

# MATHER AgeAdvantage

APRIL | MAY | JUNE 2020



Historic Pullman  
District Trip, p. 4

## *Ways to Age Well in Edgewater with Mather*

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## THE STORY OF MATHER IN EDGEWATER



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

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

## Lunch, Entertainment, and More— Join the Celebration!

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



### MARK YOUR CALENDAR FOR ALL OUR LUNCHEON DATES!

**April 6 | May 4 | June 15 | July 20 | August 17**

**September 21 | October 26**

**(No Luncheon in November) | December 7**

# MUSIC & ENTERTAINMENT

## Monthly Luncheons

### Garden Party

**Monday, April 6**

*Entertainment: Jimmy and Rhonda*

Delight in our indoor garden atmosphere as we swing and sing along to music of the '60s and '70s plus contemporary line dances performed by Jimmy and Rhonda. Feast on baked bone-in ham, roasted chicken, fresh vegetable pasta salad, mini-quiches and tiropites, assorted cheeses, fresh green salad and fruit, beverage, and dessert.

**Registration Deadline:**  
**Wednesday, April 1**

### Spring Celebration

**Monday, May 4**

*Entertainment: Edizon Dayao*

Join us for a day to remember! Enjoy a delicious lunch of meat loaf, roasted chicken, whipped potatoes and gravy, green peas, rolls, fresh green salad, fruit, dessert, and beverages. We'll be treated to a lively performance, including contemporary line dances, by vocalist and keyboardist Edizon Dayao.

**Registration Deadline:**  
**Wednesday, April 29**

### Greek Festival

**Monday, June 15**

*Entertainment: Jery Rite*

Opa! Join us for a celebration of Greek delights. Swing and sing along to music of the '60s and '70s performed by Jery Rite. Taste a delectable menu of Grecian roasted chicken, pastichio, spanakopita, Athenian-style green beans, vegetarian dolmades, Greek salad with feta and olives, fresh fruit, assorted rolls, beverage, and dessert.

**Registration Deadline:**  
**June 10**

## LUNCHEON DETAILS

### 3 WAYS TO REGISTER:

- Email [edgewater@mather.com](mailto:edgewater@mather.com)
- Leave a message at (888) 600.2560
- Register online at [mather.com/Edgewater](http://mather.com/Edgewater)

**CHECK-IN:** 11:30 a.m.

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

### LOCATION:

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

**COST:** \$15 (Prepay by the registration deadline to save \$1); \$17 for a tuna plate or veggie burger. These options must be requested upon reservation.

*Prepayments are non-refundable and no exchanges.*



I like the camaraderie of the setting and talking to people. I go from table to table and schmooze a little bit." ~ Frank Weiner, Mather customer



# TRIPS

## Chicago Cubs Game

Wednesday, April 29



Join us for some springtime fun as the Chicago Cubs take on the Pittsburgh Pirates at historic Wrigley Field. Game time is 1:20 p.m. You are responsible for your own transportation. Guests must be able to travel on their own or bring someone to assist them. Registration will begin at the March luncheon. *Our seats are located in the Infield Terrace Reserved section. Register early; tickets are limited.*

**Meet us:** Wrigley Field, 1060 W. Addison

**Cost:** \$12 (includes ticket only; transportation on your own)

## Historic Pullman District

We'll begin the day at Greek Islands with a family-style lunch of saganaki, melitzanosalata (roasted eggplant and potatoes), Athenian salad, roast leg of lamb, pastichio, moussaka, spanakopita, roasted



potatoes, dessert, and beverages. Then we'll travel to the historic Pullman District, a unique community built in the late 1800s as a planned model industrial town for the Pullman's Palace Car Company. At the visitor's center, we'll learn about the town's history and architecture in a short film and in exhibits featuring historic photos, original furniture, and artifacts. Then a tour guide will step onto our coach bus and show us around town, with a stop by the elegant original Greenstone Church. Guests must be able to travel on their own or bring someone to assist them.

