

MORE AT MATHER'S

JANUARY | FEBRUARY | MARCH 2020

Ashlee Travels
to Malta, p.6



Join us for a spellbinding Mystery Trip! See page 9.

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

Mather's
more than a café®



FOOD + FUN

See page 4 for our Mather’s Luncheon events that combine a delicious homemade meal with live entertainment!

- Health & Wellness 3
Sample our wellness programs—like our new Mather’s Goalkeepers series!
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NEW HOURS!

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

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.

HEALTH & WELLNESS

Mondays, January 6 & 20, February 3 & 17, and March 2 & 16

9:00–10:00 a.m. Mather's Goalkeepers

Join Possibilities Coach Sharon Smith virtually as she explores how to meet goals involving lifestyle and behavioral changes, exercise, nutrition, and more. Jumpstart your New Year and explore new health and fitness goals! *Cost \$20 for series*

Wednesday, February 5

1:00 p.m. Secrets the Pharmacist Will Tell You

Dr. Tiffany Ziegler, PharmD, Walgreens

Did you ever wonder if it's safe to use medicine after it expires? What about the difference between brand and generic medicines? Get answers to these questions—and more! *FREE*

Tuesday, February 18

1:00 p.m. Memory Workout

Sarah Squires-Doyle, BS, CHES, CPT, Health Educator, CJE SeniorLife

Get an overview of how memory works and changes with age, why we forget, and how we can remember better. This presentation is designed to improve memory in healthy adults of all ages and is based on evidence-based brain health programs. *Suggested Donation \$6*

Wednesday, March 4

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

Dr. Yakov Weil, Renewal Rehab

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

Monday, March 16

1:00 p.m. Fall Risk: How to Roll with It

Sarah Squires-Doyle, BS, CHES, CPT, Health Educator, CJE SeniorLife

Falls are the number-one cause of injury in older adults, yet they are so preventable. From home safety to balance exercises and more, learn ways you can reduce your fall risk. *Suggested Donation \$6*

Tuesday, March 24

11:00 a.m.–1:00 p.m. Safety & Crime Prevention Fair

Stop in and pick up valuable information on internet safety, burglary prevention, home repair fraud, scam prevention, and more! Participants include the Community Justice Center—West, the Cook County State's Attorney's office, the Chicago Police, and more. Enjoy coffee and cookies, or purchase one of our lunch specials. *FREE*

ARTS & CREATIVITY

Mondays, January 6, February 3 & March 2

11:00 a.m. Drawing for Everyone

Val Zucker-McCune, Owner, Smart Art Studios

Anyone can learn to draw by understanding basic elements such as proportion, composition, value, and perspective. Individual attention will be given for every skill level. Bring a photo of a family member, pet, or landscape—and learn to draw it. *Suggested Donation \$14*

Mondays, January 13, February 10, and March 16

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

Carole Hays, Hand-Made Cards

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

Tuesday, January 14

11:00 a.m. Flower Arranging: Snowflakes

Robert Neri, Robert's Floral Design Studio

Payment required in advance. *All supplies included. Suggested Donation \$20*

Mondays, January 20, February 17 & March 23

11:00 a.m. Paint with Val

Val Zucker-McCune, Owner, Smart Art Studios

Val will teach you how to mix colors and choose the brush that will work best with your project. Take home a finished piece of art! *All supplies included. Suggested Donation \$18*

Thursday, January 23

11:00 a.m. Watercolor Workshop: Forests

Susan Marx, Local Artist

Explore the fundamentals of watercolor painting by learning a few simple steps. Susan will guide you through basic brush techniques and how colors are blended. You'll come away with a finished painting. *All supplies included. Suggested Donation \$14*

Tuesday, February 11

11:00 a.m. Flower Arranging: Valentine's Day

Thursday, February 20

11:00 a.m. Watercolor Workshop: Mountains

Tuesday, March 10

11:00 a.m. Flower Arranging: St. Patrick's Day

Thursday, March 19

11:00 a.m. Watercolor Workshop: Seascapes

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

MUSIC & ENTERTAINMENT



GET A REAL MEAL DEAL!

