

MORE AT MATHER'S

JANUARY | FEBRUARY | MARCH 2020

Inside Chicago's
Intriguing House
Museums, p. 6



NEW HOURS! SEE BACK COVER

CHECK OUT WHAT'S HAPPENING!

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- Arts & Creativity 3
- Just for Fun 3
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Check out Friday Night Live entertainment!
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*Choose from author presentations, travelogues, and more—
like weekly Spanish classes for beginners.*
- Fitness 7
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7134 W. Higgins Avenue, Chicago, IL 60656 | (773) 774.4804





The Role of Exercise & Controlling Blood Sugar

Wednesday, February 5

1:00 p.m. Back Pain: What It Is & What to Do about It

Leo Talaganis, PT, DPT, CMPT, CSCS

Leo explains back pain, including various types, definitions, and anatomy. Learn how exercise helps reduce low back pain and stay after the seminar for a complimentary low back screening by a licensed doctor of physical therapy.

FREE

Wednesday, February 26

1:00 p.m. The Role of Exercise & Controlling Blood Sugar

Leo Talaganis, PT, DPT, CMPT, CSCS

Learn why blood sugar and everyday activity are important to us. Leo will review health conditions like diabetes and symptoms of low and high blood sugar, and cover the effects of exercises that help control blood sugar. Ask questions, and take home a summary of research and the latest news. FREE

SOUP FOR THE PRICE OF THE TEMPERATURE! ALL JANUARY & FEBRUARY!

If it's 18°F outside, then your bowl of soup is only 18¢ plus tax! More details on-site.



January Burger of the Month



Stroganoff burger with mushrooms, onions, and sour cream on toasted bun.

Served with 1 side. Cost \$7.19

Wednesday, January 23

German Feast



Sauerbraten with gingersnap gravy, spaetzle noodles, red cabbage, glazed carrots, rye roll, and dessert. Cost \$9.50

February Burger of the Month



"Brie Mine" with brie cheese, bacon, and sautéed apples.

Served with 1 side. Cost \$7.19

Friday, February 14

Prime Rib Dinner



Enjoy a hearty dinner before our Valentine's Day entertainment starts at 6:00 p.m.! Roast prime rib of beef served with a house salad, vegetable, potato, and a sweetheart cake. Available beginning at 4:00 p.m. Cost \$17.95

Wednesday, February 19

1:00 p.m. The Culinary Delighters

Present: Pierogis!

José will teach you how to make pierogi dough from scratch, along with tasty fillings. You'll practice filling and shaping them, then enjoy a family-style pierogi meal! Cost \$8

Tuesday, February 25



Fat Tuesday Meal Special

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

Get Your Paczki Here!

Celebrate Fat Tuesday with your favorite paczki! We will have a variety of delicious paczki on sale starting at 7:30 a.m. Subject to availability. Pre-orders not accepted.

March Burger of the Month



Elote burger with guacamole, Mexican street corn, and cheddar cheese on toasted

Telera roll. Served with 1 side. Cost \$7.19

Friday March 2

1:00 p.m. The Culinary Delighters

Present: Psari Plaki

Watch as Eddie prepares this healthy Greek-style baked fish with Mediterranean flavors. Enjoy a small plate meal.

Cost \$8

Tuesday, March 17



St. Patrick's Day

Potato cheddar chowder, corned beef, cabbage, carrots, celery, red potatoes, Irish soda bread, and lemon bundt cake. Cost \$10

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

ARTS & CREATIVITY

**Fridays, January 3,
February 7 & March 6**
3:30-4:30 p.m. Ukulele 101
Learn the basics of this fun little instrument. We will cover set up, tuning, positioning, and even a few chords. Students must provide their own instrument to begin their journey. **FREE**

**Fridays, January 17,
February 28 & March 20**
5:00-6:30 p.m. BYOB
Paint & Sip with Val
Val Zucker-McCune, Owner, Smart Art Studios
Val will guide you through recreating a selected piece while you enjoy your favorite BYOB beverage. Includes painting supplies and canvas. Suggested Donation \$25

