

MORE AT MATHER'S

JANUARY | FEBRUARY | MARCH 2020

"Le Tumulte Noir":
A Multi-Dimensional
Homage to
Josephine Baker, p.9



Enjoy Soup for the Price of the Temperature in January & February! Details on-site.

33 E. 83rd Street, Chicago, IL 60619 | (773) 488.2801

 *Mather's*
more than a café®

YOU CAN NOW REGISTER ONLINE!

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

- 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 MATHERSMORETHANACAFE.COM.

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



CHECK OUT WHAT'S HAPPENING!

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<i>Participate on our Heart Points Passport throughout February—American Heart Month!</i>		<i>Try a unique workout, like our Saturday Core Strength class.</i>	
■ Music & Entertainment	5	■ Free Resources	11
<i>Step out at one of our Friday night steppers' parties!</i>		<i>Find out if the State of Illinois is holding money that belongs to you in our I-Cash program!</i>	
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<i>Choose from author presentations, film screenings, and more—like a presentation on the matriarch of the blues, Etta James, by her long-time music director.</i>		■ January February March At-a-Glance	
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MATHER’S—MORE THAN A CAFÉ HOURS

Monday–Thursday: 8:00 a.m.–4:00 p.m. (menu available until 3:15 p.m.)
Friday: 8:00 a.m.–9:00 p.m. (menu available until 7:45 p.m.)
Saturday & Sunday: 9:00 a.m.–3:00 p.m. (menu available until 2:45 p.m.)

CULINARY DELIGHTS



January Burger of the Month

Stroganoff burger with mushrooms, onions, and sour cream on toasted bun. Served with 1 side. *Cost \$7.19*

Tuesday, January 7

11:30 a.m.–12:30 p.m.

The Culinary Delighters Present: Salad Dressing

Joe shows us how simple, fast, and delicious it is to make homemade salad dressing. Learn, then build your own salad and sample these tasty dressings! Includes French vinaigrette, classic ranch, fresh fruit, tahini/Mediterranean, and carrot-ginger dressings. *Cost \$6*



February Burger of the Month

"Brie Mine" with brie cheese, bacon, and sautéed apples. Served with 1 side. *Cost \$7.19*



Tuesday, February 25 Fat Tuesday Meal Special

Beer-battered shrimp po'boy on toasted French roll, Old Bay fries, and soda. *Cost \$7.49*

March Burger of the Month



Italian-style patty melt with balsamic-basil onions, tomato, smoked provolone on panini. Served with 1 side. *Cost \$7.19*



Tuesday, March 17 Lunch Special: St. Patrick's Day

Rueben sandwich with pub fries and soda. *Cost \$7.49*

BLACK HISTORY MONTH SPECIALS

Celebrate as we pay homage to African American culinary heritage every Wednesday in February:

February 5

Slave-born Rufus Estes was a renowned chef for the Pullman Railway Car Service and the first black railway chef to publish a cookbook, 1911's *Good Things to Eat*. *Today's special: Chef Estes's Brunswick stew and cornbread.* *Cost \$5.99*

February 12

In 1853, George Crum, chef at Moon's Lakehouse in Saratoga Springs, invented the potato chip. *Today's special: Homemade sweet and salty potato chip cookies.* *Cost 99¢ each*

February 19

In 1875, Alexander P. Ashbourne patented the biscuit cutter. *Today's special: Breakfast biscuit sandwich and coffee.* *Cost \$4.09*

February 26

Judson Todd Allen, a Chicago-area chef who dubbed himself the "architect of flavor," left a legacy of healthy, flavorful favorite dishes. *Today's special: Chef Allen's jerk seafood macaroni and cheese and with a side salad.* *Cost \$5.99*

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

ARTS & CREATIVITY



Thursdays, January 2 & 16, February 6 & 20, and March 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 \$7 per session*

Thursdays, January 9 & 23, February 13 & 27, and March 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 \$7 per class*

Tuesdays, January 14–March 31

♥ **2:30–3:30 p.m. Latin Rhythms Series**
Joe McCord, Instructor
Students will learn the basic steps of four Latin dances: merengue, salsa, cha cha, and rumba. *Suggested Donation \$5 per class*

Tuesdays, February 4–25

♥ **1:00–2:30 p.m. Fiber Dyeing: A 4-Part Series**
Ruthe Guerry, Art Therapist
Each week learn a different fiber dyeing technique and leave with a wearable work of art! *All supplies included. Suggested Donation \$9 per class*

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

HEALTH & WELLNESS



Celebrate Heart Health!

