

# MORE AT MATHER'S

APRIL | MAY | JUNE 2020

Watercolor  
Painting,  
p.8

## CHECK OUT WHAT'S HAPPENING!

■ Free Resources .....	2	■ Fitness .....	6
■ Culinary Delights .....	2	<i>Drop into a class like FitSteps, or try POUND Fitness!</i>	
■ Arts & Creativity .....	3	■ Music & Entertainment.....	7
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7134 W. Higgins Avenue, Chicago, IL 60656 | (773) 774.4804

 *mather's*  
more than a café®

# FREE RESOURCES

**Friday, April 17**

**1:00 p.m. Low Vision Support  
& Resources**

*Prevent Blindness Illinois*

Get information and moral support to live well with low vision.

**Tuesdays, April 28, May 26  
& June 30**

**10:00 a.m. Roundtable Discussion**

*Elizabeth Caddy, Edward Jones*

Let's chat about current events, the economy, and investing.

The coffee is on us!

**Friday, May 1**

**1:00 p.m. Ask the Eye Doctor**

*Prevent Blindness Illinois*

Early diagnosis and treatment of vision issues is vital for older adults. Learn more and get answers to your questions.

**Monday, June 8**

**1:00 p.m. Mather Connections  
Volunteer Meeting**

Calling all current volunteers! Let's meet at Mather's—More Than a Café in Norwood Park to learn what's new this quarter.

**Monday, June 22**

**1:00 p.m. Medicare 101**

*Robin Dawson, Presenter*

Learn the ins and outs of the various programs available in today's market.

**Monday, June 29**

**1:00 p.m. Money Smart, Scams  
& Prevention**

*Kevin Kelly, Cook County Sheriff*

*Senior Service Department*

Raise your awareness on how to prevent financial exploitation and scams.

# CULINARY DELIGHTS

**APRIL BURGER OF THE MONTH**

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

**Wednesday, April 15**

**8:30 a.m. The Culinary Delighters Present:**

**A New Orleans Breakfast**

José shares why breakfast is so special in New Orleans as he cooks us beignets, eggs Sardou, and baked apples, along with chicory coffee. *Cost \$8.69*



**Tuesday, April 28**



**3-Course Asparagus Meal**

Asparagus-lemon soup, steak and asparagus stir-fry, and vanilla ice cream with caramelized asparagus and strawberries. *Cost \$8.99*

**The Culinary Delighters Present:  
A New Orleans Breakfast**

**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*

**Tuesday, May 5**



**Cinco De Mayo**

Poblano-corn chowder, chicken enchiladas, rice and refried beans, and caramel flan. *Cost \$8.99*

**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*

**Friday, June 12**

**National Peanut Butter Cookie Day**

Eddie's famous cookies only 50 cents each

**Friday, June 19**



**Eddie's Zacatecas Feast**

Fresh vegetable salad, steak taco, beans, rice, and tres leches rice pudding. *Cost \$8.99*

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



## ARTS & CREATIVITY



### Ceramics: A 2-Week Workshop

#### Wednesday, April 1

##### 1:00 p.m. Art as Meditation

*Ruthe Guerry, Artist & Art Therapist*

Learn some art-making processes to aid with mindful breathing, grounding techniques, and meditations. No experience required. *All supplies included.*

*Suggested Donation \$5*

#### Wednesday, April 8

##### 1:00 p.m. Flower Arranging: Easter

*Robert Neri, Robert's Floral Design Studio*

Payment required in advance.

*All supplies included. Suggested*

*Donation \$20*

#### Thursday, May 21

##### 2:00 p.m. Flower Arranging: Memorial Day

#### Wednesday, May 27

##### 12:30 p.m. Ceramics:

##### A 2-Week Workshop

*Caroline Edasis, LCPC, ATR-BC,*

*Director of Creative Arts, Mather*

In the first session you will utilize clay to create beautiful bowls, jewelry, or hand-built sculpture. In the second session, you'll glaze your piece. After firing, your art will be returned to Mather's for pick-up. *Suggested Donation \$10 for series*

#### Monday, June 15

##### 1:30–3:00 p.m. Ceramics: A 2-Week Workshop, Part 2

#### Thursday, June 18

##### 1:00 p.m. Flower Arranging: Summer

## TECHNOLOGY



### PRIVATE TECH HELP

**Thursdays, April 23, May 28 &  
June 4, 10:00 a.m.–1:00 p.m.**

Have a question about a specific app? Need help streaming videos or saving photos? Sign up for a 25-minute appointment with a tech guru. Together, we'll trouble-shoot your issue. Bring your device and any relevant log-in information for your issue such as the URL, your user name and password.