Wednesday, January 22
1:00 p.m. Flower Arranging:
Winter
Robert Neri, Robert's Floral Design Studio
Payment required in advance. All supplies included. Suggested Donation \$20

Thursday, January 30
1:00 p.m. Lotion Making
Ruthe Guerry, Art Therapist
Make your own shea butter lotion using essential oils. We'll also learn some self-hand massage techniques! All supplies included. Suggested Donation \$10



Make a Hanging Terrarium

Wednesday, February 12
1:00 p.m. Flower Arranging:
Valentine's Day

Thursday, February 13
1:00 p.m. Fabric Wrapping
Jewelry
Ruthe Guerry, Art Therapist
Learn how to make necklaces and bracelets using a fabric-wrapping technique. No experience needed. All supplies included. Suggested Donation \$10

Thursday, March 5
1:00 p.m. Design Earrings
and a Necklace
Aleca Breneman & Jennifer Fonseca, Creative Designers
Design your own earrings and necklace using beads and charms. All supplies included. Suggested Donation \$12

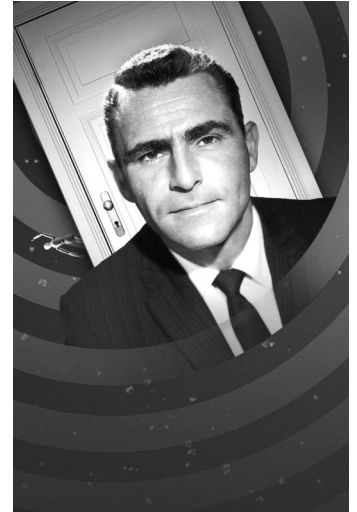
Thursday, March 12
1:00 p.m. Aromatherapy
Bracelet Making &
Bath Salts
Ruthe Guerry, Art Therapist
We'll use essential oils and aromatherapy techniques to make our own aromatherapy bracelets and bath salts. All supplies included. Suggested Donation \$10

Thursday, March 19
1:00 p.m. Flower Arranging:
Springtime

Wednesday, March 25
1:00 p.m. Design Your
Own Scarf Necklace
Aleca Breneman, Designer
Design your own necklace by adding beads to a crocheted twirly scarf. All supplies included. Suggested Donation \$8

Thursday, March 26
1:00 p.m. Make a
Hanging Terrarium
Ruthe Guerry, Art Therapist
Bring the outdoors inside! Ruthe will walk us through building a succulent terrarium. No green thumb needed! All supplies included. Suggested Donation \$10

JUST FOR FUN



The Twilight Zone

Thursday, January 2
1:00 p.m. Movie Matinee:
Hustlers
Inspired by the viral New York Magazine article, Hustlers follows a crew of savvy former strip club employees who band together to turn the tables on their Wall Street clients. **FREE**

Monday, February 10
1:00 p.m. The Twilight Zone
Richard Lang, Presenter
The story continues with Rich! In this ongoing presentation, we'll view segments of several episodes and discuss our favorite (and least favorite) episodes. We'll also explore the relevance of the Twilight Zone programs for today's audience. **FREE**

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM



MUSIC & ENTERTAINMENT

FRIDAY NIGHT LIVE

Enjoy live entertainment in an intimate setting on select Friday nights. Come early for dinner before the evening's show!

Friday, January 3

5:30 p.m. Mad Man Band
Scott Madden, Guitarist
Enjoy classic rock and blues, including themes from TV shows of the '60s and '70s. *Suggested Donation \$10*

Friday, January 10

5:30 p.m. Donny DeMarco
A fixture of the Chicago music scene, Donny will bring his special one-man band sound to Mather's to entertain with songs from Sinatra, Mathis, Bennett, Streisand, and many others. *Suggested Donation \$10*

Friday, January 17

5:30 p.m. Those Were the Days: Radio Players
Radio Players present programs based on original scripts from the 1930s through the 1950s, complete with sound effects and original music. *Suggested Donation \$10*



Flamenco!