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

Wednesday, January 15

12:30–2:30 p.m. Mather's Luncheon: Chinese New Year Celebration

Celebrate the Year of the Rat with multitalented musical artist Kerry Leung. We'll dine on vegetable eggrolls, teriyaki stir-fry, rice, and raspberry sorbet with almond cookies. *Meal Cost \$9 Entertainment Suggested Donation \$6*

Friday, January 24

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

From classics to songs to sing along to and even some Spanish favorites, Ben's music is sure to delight your ears. Stop by, have a bite to eat, and hear some wonderful music! *FREE*

Wednesday, February 12

12:30–2:30 p.m. Mather's Luncheon: Songs of Love & Romance

Enjoy Rick Pickren's performance of some of your favorite love songs, including a few with a country twist. We'll dine on vegetable lasagna, house salad, and berry parfait. *Meal Cost \$9; Entertainment Suggested Donation \$6*

Friday, February 14

1:00–3:30 p.m. Love Songs & Sing-Along with "Jivan" Ivan Ivan Rivera, DJ

Our favorite DJ will spin some records from his vast collection to help us get in tune with Valentine's Day. Make a request, sing along, and enjoy the party! *FREE*

Friday, February 28

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



Mather's Luncheon: St. Patrick's Day with Sandi Haynes

Wednesday, March 11

12:30–2:30 p.m. Mather's Luncheon: St. Patrick's Day with Sandi Haynes

Make sure to wear your green to our Irish-themed celebration. There will be food, fun, and music that will make you feel like you're visiting the Emerald Isle. We'll dine on potato cheddar chowder, corned beef, cabbage, carrots, celery, red potatoes, Irish soda bread, and pistachio bundt cake. *Meal Cost \$10; Entertainment Suggested Donation \$6*

Tuesday, March 17

1:00 p.m. Mather's Music Ensemble St. Patrick's Day Performance

Celebrate the sounds of St. Pat's courtesy of our own Mather's Music Ensemble. Snack on coffee and homemade cookies and enter our free drawing! *FREE*

Thursday, March 19

1:00 p.m. Celebrate the First Day of Spring SOS Ensemble

Tap your toes and delight your ears with this musical performance. You'll enjoy every minute of a wide variety of music sung by local older adults. *FREE*

Wednesday, March 25

4:00–6:30 p.m. Wednesday Nights at Mather's: Murder Mystery Dinner

Are you the prime suspect in this mystery? Enjoy a fun twist on the traditional murder mystery and help figure out who done it! We'll dine on spaghetti and meatballs, house salad, garlic toast, and a spumoni sundae. *Meal Cost \$9 Entertainment Suggested Donation \$6*

Friday, March 27

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

TECHNOLOGY

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



Amazon Echo & Google Home

Thursday, January 2

10:00 a.m. Amazon Echo & Google Home

"OK Google" and "Alexa" are common phrases these days. This program will teach you about what smart speakers are, why people use them, and all the amazing things these little gadgets can do!

Thursday, January 9

10:00 a.m. The Cloud & Your Pictures

Learn the basics, including a detailed description of what the cloud is, and get some demonstrations and recommendations.

Thursday, January 23

10:00 a.m. Duolingo

Learn about a free and easy way to learn a language online!

Thursday, February 6

10:00 a.m. Uber & Lyft

Discover two smartphone applications that offer cheaper, more efficient transportation than taxis. You must have a smartphone for this class.

OPEN TECH TABLE

Thursdays, January 2, 9, 23 & 30; February 6, 13 & 27; March 5, 12 & 26, 11:00 a.m.–12:00 p.m.

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

FREE

ANDROID CLASS SERIES

These classes are for novice and intermediate Android users and will teach you some tricks and tips as well as walk you through specific tasks and concepts. Cost \$20 for series; \$10 per session

Thursday, February 27

10:00 a.m. Intro to Android Devices: Getting Started Basics & Photos

Thursday, March 5

10:00 a.m. Intro to Android Devices: Calendars & Email

Thursday, March 12

10:00 a.m. Intro to Android Devices: Maps & Directions



Thursday, February 13

10:00 a.m. Which Smartphone Should I Buy?

Have you debated purchasing a smartphone? Do you know all the differences?

