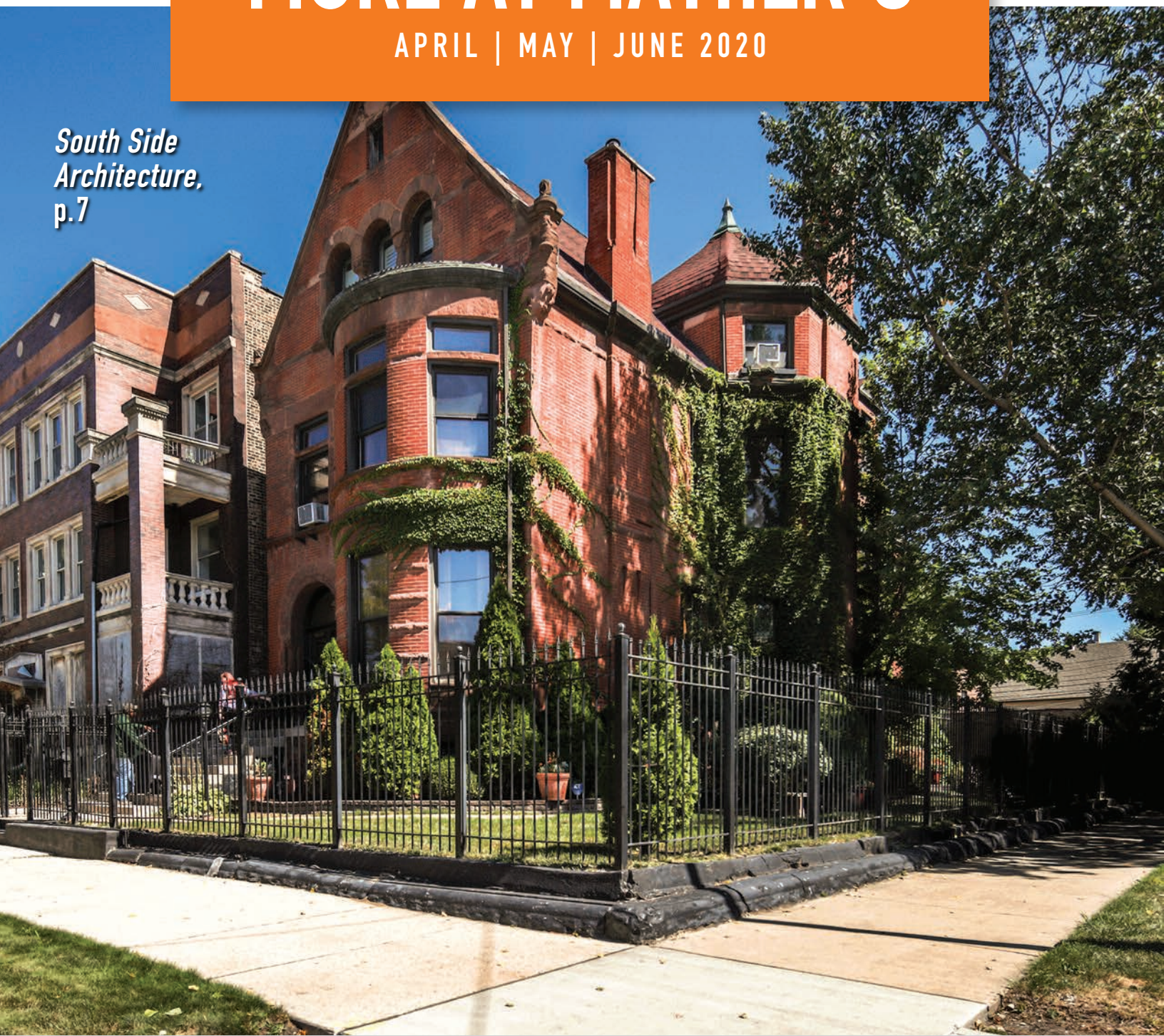


MORE AT MATHER'S

APRIL | MAY | JUNE 2020

*South Side
Architecture,
p.7*



Try a new hands-on art class. See page 3.

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



REFRESH & CRUISE WITH CONFIDENCE

AARP SAFE DRIVING CLASS, PART 1 & 2

Tuesday, April 21 & Wednesday,
April 22, 12:00–4:00 p.m.

Certified AARP Driver Safety Volunteer
Even the most experienced drivers can benefit from brushing up on their skills. This class will teach you the current rules of the road, defensive driving techniques, and ways to operate your vehicle more safely in today’s increasingly challenging driving environment.

Cost \$15 for AARP members; \$20 for nonmembers. Make checks payable to AARP.



CHECK OUT WHAT’S HAPPENING!

■ Arts & Creativity	3	■ Technology.....	8
■ Health & Wellness	4	■ Trips	9
<i>Invest some time in learning a healthy habit—like Breathing Yoga!</i>		■ Fitness	10
■ Culinary Delights.....	5	<i>Try a unique workout, like our Saturday stepping class!</i>	
<i>Check out our meal specials—like the Burger of the Month!</i>		■ Free Resources	11
■ Music & Entertainment	5	<i>Get expert information, advice, and answers on topics like Social Security, tax exemptions, and more.</i>	
■ Lifelong Learning	6	■ Ongoing Events.....	12
<i>Choose from author presentations, film screenings, and more—like classes on how to become a voice-over artist.</i>		■ April May June At-a-Glance	13

MATHER’S—MORE THAN A CAFÉ HOURS

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

ARTS & CREATIVITY

Thursdays, April 2 & 16, May 7 & 21, and June 4 & 18

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

Ruthe Guerry, Art Therapist

Learn to appreciate art through in-class experiences as well as museum and gallery visits. *All supplies included.*

Suggested Donation \$7 per session

Fridays, April 3–May 8

11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry

Madie Cannamore, Instructor

Learn basic and advanced steps for creating different kinds of jewelry. Students will display their work in a show at the end of the course. *Supply list provided. Suggested Donation*