**Check-in:** 10:45 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

**Departure:** 11:00 a.m.

**Return:** Approximately 4:30 p.m.

**Registration will begin at the March luncheon. Date and cost will be provided in an email message and on-site at the March luncheon.**

## TRIP DETAILS

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

**Checks payable to:** Mather

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

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



## TRIPS

### Anderson Japanese Gardens

Tuesday, June 9



Travel with us to Rockford, with a stop at the Thunder Bay Grille for your choice of two medallions of beef tenderloin with smoked bacon crust with béarnaise sauce, roasted potatoes, and grilled asparagus; fresh Atlantic salmon with roasted vegetables, asparagus, balsamic vinaigrette, feta cheese, and citrus butter; chicken pesto linguine with sautéed vegetables, asiago, and crusty bread; or a Caesar salad with romaine, garlic croutons, asiago cheese, and Caesar dressing. All entrees include dessert and beverage. Then we'll head to the gardens to enjoy a guided tour of an authentic Japanese garden. With grace, beauty, elegance, and gentle awareness, the Anderson Garden exemplifies Japanese cultural heritage of respectful humility in service to people of all cultures. Guests must be able to travel on their own or bring someone to assist them. Registration will begin at the May luncheon.

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

**Departure:** 9:45 a.m.

**Return:** Approximately 5:30 p.m.

**Cost:** \$65 (includes lunch with gratuity, admission and guided tour of the gardens, and round-trip travel on a coach bus)

## FITNESS

### Exercise—Mild & Moving

Tuesdays, 11:00 a.m.–12:00 p.m.



Boost your cardiovascular fitness, flexibility, and balance, all while you move to fun music, standing or sitting in a chair.

A former dancer with

the Juilliard School in New York, instructor Suzanne Harris is a certified physical trainer who also teaches at Galter LifeCenter. Take advantage of this great way to stay fit!

**Cost:** \$2/class

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

### Tai Chi

Fridays, 11:00 a.m.–12:00 p.m.

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Why tai chi? Increased balance, stamina, flexibility, brain health, and reduced blood pressure... all are possible benefits of tai chi! Come try something new—you'll learn and practice in a supportive, compassionate environment and feel better! Please wear loose-fitting, comfortable clothing, and bring a pair of socks.

**Cost:** \$4/class

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

### LOCATION INFORMATION

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

## LIFELONG LEARNING

### Tuesday Morning Book Club

Meets the last Tuesday of the month.



*Whiskey and Ribbons*

By Leesa Cross-Smith

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



*The Moth Presents: All These Wonders*

By Catherine Burns

**Date:** Tuesday, May 26,  
10:00–11:30 a.m.



*The House of Broken Angels*

By Luis Alberto Urrea

**Date:** Tuesday, June 30,  
10:00–11:30 a.m.

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

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

**Cost:** **FREE**

**Contact:** (773) 769.1995

### History Program: Elizabeth Gurley Flynn

**Thursday, May 21, 1:00–2:00 p.m.**

Historian Paula Fenza will present a fascinating introduction to Elizabeth Gurley Flynn, an early labor leader, activist, and feminist who played a leading role in the Industrial Workers of the World. She was also a founding member of the American Civil Liberties Union.

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

**Cost:** **FREE**

**Reservations Required:** Call (773) 769.1995

## HEALTH & WELLNESS

### Gardening Your Inner Spirit

**Thursday, May 7, 1:00–3:00 p.m.**

*Kathy Bavaro, Spiritual Guide*

We will explore those places inside of us that seek inner growth. Using readings and music, we will begin to notice the voices of hope, joy, and contentment that are blooming inside of us.

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

**Cost:** \$2

**Reservations Required:** (773) 769.1995

### Mindful Moments

**Tuesday, June 9, 1:00–3:00 p.m.**

*Kathy Bavaro, Spiritual Guide*

Being mindful and conscious of the positive energy that is available to us each moment is a great gift to access. Mindfulness can relieve stress and anxiety. It is an opportunity to restore balance and improve decision-making.