February is American Heart Month, and we're offering special programs, meals, and more to keep heart health front and center!

- ♥ Wear red on Saturday, February 1—Go Red for Women Day.
- ♥ Place a name in the Go Red for Women remembrance bowl by the front desk.
- ♥ Attend the orientation on February 3 to learn how to earn “heart points” throughout February. Win free exercise classes and more!

Tuesdays, January 7 & 14

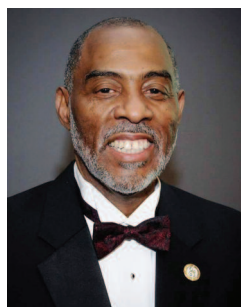
1:00–2:00 p.m. Aromatherapy 101: A 2-Part Series

Ruthe Guerry, Art Therapist

This hands-on aromatherapy workshop teaches basic knowledge of essential oils and their health benefits. The class will make their own aromatherapy products. *All supplies included. Suggested Donation \$12 for series*

Mondays, January 13, February 10 & March 9

11:00 a.m.–12:30 p.m. Winterize Your Body with Robert Beck: A 3-Part Series



Robert Beck,

ERD Chemist

Learn techniques and information on how to prepare your body by detox and good nutrition to combat some

of the illnesses we experience over the winter, including colds, flu, and inflammation. *FREE*

Thursday, January 23

2:00–3:30 p.m. Emotional Freedom Technique (EFT)

Sheree Franklin, Life Coach

Sheree will teach participants how to tap away stress and create inner peace. EFT works on a variety of stress-related challenges. *FREE*

Wednesday, January 29

2:00–3:30 p.m. Mather's Puzzle Day

Have fun while exploring mind-stimulating puzzles as a kickoff to Black History Month. Working on puzzles can improve your quality of life while boosting cognitive functioning. Enter our raffle! *FREE*

Monday, February 3

♥ 9:00–10:00 a.m. Heart Points Orientation

Sharon Smith, Possibilities Coach

Join us to learn how you can earn “heart points” for every heart health-designated program you take in February. Look for February programs throughout this magazine with the red heart icon. Completed Heart Cards with 20+ points will be entered in a drawing for a six-month fitness membership and a personalized fitness plan. Heart Cards with 5–19 points are eligible for the drawing for five free exercise classes and a Mather's T-shirt. *FREE*

Monday, February 3

♥ 10:00–11:00 a.m. Stop Eating Your Heart Out!

Sharon Smith, Possibilities Coach

Learn strategies for eating to improve your heart health and reduce risk factors for disease whether you are at home or dining out. *Suggested Donation \$6*

Thursday, February 13

♥ 1:00–2:30 p.m. Aligning Your Inner Self

Christina Fontenelle, MAAT, CCTP

Christina uses dance movement therapy as the foundation to navigate a space for people to discuss mental health and self-care. *Suggested Donation \$5*

Wednesday, February 19

♥ 1:00–2:00 p.m. How Stress Affects the Body

Cynthia Hawkins, RNAP

Learn how stress affects your total well-being physically, mentally, socially, and emotionally. *Suggested Donation \$5*



SHARE NETWORK

Tuesday, January 14

10:00–11:00 a.m. Create a Healthy Sustainable Change for 2020

*Tessa McEwen, MSW,
SHARE Network*

Learn how to create a plan for a lifestyle change with which you can really live. **FREE**

Tuesday, February 4

♥ 2:00–3:00 p.m. Heart Health & Exercise

*Cedric McCoy, APRN,
SHARE Network*

Cedric shares the best ways to reduce the risk factors of heart disease by being active and exercising regularly. **FREE**

Tuesday, March 17

2:00–3:00 p.m. What Is a Healthy Weight for Older Adults?

Althera Steenes, SHARE Network
Healthy weight recommendations change with age. Learn how to achieve and maintain the weight that is right for you. **FREE**

Wednesday, March 4

11:00 a.m.–12:30 p.m. Embracing Healthy Bodies

Dwight Walker, Community Health Consultant

Dwight will tell us about natural ways to live fuller, more productive, and pain-free lives by eliminating things that can create disorders in the body. In addition, he'll explain how to get better sleep and get rid of stress and anxiety. **FREE**

MUSIC & ENTERTAINMENT

Monday, January 27

11:00 a.m.–12:30 p.m.

In Celebration of Chocolate Cake Day

Welcome to Mather's Willy Wonka Factory! Meet the characters of the world's largest candy factory, making candy and chocolate. Find the five Golden Tickets within the wrappers and win a gift.