Friday, January 24

5:30 p.m. Damen Avenue Puppeteers
The stars of the show are these creative little characters from this popular troupe. *Suggested Donation \$10 and \$5 for kids under 12*

Friday, January 31

5:30 p.m. Oscar Party!
Ron Falzone, Professor, Film Department, Columbia College Chicago
Enjoy clips as Ron reviews this year's films and personalities. Snacks provided, but BYOC (Bring Your Own Champagne)! *Suggested Donation \$10*

Friday, February 7

5:30 p.m. The British Re-Invasion
Dave Rudolf, Recording Artist
Award-winning artist Dave Rudolf pays tribute to the

British invasion that helped create a new world of music and style. *Suggested Donation \$10*

Friday, February 14

5:30 p.m. Love Songs
The Di Bella Duo
The rich voices of Bernadette Hammond, soprano, and Leonard Lauricella, tenor, blend together for special songs of love. *Suggested Donation \$10*

Friday, February 21

5:30 p.m. Lady Bird, Pat & Betty
Leslie Goddard, Actress/Historian
In a humorous and insightful portrayal, Leslie brings to life Lady Bird Johnson, Pat Nixon, and Betty Ford as each prepares for the end of her husband's term of office. *Suggested Donation \$10*

Friday, February 28

5:30 p.m. Bill Grady Acoustic All-Stars
Bill Grady and his friends cover music from the Grateful Dead to the Beatles and everything in between. *Suggested Donation \$10*

Friday, March 6

5:30 p.m. Flamenco!
Chris McLaughlin, Guitar
Chris plays with masterful style and brilliant technique the fiery music of Spain and Latin America. *Suggested Donation \$10*

Friday, March 13

5:30 p.m. The Bluegrass Advocates
Enjoy classic bluegrass with guitar, banjo, mandolin, and upright bass, along with distinctive vocal harmonies. *Suggested Donation \$10*

Friday, March 20

5:30 p.m. Don Morman Family Band
Don and his family perform songs from the Kingston Trio, Peter, Paul and Mary, Bob Dylan, Woody Guthrie, and others. *Suggested Donation \$10*

Friday, March 27

5:30 p.m. The Beauty of Music
Marisa Buchheit, Vocalist
A former Miss Chicago and Miss Illinois, Marisa performs show tunes and pop standards. *Suggested Donation \$10*

TRIPS



Chicago Flower and Garden Show

Navy Pier

Who's ready for some sights and smells of springtime? If you are hungry to see some gorgeous flowers and get some great ideas for your own garden, travel with us to Navy Pier for this annual spectacle! We'll have lunch at the Billy Goat Tavern.

DATE: Friday, March 20, 9:45 a.m.–3:45 p.m.

Departure Location: 3235 N. Central Avenue

Cost: \$59

Please register by March 6. Cost includes admission, lunch, and transportation. Limit 30.

SAVE THE DATE! Mather's Trip to French Lick, Indiana Monday, May 11–Thursday, May 14

Join us on a fun-filled, four-day trip to the resorts of French Lick! We'll tour the Indianapolis Motor Speedway (home of the Indy 500), an Amish community, and more—as well as provide plenty of free time so you can book spa treatments or hit the casino in French Lick! Watch for details.



An American in Paris

Drury Lane Theatre

Brighten up your February with a matinee performance of Gershwin's delightful musical, along with a decadent lunch. Enjoy the story—told in song and dance—of an American GI doing his best to make it as a painter in the bustling city of Paris following the end of World War II.

DATE: Wednesday, February 5, 10:30 a.m.–4:30 p.m.

Departure Location: 7134 W. Higgins Avenue

Cost: \$95

Please register by January 13. Cost includes admission, lunch, and transportation. Limit 25.