Thursdays, March 12, 19 & 26

12:00–1:00 p.m. Learn How to Use Your iPhone Series

Maria Mariottini, Technician, the Apple Store

Maria has the expertise to help you learn fundamentals of your iPhone. She'll cover basic functions, hardware and software, documents, photos, calendar, notes, the internet, email, iCloud, and the App Store. Cost \$6 per session

Thursday, March 26

10:00 a.m. Apps!

Find out about smartphone applications. Come prepared with your smartphone with current password and Google Play or iTunes Store account password, or just show up!

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

LIFELONG LEARNING



The Iroquois Theater Fire of 1903

Monday, January 6
1:00 p.m. Documentary & Discussion: *Earth 2050: The Future of Energy*

This BBC documentary explores three different ideas of how the future will look and how we'll consume and need energy to power the world. Stay afterward to discuss your thoughts on the future. **FREE**

Wednesday, January 22
1:00 p.m. Ashlee Travels to Malta

Ashlee Frisch, Culinary Delighter, Mather's
Ashlee shares her adventures in the unique archipelago of Malta, where she spent her honeymoon. Hear her insights on the country's fascinating places and people, and enjoy a special culinary treat. *Suggested Donation \$4*

Thursday, January 30
1:00–3:30 p.m. Chicago Union Station

Fred Ash, Author



Hear about a time when Chicago was known as the railroad capital of the world. From Chicago Union Station, train passengers could reach the Atlantic, Pacific, and Gulf Coasts. One of America's overlooked treasures, the station has had a huge impact on the growth of the city and the Midwest. **FREE**

Monday, February 3
1:00 p.m. Documentary & Discussion: *The Extraordinary Genius of Albert Einstein*

This History Channel documentary explores the many ideas from and about the world-famous scientist. Stay



Documentary & Discussion: *The Alcatraz Escape*

afterward to discuss your thoughts. **FREE**

Friday, February 21

1:00 p.m. China: The Middle Kingdom

Peter Pero, Educator & Author
Get a firsthand account of what's happening in China today. Peter discusses new developments in the country and explains how Chinese culture, economics, and social organization differ in important ways from those in the US. *Suggested Donation \$3*

Tuesday, February 25
1:00–2:00 p.m. The Iroquois Theater Fire of 1903

John Boda, Presenter
Chicago's Iroquois Theater fire remains the worst fire of its kind in US history. The theater, billed as "absolutely fireproof," became a death trap for over 600 people. John discusses the tragedy, as well as the "haunted alley" that remains behind the site. *Suggested Donation \$6*

Monday, March 2

1:00 p.m. Documentary & Discussion: *The Alcatraz Escape*

This PBS documentary explores the world-famous escape from Alcatraz and answers the question on whether it really happened. Stay afterward to discuss your thoughts on the film. **FREE**

Tuesday, March 10
1:00 p.m. Woodstock, 51 Years Later

Bob Lichtenbert, Former Professor
Join Bob as he looks back 51 years to the pivotal music festival. Hear some of the music that was played and share your memories of this special event. **FREE**

Thursday, March 12
1:00–3:30 p.m. O'Hare: A Father's Sacrifice, a War Hero & the Naming of an Airport

Richard Lindberg, Author/Historian
Hear the story of naval aviator Edward "Butch"

O'Hare, who earned the Congressional Medal of Honor and was honored by the City of Chicago with the naming of O'Hare Field. What is not generally known is that his father was an employee of the Capone mob who was murdered for informing. *Suggested Donation \$6*

Friday, March 13

12:00 p.m. Singing Cowboys

John Boda, Presenter

See photos and clips of Tex Ritter, Gene Autry, Roy Rogers, and other singing cowboys from the golden age of Hollywood as you hear about the life and career of each, along with a performance by John of one of their memorable songs. *Suggested Donation \$6*

Wednesday, March 18

12:30 p.m. Learn about Antiques and Get a Free Antique Appraisal

George Glastris, Glastris Antiques & Estate Brokerage
Learn about what could be in your home and bring up to two pieces or photos of an item for a free appraisal. Advance registration is required. **FREE**

Friday, March 20

1:00 p.m. Conquer Your Clutter

*Health Educator,
CJE SeniorLife*

Do you or someone you know "hoard" or have too much clutter? This presentation will cover what



O'Hare: A Father's Sacrifice, a War Hero & the Naming of an Airport

hoarding is, its symptoms, and ways to help someone who hoards. *Suggested Donation \$6*

Thursday, March 26

11:30 a.m.–3:30 p.m. AARP Safe Driving Course, Part 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.*

Friday, March 27

11:30 a.m.–3:30 p.m. AARP Safe Driving Course, Part 2

THE GREAT COURSES: Concert Masterworks



Wednesdays, 1:00 p.m.