FREE



Mather's—More Than a Café Chorus Black History Celebration

Friday, January 31

5:00–9:00 p.m. Old School Party

If you know how to do the twist, the twine time, the do the roach, the swim, or the watusi—or you're willing to learn—then you need to be here!

Suggested Donation \$5

Monday, February 24

3:00–4:00 p.m. Mather's—More Than a Café Chorus Black History Celebration

Treat yourself to a musical performance of Life Every Voice and Sing. We'll dine on ribs, coleslaw, baked beans, and dessert. *Meal Cost \$10; Entertainment*

Suggested Donation \$5

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*

REGISTER ONLINE! VISIT [MATHERSMORETHANACAFE.COM](https://mathersmorethanacafe.com)

LIFELONG LEARNING



From Janitor to Divo

Friday, January 10

1:00–2:00 p.m. The River
Orbert Davis, Musician & Composer

Experience jazz trumpet virtuoso Orbert Davis's musical masterpiece *The Chicago River*, a five-movement composition commissioned by and premiered at Symphony Center. The work is a loving, multifaceted tribute to Chicago. *Suggested Donation \$5*

Friday, January 17

1:00–2:30 p.m. Independent Filmmaker Kevin Willmott
Gerald Butters, Professor of History, Aurora University
Kevin Willmott is one of the most prolific black independent filmmakers working today. He is best known for *BlackKKlansman*, for

which he earned a Best Adapted Screenplay Oscar, but Willmott has a body of significant work focusing on the African American experience. *Suggested Donation \$5*

Wednesday, January 22

9:00–11:00 a.m. Book Club
This month we will discuss *Educated* by Tara Westover. *FREE*

Friday, January 31

1:00–2:30 p.m. The Midway Plaisance: Carnival & Culture
Michael Corcoran, Historian, Tour Guide & Stand-Up Comic
Though not officially part of the 1893 Columbian Exposition, the Midway Plaisance helped shape America's taste in popular entertainment well into the

next century. Learn about this little-known piece of Chicago history! *Suggested Donation \$5*

Friday, February 7

1:00–2:30 p.m. From Janitor to Divo

Keanon Kyles, Opera Singer
Hear firsthand from Keanon how he went from a janitor at ABC-7 television to singing at the Lyric Opera, Chicago Opera Theater, and even Carnegie Hall. Hear Keanon's magnificent voice, too, as he entertains us with a few numbers. *Suggested Donation \$5*

Wednesday, February 19

9:00–11:00 a.m. Book Club
This month we'll discuss *The Pilot's Wife* by Anita Shreve. *FREE*

MATHER'S IN CHATHAM WRITERS' GUILD

Wednesdays,

11:00 a.m.–1:00 p.m.

J. D. Cooper,
Guild Master

Who can tell your story better than YOU?! Sign up for this fun writing group. *Suggested Donation \$25 per session*

January 8

Introduction

February 12

Name It and Claim It

Learn how to title your book and chapters.

March 11

Your Right to Rewrite

"To err is human. To edit is divine." Become proficient in revising and editing your work.

Thursday, February 20

10:00 a.m.–2:00 p.m.

AARP Safe Driving Course Overview & Registration

Keith Cooper, Certified AARP Driver & Safety Volunteer
Learn about the eight-hour driving course and how it can save you money on your auto insurance. *FREE*



The History of African American Women Artists

Friday, February 21

1:00–2:30 p.m. The King of Calypso: Harry Belafonte

Frieda Lee, Vocalist

Harry Belafonte is one of history's most successful pop stars, and had a formidable career as a film actor as well. He's also known for his work in civil rights and humanitarian concerns. Frieda covers the story of his life and remarkable vocal work with selected clips. *Suggested Donation \$5*

Tuesday, February 25

3:00–4:30 p.m. AARP Smart Driver TEK Workshop

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

Wednesday, February 26

9:00–11:00 a.m. Book Club

This month we'll discuss *Where the Crawdads Sing* by Delia Owens. **FREE**



Thursday, February 27

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

AARP™ 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 nonmembers. Make checks payable to AARP.*

Friday, February 28

1:00–2:30 p.m. The Calypso Craze: From Trinidad to Harry Belafonte

Shane Vogel, Professor, Department of English, Indiana University Bloomington
For a brief time in the 1950s, calypso music nearly became more popular than rock 'n' roll. Shane revisits the wild calypso craze, a fad

that ushered in performers like Harry Belafonte, Maya Angelou, and even Louis Farrakhan! *Suggested Donation \$5*