*Suggested Donation \$5 per  
25-minute session*

## 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 Fitbit!**

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

**REGISTER ONLINE! VISIT [MATHERSMORETHANACAFE.COM](http://MATHERSMORETHANACAFE.COM)**

# LIFELONG LEARNING



History of  
Belly Dancing

**Wednesday, April 15**  
**12:30 p.m. Ghost Signs**

*Joseph Marlin, Author*



Joe has spent decades photographing those faded ads you sometimes see on the sides of buildings. These signs, which include ads for cars, clothing, and stores, tell us a lot about Chicago history. **FREE**

**1:00 p.m. Critics' Choice:**  
***The Quiet American***

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

**Monday, April 20**  
**1:30 p.m. History of Belly Dancing**

*Aleca Breneman*

Learn about this ancient form of dance, including its roots in India. *Suggested Donation \$5*

**Wednesday, April 22**  
**1:00 p.m. Bats: Fuzzy Flyers**


*Tara Hohoff, Project Coordinator, Illinois Bat Conservation Program*

Learn how important bats are for the ecosystem, the threats they face, and how researchers are trying to help conserve these helpful backyard creatures. **FREE**

**Thursday, April 23**  
**1:00 p.m. Who's on First?**

*Ron Palumbo, Author*



 Abbott & Costello were the kings of comedy on stage, radio, and television. Ron joins us by Skype to talk about the hilarious duo and share photos and video clips of some of their greatest routines. *Suggested Donation \$5*

## THE GREAT COURSES: The Skeptic's Guide to Health, Medicine, and the Media

**Thursdays, 1:00 p.m.**

*Buddy Cole, Facilitator*



As consumers of medical news, how can we know something we read is based on solid science or trash? Roy Benaroch, MD, provides the direction we need to answer important questions and look beyond media hype in eye-opening DVD lectures.

*Suggested Donation \$1 per session*

**April 2**

Hormone Replacement Therapy & Concussions and the Future of Football

**April 9**

New Drugs on the Block & Is It Time for Medical Marijuana?

**April 16**

The Media and Weight Loss & Alternative Medicine in the News

**April 23**

The Media's Take on Mental Health & The Media and the Internet

**April 30**

We Share Our World with Toxins & Are Coffee and Wine Good for Your Heart?

**May 7**

Life Expectancy and Infant Mortality & Is It Really OK to Stop Flossing?

**May 14**

Does Cancer Screening Work & Drug Prices in the News

**May 28**

Selling Disease & The Opioid Crisis

**June 4**

Infections in the Headlines & Health Risks in Our Environment

**June 11**

Bad Science & Diet, Health, and the Power of Words

**June 25**

Genetics and the Media & How to Stay Young

**July 2**

Cures for the Common Cold & the Media's Role in Improving Health



## Curious about Cannabis?



**Wednesday, April 29**

**12:30 p.m. The Chicago "L"**

Greg Borzo, Author



**AUTHOR  
PRESENTATION**

Learn how the "L" came to be and why it needs to be preserved. Travel through time with a slideshow and talk by author Greg Borzo. *Suggested Donation \$8*

**Thursday, April 30**

**1:00 p.m. The Saarinen**

**Boys: Giants in Architecture**

Lynette Bremer, Art/  
Architecture Historian  
Finnish architects Eliel Saarinen and his son Eero had a tremendous influence on modern architecture.

