learn more about captioning services at clearcaptions.com.

To learn more, contact Susie Koleff at (312) 858.0013 or susie.koleff@clearcaptions.com.

THE LENDING CLOSET

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

HEART-TO-HEART

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

CITY LIT
LITERATE ★ THEATER

MEET CITY LIT THEATER

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

CHICAGO METHODIST SENIOR SERVICES

**The Most Extensive Senior Services Network on Chicago's North Side • cmsschicago.org
1415 W. FOSTER AVENUE • (773) 769.5500**

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

Windows 10 Tips and Topics

Celebrate the end of Windows 7 Support by finding out about the newest features in Windows 10.

Date: Tuesday, January 14, 10:30 a.m.–12:00 p.m.

Up in the Cloud!

Let's look at the cloud and why and how it can be helpful. Use the cloud to share with friends and family.

Date: Tuesday, January 28, 1:30–3:00 p.m.

Desktop and Laptop Navigation

Gain confidence using the cursor. Select, move/copy, or delete items on the desktop or in folders and learn how to make shortcuts of your own.

Date: Thursday, February 6, 10:30 a.m.–12:00 p.m.

Buying a New or Used Computer

Here's a fun look at shopping for a computer. You'll get printed and online tools to help make choices and decisions.

Date: Thursday, February 13, 1:30–3:00 p.m.

Great Googly Woogly

We'll look at Gmail, Calendar, YouTube, Google Apps, and Drive. Learn to connect your Gmail and Google calendar to Amazon Alexa.

Date: Tuesday, February 18, 1:30–3:00 p.m.

Gmail Made Easy

Use Gmail features to organize and manage your spam/junk; use automatic features to make Gmail easy.

Date: Tuesday, February 25, 10:30 a.m.–12:00 p.m.



1020 W. Bryn Mawr Avenue
Chicago, IL 60660

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

EXPERIENCE OUR MONTHLY LUNCHEONS

Find out why so many people love our luncheons! They may remind you of a good friend's wedding reception, with guests enjoying a festive atmosphere, a delicious lunch cooked fresh on-site and served buffet-style, and live entertainment. Dance with friends, meet new people, and create lasting friendships. See page 3 for details.