Tuesday, March 3

1:00–2:30 p.m. The History of African American Women Artists

Ruthe Guerry, Art Therapist

Join us for an interactive presentation on the groundbreaking contributions of African American women artists. *Suggested Donation \$6*

Thursday, March 5

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

Friday, March 6

1:00–2:30 p.m. Laff of the Party: Redd Foxx

Mike Delaney, Media Historian
Redd Foxx attended DuSable High School with Harold Washington and was friends with Malcolm X. He was one of the first black comedians to play in Las Vegas, and his albums became cult classics. Mike has put together an outstanding collection of rare, interesting, and hilarious clips! *Suggested Donation \$5*

Wednesday, March 11

3:00–6:00 p.m. African Extravaganza

Produced by K. Carlton Inc.

In celebration of Black History and Women's History Months, we are presenting a gala fashion show featuring African garment designers and retailers displaying various products. We'll dine

on fine African cuisine while enjoying the show. *Meal Cost \$10; Entertainment Suggested Donation \$5*

Thursday, March 19

12:30–2:00 p.m. Mather's Henna Workshop

Kadija Robinson-Stallings, Henna Instructor

Join us as we explore the origins of the henna tattoos (mehndi), used in several cultures around the world as a form of body adornment. *Suggested Donation \$5*

Friday, March 20

1:00–2:30 p.m. Zora & Langston: A Story of Friendship and Betrayal

Yuval Taylor, Author

 **AUTHOR PRESENTATION**

Zora Neale Hurston and Langston Hughes were leading lights of the Harlem Renaissance and close friends, but their friendship ended in a bitter falling out. Yuval discusses their lives and work, while speculating on reasons for their split. *Suggested Donation \$5*

Monday, March 23

2:30–3:30 p.m. How to Celebrate Telling Your Story

Alice Collins, Storyteller

Get an overview of black storytelling from Africa to the United States. Hear examples of how to use storytelling skills to celebrate our cultures and community. *Suggested Donation \$5*

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

COOK COUNTY ELDER JUSTICE CENTER



As a partnership arrangement with the Cook County Elder Justice System, we are providing information each month about one or two 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.

January 9

Planning for the Future, Part I: Estate Planning, Powers of Attorney, and Advanced Directives

January 23

Planning for the Future, Part II: Decedent's Estates, Transfer of Death Instrument, and Small Estate Affidavits

February 6

Long-Term Care: Who Will Pay?

February 20

Options for Medicare Beneficiaries

March 12

Benefits and Services: Do You Know about This?

March 26

Veterans' Benefits: What Am I Entitled To?

Tuesday, March 24

2:30–3:30 p.m.

Financial Education

Kadija Robinson-Stallings, Division Leader & Financial Advisor

Participants will gain an understanding of how money works, how to protect their income, and how to make additional income. **FREE**

Wednesday, March 25

9:00–11:00 a.m. Book Club

This month, we'll discuss *Into the Water* by Paula Hawkins. **FREE**

Friday, March 27

1:00–2:30 p.m.

The Matriarch: Etta James

Josh Sklair, Music Director & Guitarist

skype The matriarch of the blues, Etta James is remembered for hits such as "At Last" and "Tell Mama." Currently touring with Paul Anka, Josh Sklair joins us by Skype to discuss his 25 years as Etta's guitarist and music director. He'll play video clips of some of her greatest performances. **FREE**

TECHNOLOGY

Thursday, March 5

10:00 a.m.–12:00 p.m. and 1:00–2:00 p.m.

Tech Table, Part 1 and 2

Vivian Chazen, Manager of Virtual Programs, Mather
Got a tech question? Stop by and ask Vivian! **FREE**



TWO-DAY CLASSES: Cost \$35

Thursdays, January 9 & 16 or March 19 & 26

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.

Thursdays, January 23 & 30

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, February 6 & 13

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, February 20 & 27

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, March 5 & 12

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.

TRIPS



**"Le Tumulte Noir":
A Multi-Dimensional
Homage to
Josephine Baker**

Jackie Taylor's *The Other Cinderella*

DATE: Saturday, January 18

In this African American rendition of the famous fairy tale, Cinderella is from the projects, the Stepmamma works at the post office, and the Fairygoddama is from Jamaica. Join us to take in this 43-year-old musical classic that audiences return to see time and time again. The music is divine, the dancing is wild, and the story is uplifting, positive, and infectious!

Depart from Mather's: 1:00 p.m.

Approximate return to Mather's: 6:00 p.m.