Lynette joins us by Skype to focus on the work of Eliel and his close connections to Chicago. *FREE*

**Wednesday, May 6**

**12:30 p.m. The Radium Girls**

Kate Moore, Author & Len Grossman, Presenter



**AUTHOR  
PRESENTATION**

**skype** Learn about the women factory workers in the 1920s and 1930s who worked with paint laced with radium. Many of them died of various cancers. We'll hear the story by Skype from Kate Moore in England, along with live participation of Len Grossman, son of the

## The "Chicago "L" in the Movies



heroic attorney who took on the women's case. *Suggested Donation \$5*

**Monday, May 11**

**1:00 p.m. Child of the Twilight Zone**

Anne Serling, Author,  
As I Knew Him: My Dad,  
Rod Serling



**AUTHOR  
PRESENTATION**

**skype** Get an up-close and personal look at the man who created *The Twilight Zone*. Anne joins us by Skype to provide an inside look at the short but intense life of this enormously creative man. *FREE*

**Wednesday, May 13**

**12:30 p.m. The Chicago "L" in the Movies**

Greg Borzo, Author



**AUTHOR  
PRESENTATION**

Greg will show more than a dozen clips of his favorite "L" scenes, from *The Fugitive* to *While You Were Sleeping*. Learn about Chicago's image, culture, and politics as depicted on the big screen. *Suggested Donation \$8*

**Wednesday, May 20**

**12:30 p.m. The History of Baseball**

Bob Presman, Former News & Sports Director, WROK  
WROK's "Mr. Baseball" will present an insight-packed overview, including trivia, of America's national pastime with a special emphasis on the Chicago Cubs. *Suggested Donation \$5*

**1:00 p.m. Critics' Choice: Wild**

**Monday, June 1**

**1:30 p.m. Curious about Cannabis?**

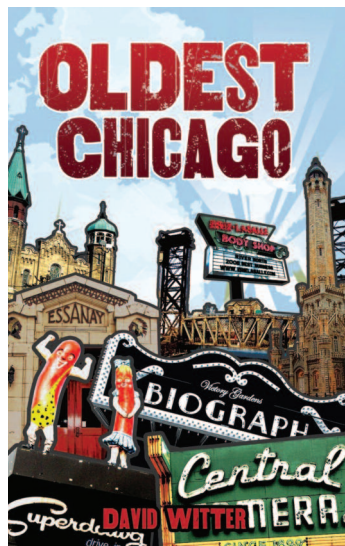
Janelle Rinehart, *Consume: The Cannabis People*  
Learn more about CBD and THC, and how to get access to safe medicine to manage 51 conditions including chronic pain and IBS. Sponsored by Comfort Keepers. *FREE*

**Wednesday, June 3**

**1:00 p.m. Mother Jones**

Paula Fenza, Presenter  
Known as the most dangerous woman in America, Mother Jones was a labor organizer and fearless fighter for workers' rights. *Suggested Donation \$5*

**REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM**



### Oldest Chicago

**Wednesday, June 10**

**1:00 p.m. Hooked on Processed Food**

Joan Davis, RN, MS, Presenter

In a fun and entertaining role-playing program, Joan will share resources to help you eat more healthfully. *Suggested Donation \$5*

**Wednesday, June 17**

**1:00 p.m. Critics' Choice: The Age of Innocence**

**Wednesday, June 24**

**1:00 p.m. Oldest Chicago**

David Witter, Author, Oldest Chicago, Volume 2



David shares stories about some historic treasures of our city, including the oldest house (1833), oldest bar (1885), and oldest restaurant (1889). *Suggested Donation \$5*

## FITNESS

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



### Chair Yoga

**MONDAY**

**9:00 a.m. Yoga**

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

**TUESDAY**

**8:20 a.m. Meditation**

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

**9:30 a.m. Core Balance & More**

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

**10:30 a.m. Cardio Burst**

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

**11:30 a.m. FitSteps**

Learn elements of classic ballroom dances such as the cha-cha, bossa nova, the waltz, the tango, and more. Suitable for all abilities, and no partner required. *Cost \$5*

**WEDNESDAY**

**10:00 a.m. POUND® Fitness**

Using lightly weighted drumsticks engineered for exercising, you can drum up an effective and fun full-body workout while keeping the beat to music. Designed for all fitness levels. *Cost \$5*

**11:00 a.m. Cardio Dance**

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

**THURSDAY**

**9:00 a.m. Chair Yoga**

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

**10:00 a.m. Tai Chi**

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

**11:00 a.m. Total Body Fit**

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

**FRIDAY**

**9:00 a.m. Total Body Fit**

See Thursday.