\$6 per session

Thursdays, April 9, 23 & 30; May 14 & 28, and June 11 & 25

11:00 a.m.–12:00 p.m. Color Me Relaxed

Sharon Smith, Possibilities Coach

Join us for a relaxing, mindful, and creative coloring class using colored pencils and/or markers. *Basic supplies included.*

Suggested Donation \$7 per session

Tuesdays, April 14–28

1:00–2:30 p.m. The Art of Macramé: A 3-Part Series

Ruthe Guerry, Art Therapist

Learn basic knot-tying techniques of the ancient art of macramé for décor and jewelry making. *All supplies included.*

Suggested Donation \$20 for series

Tuesday, May 12

1:00–2:30 p.m. Terrarium Building

Ruthe Guerry, Art Therapist

Create an underwater and a succulent terrarium under Ruthe's expert guidance. *All supplies included. Suggested Donation \$8*

Fridays, May 15–June 19

9:00–11:00 a.m. The Acting Workshop Resumed

Shelia Robinson, Acting Instructor

Learn the basics and enhanced techniques of performing as you participate in exercises, games, and dancing. A short play or skit is performed at the end of the workshop. Have fun as you transform into another individual. *No prior acting experience required. Suggested Donation \$5 per session*

Terrarium Building



Tuesdays, May 19 & 26

1:00–2:30 p.m. Beautify House & Garden Plants with Mosaics, Part 1

Ruthe Guerry, Art Therapist

Create mosaics to beautify house and garden plants.

Suggested Donation \$7 per session

Tuesdays, June 2, 9, 16 & 30

1:00–2:30 p.m. Card-Making Techniques: A 4-Part Series

Ruthe Guerry, Art Therapist

Create your own personal greeting cards using a variety of art techniques including stamping, watercolor, and printmaking. *All supplies included. Suggested Donation \$28 for series*

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

HEALTH & WELLNESS



Breathing Yoga

Monday, May 4

2:00–3:00 p.m. Strengthening Your Pelvic Floor, Part 1

Sharon Smith, Possibilities Coach

Join us for an informative program to learn exercises and strategies for managing incontinence. *Suggested Donation \$5 per session*

Monday, May 11

2:00–3:00 p.m. Strengthening Your Pelvic Floor, Part 2

3:00–6:00 p.m. Mather's Beauty Box

Demetria Hayden, CEO, Altogether Lovely, Inc. & TaNaisha Lee, Skin Care & Aging

Pamper and educate yourself on the importance of maintaining a holistic body and hair regimen. We will focus on lifestyle habits for healthy hair, skin, and nails. Services provided: hair and scalp analysis, scalp massages, chair massages, mini-manicures, and facials. *Light refreshments served. Suggested Donation \$20*

Monday, May 18

2:00–3:00 p.m. Strengthening your Pelvic Floor, Part 3

Wednesday, May 20

10:00–11:30 a.m. Surviving or Thriving

James Burns, The Kennedy Foundation

In recognition of Mental Health Awareness Week, James will discuss the impact of mental health and stress on our community. *FREE*

Friday, April 3

1:00–2:00 p.m. Introduction to Holistic Health

Yvonne Green, Presenter

Learn small steps toward living a holistically healthy lifestyle in this educational, motivational, and inspirational presentation. *Suggested Donation \$5*

Thursdays, April 9–30

12:30–1:30 p.m. Breathing Yoga

Saidia, The Breathing Lady

This workshop focuses on how breathing correctly can impact your physical health, flow of energy, focus, and relation. *Suggested Donation \$5 per session*

Tuesday, April 28; Wednesday, May 6; and Wednesday, June 3

11:00 a.m.–12:00 p.m. Healthy Living

Mike Wills, Medicare Consultant

We'll focus on a health and wellness topic like brain health, aging happily, and healthy sleep. *FREE*



Monday, April 13

12:00–1:00 p.m. Opioids & Older Adults

Jason Molony, AM, University of Chicago Medicine



Learn about the impact of opioids on older adults in Chicago. Get trained to respond to an opioid overdose with Naloxone, which will be distributed after you complete the training. *FREE*

Tuesday, May 12

10:00–11:00 a.m.

Arthritis Awareness

Dr. Martinchek, University of Chicago Medicine

Learn the latest about treatments for arthritis and living with arthritis.

FREE

Monday, June 1

1:00–2:00 p.m. Memory Loss

Dr. Katherine Thompson, University of Chicago Medicine

Join us for a frank discussion on recognizing the signs of memory loss and treatment options. *FREE*

CULINARY DELIGHTS



The Culinary Delighters Present: Scones

APRIL BURGER OF THE MONTH

Cajun salmon burger with lime remoulade on toasted bun. Served with one side. *Cost \$7.19*

Saturday, April 11

10:00–11:30 a.m. The Culinary Delighters Present: Scones

Surge will show you how to make a moist, tender, and easy British treat. Enjoy sweet and savory scone samples with a cup of tea. *Cost \$6*

Wednesday, April 15



Passover

Matzoh ball soup, ginger-glazed salmon, roasted beet salad, and chocolate almond cake. *Cost \$9.29*

MAY BURGER OF THE MONTH

Hawaiian burger with grilled pineapple, red onion, and teriyaki mayo on a toasted sweet Hawaiian bun. Served with one side. *Cost \$7.19*

JUNE BURGER OF THE MONTH

Caprese burger with basil pesto, summer tomato, and mozzarella cheese on a toasted ciabatta bun. Served with one side. *Cost \$7.19*

Tuesday, June 16



Juneteenth Special

Kisha's old-fashioned Texas-style tea cakes. *Cost \$1 each*

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

MUSIC & ENTERTAINMENT



Mather's—More Than a Café Chorus

Monday, May 4

4:00–6:00 p.m. Mother's Day Tribute with Mather's—More Than a Café Chorus

Julia Whitfield, Chorus Director

Join the chorus for a musical tribute to mothers and other significant females. We'll dine on chicken Florentine roulade, rice pilaf, green beans, dinner rolls, punch, and strawberry shortcake. *Meal Cost \$10; Entertainment Suggested Donation \$5*