Mystery Trip

Join us for a spellbinding experience that blurs the boundary between fairy tale and spectacle. Travel through the mists of time to a forgotten age and a tale of devotion, courage, and love. Enjoy a feast, entertainment, and more!

DATE: Wednesday, February 26, 10:00 a.m.–2:00 p.m.

Departure Location: 3235 N. Central Avenue

Cost: \$70

Please register by February 12. Cost includes admission, lunch, 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.

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

LIFELONG LEARNING



Chicago Rink Rats: The Roller Capital in Its Heyday

Wednesday, January 8

12:30–4:30 p.m. AARP
Driver Safety Class, Day 1

AARP™ Certified
FOUNDATION AARP Driver
Safety Volunteer

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 full 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.*

Thursday, January 9

12:30–4:30 p.m. AARP
Driver Safety Class, Day 2

Wednesday, January 15


1:00 p.m. Critics' Choice:
Babe: The Gallant Pig by
Dick King-Smith

Share your thoughts after we watch the film version of a book we've read during the month. See café manager for details. **FREE**

Wednesday, January 29

1:00 p.m. *Chicago Rink Rats:
The Roller Capital in Its Heyday*
Tom Russo, Author

 **AUTHOR
PRESENTATION**

 By 1950, roller skating was the number one participatory sport in America, and Chicago was at the center of the craze. Tom's book recaptures the fun and friendliness of the skaters' world. Revisit the great rinks that are long-gone, along with a few that still remain. **FREE**



Inside Chicago's Intriguing House Museums

Thursday, February 6

1:00 p.m. Inside Chicago's
Intriguing House Museums

Laurie Petersen, American Institute of Architects
Chicago has many house museums that deserve to be better known. An architectural historian will take you inside these houses with an illustrated talk about their owners, architects, and neighborhoods. This program made possible by Comfort Keepers. **FREE**

Wednesday, February 19

1:00 p.m. Critics' Choice:
The Client by John Grisham

Thursday, February 27

1:00 p.m. Super Casting
Director

Ellen Lewis, *Ellen Lewis Casting*
 We'll Skype with one of Hollywood's top casting directors. Ellen Lewis has done the casting for virtually all the films directed by Martin Scorsese, along with countless other movies from *Forrest Gump* to *A League of Their Own*. Get the inside story on filmmaking, including how films are cast. **FREE**

Wednesday, March 4

1:00 p.m. Bees, Birds &
Butterflies in the Garden

Adrian Ayres, Sustainability Coordinator, Triton College
Adrian discusses how gardening with native plants provides needed habitats for these lovely creatures, while bringing joy to your life. *Suggested Donation \$5*

Wednesday, March 11

1:00 p.m. Exotic Revival
Styles in Chicago
Architecture

Laurie Petersen, American Institute of Architects
Did you know the Wrigley Building's tower is modeled on a cathedral in Seville? Have you noticed a building on Clark Street adorned with hieroglyphics? Laurie will show—and talk about—a variety of Chicago buildings with unusual design inspirations. This program made possible by Comfort Keepers. **FREE**

Wednesday, March 18

1:00–4:30 p.m. Critics' Choice: *The Diary of Anne Frank* by Frances Goodrich



SPANISH CLASS: WEEKLY LESSONS

Mondays,

10:30 a.m.–12:30 p.m.

Rodrigo Herrera Rojas,
Spanish Instructor

Learning a new language is great for your brain health, and it can come in handy! Rodrigo breaks down the process into easy sessions—sign up early, because each class is limited to 10 students! *Suggested Donation \$10 per class*

January 27: How to Start a Conversation in Spanish

February 3: Vocalization, Memorizing & General Understanding

February 10: Greetings & Answering

February 17: Greetings and Formal & Informal Presentations

February 24: Vowels & Their Pronunciation

March 2: The Spanish Alphabet

March 9: The Sounding of Spanish Letters

March 16: Colors

March 23: Days, Months & Seasons

March 30: Class Vocabulary

FITNESS

BEGINNERS ALWAYS WELCOME. ALL CLASSES ARE 45 OR 60 MINUTES LONG.