**4:00 p.m. Mind-Body Workout**

This class blends tai chi, Qigong yoga, meditation, and relaxation to help with balance, core strength, mobility, and energy flow. *Cost \$5*





## MUSIC & ENTERTAINMENT

### FRIDAY NIGHT LIVE

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

#### Friday, April 3

**5:30 p.m. Matt & Cynthia  
Play the American Songbook**  
Enjoy interesting background  
and lovely renditions of hits  
of yesteryear. *Suggested  
Donation \$10*

#### Friday, April 10

**5:30 p.m. Flatpick Guitar  
Master Chris Walz**  
Enjoy a wonderful concert  
of folk and bluegrass.  
*Suggested Donation \$10*

#### Friday, April 17

**5:30 p.m. Musical Games  
with Sami & Loree**  
Join the fun of a talented  
performance of songs  
you know and love, and  
play along with games.  
*Suggested Donation \$10*

#### Friday, April 24

**5:30 p.m. Harpist  
Annette Bjorling**  
Annette plays harp like  
you've never heard it—



including Broadway tunes,  
pop, jazz, even klezmer!  
*Suggested Donation \$10*

#### Friday, May 1

**5:30 p.m. Guitarist  
Bill Uhler**  
Enjoy an evening of classic  
blues, jazz, rock, and folk  
performed by a North Shore  
guitar legend. *Suggested  
Donation \$10*

#### Friday, May 8

**5:30 p.m. The Magic of  
Plaz Garcia**  
Join us for dinner, when  
Plaz will perform tableside  
magic. The next half-hour  
will be devoted to his stage  
show. Bring kids age 10 and  
under for \$5 (clown sundae  
included). *Suggested Dona-  
tion \$10*

#### Friday, May 15

**5:30 p.m. The Cowboy Choir**  
This popular local group  
sings hits from the 1930s  
to the 1970s and everything  
in between. *Suggested  
Donation \$10*

#### Friday, May 22

**5:30 p.m. Rick Pickren:  
Rails, Rogues & Wrecks**  
Take an enjoyable ride  
down the rails with Rick!  
Sing along to classics like  
*Rock Island Line*, *16 Tons*,  
*King of the Road*, and more.  
*Suggested Donation \$10*

#### Friday, May 29

**5:30 p.m. Makani Musical  
Ensemble**  
Kaleo Lee and his daughters  
sing in harmonic balance to  
celebrate the wonderful

music from Hawaii.  
*Suggested Donation \$10*

#### Friday, June 5

**5:30 p.m. Guitarists Hector  
Fernandez & Tom Kimball**  
Enjoy classical repertoire  
and familiar melodies from  
the Beatles, Santana, and  
others. *Suggested Donation  
\$10*

#### Friday, June 12

**5:30 p.m. Lincoln as  
Storyteller**  
*Kevin Wood, Actor*  
President Lincoln shares  
some favorite stories and  
jokes. You'll learn something  
about the nation's past and  
Mr. Lincoln's own history.  
*Suggested Donation \$10*

#### Friday, June 19

**5:30 p.m. Michael  
St. Angel—the Windy  
City Elvis!**  
Michael brings his special  
Elvis to Mather's, with a  
style that gets the audience  
going. *Suggested Donation  
\$10*

#### Friday, June 26

**5:30 p.m. Mark Dvorak  
Chicago's Troubadour**  
Mark's songbook ranges  
across the American  
heartland. His show is  
funny, passionate, and  
unforgettable. *Suggested  
Donation \$10*

REGISTER ONLINE! VISIT [MATHERSMORETHANACAFE.COM](http://MATHERSMORETHANACAFE.COM)

# ONGOING EVENTS

ALL ONGOING EVENTS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED.