Sunday, June 21

1:00–3:30 p.m. A Tribute to Kings: A Father's Day Celebration

Treat the dads in your life to jazz accompanied by food fit for a king: grilled steak or salmon with sauce bearnaise, baked potato, green salad, asparagus, and loaded brownie à la mode. *Meal Cost \$15; Entertainment Suggested Donation \$10*

FIRST & THIRD FRIDAYS OF EACH MONTH



5:00–9:00 p.m. Steppers & Line Dance Party

Make it a dinner dance! We'll serve a full dinner menu until 8:00 p.m., including rotating specials. Order to eat in the Café while you enjoy the music, or get it to-go! *Suggested Donation \$5*

SECOND & FOURTH FRIDAYS OF EACH MONTH



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

Enjoy the acts and showcase your talents. Join the emcees: Baba Griot Leonard Lucas, the spoken-word artist, and Lil Bit, the karaoke star with 50,000+ songs in her library. America's got talent right here at Mather's! *Suggested Donation \$5*

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

LIFELONG LEARNING



MATHER'S IN CHATHAM WRITERS' GUILD

**Wednesdays,
11:00 a.m.–1:00 p.m.**

*J. D. Cooper,
Guild Master*

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

April 15

Memoir Writing

Who better to tell your story than you? Find the courage to write through this workshop.

May 13

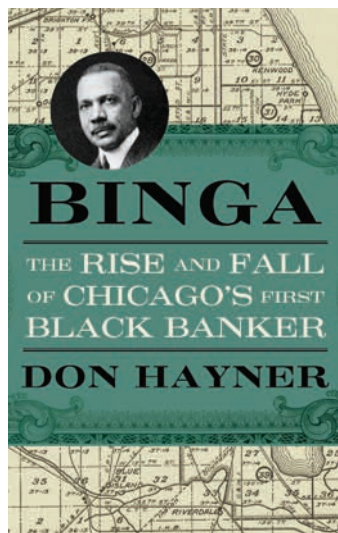
Make Writing Easy

Get tips and tricks with the 4 W.O.E.S.

June 10

Vivid Writing Made Easy

Learn how to give your audience an authentic experience. This session is led by award-winning writer Michael Stinson.



Jesse Binga: Chicago's First Black Banker

Mondays, April 6–June 1

11:00 a.m.–12:00 p.m.

Boost Your Brain & Memory: An 8-Week Series

*Sharon Smith,
Possibilities Coach*

This eight-week program will help you learn how to maintain and improve your brain's health through the six dimensions of wellness. *Suggested Donation \$32*

Tuesday, April 7

**9:00–10:30 a.m. Create
or Modify Your 2020
Vision Board**

Pat Knazze, Retired Educator
Create, review, release, or modify your vision board. Pat will show you the usefulness of a vision board in an interactive, fun, and encouraging setting. *FREE*



**Ragtime:
Elite Syncopation**

Friday, April 10

**1:00–2:30 p.m. Jesse Binga:
Chicago's First Black Banker**

Don Hayner, Former Editor-in-Chief, Chicago Sun-Times
Jesse Binga started out as a street peddler and became a millionaire Realtor and the city's first black banker. Hear the story of Binga's remarkable rise and the sad ending to his career. *FREE*

Thursdays, April 16–30 & May 14 & 21

**1:00–2:00 p.m. Voice-Overs:
Use Your Voice for Extra Cash**

*Marvinetta Woodley-Penn,
Voice-Over Coach, BA Theatre*
Participants will learn how to use their voices more effectively as they speak on the microphone or in one-on-one conversations. Each session will include video/audio taping and examination, tips, and resources. *Suggested Donation \$5*

Friday, April 17

**1:00–2:30 p.m. Ragtime:
Elite Syncopation**


*Reginald Robinson, Pianist,
Composer, Historian &
MacArthur Fellow*
Enjoy a musical performance and discussion of ragtime by one of the country's foremost pianists and composers and an internationally known recording artist. *Suggested Donation \$8*

Wednesday, April 22

9:00–11:00 a.m. Book Club
This month, we'll discuss *Our Souls at Night* by Kent Haruf. *FREE*

Friday, April 24

**1:00–2:30 p.m. The 1619
Project**

*Nikole Hannah-Jones, Staff
Reporter, The New York Times
& Creator of the 1619 Project*
 Recipient of a MacArthur Foundation Genius Grant, Nikole joins



The 1619 Project

us by Skype to discuss a controversial project that is reexamining the legacy of slavery and its true place in US history. **FREE**

Friday, May 1

1:00–2:30 p.m. Major Taylor: The Black Cyclone

Kisha Tandy, Assistant Curator, Indiana State Museum

skype Hear the incredible story of the first African American world champion in cycling and the first international African American sports hero. **FREE**

Friday, May 8

1:00–2:30 p.m. The Chicago Women's Golf Club

Ciji Henderson, President, CWGC

Learn the rich history of the nation's oldest African American women's golf club—and something



South Side Architecture

about the game of golf, including information on local golf courses. You might be inspired to start playing golf yourself! *Suggested Donation \$3*

Friday, May 15

1:00–2:30 p.m. Fury: Women's Lived Experiences in the Trump Era

Amy Roost, Co-Author



**AUTHOR
PRESENTATION**

The Trump presidency has put into sharp focus issues important to women. Amy discusses ways in which women's roles are now viewed. *Presenters' opinions are their own and do not necessarily represent opinions of Mather. Suggested Donation \$5*

Friday, May 22

1:00–2:30 p.m. South Side Architecture

Lee Bey, Author & Architecture Critic



**AUTHOR
PRESENTATION**

Lee shares photographs from his new book on the underappreciated architecture of Chicago's South Side. View photos of buildings designed by the great masters as well as important works by lesser-known architects. *Suggested Donation \$5*