POUND® Fitness

MONDAY

9:00 a.m. Yoga

Please wear loose, comfortable clothing, bring a towel or mat, and don't eat one hour before class. *Cost \$5*

TUESDAY

8:20 a.m. Meditation

Learn how to overcome stress, ease your mind of clutter and anxiety, and change the negatives to positives. *Cost \$5*

9:30 a.m. Core Balance & More

Have fun using resistance bands and exercise balls to achieve better balance, a stronger core, and flexibility through range of motion exercises. All fitness levels welcome. *Cost \$3*

10:30 a.m. Cardio Burst

Low-impact movements will improve balance and build core and upper body strength and cardio endurance. All fitness levels welcome. *Cost \$3*

11:30 a.m. FitSteps

FitSteps is an energetic, upbeat dance fitness class designed to give real, measurable results. Suitable for all abilities. *Cost \$5*

WEDNESDAY

10:00 a.m. POUND® Fitness

This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels. *Cost \$5*

11:00 a.m. Cardio Dance

Dance to upbeat music while building cardiovascular fitness, strength, and flexibility. *Cost \$5*

THURSDAY

9:00 a.m. Chair Yoga

Enjoy the benefits of yoga using seated and standing poses to help increase flexibility, balance, and energy. *Cost \$5*

10:00 a.m. Tai Chi

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

11:00 a.m. Total Body Fit

Get energized with some vigorous cardio moves, build muscle strength, and tone up. *Cost \$3*

FRIDAY

9:00 a.m. Total Body Fit

See Thursday.

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

ONGOING EVENTS

ALL ONGOING EVENTS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED.



Watercolor Painting

MONDAY

10:30 a.m.–12:00 p.m. Learn to Play Chess

JUST FOR FUN

Takes place 1st & 3rd Monday of each month. **FREE**

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

Takes place 1st & 3rd Monday of each month. *Cost \$18 for 20 minutes*

1:00 p.m. Reminisce with Rich!

JUST FOR FUN

Keep your memory sharp and relive the good ol' days with friends. Takes place 1st Monday of each month. **FREE**

1:30–3:30 p.m. Watercolor Painting

ARTS & CREATIVITY

Basic supplies needed: watercolor paints, paper, and brushes. Meets every Monday. *Suggested Donation \$8.50 per class*

TUESDAY

9:30 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*

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 Fitbit!**

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

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

FREE RESOURCES

Learn how to complete Medicare forms and settle claims with your insurance company. Takes place 2nd & 4th Tuesday of each month. *Registration required. Call (773) 774.4804*

1:00–3:00 p.m. Chess Is Fun!

JUST FOR FUN

Drop-ins at all skill levels are welcome. **FREE**

1:00–3:00 p.m. Crochet Class

ARTS & CREATIVITY

Suggested Donation \$2

1:00 p.m. News & Views

JUST FOR FUN

Explore the world through discussions and readings. Takes place 4th Tuesday of each month. **FREE**

WEDNESDAY

1:00 p.m. Coupon & Rebate Exchange Club

FREE RESOURCES

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

THURSDAY

12:00 p.m. Bowling Group

JUST FOR FUN

See Tuesday.

12:30–3:30 p.m. Social Worker

FREE RESOURCES

Registration required.

Call (773) 774.4804 FREE

FRIDAY

10:15–11:45 a.m. Drawing Arts & Creativity

Learn techniques and approaches to rendering forms as we use pencil, pen and ink, colored pencils, charcoal, and more. All levels welcome. *Suggested Donation \$12 per class*

12:00 p.m. Creative Expression Group

ARTS & CREATIVITY

Takes place 2nd & 4th Friday of each month. **FREE**

12:15–3:15 p.m. Acrylics Art Class

ARTS & CREATIVITY

We'll explore impressionistic, symbolic, classical, and expressive approaches of acrylics. All levels welcome. *Suggested Donation \$12 per class*