In DVD lectures by Professor Robert Greenberg, we'll learn a new level of sophistication as music listeners, focusing on one great work at a time. *Suggested Donation \$1 per session*

January 8

Mozart—Piano Concerto No. 25 in C Major, I

January 15

Mozart—Piano Concerto No. 25 in C Major, II

January 22

Mozart—Piano Concerto No. 25 in C Major, III

January 29

Mozart—Piano Concerto No. 25 in C Major, IV

February 5

Beethoven—Piano Concerto No. 5 in E-flat Major, I

February 12

Beethoven—Piano Concerto No. 5 in E-flat Major, II

February 19

Beethoven—Piano Concerto No. 5 in E-flat Major, III

February 26

Beethoven—Piano Concerto No. 5 in E-flat Major, IV

March 4

Dvorák—Symphony No. 9 in E Minor, I

March 11

Dvorák—Symphony No. 9 in E Minor, II

March 18

Dvorák—Symphony No. 9 in E Minor, III

March 25:

Dvorák—Symphony No. 9 in E Minor, IV

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM


CULINARY DELIGHTS

JUST
FOR FUN

The Culinary Delighters Present:
Pucker Up with Ashlee



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 8

2:00 p.m. The Culinary Delighters Present:
Salad Dressing

Angelita 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 dressing, and tahini/Mediterranean dressing. Cost \$6

February Burger of the Month

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

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

Friday, February 7

1:00 p.m. Soup Taste Test

Jeff Rose, Café Manager

Can you tell the difference between our homemade soup, Campbell's, Progresso, and other store brands? Test your taste buds and rate your favorites. Crackers will also be served. **FREE**

Friday, February 14

2:00 p.m. The Culinary Delighters Present:
Pucker Up with Ashlee


Watch and taste as Ashlee cooks with the bright and sunny flavors of lemons. The small-plates menu includes lemon goat cheese olive and thyme spread; fried lemons with yogurt sauce; parsley pesto lemon linguine with shrimp; and lemon pudding cake. 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

March Burger of the Month

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

Tuesday, March 17

 **St. Patrick's Day**

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



Movies with the Grandkids

Thursdays, January 2 & 16,
February 6 & 20 and
March 5 & 19

1:00 p.m. Wii Bowling

This game simulates real-life bowling by using simple motion controls. It's as easy as flicking your wrist! Come and try it! **FREE**

Monday, January 20

1:00 p.m. Movies with the
Grandkids: *Kung Fu Panda 2*

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

Monday, February 17

1:00 p.m. Movies with the
Grandkids: *Rio*

FREE

Monday, March 30

1:00 p.m. Movies with the
Grandkids: *Despicable Me*

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.



TRIPS



Chicago Flower & Garden Show

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.

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.



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

FREE RESOURCES

Medicare 101



Friday, January 10

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

Beth Daly, Mobility, RTA Outreach Coordinator

Get information and answers your transit-related questions, and learn more about the RTA's many programs.

Wednesday, January 29

1:00 p.m. What's New with Chicago's 311?

Deborah Farmer, 311 Representative

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

Tuesday, February 4

1:00 p.m. Estate & Legacy Planning

David Church, Bankers Life

Learn more about topics ranging from bypassing probate to estate planning, as well as tax obligations and deductions.

Monday, February 10

1:00–2:30 p.m. Medicare 101

Robin Dawson & David Wyllie, Medicare Solutions Network

Get up to speed on what Medicare covers, what it doesn't, and your potential out-of-pocket exposure. We'll discuss supplements, advantage plans, Part D prescription coverage, and cost-saving strategies for the years ahead.