## MONDAY

**10:30 a.m.–12:00 p.m. Ukulele Jam**

**JUST FOR FUN**

Have fun strumming with your peers! BYOU—Bring your own ukulele.

*Suggested Donation \$5*

**10:30 a.m.–12:00 p.m. Learn to**

**Play Chess**

**JUST FOR FUN**

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

**11:00 a.m.–1:00 p.m. Chair Massage**

**HEALTH & WELLNESS**

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

**1:00 p.m. Reminisce with Rich!**

**JUST FOR FUN**

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

**1:00–3:00 p.m. Watercolor Painting**

**ARTS & CREATIVITY**

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

## TUESDAY

**9:30 a.m. Bowling Group**

**JUST FOR FUN**

Bowl with us at Classic Bowl, 8530 Waukegan Road, Morton Grove. Free shoe rental. *Cost \$8 for three games, payable at the lanes*

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

**FREE RESOURCES**

Learn how to complete Medicare forms

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

**1:00–3:00 p.m. Chess Is Fun!**

**JUST FOR FUN**

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

**1:00–3:00 p.m. Crochet Class**

**ARTS & CREATIVITY**

*Suggested Donation \$2*

**1:00 p.m. News & Views**

**JUST FOR FUN**

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

**1:30 p.m. Cat Tales Club**

**JUST FOR FUN**

Share your fascination with cats, learn some history, and trade cat stories. Takes place 2nd Tuesday of each month. *FREE*

## WEDNESDAY

**9:30 a.m. Pinochle**

**JUST FOR FUN**

Join others who enjoy the game. *FREE*

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

**FREE RESOURCES**

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

**1:00–2:30 p.m. RTA Passes**

**FREE RESOURCES**

Takes place 2nd Wednesday of each month. *FREE*

## THURSDAY

**12:00 p.m. Bowling Group**

**JUST FOR FUN**

See Tuesday.

**12:30–3:30 p.m. Social Worker**

**FREE RESOURCES**

*Registration required.*

*Call (773) 774.4804 FREE*

## FRIDAY

**10:00–11:30 a.m. Drawing**

**ARTS & CREATIVITY**

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

**12:00 p.m. Creative Expression Group**

**ARTS & CREATIVITY**

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

**12:00–3:00 p.m. Acrylics Art Class**

**ARTS & CREATIVITY**

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

**1:00 p.m. Bridge**

Join others who enjoy the game. *FREE*

**1:00 p.m. Brain Games**

**JUST FOR FUN**

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

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

**HEALTH & WELLNESS**

*FREE*



# April | May | June At-a-Glance

## WEEKLY EVENTS

### Monday

9:00 a.m. Yoga ..... 6  
10:30 a.m.–12:00 p.m.  
Ukulele Jam ..... 8  
1:00–3:00 p.m. Watercolor  
Painting ..... 8

### Tuesday

8:20 a.m. Meditation ..... 6  
9:30 a.m. Bowling Group ..... 8  
9:30 a.m. Core Balance  
& More ..... 6  
10:30 a.m. Cardio Burst ..... 6  
11:30 a.m. FitSteps ..... 6  
1:00 p.m. Crochet Class ..... 8  
1:00 p.m. Chess Is Fun! ..... 8

### Wednesday

9:30 a.m. Pinochle ..... 8  
10:00 a.m. POUND® Fitness .... 6  
11:00 a.m. Cardio Dance ..... 6

### Thursday

9:00 a.m. Chair Yoga ..... 6  
10:00 a.m. Tai Chi ..... 6  
11:00 a.m. Total Body Fit ..... 6  
12:00 p.m. Bowling Group ..... 8  
12:30 p.m. Social Worker ..... 8

### Friday

9:00 a.m. Total Body Fit ..... 6  
10:00–11:30 a.m. Drawing ..... 8  
12:00–3:00 p.m. Acrylics  
Art Class ..... 8  
1:00 p.m. Bridge ..... 8  
1:30 p.m. Blood Pressure  
Screening ..... 8  
4:00 p.m. Mind-Body Workout ... 6