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

**Cost:** \$2

**Reservations Required:** (773) 769.1995

### Low-Vision Friends

**Mondays, April 13, May 11, and June 8, 10:00 a.m.**

This group provides an exchange of information, moral support, resource sharing, tricks of the trade, and solutions for people with low vision. *Meets the second Monday of each month. Call to confirm.*

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

**Cost:** **FREE**

**Contact:** (773) 769.1995



## VOLUNTEER SPOTLIGHT: Jo Miller

About 12 years ago, long-time Edgewater resident Jo Miller attended a local health fair with a friend and learned about Mather's monthly luncheons. The two decided to give it a try... and soon afterward, Jo became a dedicated volunteer at the luncheons and a regular attendee at

our Exercise—Mild and Moving class.

Jo loves the luncheons, saying, "The energy and vitality in the room is amazing. People are very friendly." She adds, "When I first attended, I was amazed at how efficiently they served so many people. It runs so smoothly!"

As for the exercise class, she says, "I feel like I'm in better shape now than when I started — and I was in my late 60s then. I get a lot out of it, and it's fun." Each class comprises half an hour of aerobics followed by half an hour of stretching. "Our instructor is very good about individualizing the exercises for people," says Jo.

She also volunteers at Misericordia, teaching office skills and overseeing work projects one day a week.

Jo moved to Chicago from England in the 1960s with the intent of moving from state to state. She didn't realize she would have to apply for a nursing license in every state, so she ended up staying put. "I love Chicago—and I did get a chance to see the states when I drove cross-country, several times," she says.

## ARTS & CREATIVITY

### Make a Paper Flower Wreath

**Thursday, May 14, 2:00–4:00 p.m.**

Artist Vivian Visser will teach you to how to make a beautiful eight-inch wreath using self-created trumpet-shaped paper flowers.

**Cost:** \$12 (includes materials)

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

### Art Insights—Coming in May!

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

### Greek Dance Class

**Thursdays, June 18 and 25, 1:00–2:00 p.m.**



Like to dance? Like to try new things? Join us for one or both of these classes and learn the steps to Greek line dances. Get some great exercise while learning something new or joining in dances you may

already know! No need to bring a partner.

**Cost:** \$4/session

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

*Presented by Mather and the Edgewater Village*

### LOCATION INFORMATION

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



# JUST FOR FUN

## Film Series

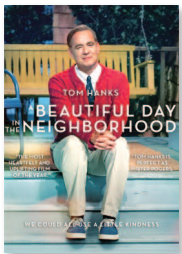
Light refreshments will be served.

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

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



### *It's a Beautiful Day in the Neighborhood* PG



Tom Hanks portrays Mister Rogers in a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

**Wednesday, April 1, 1:00–3:00 p.m.**

### *Knives Out* PG-13

When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

**Wednesday, April 8, 1:00–3:15 p.m.**

### *Little Women* PG



Jo March reflects back and forth on her life, telling the beloved story of the March sisters—four young women determined to live life on their own terms.

**Wednesday, May 13, 1:00–3:15 p.m.**

### *Just Mercy* PG-13

A powerful and thought-provoking true story that follows young lawyer Bryan Stevenson and his history-making battle for justice. Bryan defended Walter McMillian who, in 1987, was sentenced to die for the notorious murder of an 18-year-old girl, despite evidence proving his innocence. Bryan becomes embroiled in a labyrinth of legal and political maneuverings and unabashed racism as he fights for Walter, and others like him, with the odds—and the system—stacked against them.

**Wednesday, May 27, 1:00–3:15 p.m.**

### *1917* R

Two young British soldiers are given an impossible mission during the First World War: race deep into enemy territory to deliver a message that will stop 1,600 men, including one of the soldiers' brothers, from walking straight into a deadly trap.

**Wednesday, June 10, 1:00–3:00 p.m.**

### *Bombshell* R

A group of women take on Fox News head Roger Ailes and the toxic atmosphere he presided over at the network.