Wednesday, February 26

12:00 p.m. Learn More about Community Care & Home Care

Nereida Santiago, Home Care Powered by AUAF

Learn about how you might qualify for in-home care and what resources are available to help you remain in your home longer.



FREE TAX ASSISTANCE

Trained AARP Tax-Aide volunteers will help you prepare your 2019 tax return.

Please bring your 2018 tax return and 2019 income statements. Volunteers will be available on Thursdays and Fridays, February 13 through April 10. Registrations will be taken beginning Friday, January 31 at (888) 600.2560.

Friday, February 28

1:00 p.m. Fire Safety in the Home with the Chicago Fire Department

Representative, Chicago Fire Department

Learn what you can do to prevent a fire in your home—direct from the experts of the Chicago Fire Department.

Tuesday, March 3

1:00 p.m. Medicare & Retirement Care

David Church, Bankers Life

David will cover all you need to know about Medicare Parts A, B, and D, including gaps in coverage.

CDEL Senior Legal Assistance Clinic

The Center for Disability & Elder Law (CDEL) provides free legal services to low-income older adults and people with disabilities throughout Cook County. Each month Mather's— More Than a Café in Portage Park hosts a Senior Legal Assistance Clinic, allowing prospective clients the opportunity to meet with a CDEL representative close to home. Those interested must **call CDEL at (312) 600.6407** to complete a brief eligibility screening and make an appointment.

FITNESS

ALL CLASSES ARE 45 MINUTES OR 1 HOUR LONG

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

Joyful Living with Meditation



MONDAY

9:30 a.m. Total Body Fit

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

TUESDAY

8:30 a.m. Joyful Living with Meditation

Try loving-kindness meditation to help recharge your body and mind with inner peace energy. *Cost \$3*

10:00 a.m. Chair Yoga

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

11:00 a.m. Yoga

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

WEDNESDAY

9:30 a.m. Worth the Weight

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

10:30 a.m. Tai Chi

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

THURSDAY

8:30 a.m. Chair Yoga

See Tuesday.

9:45 a.m. Yoga

See Tuesday.

FRIDAY

9:30 a.m. Total Body Fit

See Monday.

10:30 a.m. Total Body Fit Lite

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

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

ONGOING EVENTS

MONDAY

1:00 p.m. Rummikub®

JUST FOR FUN

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

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

JUST FOR FUN

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

TUESDAY

9:00 a.m.–12:00 p.m. Benefit Access

FREE RESOURCES

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

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*

11:00 a.m.–1:00 p.m. Chair Massage

HEALTH & WELLNESS

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

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

MUSIC & ENTERTAINMENT

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

WEDNESDAY

10:30 a.m.–12:00 p.m.

Conversaciones con Maria

JUST FOR FUN

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

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 **Mystery Trip or Mather's Luncheon!**

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

11:00 a.m. Fitness Center Orientation

HEALTH & WELLNESS

Stop by to get information, learn to use the equipment, or just see what the center has to offer. Takes place 1st Wednesday of each month. **FREE**

1:00 p.m. Social Worker

FREE RESOURCES

Registration required. **FREE**

1:00 p.m. Crochet/Knitting Class

ARTS & CREATIVITY

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

THURSDAY

12:00 p.m. Bowling Group

JUST FOR FUN

See Tuesday.

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

JUST FOR FUN

11:00 a.m. RTA Passes

FREE RESOURCES

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



Conversaciones con Maria

1:00 p.m. Tea Time

JUST FOR FUN

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

1:00 p.m. Red Hat Society

JUST FOR FUN

Takes place 2nd Thursday of each month.

FRIDAY

11:00 a.m.–1:00 p.m.

Blood Pressure Screening **FREE**

HEALTH & WELLNESS

12:00–3:30 p.m. Dancing Fridays with “Jivan” Ivan

MUSIC & ENTERTAINMENT

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

1:30–3:00 p.m. Café con Ovie

JUST FOR FUN

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

January | February | March At-a-Glance

WEEKLY EVENTS

Monday

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

Tuesday

8:30 a.m. Joyful Living with Meditation	11
9:00 a.m.–12:00 p.m. Benefit Access	12
9:30 a.m. Bowling Group	12
10:00 a.m. Chair Yoga	11
11:00 a.m. Yoga	11
2:30 p.m. Mather's Music Ensemble	12

Wednesday

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

Thursday

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

Friday

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

JANUARY

Burger of the Month: <i>Stroganoff Burger</i>	8
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Wednesday, January 1
CAFÉ CLOSED – Happy New Year!