Cost \$68.30

Cost includes transportation and admission. Please register and pay in advance. Limit 24.

Tribute to the Role of Music in the Battle for Civil Rights

DATE: January 24

Travel with us to Chicago's Symphony Center, where the Chicago Symphony Orchestra African American Network presents a tribute to the role of music in the battle for civil rights. Enjoy a performance by Chicago West Community Music Center, an after-school program serving more than 250 students from diverse neighborhoods.

Depart from Mather's: 6:00 p.m.

Approximate return to Mather's: 9:00 p.m.

Cost \$45

Cost includes transportation and admission. Please register and pay in advance. Limit 24.

"Le Tumulte Noir": A Multi-Dimensional Homage to Josephine Baker

DATE: Saturday, February 29

A multi-dimensional homage to Josephine Baker, the first black superstar, "Le Tumulte Noir" celebrates her pioneering Paris revue and her 1927 silent film "Siren of the Tropics." This film score by Chicago composer Renée Baker will be performed live by the Chicago Modern Orchestra Project, the percussion ensemble Tsukasa Taiko, and members of the Association for the Advancement of Creative Musicians.

Depart from Mather's: 4:00 p.m.

Approximate return to Mather's: 6:00 p.m.

Cost \$45

Cost includes transportation and admission. Please register and pay in advance. Limit 24.

Alvin Ailey American Dance Theater

Auditorium Theatre

DATE: Saturday, March 7

Join us for a matinee performance by the New York-based African American dance company. Their shows are known for their incredible artistry and mastery of modern, ballet, hip-hop, and a variety of other dance techniques.

Depart from Mather's: 12:30 p.m.

Approximate return to Mather's: 4:30 p.m.

Cost \$65

Cost includes transportation and admission. Please register and pay in advance. Limit 29.

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.

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FITNESS

ALL CLASSES ARE 50 MINUTES LONG UNLESS OTHERWISE NOTED.

MONDAY

♥ 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

Jaime Cordoba, 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 \$3.50

♥ 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

WEDNESDAY

♥ 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

Core Strength



♥ 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

Jaime Cordoba, 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

Erik 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.

FREE RESOURCES

Solar Education for Homeowners



Thursday, January 9

11:00 a.m.–1:00 p.m. Celebrate Life

Sandra Hall, MSW, Grief Counselor

This workshop creates a safe space for participants to learn and discuss loss, learn coping strategies, and create a wooden memory box.

Wednesday, January 15

10:00 a.m.–2:00 p.m. Chicago CityKey Mobile

Chicago CityKey is an optional government-issued ID card for Chicago residents that can serve as your library card, transit card, and benefits card for cultural institutions, sports teams, and local businesses. CityKey reduces barriers for those who have difficulty accessing government-issued identification.

Monday & Tuesday, January 20 & 21

12:30–1:30 p.m. The Credit System: Know Your Wealth, A Two-Part Series

Mark Bowman, MMK Credit Consultant

Mr. Bowman will explain the credit system and share tools for controlling your expenses. Learn why you should pay yourself first, and other credit fact or fiction.

MAGAZINE RELEASE PARTY

FRIDAY, MARCH 6

Join us on March 6 to see the NEXT *More at Mather's* magazine. Register for an event in April, May, or June 2020, and **enter to win a free trip!**

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

Tuesday, January 28

10:00–11:00 a.m. Solar Education for Homeowners

Dwayne Travis, Consultant

Mr. Travis will discuss how to lower your electric bills approximately 95% and how to get paid for going solar.

Wednesdays, February 26 & March 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.

Tuesday, March 10

9:00–10:30 a.m. The Benefits of Home Care

Felice Searles, Consultant

Participants will learn the importance and benefits of home and respite care.

Tuesday, March 17

1:30–3:30 p.m. I-Cash

Gladys Piper, Community Affairs Specialist

Everyone is looking for additional money—start with the I-Cash program to see if the Illinois State Treasurer's office is holding money that belongs to people in our community.



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:

January 6–10, February 3–7, March 1–6, 9:30 a.m.–1:30 p.m.

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

ONGOING EVENTS



Crochet Cluster

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

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

♥ 11:00 a.m.–12:00 p.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 (888) 600.2560 for the call-in number. *Meets the first Tuesday of each month.* **FREE**

♥ 11:00 a.m.–12:00 p.m. Crochet Cluster

ARTS & CREATIVITY

Enjoy a relaxing space to share work, refine skills, and develop talent. Everyone is welcome! *Does not meet on the first Tuesday of the month. Suggested Donation \$5*

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. *Registration required.* **FREE**

12:30–2:00 p.m. Prime Time Sister Circle I

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

Registration required. **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. *Registration required.* **FREE**

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. 83rd Street, Chicago, IL

For information, please call
(888) 600.2560.