Wednesday, May 27

9:00–11:00 a.m. Book Club

This month, we'll discuss *The Water Dancer* by Ta-Nehisi Coates. **FREE**

Friday, May 29

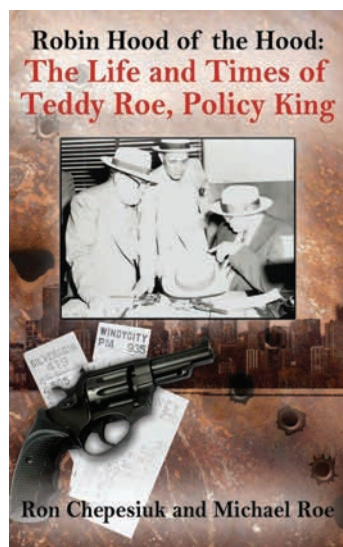
1:00–2:30 p.m.

Myths about the Civil War

Bob Presman, Former News & Sports Director, WROK in Rockford

Was the Civil War fought over economic issues, or was slavery the most important issue? Is much of what we know about the war based on histories written by Southern writers? Is our present-day gun culture tied to the war? Get a fresh perspective on the Civil War and how it profoundly affects our lives today. *Suggested Donation \$5*

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



Teddy Roe & Policy in Chicago

Friday, June 5

1:00–2:30 p.m. Black Politics & Education Reform in Chicago

Elizabeth Todd-Breland, Associate Professor of History, University of Illinois at Chicago
Elizabeth talks about the complicated issues surrounding African American achievement in education in Chicago, and shares stories of black activists, educators, parents, and students who have tried to improve the educational system.
Suggested Donation \$3

Friday, June 12

1:00–2:30 p.m. Confessions of a Recovering Racist

Emma Young, Author



**AUTHOR
PRESENTATION**

Learn how lifelong Chicagoan George O'Hare went from racist to advocate for civil rights. Hear the

compelling story of a white man who learned to overcome his prejudices and became a hero to the black community. *FREE*

Friday, June 19

1:00–2:30 p.m. Teddy Roe & Policy in Chicago

Mike Roe, Author



**AUTHOR
PRESENTATION**

Teddy Roe was the king of Policy, the gambling game that dominated Chicago's South Side in the '40s and '50s. He was one of the few African American mob bosses who stood up to the Chicago Outfit when they tried to take control of Policy. Mike will also cover the rise and demise of Policy.
Suggested Donation \$5

Wednesday, June 24

9:00–11:00 a.m. Book Club

This month, we'll discuss *Make Your Bed* by William H. McRaven. *FREE*

Friday, June 26

1:00–2:30 p.m.

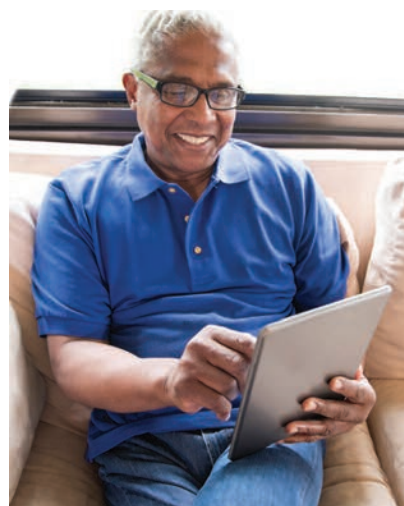
The Obsidian Project

Angela Ford, Director

A major archiving project for African American history, the Obsidian Collection is a user-friendly online portal that provides access to historically significant newspapers, research papers, and magazines.
Suggested Donation \$5

TECHNOLOGY

TWO-DAY CLASSES: Cost \$35



Learn How to Use an iPad

Thursdays, April 16 & 23

2:00–4:00 p.m. Email Basics

Learn how to send, receive, reply to, and delete emails; work with attachments; and organize your contact list in Gmail.

Thursdays, April 30 & May 7

2:00–4:00 p.m. Learn How to Use an iPad

Learn the basics of using the iPad along with other features like iCloud, iTunes, Siri, and the App Store.

Thursdays, May 14 & 21

2:00–4:00 p.m. Getting Started with Facebook

Learn how to set up an account and find out about security features and ways to add photos.

Thursdays, June 4 & 11

2:00–4:00 p.m. Computer Basics

Learn the parts of a computer, how to use a mouse, what windows are, and basic word processing techniques.

Tuesday, April 21

10:00–10:30 a.m. Tech Table

Got a tech-related question? Stop by and ask a quick question. *FREE*

**Thursdays,
April 2 & 9 or
June 18 & 25**

2:00–4:00 p.m.

Word Basics

This class will introduce you to the world's most popular word-processing program. Familiarize yourself with features that can help you create documents that have impact.

TRIPS

Shen Yun



Shen Yun

DATE: Saturday, April 4

Shen Yun Performing Arts is the world's premier classical Chinese dance and music company. Shen Yun was established in New York in 2006 by elite Chinese artists who came together with a shared vision and passion—to revive the lost world of traditional Chinese culture and share it with everyone. The name Shen Yun means the beauty of divine beings dancing, and that is what the audience experiences.

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

Approximate return to Mather's: 5:00 p.m.

Cost \$140

Cost includes transportation and admission. Please register and pay in advance. Limit 28.

Underground Railroad & Black History Tour of the South Suburbs

DATE: Thursday, May 14

This tour includes Underground Railroad sites on the Little Calumet River; in Crete, Park Forest, and Matteson, up to Robbins; and a visit to the Robbins Historical Museum. We'll stop for lunch. Provided by Southland Caterers in Park Forest. The tour guide is Dr. Larry McClellan, Professor Emeritus of Sociology and Community Studies at Governors State University.

Depart from Mather's: 8:00 a.m.

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

Cost \$45

Cost includes transportation, lunch, and admission. Please register and pay in advance. Limit 28.