Thursday, January 2	
10:00 a.m. Amazon Echo & Google Home	5
11:00 a.m.–12:00 p.m. Open Tech Table	5
11:00 a.m. RTA Passes	12
1:00 p.m. Wii Bowling	8

Friday, January 3	
12:00–4:00 p.m. Dancing Fridays with "Jivan" Ivan	12

Monday, January 6	
9:00–10:00 a.m. Mather's Goalkeepers	3
11:00 a.m. Drawing for Everyone	3
1:00 p.m. Documentary & Discussion: <i>Earth 2050: The Future of Energy</i>	6

Tuesday, January 7	
11:00 a.m. Chair Massage	12

Wednesday, January 8	
11:00 a.m. Fitness Center Orientation	12
1:00 p.m. The Great Courses: Concert Masterworks	7
2:00 p.m. The Culinary Delighters Present: Salad Dressing	8

Thursday, January 9	
10:00 a.m. The Cloud & Your Pictures	5
11:00 a.m.–12:00 p.m. Open Tech Table	5
1:00 p.m. Red Hat Society	12
1:00 p.m. Tea Time	12

Friday, January 10	
10:00 a.m.–1:00 p.m. Learn about the RTA	10
12:00–3:30 p.m. Dancing Fridays with "Jivan" Ivan	12

Monday, January 13	
1:00 p.m. Card-Making with Carole	3

Tuesday, January 14	
11:00 a.m. Flower Arranging: Snowflakes	3

Wednesday, January 15	
12:30–2:30 p.m. Mather's Luncheon: Chinese New Year Celebration	4
1:00 p.m. The Great Courses: Concert Masterworks	7

Thursday, January 16	
1:00 p.m. Wii Bowling	8

Friday, January 17	
12:00–3:30 p.m. Dancing Fridays with "Jivan" Ivan	12
1:30–3:00 p.m. Café con Ovie	12

Monday, January 20	
9:00–10:00 a.m. Mather's Goalkeepers	3
11:00 a.m. Paint with Val	3
1:00 p.m. Movies with the Grandkids: <i>Kung Fu Panda 2</i>	8

Tuesday, January 21	
11:00 a.m. Chair Massage	12

Wednesday, January 22	
1:00 p.m. The Great Courses: Concert Masterworks	7
1:00 p.m. Ashlee Travels to Malta	6

Thursday, January 23	
10:00 a.m. Duolingo	5
11:00 a.m.–12:00 p.m. Open Tech Table	5
11:00 a.m. RTA Passes	12
11:00 a.m. Watercolor Workshop: Forests	3
1:00 p.m. Tea Time	12

Friday, January 24	
12:00–1:00 p.m. Live Music with Ben Mercado	4

Wednesday, January 29	
1:00 p.m. What's New with Chicago's 311?	10
1:00 p.m. The Great Courses: Concert Masterworks	7

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

Thursday, January 30

11:00 a.m.–12:00 p.m. Open Tech Table 5
1:00–3:30 p.m. Chicago Union Station 6

FEBRUARY

Burger of the Month: "Brie Mine" 8

Monday, February 3

9:00–10:00 a.m. Mather's Goalkeepers 3
11:00 a.m. Drawing for Everyone 3
1:00 p.m. Documentary & Discussion: *The Extraordinary Genius of Albert Einstein* 6

Tuesday, February 4

11:00 a.m. Chair Massage 12
1:00 p.m. Estate & Legacy Planning . . 10

Wednesday, February 5

TRIP: *An American in Paris* 9
11:00 a.m. Fitness Center Orientation 12
1:00 p.m. The Great Courses: Concert Masterworks 7
1:00 p.m. Secrets the Pharmacist Will Tell You 3

Thursday, February 6

10:00 a.m. Uber & Lyft 5
11:00 a.m.–12:00 p.m. Open Tech Table 5
11:00 a.m. RTA Passes 12
1:00 p.m. Wii Bowling 8