Mather opened Mather's—More Than a Café in 2000. Mather 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 2020. 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 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 is committed to helping the Earth Age Well. Please recycle.

January | February | March At-a-Glance

WEEKLY EVENTS

Monday

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

Tuesday

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

Wednesday

10:00 a.m. Chairobics for
Active Agers 10
11:00 a.m. Line Dancing 10
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 10
1:00 p.m. Steppers Step Out ... 10
2:30 p.m. Men's Strength
Training 10

Thursday

7:30 a.m. Worth the Weight ... 10
9:00 a.m. Tai Chi Movement ... 10
10:30 a.m. African Movement
& Dance 10
11:30 a.m. Moving Easy 10
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 10
10:15 a.m. Laughter Yoga 10
11:15 a.m. Strength & Stretch . 10
11:30 a.m. Blood Pressure
Screening 12

Saturday

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

JANUARY

BURGER OF THE MONTH:

Stroganoff Burger 3

Wednesday, January 1

CAFÉ CLOSED – Happy New Year!

Thursday, January 2

11:00 a.m.–12:00 p.m. Art
Appreciation 3

Friday, January 3

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

Monday, January 6

9:00–11:00 a.m. Red Hat Society 12

Tuesday, January 7

11:00 a.m.–12:00 p.m. Caregiving &
Creativity Chat 12
11:30 a.m.–12:30 p.m. The Culinary
Delighters Present: Salad Dressing 3
1:00–2:00 p.m. Aromatherapy 101:
A 2-Part Series 4

Wednesday, January 8

11:00 a.m.–1:00 p.m. Mather's in
Chatham Writers' Guild 6

Thursday, January 9

11:00 a.m.–12:00 p.m. Color Me
Relaxed 3
11:00 a.m.–1:00 p.m. Celebrate Life ... 11
2:00–4:00 p.m. Computer Basics,
Part 1 8

Friday, January 10

1:00–2:00 p.m. The River 6
5:00–9:00 p.m. Mather's Got Talent
Open Mic Showcase 5

Monday, January 13

11:00 a.m.–12:30 p.m. Winterize
Your Body with Robert Beck:
A 3-Part Series 4

Tuesday, January 14

10:00–11:00 a.m. Create a Healthy
Sustainable Change for 2020 5
11:00 a.m.–12:00 p.m. Crochet
Cluster 12
1:00–2:00 p.m. Aromatherapy 101,
Part 2 4
2:30–3:30 p.m. Latin Rhythms Series ... 3

Wednesday, January 15

10:00 a.m.–2:00 p.m. Chicago
CityKey Mobile 11

Thursday, January 16

11:00 a.m.–12:00 p.m. Art
Appreciation 3
2:00–4:00 p.m. Computer Basics,
Part 2 8

Friday, January 17

1:00–2:30 p.m. Independent
Filmmaker Kevin Willmott 6
5:00–9:00 p.m. Friday Night Live
at Mather's Steppers & Line
Dance Party 5

Saturday, January 18

TRIP: Jackie Taylor's *The Other
Cinderella* 9

Monday, January 20

12:30–1:30 p.m. The Credit System:
Know Your Wealth, Part 1 11

Tuesday, January 21

11:00 a.m.–12:00 p.m. Crochet
Cluster 12
12:30–1:30 p.m. The Credit System:
Know Your Wealth, Part 2 11
2:30–3:30 p.m. Latin Rhythms Series ... 3

Wednesday, January 22

9:00–11:00 a.m. Book Club 6

Thursday, January 23

11:00 a.m.–12:00 p.m. Color Me
Relaxed 3
2:00–3:30 p.m. Emotional Freedom
Technique (EFT) 4
2:00–4:00 p.m. Word Basics, Part 1 ... 8

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

Friday, January 24

TRIP: Tribute to the Role of Music in the Battle for Civil Rights 9
 5:00–9:00 p.m. Mather's Got Talent
 Open Mic Showcase 5

Monday, January 27

11:00 a.m.–12:30 p.m. In Celebration of Chocolate Cake Day 5

Tuesday, January 28

10:00–11:00 a.m. Solar Education for Homeowners 11
 11:00 a.m.–12:00 p.m. Crochet Cluster 12
 2:30–3:30 p.m. Latin Rhythms Series . . . 3