## APRIL

### BURGER OF THE MONTH:

*Cajun Salmon Burger* ..... 2

### Wednesday, April 1

1:00 p.m. Art as Meditation ..... 3

### Thursday, April 2

1:00 p.m. The Great Courses ..... 4

### Friday, April 3

1:00 p.m. Brain Games ..... 8  
5:30 p.m. Matt & Cynthia Play the  
American Songbook ..... 7

### Monday, April 6

8:00 a.m.–2:00 p.m. Free Tax Assistance  
10:30 a.m.–12:00 p.m. Learn to  
Play Chess ..... 8  
11:00 a.m.–1:00 p.m. Chair  
Massage ..... 8  
1:00 p.m. Reminisce with Rich. .... 8

### Wednesday, April 8

1:00 p.m. Flower Arranging:  
Easter ..... 3  
1:00 p.m. RTA Passes ..... 8

### Thursday, April 9

1:00 p.m. The Great Courses ..... 4

### Friday, April 10

12:00 p.m. Creative Expression  
Group ..... 8  
5:30 p.m. Flatpick Guitar Master  
Chris Walz ..... 7

### Monday, April 13

8:00 a.m.–2:00 p.m. Free Tax Assistance

### Tuesday, April 14

9:00 a.m.–2:00 p.m. Senior Health  
Insurance Program (SHIP) ..... 8  
1:30 p.m. Cat Tales Club ..... 8

### Wednesday, April 15

8:30 a.m. The Culinary Delighters  
Present: A New Orleans Breakfast .... 2  
12:30 p.m. Ghost Signs ..... 4  
1:00 p.m. Critics' Choice: *The Quiet  
American* ..... 4

### Thursday, April 16

1:00 p.m. The Great Courses ..... 4

### Friday, April 17

1:00 p.m. Brain Games ..... 8  
1:00 p.m. Low Vision Support &  
Resources ..... 2  
5:30 p.m. Musical Games with  
Sami & Loree ..... 7

### Monday, April 20

TRIP: Illinois Holocaust Museum & Ruth  
Bader Ginsburg Exhibit ..... Back Cover  
10:30 a.m.–12:00 p.m. Learn to  
Play Chess ..... 8  
11:00 a.m.–1:00 p.m. Chair  
Massage ..... 8  
1:30 p.m. History of Belly Dancing. ... 4

### Wednesday, April 22

1:00 p.m. Coupon & Rebate  
Exchange Club ..... 8  
1:00 p.m. Bats: Fuzzy Flyers ..... 4

### Thursday, April 23

10:00 a.m.–1:00 p.m. Private Tech  
Help ..... 3  
1:00 p.m. Who's on First? ..... 4  
1:00 p.m. The Great Courses ..... 4

### Friday, April 24

12:00 p.m. Creative Expression  
Group ..... 8  
5:30 p.m. Harpist Annette  
Bjorling ..... 7

### Tuesday, April 28

3-Course Asparagus Meal Special .... 2

REGISTER ONLINE! VISIT [MATHERSMORETHANACAFE.COM](http://MATHERSMORETHANACAFE.COM)

## 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.<sup>SM</sup>

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.*

### Tuesday, April 28

9:00 a.m.—2:00 p.m. Senior Health Insurance Program (SHIP) ..... 8  
10:00 a.m. Roundtable Discussion... 2  
1:00 p.m. News & Views ..... 8

### Wednesday, April 29

12:30 p.m. *The Chicago "L"* ..... 5

### Thursday, April 30

1:00 p.m. The Saarinen Boys:  
Giants in Architecture ..... 5  
1:00 p.m. The Great Courses ..... 4

## MAY

### BURGER OF THE MONTH:

*Hawaiian Burger* ..... 2

### Friday, May 1

1:00 p.m. Brain Games ..... 8  
1:00 p.m. Ask the Eye Doctor ..... 2  
5:30 p.m. Guitarist Bill Uhler ..... 7