Michigan City, Indiana

DATE: Sunday, June 14

There's plenty to do in Michigan City! We'll browse the Antique Market, visit the Light House, and enjoy lunch at the Blue Chip Casino!

Depart from Mather's: 8:30 a.m.

Approximate return to Mather's: 7:30 p.m.

Cost \$40

Cost includes transportation and lunch. Please register and pay in advance. Limit 28.

AMERICAN CLASSIC TOURS Book Summer & Fall Tours Now!

For detailed tour itineraries or to make a reservations, please call American Classic Tours Inc. at (800) 666.0358 or (847) 548.3333.

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

FITNESS

ALL CLASSES ARE 50 MINUTES LONG UNLESS OTHERWISE NOTED.

MONDAY

7:30–9:00 a.m. 10K Walkers

Sharon Smith, Possibilities Coach

Orientation will take place before the first walk on May 4 at 7:30 a.m. Weather permitting, the group will walk every Monday and Wednesday through October 28. We will meet at Mather's and walk to Cole Park. **FREE**

10:00–11:00 a.m. Urban Chi

Wendell Williams, Instructor

Urban Chi takes a fun yet gentle approach to tai chi that will help you maintain balance, improve coordination and range of motion, and manage stress. No class on the first Monday of the month. **Cost \$5.75**

1:00 p.m. Group Exercise

Jaime Cordoba, Instructor

Classes focus on cardiovascular fitness, strength training, flexibility, and balance. **Cost \$4.25**

TUESDAY

7:30–8:50 a.m. Worth the Weight

Sharon Smith, Possibilities Coach

Attend strength-training classes two days per week to improve your everyday functioning with the use of weights and bands. Please preregister before the first class of the month. **Cost \$3.50**

10:30–11:15 a.m. Moving Easy

Toni Hector, Instructor

If you have arthritis, join us for a unique class that will help you improve flexibility and range of motion as well as manage joint pain without weights. **Cost \$5.25 per class**

WEDNESDAY

7:30–9:00 a.m. 10K Walkers

See Monday.

10:00–10:45 a.m. Chairobics for Active Agers

Wendell Williams, Senior Fitness Specialist

Exercise using a chair in this total fitness workout that enhances stability, mobility, flexibility, and muscle endurance. **Cost \$5.75 per class**

11:00 a.m. Line Dancing

Step right up and have fun learning the footwork of popular line dances. Dolores “Dee” Pillow will teach you the steps, and you can get a cardio workout as you practice. **Cost \$4**

12:00 p.m. Meditation & Relaxation

Sharon Smith, Possibilities Coach

Simple yoga breathing techniques will be covered. **Cost \$4.75**

1:00 p.m. Steppers Step Out

Maurice Coes, Instructor

The moves of this popular dance are fun and easy to learn! **Cost \$5.25**

2:30 p.m. Men's Strength Training

Toni Hector, Instructor

Train with a professional exercise instructor for improved daily function. **Cost \$5**

THURSDAY

7:30–8:50 a.m. Worth the Weight

See Tuesday.

9:00 a.m. Tai Chi Movement

Anthony Guerrero, Instructor

Learn the low-impact and non-strenuous movements associated

with the traditional tai chi “long form.” **Cost \$6**

10:30 a.m. African Movement & Dance

Toni Hector, Instructor

A low-impact workout designed to tone and strengthen in a structured way. **Cost \$4.50**

11:30 a.m.–12:15 p.m. Moving Easy

See Tuesday.

FRIDAY

9:00 a.m. Yoga Balance

Toni Hector, Instructor

Join us for a balance exercise class for those who want to maintain or improve their ability to function and move safely every day. **Cost \$5.25**

10:15 a.m. Laughter Yoga

Linda Hondras & Donna Lawrence, Instructors

Come with an open mind and leave feeling rejuvenated and refreshed. **Cost \$3.50**

11:15 a.m. Strength & Stretch

Jaime Cordoba, Instructor

Decrease your risk of falls, boost your metabolism and energy, and relieve joint pain with moderate resistance training. **Cost \$4.25**

SATURDAY

10:30 a.m.–12:00 p.m.

Steppers Step Out

See Wednesday.

FREE RESOURCES

Thursdays, April 9, May 28 & June 11

1:00–2:00 p.m. Social Security 101

Daniel Summers, Public Affairs Specialist

Get detailed information about Social Security programs such as retirement, disability, Medicare basics, information on scams, ID theft, spouse's and widow's benefits, and SSI.

Thursdays, April 16, May 21 & June 18

12:15–1:30 p.m. Women & Financial

Power: 3-Part Series

Edgar Wright, Consultant, SS Stone

Wealth Management

Part 1 will deal with the types of powers of attorney and guardianship; the second session covers the difference between a will and a transfer on death; and part 3 covers types of trusts, tax implications, and health, legal, and end-of-life resources.

Wednesday April 24

1:00–2:00 p.m. Climate Change

Mr. Treptow, Presenter

In recognition of Earth Day, we'll discuss the impact of climate change today and for future generations. Learn how you can impact your footprint on our earth.

Monday, May 4

10:00–11:00 a.m. How to Draft a Power of Attorney & Living Will, Part 1

Center for Disability & Elder Law

This program addresses legal services for powers of attorney for health care, property, and living will declarations. First, learn why these documents are important. In the second session, lawyers will help you file your power of attorney and living will declaration forms. *You must attend Part 1 to participate in Part 2.*

Thursday, May 7

1:00–2:00 p.m. Senior Tax Exemptions

Representative, Cook County

Assessor's Office

Find out what property tax exemption you may be eligible for. These exemptions can save you money.

Tuesday, May 19

1:00–3:30 p.m. How to Draft a Power of Attorney & Living Will, Part 2

Wednesday, May 27

9:00–10:00 a.m. Volunteer at Mather's—More Than a Café

Join us to find out about volunteering and its benefits. Call (773) 488.2801.