Wednesday, January 29

2:00–3:30 p.m. Mather's Puzzle Day . . . 4

Thursday, January 30

2:00–4:00 p.m. Word Basics, Part 2 . . . 8

Friday, January 31

1:00–2:30 p.m. The Midway Plaisance: Carnival & Culture 6
 5:00–9:00 p.m. Old School Party 5

FEBRUARY**BURGER OF THE MONTH:**

"Brie Mine" 3

Monday, February 3

9:00–10:00 a.m. Heart Points Orientation 4
 9:00–11:00 a.m. Red Hat Society 12
 10:00–11:00 a.m. Stop Eating Your Heart Out 4

Tuesday, February 4

11:00 a.m.–12:00 p.m. Caregiving & Creativity Chat 12
 1:00–2:30 p.m. Fiber Dyeing: A 4-Part Series 3
 2:00–3:00 p.m. Heart Health & Exercise 5
 2:30–3:30 p.m. Latin Rhythms Series . . . 3

Wednesday, February 5

Black History Month Meal Special 3

Thursday, February 6

11:00 a.m.–12:00 p.m. Art Appreciation 3
 2:00–4:00 p.m. Email Basics, Part 1 . . . 8

Friday, February 7

1:00–2:30 p.m. From Janitor to Divo . . . 6
 5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 5

Monday, February 10

11:00 a.m.–12:30 p.m. Winterize Your Body with Robert Beck, Part 2 4

Tuesday, February 11

11:00 a.m.–12:00 p.m. Crochet Cluster 12
 1:00–2:30 p.m. Fiber Dyeing, Part 2 . . . 3
 2:30–3:30 p.m. Latin Rhythms Series . . . 3

Wednesday, February 12

Black History Month Snack Special . . . 3
 11:00 a.m.–1:00 p.m. Mather's in Chatham Writers' Guild, Session 1 . . . 6

Thursday, February 13

11:00 a.m.–12:00 p.m. Color Me Relaxed 3
 1:00–2:30 p.m. Aligning Your Inner Self 4
 2:00–4:00 p.m. Email Basics, Part 2 . . . 8

Friday, February 14

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

Tuesday, February 18

11:00 a.m.–12:00 p.m. Crochet Cluster 12
 1:00–2:30 p.m. Fiber Dyeing, Part 3 . . . 3
 2:30–3:30 p.m. Latin Rhythms Series . . . 3

Wednesday, February 19

Black History Month Meal Special 3
 9:00–11:00 a.m. Book Club 6
 1:00–2:00 p.m. How Stress Affects the Body 4

Thursday, February 20

10:00 a.m.–2:00 p.m. AARP Safe Driving Course Overview & Registration 6
 11:00 a.m.–12:00 p.m. Art Appreciation 3
 2:00–4:00 p.m. Learn How to Use an iPad, Part 1 8

Friday, February 21

1:00–2:30 p.m. The King of Calypso: Harry Belafonte 7

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

Monday, February 24

3:00–4:00 p.m. Mather's—More Than a Café Chorus Black History Celebration 5

Tuesday, February 25

Fat Tuesday Meal Special 3
 11:00 a.m.–12:00 p.m. Crochet Cluster 12
 1:00–2:30 p.m. Fiber Dyeing, Part 4 . . . 3
 2:30–3:30 p.m. Latin Rhythms Series . . . 3
 3:00–4:30 p.m. AARP Smart Driver TEK Workshop 7

Wednesday, February 26

Black History Month Meal Special 3
 9:00–11:00 a.m. Book Club 7
 9:00–10:00 a.m. Volunteer at Mather's—More Than a Café 11

Thursday, February 27

11:00 a.m.–12:00 p.m. Color Me Relaxed 3
 12:30–4:30 p.m. AARP Safe Driving Course, Part 1 7
 2:00–4:00 p.m. Learn How to Use an iPad, Part 2 8

Friday, February 28

1:00–2:30 p.m. The Calypso Craze: From Trinidad to Harry Belafonte 7
 5:00–9:00 p.m. Mather's Got Talent
 Open Mic Showcase 5

Saturday, February 29

TRIP: "Le Tumulte Noir": A Multi-Dimensional Homage to Josephine Baker 9

MARCH**BURGER OF THE MONTH:**

Italian-Style Patty Melt 3

Monday, March 2

9:00–11:00 a.m. Red Hat Society 12

Tuesday, March 3

11:00 a.m.–12:00 p.m. Caregiving & Creativity Chat 12
 1:00–2:30 p.m. The History of African American Women Artists 7
 2:30–3:30 p.m. Latin Rhythms Series . . . 3