### Monday, May 4

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

### Tuesday, May 5

Cinco de Mayo Meal Special. .... 2

### Wednesday, May 6

12:30 p.m. *The Radium Girls* ..... 5

### Thursday, May 7

1:00 p.m. The Great Courses ..... 4

### Friday, May 8

12:00 p.m. Creative Expression  
Group ..... 8  
5:30 p.m. The Magic of Plaz Garcia... 7

### Monday, May 11

TRIP: French Lick ..... Back Cover  
1:00 p.m. Child of the Twilight Zone.. 5

### Tuesday, May 12

9:00 a.m.—2:00 p.m. Senior Health Insurance Program (SHIP) ..... 8  
1:30 p.m. Cat Tales Club. .... 8

### Wednesday, May 13

12:30 p.m. The Chicago "L" in  
the Movies ..... 5  
1:00 p.m. RTA Passes ..... 8

### Thursday, May 14

1:00 p.m. The Great Courses ..... 4

### Friday, May 15

1:00 p.m. Brain Games ..... 8  
5:30 p.m. The Cowboy Choir ..... 7

### Monday, May 18

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

### Wednesday, May 20

12:30 p.m. The History of Baseball ... 5  
1:00 p.m. Critics' Choice: *Wild* ..... 5

### Thursday, May 21

TRIP: Starbuck's Roastery... Back Cover  
2:00 p.m. Flower Arranging:  
Memorial Day ..... 3

### Friday, May 22

12:00 p.m. Creative Expression  
Group ..... 8  
5:30 p.m. Rick Pickren: Rails, Rogues  
& Wrecks ..... 7

### Monday, May 25

**CAFÉ CLOSED — Happy Memorial Day!**

### Tuesday, May 26

9:00 a.m.—2:00 p.m. Senior Health Insurance Program (SHIP) ..... 8  
10:00 a.m. Roundtable Discussion... 2  
1:00 p.m. News & Views ..... 8

### Wednesday, May 27

12:30 p.m. Ceramics: A 2-Week  
Workshop ..... 3  
1:00 p.m. Coupon & Rebate  
Exchange Club ..... 8

### Thursday, May 28

10:00 a.m.—1:00 p.m. Private Tech  
Help ..... 3  
1:00 p.m. The Great Courses ..... 4



## Friday, May 29

5:30 p.m. Makani Musical Ensemble . . . 7

## JUNE

### BURGER OF THE MONTH:

*Caprese Burger* . . . . . 2

### Monday, June 1

10:30 a.m. Learn to Play Chess . . . . . 8

11:00 a.m.–1:00 p.m. Chair

Massage . . . . . 8

1:00 p.m. Reminisce with Rich . . . . . 8

1:30 p.m. Curious about Cannabis? . . . 5

### Wednesday, June 3

1:00 p.m. Mother Jones . . . . . 5

### Thursday, June 4

10:00 a.m.–1:00 p.m. Private Tech

Help . . . . . 3

1:00 p.m. The Great Courses . . . . . 4

### Friday, June 5

#### *Magazine Release Party!*

1:00 p.m. Brain Games . . . . . 8

5:30 p.m. Classical Guitarists

Hector Fernandez & Tom Kimball . . . . 7

### Monday, June 8

1:00 p.m. Mather Connections

Volunteer Meeting . . . . . 2

### Tuesday, June 9

9:00 a.m.–2:00 p.m. Senior Health

Insurance Program (SHIP) . . . . . 8

1:30 p.m. Cat Tales Club . . . . . 8

### Wednesday, June 10

1:00 p.m. Hooked on Processed Food . . 6

1:00 p.m. RTA Passes . . . . . 8

### Thursday, June 11

1:00 p.m. The Great Courses . . . . . 4

### Friday, June 12

National Peanut Butter

Cookie Day . . . . . 2

12:00 p.m. Creative Expression

Group . . . . . 8

5:30 p.m. Lincoln as Storyteller . . . . . 7

### Monday, June 15

10:30 a.m. Learn to Play Chess . . . . . 8

11:00 a.m.–1:00 p.m. Chair

Massage . . . . . 8

1:30–3:00 p.m. Ceramics, Part 2 . . . . . 3

### Wednesday, June 17

1:00 p.m. Critics' Choice:

*The Age of Innocence* . . . . . 6

### Thursday, June 18

1:00 p.m. Flower Arranging:

Summer . . . . . 3

### Friday, June 19

Eddie's Zacatecas Feast

Meal Special . . . . . 2

1:00 p.m. Brain Games . . . . . 8

5:30 p.m. Michael St. Angel—

the Windy City Elvis! . . . . . 7

### Monday, June 22

1:00 p.m. Medicare 101 . . . . . 2

### Tuesday, June 23

#### *CAFÉ CLOSED – All-Employee Meeting*

### Wednesday, June 24

1:00 p.m. Coupon & Rebate

Exchange Club . . . . . 8

1:00 p.m. *Oldest Chicago* . . . . . 6

### Thursday, June 25

1:00 p.m. The Great Courses . . . . . 4

### Friday, June 26

12:00 p.m. Creative Expression

Group . . . . . 8

5:30 p.m. Mark Dvorak Chicago's

Official Troubadour . . . . . 7

### Monday, June 29

1:00 p.m. Money Smart, Scams

& Prevention . . . . . 2

### Tuesday, June 30

10:00 a.m. Roundtable Discussion . . . 2

## MATHER'S CHICAGOLAND LOCATIONS

**7134 W. Higgins Avenue, Chicago, IL**

**3235 N. Central Avenue, Chicago, IL**

**33 E. 83<sup>rd</sup> 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.<sup>SM</sup>

### 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.**

**REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM**

# TRIPS



## Illinois Holocaust Museum & Ruth Bader Ginsburg Exhibit

This meaningful day will be filled with experiences ranging from a guided tour of the Karkomi Holocaust Exhibition, a chance to interact with the 3D holograms at the Abe & Ida Cooper Survivor Stories Experience, and a chance to visit the special exhibit Notorious RBG: The Life and Times of Ruth Bader Ginsburg. We'll enjoy a boxed lunch catered by Pinstripes and stop by the legacy shop at the museum.

**DATE: Monday, April 20, 10:00 a.m.**

**Departure Location: 3235 N. Central Avenue**  
**Cost: \$55**

*Please register by April 10. Cost includes tour, lunch, and transportation. Limit 23.*

## Overnight Experience: Explore French Lick, Indiana



We'll visit this storied resort town and stay at the famous French Lick Resort and Casino. The trip begins with stops in Indianapolis to explore the Indianapolis 500 Museum and the Benjamin Harrison Presidential Home. In French Lick, we'll eat at the world-famous German Café, tour Amish country, and enjoy a homestyle Amish feast. You'll have time to relax and enjoy the spa, shopping, and other amenities at the French Lick resort. We'll tour

West Baden's History Museum and shop in their quaint downtown, and take a scenic dinner cruise on Lake Patoka. This four-day, three-night adventure will be an unforgettable experience.

**DATES: Monday, May 11–Thursday, May 14**

**Departure Location: 7134 W. Higgins Avenue and 3235 N. Central Avenue**

**Cost: \$699 double accommodations; \$939 single accommodations**

*Please register by April 27. Cost includes deluxe motor coach with restroom, all tips and taxes, luggage service at destination, entrance fees to activities, and meals (4 breakfasts, 2 dinners, 2 lunches, and snacks). Limit 40.*

## Starbucks Roastery



Join us to explore the most exciting coffee destination in Chicago! You'll enjoy a tasting of two Starbucks exclusive premium reserve coffees not available at other Starbucks cafes, along with a brewing demonstration and coffee talk. You'll also receive a half-pound of one of the reserve coffees. Then, tour the Roastery, enjoy lunch on your own, and spend time walking and shopping. The Roastery

offers chocolates, baked goods, cocktails, sandwiches, coffee technology, and, of course, lots and lots of coffee!

**DATE: Thursday, May 21, 9:00 a.m.**

**Departure Location: 7134 W. Higgins Avenue**

**Cost: \$35**

*Please register by May 7. Cost includes coffee tasting, coffee bean sample, and transportation. Limit 14.*

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

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