1:00 p.m. Brain Games

JUST FOR FUN

Takes place 1st & 3rd Friday of each month. *Suggested Donation \$2*

1:30–3:30 p.m. Blood Pressure Screening

HEALTH & WELLNESS

FREE

January | February | March At-a-Glance

WEEKLY EVENTS

Monday

9:00 a.m. Yoga 7
 1:30–3:30 p.m. Watercolor
 Painting 8

Tuesday

8:20 a.m. Meditation 7
 9:30 a.m. Bowling Group 8
 9:30 a.m. Core Balance
 & More 7
 10:30 a.m. Cardio Burst 7
 11:30 a.m. FitSteps 7
 1:00 p.m. Crochet Class 8
 1:00 p.m. Chess Is Fun! 8

Wednesday

10:00 a.m. POUND® Fitness 7
 11:00 a.m. Cardio Dance 7

Thursday

9:00 a.m. Chair Yoga 7
 10:00 a.m. Tai Chi 7
 11:00 a.m. Total Body Fit 7
 12:00 p.m. Bowling Group 8
 12:30 p.m. Social Worker 8

Friday

9:00 a.m. Total Body Fit 7
 10:15–11:45 a.m. Drawing 8
 12:15–3:15 p.m. Acrylics
 Art Class 8
 1:30 p.m. Blood Pressure
 Screening 8

JANUARY

BURGER OF THE MONTH:

Stroganoff Burger 2

Wednesday, January 1

CAFÉ CLOSED—Happy New Year!

Thursday, January 2

1:00 p.m. Movie Matinee:
Hustlers 3

Friday, January 3

1:00 p.m. Brain Games 8
 3:30–4:30 p.m. Ukulele 101 3
 5:30 p.m. Friday Night Live:
 Mad Man Band 4

Monday, January 6

10:30 a.m.–12:00 p.m. Learn to
 Play Chess 8
 11:00 a.m.–1:00 p.m. Chair
 Massage 8
 1:00 p.m. Reminisce with Rich! 8

Wednesday, January 8

12:30–4:30 p.m. AARP Driver Safety
 Class, Day 1 6

Thursday, January 9

12:30–4:30 p.m. AARP Driver Safety
 Class, Day 2 6

Friday, January 10

12:00 p.m. Creative Expression
 Group 8
 5:30 p.m. Friday Night Live:
 Donny DeMarco 4

Tuesday, January 14

9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP) 8

Wednesday, January 15

1:00 p.m. Critics' Choice: *Babe:
 The Gallant Pig* by Dick King-Smith ... 6

Friday, January 17

1:00 p.m. Brain Games 8
 5:00 p.m. BYOB Paint & Sip with Val ... 3
 5:30 p.m. Friday Night Live: Those
 Were the Days: Radio Players 4

Monday, January 20

10:30 a.m.–12:00 p.m. Learn to
 Play Chess 8
 11:00 a.m.–1:00 p.m. Chair
 Massage 8

Wednesday, January 22

1:00 p.m. Coupon & Rebate
 Exchange Club 8
 1:00 p.m. Flower Arranging:
 Winter 3

Thursday, January 23

MEAL SPECIAL: German Feast 2
 10:00 a.m.–12:00 p.m. Private Tech
 Help Back Cover

Friday, January 24

12:00 p.m. Creative Expression
 Group 8
 5:30 p.m. Friday Night Live:
 Damen Avenue Puppeteers 4

Monday, January 27

10:30 a.m.–12:30 p.m. Spanish Class:
 How to Start a Conversation in
 Spanish 7

Tuesday, January 28

9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP) 8
 1:00 p.m. News & Views 8

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

Wednesday, January 29

1:00 *Chicago Rink Rats: The Roller Capital in Its Heyday* 6

Thursday, January 30

10:00 a.m.–12:00 p.m. Private Tech Help Back Cover
1:00 p.m. Lotion Making 3

Friday, January 31

5:30 p.m. Friday Night Live: Oscar Party! 4

FEBRUARY

BURGER OF THE MONTH:

“Brie Mine” 2

Monday, February 3

10:30 a.m.–12:30 p.m. Spanish Class: Vocalization, Memorizing & General Understanding 7
10:30 a.m.–12:00 p.m. Learn to Play Chess 8
11:00 a.m.–1:00 p.m. Chair Massage 8
1:00 p.m. Reminisce with Rich! 8

Wednesday, February 5

TRIP: *An American in Paris* 5
1:00 p.m. Back Pain: What It Is & What to Do about It 2

Thursday, February 6

10:00 a.m.–12:00 p.m. Private Tech Help Back Cover
1:00 p.m. Inside Chicago’s Intriguing House Museums 6

Friday, February 7

1:00 p.m. Brain Games 8
3:30–4:30 p.m. Ukulele 101 3
5:30 p.m. Friday Night Live: The British Re-Invasion 4

Monday, February 10

10:30 a.m.–12:30 p.m. Spanish Class: Greetings & Answering 7
1:00 p.m. *The Twilight Zone* 3

Tuesday, February 11

9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP) 8

Wednesday, February 12

1:00 p.m. Flower Arranging: Valentine’s Day 3

Thursday, February 13

1:00–3:00 p.m. Fabric Wrapping Jewelry 3

Friday, February 14

DINNER SPECIAL: Prime Rib Dinner... 2
12:00 p.m. Creative Expression Group 8
5:30 p.m. Friday Night Live: Love Songs 4

Monday, February 17

9:00 a.m.–1:00 p.m. Free Tax Assistance Back Cover
10:30 a.m.–12:30 p.m. Spanish Class: Greetings and Formal & Informal Presentations 7
10:30 a.m.–12:00 p.m. Learn to Play Chess 8
11:00 a.m.–1:00 p.m. Chair Massage 8

Wednesday, February 19

1:00 p.m. The Culinary Delighters Present: Pierogis! 2
1:00–4:30 p.m. Critics’ Choice: *The Client* by John Grisham 6

Friday, February 21

1:00 p.m. Brain Games 8
5:30 p.m. Friday Night Live: Lady Bird, Pat & Betty 4

Monday, February 24

9:00 a.m.–1:00 p.m. Free Tax Assistance Back Cover
10:30 a.m.–12:30 p.m. Spanish Class: Vowels & Their Pronunciation 7

Tuesday, February 25

FAT TUESDAY MEAL SPECIAL 2

9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP) 8
1:00 p.m. News & Views 8

Wednesday, February 26

TRIP: Mystery Trip 5
1:00 p.m. Coupon & Rebate Exchange Club 8
1:00 p.m. The Role of Exercise & Controlling Blood Sugar 2

Thursday, February 27

1:00 p.m. Super Casting Director 6

Friday, February 28

12:00 p.m. Creative Expression Group 8
5:00 p.m. BYOB Paint & Sip with Val... 3
5:30 p.m. Friday Night Live: Bill Grady Acoustic All-Stars 4

MARCH

BURGER OF THE MONTH:

Elote Burger 2

Monday, March 2

9:00 a.m.–1:00 p.m. Free Tax Assistance Back Cover
10:30 a.m.–12:30 p.m. Spanish Class: The Spanish Alphabet 7
10:30 a.m.–12:00 p.m. Learn to Play Chess 8
11:00 a.m.–1:00 p.m. Chair Massage 8
1:00 p.m. Reminisce with Rich! 8
1:00 p.m. The Culinary Delighters Present: Psari Plaki 2

Wednesday, March 4

1:00 p.m. Bees, Birds & Butterflies in the Garden 6

Thursday, March 5

10:00 a.m.–12:00 p.m. Private Tech Help Back Cover
1:00 p.m. Design Earrings and a Necklace 3

Friday, March 6

Magazine Release Party!