Wednesday, June 10

9:00–10:30 a.m. Volunteer at Mather's—More Than a Café

COOK COUNTY ELDER JUSTICE CENTER

As a partnership arrangement with the Cook County Elder Justice System, we are providing information each month about one or two of their free seminars. Seminars are held from 12:00–1:30 p.m. at the Elder Justice Center, Richard J. Daley Center, 50 W. Washington Street, Suite 2005. Admission is free, but please call (312) 603-9233 to reserve a seat.

April 9

A Senior's Guide to Property Tax Savings

April 23

Social Security: Rights, Responsibilities & Deadlines

May 7

Financial Planning Part I: Preparing for Caregiver Services

May 21

Financial Planning Part II: City/County Reduced Cost Services for Seniors

June 11

Elderly Frauds and Scams



BUSINESS EXPO WEEK

Mather's—More Than a Café will host a week-long business expo every month for those who would like to share information or sell their wares. *Call (773) 488.2801 to participate as a vendor/exhibitor or for more details. Vendor cost: \$30/day*

MARK YOUR CALENDAR FOR THE FOLLOWING WEEKS:

April 6–10, May 4–8, June 1–5, 9:30 a.m.–1:30 p.m.

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

ONGOING EVENTS



Latin Rhythms

MONDAY

9:00–11:00 a.m.

Red Hat Society
JUST FOR FUN

A support network for women to focus on friendship, sisterhood, and fun. Takes place the first Monday of each month. *Open for new members.* **FREE**

3:00–4:00 p.m. **Mather's—More Than a Café Chorus**
MUSIC & ENTERTAINMENT

The Chorus performs year-round concerts. *Waiting list.* **FREE**

TUESDAY

9:00 a.m.–12:30 p.m.

Piano Lessons

MUSIC & ENTERTAINMENT

Thirty-minute lessons for beginners and those with

limited experience. *No space available at this time. Check with the front desk for availability. Suggested Donation \$25 for 4 lessons*

11:00 a.m.–12:00 p.m.
Caregiving & Creativity Chat
FREE RESOURCES

Caring for a loved one at home? Pick up the phone and join an art therapist and other caregivers in a conference call that offers support and a creative outlet. Call (888) 600.2560 for the call-in number. *Chats the first Tuesday of each month.* **FREE**

11:00 a.m.–12:00 p.m.
Crochet Cluster
ARTS & CREATIVITY

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

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

No space available at this time. Check with the front desk for availability.

2:30–3:30 p.m.

Latin Rhythms
ARTS & CREATIVITY

Students will learn basic or advanced steps of four Latin dances. *Suggested Donation \$6*

WEDNESDAY

12:00–2:30 p.m. **Consult with a Social Worker**
FREE RESOURCES

A licensed social worker will be available for individual consultations. Get information and referrals to community services. *Registration required.* **FREE**

THURSDAY

2:00–4:00 p.m.
Open Bridge/Whist/Scrabble/Chess Club
JUST FOR FUN

Join other card sharks or enjoy the game of your choice. Scrabble and chess players may bring their own boards. *Suggested Donation \$1.30*

FRIDAY

11:30 a.m.–1:30 p.m.
Blood Pressure Screening
HEALTH & WELLNESS

Get your blood pressure checked each week by a registered clinician. **FREE**

MAGAZINE RELEASE PARTY | FRIDAY, JUNE 5

Join us on June 5 to see the **NEXT** *More at Mather's* magazine. Register for an event in July, August, or September 2020, and **enter to win a FREE Fitbit!**

Note: you must register on-site and pay in full by June 12.

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.

April | May | June At-a-Glance

WEEKLY EVENTS

Monday

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

Tuesday

7:30 a.m. Worth the Weight ...	10
10:30 a.m. Moving Easy.....	10
2:30–3:30 p.m. Latin Rhythms..	12

Wednesday

10:00 a.m. Chairobics for Active Agers.....	10
11:00 a.m. Line Dancing	10
12:00 p.m. Consult with a Social Worker	12
12:00 p.m. Meditation & Relaxation	10
1:00 p.m. Steppers Step Out ...	10
2:30 p.m. Men's Strength Training.....	10

Thursday

7:30 a.m. Worth the Weight ...	10
9:00 a.m. Tai Chi Movement ...	10
10:30 a.m. African Movement & Dance	10
11:30 a.m. Moving Easy	10
2:00 p.m. Open Bridge/Whist/ Scrabble/Chess Club	12

Friday

9:00 a.m. Yoga Balance	10
10:15 a.m. Laughter Yoga.....	10
11:15 a.m. Strength & Stretch .	10
11:30 a.m. Blood Pressure Screening	12

Saturday

10:30 a.m. Steppers Step Out ..	10
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APRIL

BURGER OF THE MONTH:

<i>Cajun Salmon Burger</i>	5
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Thursday, April 2

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

Friday, April 3

11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry.....	3
1:00–2:00 p.m. Introduction to Holistic Health	4
5:00–9:00 p.m. Steppers & Line Dance Party	5

Saturday, April 4

TRIP: Shen Yun.....	9
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Monday, April 6

9:00–11:00 a.m. Red Hat Society.....	12
11:00 a.m.–12:00 p.m. Boost Your Brain & Memory: An 8-Week Series	6

Tuesday, April 7

9:00–10:30 a.m. Create or Modify Your 2020 Vision Board	6
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Thursday, April 9

11:00 a.m.–12:00 p.m. Color Me Relaxed	3
12:30–1:30 p.m. Breathing Yoga.....	4
1:00–2:00 p.m. Social Security 101, Part 1	11
2:00–4:00 p.m. Word Basics, Part 2	8

Friday, April 10

11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry.....	3
1:00–2:30 p.m. Jesse Binga: Chicago's First Black Banker.....	6
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	5

Saturday, April 11

10:00–11:30 a.m. The Culinary Delighters Present: Scones	5
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Monday, April 13