Friday, February 7

12:00–3:30 p.m. Dancing Fridays with "Jivan" Ivan 12
1:00 p.m. Soup Taste Test 8

Monday, February 10

1:00 p.m. Card-Making with Carole . . . 3
1:00–2:30 p.m. Medicare 101 10

Tuesday, February 11

11:00 a.m. Flower Arranging: Valentine's Day 3

Wednesday, February 12

12:30–2:30 p.m. Mather's Luncheon: Songs of Love & Romance 4
1:00 p.m. The Great Courses: Concert Masterworks 7

Thursday, February 13

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
10:00 a.m. Which Smartphone Should I Buy? 5

11:00 a.m.–12:00 p.m. Open Tech Table 5
1:00 p.m. Red Hat Society 12
1:00 p.m. Tea Time 12

Friday, February 14

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
1:00–3:30 p.m. Love Songs & Sing-Along with "Jivan" Ivan 4
2:00 p.m. The Culinary Delighters Present: Pucker Up with Ashlee 8

Monday, February 17

9:00–10:00 a.m. Mather's Goalkeepers . 3
11:00 a.m. Paint with Val 3
1:00 p.m. Movies with the Grandkids: *Rio* 8

Tuesday, February 18

11:00 a.m. Chair Massage 12
1:00 p.m. Memory Workout 3

Wednesday, February 19

1:00 p.m. The Great Courses: Concert Masterworks 7

Thursday, February 20

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
11:00 a.m. Watercolor Workshop: Mountains 3
1:00 p.m. Wii Bowling 8

Friday, February 21

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
12:00–3:30 p.m. Dancing Fridays with "Jivan" Ivan 12
1:00 p.m. China: The Middle Kingdom 6
1:30–3:00 p.m. Café con Ovie 12

Tuesday, February 25

Fat Tuesday Meal Special 8
1:00–2:00 p.m. The Iroquois Theater Fire of 1903 6

Wednesday, February 26

TRIP: Mystery Trip 9
12:00 p.m. Learn More about Community Care & Home Care 10
1:00 p.m. The Great Courses: Concert Masterworks 7

Thursday, February 27

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
10:00 a.m. Intro to Android Devices: Getting Started Basics & Photos 5
11:00 a.m.–12:00 p.m. Open Tech Table 5

11:00 a.m. RTA Passes 12
1:00 p.m. Tea Time 12

Friday, February 28

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
12:00–1:00 p.m. Live Music with Ben Mercado 4
1:00 p.m. Fire Safety in the Home with the Chicago Fire Department . . 10

MARCH

Burger of the Month: Italian Patty Melt 8

Monday, March 2

9:00–10:00 a.m. Mather's Goalkeepers 3
11:00 a.m. Drawing for Everyone 3
1:00 p.m. Documentary & Discussion: *The Alcatraz Escape* 6

Tuesday, March 3

11:00 a.m. Chair Massage 12
1:00 p.m. Medicare & Retirement Care 10

Wednesday, March 4

11:00 a.m. Fitness Center Orientation 12
12:00 p.m. Neuroplasticity: How to Change Your Brain 3
1:00 p.m. The Great Courses: Concert Masterworks 7

Thursday, March 5

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
10:00 a.m. Intro to Android Devices: Calendars & Email 5
11:00 a.m.–12:00 p.m. Open Tech Table 5
11:00 a.m. RTA Passes 12
1:00 p.m. Wii Bowling 8

Friday, March 6

Magazine Release Party!
9:00 a.m.–2:00 p.m. Free Tax Assistance 10
12:00–3:30 p.m. Dancing Fridays with "Jivan" Ivan 12

Tuesday, March 10

11:00 a.m. Flower Arranging: St. Patrick's Day 3
1:00 p.m. Woodstock, 51 Years Later . . 6

Wednesday, March 11

12:30–2:30 p.m. Mather's Luncheon: St. Patrick's Day with Sandi Haynes . . 4

1:00 p.m. The Great Courses:
Concert Masterworks..... 7

Thursday, March 12

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
10:00 a.m. Intro to Android Devices: Maps & Directions 5
11:00 a.m.–12:00 p.m. Open Tech Table..... 5
12:00–1:00 p.m. Learn How to Use Your iPhone Series 5
1:00 p.m. Tea Time 12
1:00 p.m. Red Hat Society 12
1:00–3:30 p.m. O’Hare: A Father’s Sacrifice, a War Hero & the Naming of an Airport 6