**Wednesday, June 17, 1:00–3:00 p.m.**



# MATHER TELEPHONE TOPICS

**ALL PROGRAMS ARE FREE.  
ALL YOU NEED IS YOUR TELEPHONE!**

Simply call a toll-free number to listen to a wide range of interesting discussions and programs. Dial into...

## WELLNESS PROGRAMS

Participate in live, guided chair yoga or meditation sessions to stretch your body or mind.

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[mather.com/  
telephonetopics](http://mather.com/telephonetopics).**



## PRESENTER SPOTLIGHT: Vivian Visser

Vivian's hands-on arts classes are popular with everyone from first-time crafters to accomplished artists. Vivian is a classically trained artist whose sculptures can be found in Lincoln Park and other outdoor locations in Chicago as well as in multiple galleries. She was even invited to show her work in an international sculpture festival in Taiwan.

Vivian has taught hands-on classes for Mather and other organizations for 11 years now. "I've taught all age groups, and found that I really prefer older adults," she says. "It's fantastic to see people make real progress at a new skill—even when they're in their 80s."

In a typical class, Vivian will guide six to eight students through making a craft, such as greeting cards, a mosaic frame, or a holiday decoration. "I break down the process into steps, and give help to students as needed," she explains. "About a third of attendees are someone who has never done art before; others are accomplished artists."

She loves to see her students learn a new project so that they can then teach it to others—like their grandchildren. "I'll tell people where they can buy the supplies and give them tips," she says. "It's great to think that they'll repeat our process—that means it was a success. And I love when people are happy with what they made in a class."

You can learn more about Vivian and see some of her sculptures at [vivianvisser.com](http://vivianvisser.com).

# COMMUNITY CONNECTIONS

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

## GOOD MEMORIES CHOIR

EVANSTON, (847) 275.0326



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

## BERGER PARK

6205 N. SHERIDAN ROAD, (773) 761.0376

*Classes begin Monday, March 30 and continue through Sunday, June 7. Call for more specific information. Classes, dates, and prices are subject to change.*

## Bridge

Enjoy an afternoon playing bridge while meeting new friends, strengthening card playing skills, and sharpening your mind.

**Dates:** Tuesdays and Thursdays, 12:00–3:00 p.m.

**Cost:** FREE

## OAK STREET HEALTH – EDGEWATER

1541 W. DEVON AVENUE, (773) 250.5222

## Simply Strong

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

**Dates:** Tuesdays, 10:00–11:00 a.m.

**Cost:** FREE

## NORTHSIDE COMMUNITY RESOURCES

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

## Senior Home Repair Program

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

## CJE SENIORLIFE

**A Non-Denominational Social Service Agency**

3003 W. TOUHY AVENUE, (773) 508.1000

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

## CLEAR CAPTIONS

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

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

## THE LENDING CLOSET

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

## HEART-TO-HEART

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

**CITY LIT**  
LITERATE ★ THEATER

## MEET CITY LIT THEATER

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

## CHICAGO METHODIST SENIOR SERVICES

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

Chicago Methodist Senior Services provides a continuum of services and residences to support the needs of older adults at every step of life. These services include supportive living, memory care, short-term rehabilitation, home care, and affordable senior housing.



**MONDAY, APRIL 20  
10:00 A.M. – 1:00 P.M.**

**Broadway Armory  
5917 N. Broadway, Chicago**

Join Alderman Harry Osterman at the 20th Annual Senior Resource Fair. Meet over 60 providers of services to citizens over 55 years old for information about

- health and fitness
- housing and assisted living
- quality of life concerns
- medical care
- insurance
- Medicare and Medicaid
- Transportation
- utility billing options
- tax exemptions
- and other topics

*Light lunch and entertainment provided.*

**OPEN TO ALL AND FREE OF CHARGE.**





1020 W. Bryn Mawr Avenue  
Chicago, IL 60660

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## EXPERIENCE OUR MONTHLY LUNCHEONS

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