11:00 a.m.–12:00 p.m. Boost Your Brain & Memory, Part 2	6
12:00–1:00 p.m. Opioids & Older Adults.....	4

Tuesday, April 14

11:00 a.m.–12:00 p.m. Crochet Cluster.....	12
1:00–2:30 p.m. The Art of Macramé: A 3-Part Series.....	3

Wednesday, April 15

Passover Meal Special.....	5
11:00 a.m.–1:00 p.m. Mather's in Chatham Writers' Guild, Session 1.....	6

Thursday, April 16

11:00 a.m.–12:00 p.m. Art Appreciation ..	3
12:15–1:30 p.m. Women & Financial Power, Part 1	11
12:30–1:30 p.m. Breathing Yoga.....	4
1:00–2:00 p.m. Voice-Overs: Use Your Voice for Extra Cash.....	6
2:00–4:00 p.m. Email Basics, Part 1.....	8

Friday, April 17

11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry.....	3
1:00–2:30 p.m. Ragtime: Elite Syncopation	6
5:00–9:00 p.m. Steppers & Line Dance Party	5

Monday, April 20

11:00 a.m.–12:00 p.m. Boost Your Brain & Memory, Part 3	6
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Tuesday, April 21

10:00–10:30 a.m. Tech Table	8
11:00 a.m.–12:00 p.m. Crochet Cluster.....	12
12:00–4:00 p.m. AARP Safe Driving Class, Part 1	2
1:00–2:30 p.m. The Art of Macramé, Part 2	3

Wednesday, April 22

9:00–11:00 a.m. Book Club	6
12:00–4:00 p.m. AARP Safe Driving Class, Part 2	2

Thursday, April 23

11:00 a.m.–12:00 p.m. Color Me Relaxed	3
12:30–1:30 p.m. Breathing Yoga.....	4
1:00–2:00 p.m. Voice-Overs: Use Your Voice for Extra Cash.....	6
2:00–4:00 p.m. Email Basics, Part 2.....	8

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

Friday, April 24

11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry.....	3
1:00–2:00 p.m. Climate Change.....	11
1:00–2:30 p.m. The 1619 Project	6
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	5

Monday, April 27

11:00 a.m.–12:00 p.m. Boost Your Brain & Memory, Part 4.....	6
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Tuesday, April 28

11:00 a.m.–12:00 p.m. Crochet Cluster.....	12
11:00 a.m.–12:00 p.m. Healthy Living ...	4
1:00–2:30 p.m. The Art of Macramé, Part 3	3

Thursday, April 30

11:00 a.m.–12:00 p.m. Color Me Relaxed	3
12:30–1:30 p.m. Breathing Yoga	4
1:00–2:00 p.m. Voice-Overs: Use Your Voice for Extra Cash.....	6
2:00–4:00 p.m. Learn How to Use an iPad, Part 1.....	8

MAY

BURGER OF THE MONTH:

<i>Hawaiian Burger</i>	5
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Friday, May 1

11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry.....	3
1:00–2:30 p.m. Major Taylor: The Black Cyclone.....	7
5:00–9:00 p.m. Steppers & Line Dance Party	5

Monday, May 4

7:30–9:00 a.m. 10K Walkers	10
9:00–11:00 a.m. Red Hat Society.....	12
10:00–11:00 a.m. How to Draft a Power of Attorney & Living Will, Part 1.....	11
11:00 a.m.–12:00 p.m. Boost Your Brain & Memory, Part 5.....	6
2:00–3:00 p.m. Strengthening Your Pelvic Floor, Part 1	4
4:00–6:00 p.m. Mother's Day Tribute with Mather's—More Than a Café Chorus	5

Wednesday, May 6

7:30–9:00 a.m. 10K Walkers	10
11:00 a.m.–12:00 p.m. Healthy Living ...	4

Thursday, May 7

11:00 a.m.–12:00 p.m. Art Appreciation ..	3
1:00–2:00 p.m. Senior Tax Exemptions ..	11
2:00–4:00 p.m. Learn How to Use an iPad, Part 2.....	8

Friday, May 8

11:00 a.m.–1:00 p.m. Create Unique Pieces of Jewelry.....	3
1:00–2:30 p.m. The Chicago Women's Golf Club.....	7
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	5

Monday, May 11

7:30–9:00 a.m. 10K Walkers	10
11:00 a.m.–12:00 p.m. Boost Your Brain & Memory, Part 6	6
2:00–3:00 p.m. Strengthening Your Pelvic Floor, Part 2	4
3:00–6:00 p.m. Mather's Beauty Box	4

Tuesday, May 12

10:00–11:00 a.m. Arthritis Awareness...	4
11:00 a.m.–12:00 p.m. Crochet Cluster.....	12
1:00–2:30 p.m. Terrarium Building	3

Wednesday, May 13

7:30–9:00 a.m. 10K Walkers	10
11:00 a.m.–1:00 p.m. Mather's in Chatham Writers' Guild, Session 2	6

Thursday, May 14

TRIP: Underground Railroad & Black History Tour of the South Suburbs.....	9
11:00 a.m.–12:00 p.m. Color Me Relaxed	3
1:00–2:00 p.m. Voice-Overs, Use Your Voice for Extra Cash.....	6
2:00–4:00 p.m. Getting Started with Facebook, Part 1	8

Friday, May 15

9:00–11:00 a.m. The Acting Workshop Resumed	3
1:00–2:30 p.m. <i>Fury: Women's Lived Experiences in the Trump Era</i>	7
5:00–9:00 p.m. Steppers & Line Dance Party	5

Monday, May 18

7:30–9:00 a.m. 10K Walkers	10
11:00 a.m.–12:00 p.m. Boost Your Brain & Memory, Part 7	6
2:00–3:00 p.m. Strengthening Your Pelvic Floor, Part 3	4

Tuesday, May 19

11:00 a.m.–12:00 p.m. Crochet Cluster.....	12
1:00–2:30 p.m. Beautify House & Garden Plants with Mosaics, Part 1.....	3
1:00–3:30 p.m. How to Draft a Power of Attorney & Living Will, Part 2.....	11

Wednesday, May 20

7:30–9:00 a.m. 10K Walkers	10
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10:00–11:30 a.m. Surviving or Thriving.....	4
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Thursday, May 21

11:00 a.m.–12:00 p.m. Art Appreciation ..	3
12:15–1:30 p.m. Women & Financial Power, Part 2	11
1:00–2:00 p.m. Voice-Overs: Use Your Voice for Extra Cash.....	6
2:00–4:00 p.m. Getting Started with Facebook, Part 2	8

Friday, May 22

9:00–11:00 a.m. The Acting Workshop Resumed	3
1:00–2:30 p.m. <i>South Side Architecture</i>	7
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	5

Monday, May 25

CAFÉ CLOSED — Happy Memorial Day!