- 1:00 p.m. Brain Games..... 8
- 3:30–4:30 p.m. Ukulele 101..... 3
- 5:30 p.m. Friday Night Live:
Flamenco!..... 4

Monday, March 9

- 9:00 a.m.–1:00 p.m. Free Tax
Assistance..... Back Cover
- 10:30 a.m.–12:30 p.m. Spanish Class:
The Sounding of Spanish Letters..... 7

Tuesday, March 10

- 9:00 a.m.–2:00 p.m. Senior Health
Insurance Program (SHIP)..... 8

Wednesday, March 11

- 1:00–2:30 p.m. Exotic Revival Styles
in Chicago Architecture..... 6

Thursday, March 12

- 1:00 p.m. Aromatherapy Bracelet
Making & Bath Salts..... 3

Friday, March 13

- 12:00 p.m. Creative Expression
Group..... 8
- 5:30 p.m. Friday Night Live:
The Bluegrass Advocates..... 4

Monday, March 16

- 9:00 a.m.–1:00 p.m. Free Tax
Assistance..... Back Cover
- 10:30 a.m.–12:30 p.m. Spanish Class:
Colors..... 7
- 10:30 a.m.–12:00 p.m. Learn to
Play Chess..... 8
- 11:00 a.m.–1:00 p.m. Chair
Massage..... 8

Tuesday, March 17

- LUNCH SPECIAL: St. Patrick's Day.... 2

Wednesday, March 18

- 1:00 p.m. Critics' Choice: *The Diary
of Anne Frank* by Frances Goodrich.... 6

Thursday, March 19

- 1:00 p.m. Flower Arranging:
Springtime..... 3

Friday, March 20

- TRIP: Chicago Flower and Garden
Show..... 5
- 1:00 p.m. Brain Games..... 8
- 5:00 p.m. BYOB Paint & Sip with Val... 3
- 5:30 p.m. Friday Night Live:
Don Morman Family Band..... 4

Monday, March 23

- 9:00 a.m.–1:00 p.m. Free Tax
Assistance..... Back Cover
- 10:30 a.m.–12:30 p.m. Spanish Class:
Days, Months & Seasons..... 7

Tuesday, March 24

- 9:00 a.m.–2:00 p.m. Senior Health
Insurance Program (SHIP)..... 8
- 1:00 p.m. News & Views..... 8

Wednesday, March 25

- 1:00 p.m. Coupon & Rebate
Exchange Club..... 8
- 1:00 p.m. Design Your Own Scarf
Necklace..... 3

Thursday, March 26

- 1:00 p.m. Make a Hanging
Terrarium..... 3

Friday, March 27

- 12:00 p.m. Creative Expression
Group..... 8
- 5:30 p.m. Friday Night Live:
The Beauty of Music..... 4

Monday, March 30

- 9:00 a.m.–1:00 p.m. Free Tax
Assistance..... Back Cover
- 10:30 a.m.–12:30 p.m. Spanish Class:
Class Vocabulary..... 7

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

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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.



FREE TAX ASSISTANCE

It's that time of year again! Want assistance preparing your income taxes? We can help! Trained AARP Tax-Aide volunteers will be on-site at Mather's to help you

prepare your 2019 tax return. NOTE: you must pre-register, because time slots fill up fast! Volunteers are available on Mondays, February 17 through April 13. *Registration is available beginning Friday, January 31 at (888) 600.2560.* Please bring your 2018 tax return and 2019 income statements to your meeting.

PRIVATE TECH HELP

**Thursdays, January 23 & 30,
February 6, and March 5
10:00 a.m.–12:00 p.m.**

Vivian Chazen, Tech Guru
Sign up for a 30-minute appointment to get answers, lessons, and hands-on help with your own electronic device. BYOD—bring your own device! *Suggested Donation \$5 per 30-minute session*

**NEW
HOURS!**

Monday–Thursday 7:30 a.m.–3:30 p.m.
(menu available until 2:45 p.m.)
Friday 7:30 a.m.–7:00 p.m.
(menu available until 6:45 p.m.)

 *Mather's*
more than a café®