Wednesday, March 4

11:00 a.m.–12:30 p.m. Embracing
Healthy Bodies 5

Thursday, March 5

10:00 a.m.–12:00 p.m. Tech Table,
Part 1 8
11:00 a.m.–12:00 p.m. Art
Appreciation 3
12:30–4:30 p.m. AARP Safe Driving
Course, Part 2 7
1:00–2:00 p.m. Tech Table, Part 2 8
2:00–4:00 p.m. Getting Started with
Facebook, Part 1 8

Friday, March 6**Magazine Release Party!**

1:00–2:30 p.m. Laff of the Party:
Redd Foxx 7
5:00–9:00 p.m. Friday Night Live
at Mather's Steppers & Line
Dance Party 5

Sunday, March 7

TRIP: Alvin Ailey American Dance
Theater 9

Monday, March 9

11:00 a.m.–12:30 p.m. Winterize Your
Body with Robert Beck, Part 3 4

Tuesday, March 10

9:00–10:30 a.m. The Benefits of
Home Care 11
11:00 a.m.–12:00 p.m. Crochet
Cluster 12
2:30–3:30 p.m. Latin Rhythms Series... 3

Wednesday, March 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, Session 2 6
3:00–6:00 p.m. African Extravaganza... 7

Thursday, March 12

11:00 a.m.–12:00 p.m. Color Me
Relaxed 3
2:00–4:00 p.m. Getting Started
with Facebook, Part 2 8

Friday, March 13

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

Tuesday, March 17

Lunch Special: St. Patrick's Day 3
11:00 a.m.–12:00 p.m. Crochet
Cluster 12
1:30–3:30 p.m. I-Cash 11
2:00–3:00 p.m. What Is a Healthy
Weight for Older Adults? 5
2:30–3:30 p.m. Latin Rhythms Series... 3

Thursday, March 19

11:00 a.m.–12:00 p.m. Art
Appreciation 3
12:30–2:00 p.m. Mather's Henna
Workshop 7
2:00–4:00 p.m. Computer Basics,
Part 1 8

Friday, March 20

1:00–2:30 p.m. *Zora & Langston:
A Story of Friendship and Betrayal* 7
5:00–9:00 p.m. Friday Night Live
at Mather's Steppers & Line
Dance Party 5

Monday, March 23

2:30–3:30 p.m. How to Celebrate
Telling Your Story 7

Tuesday, March 24

11:00 a.m.–12:00 p.m. Crochet
Cluster 12
2:30–3:30 p.m. Financial Education... 8
2:30–3:30 p.m. Latin Rhythms Series... 3

Wednesday, March 25

9:00–11:00 a.m. Book Club 8

Thursday, March 26

11:00 a.m.–12:00 p.m. Color Me
Relaxed 3
2:00–4:00 p.m. Computer Basics,
Part 2 8

Friday, March 27

1:00–2:30 p.m. The Matriarch:
Etta James 8
5:00–9:00 p.m. Mather's Got Talent
Open Mic Showcase 5

Tuesday, March 31

2:30–3:30 p.m. Latin Rhythms Series... 3
11:00 a.m.–12:00 p.m. Crochet
Cluster 12

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—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.

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

CELEBRATE HISTORY-MAKERS.



Celebrate Black History Month & Women's History Month with Us

We've got a variety of events planned throughout February for Black History Month—from meal specials to a performance by Mather's—More Than a Café Chorus. And in

March, we're offering a unique look at Women's History Month from an artistic perspective.

THURSDAYS, FEBRUARY 6 & 20 AND MARCH 5

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

These three programs will have a special focus on African American and women artists. Each has an in-class art appreciation experience, as well as a visit to a museum or gallery.

Suggested Donation \$7

TUESDAY, MARCH 3

1:00–2:30 p.m. The History of African American Women Artists

Join us for an interactive presentation on the ground-breaking contributions of African American women artists. *Suggested Donation \$6*



GET HEART SMART.

Let's Get Heart Healthy Together!

February is American Heart Month, and we're offering special events, resources, and more to help you focus on a long-term heart-healthy lifestyle! Start with our orientation on February 3, then keep up the good work all month long. See page 3.

MONDAY, FEBRUARY 3

9:00–10:00 a.m.

Heart Points Orientation

Join us to learn how you can earn “heart points” for every heart health-designated program you take in February. Earn points to be entered in a drawing for valuable fitness prizes.