Tuesday, May 26

11:00 a.m.–12:00 p.m. Crochet Cluster.....	12
1:00–2:30 p.m. Beautify House & Garden Plants with Mosaics, Part 2.....	3

Wednesday, May 27

7:30–9:00 a.m. 10K Walkers	10
9:00–10:00 a.m. Volunteer at Mather's—More Than a Café	11
9:00–11:00 a.m. Book Club	7

Thursday, May 28

11:00 a.m.–12:00 p.m. Color Me Relaxed	3
1:00–2:00 p.m. Social Security 101, Part 2	11

Friday, May 29

9:00 a.m.–11:00 p.m. The Acting Workshop Resumed	3
1:00–2:30 p.m. Myths about the Civil War	7

JUNE

BURGER OF THE MONTH:

<i>Caprese Burger</i>	5
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Monday, June 1

7:30–9:00 a.m. 10K Walkers	10
9:00–11:00 a.m. Red Hat Society.....	12
11:00 a.m.–12:00 p.m. Boost Your Brain & Memory, Part 8	6
1:00–2:00 p.m. Memory Loss.....	4

Tuesday, June 2

1:00–2:30 p.m. Card-Making Techniques: A 4-Part Series	3
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Wednesday, June 3

7:30–9:00 a.m. 10K Walkers 10
 11:00 a.m.–12:00 p.m. Healthy Living ... 4

Thursday, June 4

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

Friday, June 5***Magazine Release Party!***

9:00 a.m.–11:00 p.m. The Acting
 Workshop Resumed 3
 1:00–2:30 p.m. Black Politics &
 Education Reform in Chicago..... 8
 5:00–9:00 p.m. Steppers & Line
 Dance Party 5

Monday, June 8

7:30–9:00 a.m. 10K Walkers 10

Tuesday, June 9

11:00 a.m.–12:00 p.m. Crochet
 Cluster..... 12
 1:00–2:30 p.m. Card-Making
 Techniques, Part 2 3

Wednesday, June 10

7:30–9:00 a.m. 10K Walkers 10
 9:00–10:30 a.m. Volunteer at
 Mather's—More Than a Café 11
 11:00 a.m.–1:00 p.m. Mather's in
 Chatham Writers' Guild, Session 3 6

Thursday, June 11

11:00 a.m.–12:00 p.m. Color Me
 Relaxed 3
 1:00–2:00 p.m. Social Security 101,
 Part 3 11
 2:00–4:00 p.m. Computer Basics,
 Part 2 8

Friday, June 12

9:00–11:00 a.m. The Acting Workshop
 Resumed 3
 1:00–2:30 p.m. *Confessions of a
 Recovering Racist* 8
 5:00–9:00 p.m. Mather's Got Talent
 Open Mic Showcase 5

Sunday, June 14

TRIP: Michigan City, Indiana..... 9

Monday, June 15

7:30–9:00 a.m. 10K Walkers 10

Tuesday, June 16

Juneteenth Meal Special 5

11:00 a.m.–12:00 p.m. Crochet
 Cluster..... 12
 1:00–2:30 p.m. Card-Making
 Techniques, Part 3 3

Wednesday, June 17

7:30–9:00 a.m. 10K Walkers 10

Thursday, June 18

11:00 a.m.–12:00 p.m. Art Appreciation .. 3
 12:15–1:30 p.m. Women & Financial
 Power, Part 3 11
 2:00–4:00 p.m. Word Basics, Part 1 8

Friday, June 19

9:00–11:00 a.m. The Acting Workshop
 Resumed 3
 1:00–2:30 p.m. Teddy Roe & Policy
 in Chicago..... 8
 5:00–9:00 p.m. Steppers & Line
 Dance Party 5

Sunday, June 21

1:00–3:30 p.m. A Tribute to Kings:
 A Father's Day Celebration 5

Monday, June 22

7:30–9:00 a.m. 10K Walkers 10

Tuesday, June 23***Café CLOSED – All-Employee Meeting*****Wednesday, June 24**

7:30–9:00 a.m. 10K Walkers 10
 9:00–11:00 a.m. Book Club 8

Thursday, June 25

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

Friday, June 26

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

Monday, June 29

7:30–9:00 a.m. 10K Walkers 10

Tuesday, June 30

11:00 a.m.–12:00 p.m. Crochet
 Cluster..... 12
 1:00–2:30 p.m. Card-Making
 Techniques: A 4-Part Series 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 nearly 80 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



BOOST YOUR BRAIN & MEMORY: An 8-Week Series

MONDAYS, APRIL 6—JUNE 1, 11:00 A.M.—12:00 P.M.

Improve your memory and your cognitive skills with this eight-part series led by our Possibilities Coach Sharon Smith.

Based on research, this interactive program uses a unique, whole-person approach that can help you live a healthier lifestyle as well as remember things better, be more organized, pay closer attention, and regulate your emotions. The program demonstrates what you can do now to reduce your risk of Alzheimer's disease and other dementias.

Get tips and tools you can use long-term to continue what you learn during the series.

Suggested Donation \$32 for the 8-week series