Friday, March 13

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
12:00–3:30 p.m. Dancing Fridays with “Jivan” Ivan 12
12:00 p.m. Singing Cowboys 7

Monday, March 16

9:00–10:00 a.m. Mather’s Goalkeepers..... 3
1:00 p.m. Card-Making with Carole... 3
1:00 p.m. Fall Risk: How to Roll with It 3

Tuesday, March 17

Election Day—Fitness Classes Cancelled
Lunch Special: St. Patrick’s Day 8
11:00 a.m. Chair Massage 12
1:00 p.m. Mather’s Music Ensemble: St. Patrick’s Day Performance 4

Wednesday, March 18

12:30 p.m. Learn about Antiques and Get a Free Antique Appraisal..... 7
1:00 p.m. The Great Courses: Concert Masterworks..... 7

Thursday, March 19

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
11:00 a.m. Watercolor Workshop: Seascapes..... 3
12:00–1:00 p.m. Learn How to Use Your iPhone Series 5
1:00 p.m. Wii Bowling 8
1:00 p.m. Celebrate the First Day of Spring..... 4

Friday, March 20

TRIP: Chicago Flower and Garden Show..... 9
9:00 a.m.–2:00 p.m. Free Tax Assistance 10
12:00–3:30 p.m. Dancing Fridays with “Jivan” Ivan 12
1:00 p.m. Conquer Your Clutter..... 7
1:30–3:00 p.m. Café con Ovie 12

Monday, March 23

11:00 a.m. Paint with Val 3

Tuesday, March 24

Chair Yoga, Yoga, and Mather’s Music Ensemble are cancelled today.
11:00 a.m.–1:00 p.m. Safety & Crime Prevention Fair 3

Wednesday, March 25

1:00 p.m. The Great Courses: Concert Masterworks..... 7
4:00–6:30 p.m. Wednesday Nights at Mather’s: Murder Mystery Dinner 4

Thursday, March 26

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
10:00 a.m. Apps! 5
11:00 a.m.–12:00 p.m. Open Tech Table..... 5
11:00 a.m. RTA Passes 12
12:00–1:00 p.m. Learn How to Use Your iPhone Series 5
1:00 p.m. Tea Time 12
11:30–3:30 p.m. AARP Safe Driving Course, Part 1 7

Friday, March 27

9:00 a.m.–2:00 p.m. Free Tax Assistance 10
12:00–1:00 p.m. Live Music with Ben Mercado..... 4
11:30–3:30 p.m. AARP Safe Driving Course, Part 2 7

Monday, March 30

1:00 p.m. Movies with the Grandkids: *Despicable Me* 8

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

MATHER’S CHICAGOLAND LOCATIONS

7134 W. Higgins Avenue, Chicago, IL
3235 N. Central Avenue, Chicago, IL
33 E. 83rd Street, Chicago, IL
For information, please call (888) 600.2560.

Mather 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.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL EVENTS

YOUR PLACE FOR SELF-DISCOVERY

Take time for yourself this season, and explore new interests. We've got a wide assortment of opportunities for discovering things about yourself and the world around you! Here are a few examples:

Duolingo

10:00 a.m. Thursday, January 23

Learn how to access a free and easy way to learn a language online, in this technology class. *Find details on page 5.*

Apps!

10:00 a.m., Thursday, March 26

Bring your smartphone to this beginner's class and get an informative overview of applications you should know about. *This and more are listed on page 5.*

Conquer Your Clutter

1:00 p.m. Friday, March 20

Learn about hoarding, its symptoms, and how to help someone who hoards. *Details available on page 7.*

The Great Courses: Concert Masterworks

**1:00 p.m. Wednesdays,
January 8–March 25**

Discover more about the world with the Great Courses. *See page 7.*

Joyful Living with Meditation/Total Body Fit Weekly

These are just two examples of the fitness classes we offer one or two times a week. Whether you want low-intensity or high-intensity, we've got a class for you! *Listings on page 11.*

