

MORE AT MATHER'S

APRIL | MAY | JUNE 2020

Stories about
Chicago History, p.7



Earn a free meal with our Real Meal Deal. See page 4.

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



AARP SAFE DRIVING CLASS



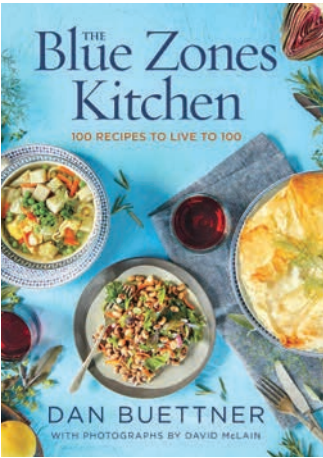
11:30 A.M.—3:30 P.M.,
THURSDAY, MAY 28 AND
FRIDAY, MAY 29

Brush up your driving skills and earn a possible discount on your auto insurance with this eight-hour class. See page 7.

■ Health & Wellness	2
■ Arts & Creativity	3
■ Music & Entertainment	4
<i>Check out some live music—like the Mather Jammers!</i>	
■ Technology.....	5
<i>Take advantage of free help with your smartphone or other device at Open Tech Table!</i>	
■ Lifelong Learning	6
<i>Learn something new—like how to save a life with CPR!</i>	
■ Free Resources	8
■ Trips	9
<i>Travel with us to French Lick, Indiana!</i>	
■ Culinary Delights	10
■ Just for Fun.....	10
■ Fitness	11
<i>Drop into a class like Total Body Fit Lite!</i>	
■ Ongoing Events.....	12
■ April May June At-a-Glance	13

MATHER’S—MORE THAN A CAFÉ HOURS
Monday–Friday 7:30 a.m.–3:30 p.m.
(menu available until 2:45 p.m.)

HEALTH & WELLNESS



The Blue Zones Lunch & Learn

Friday, April 10

1:00 p.m. Medical Cannabis Q&A

Kristen Velasco,
Cannabis Consultant
Find out why so many people use medical cannabis to improve sleep and mood, control pain, and reduce their use of prescription medications. Learn how to access, dose, and choose available products. **FREE**

Tuesday, April 21

1:00 p.m. Sleep & Your Health

Health Educator, CJE
Learn about the importance of sleep and how your body changes as you get older.
Suggested Donation \$6

Tuesday, May 26

1:00 p.m. Healthy Eating for 1 or 2

Health Educator, CJE
Cooking for yourself can be rewarding. Learn tips for cooking, saving money,

and having fun with small-batch cooking.
Suggested Donation \$6

Tuesday, June 2

1:00 p.m. Learn about Healthy Sugars

Representative,
Oak Street Health
Learn about good and bad sugars, how to tell the difference, and best practices for controlling our sugar levels. **FREE**

Friday, June 12

12:00–2:00 p.m.

The Blue Zones Lunch & Learn

Joan Davis, RN, Presenter
Take a virtual trip to the Blue Zones, places where people are living longer, more vibrant lives. Learn what these older adults are doing right. We'll also enjoy a delicious luncheon of Sardinian longevity soup; Loma Linda vegetable, chicken, and grain bowl; and Ikarian amygdaloto with fresh fruit. *Meal Cost \$9; Entertainment Suggested Donation \$6*

Monday, June 22

1:00 p.m. Aging Today: Key Ingredients for Good Health

Health Educator, CJE
Learn suggestions for creating your personal recipe for health and longevity. *Suggested Donation \$6*

ARTS & CREATIVITY

Mondays, April 6, May 4 & June 1

11:30 a.m. Drawing for Everyone

Val Zucker-McCune, Owner, Smart Art Studios

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

Tuesday, April 7

11:00 a.m. Flower Arranging: Easter

Robert Neri, Robert's Floral Design Studio

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

Thursday, April 9

1:00 p.m. Make a Chick Planter

Vivian Visser, Local Artist

Make your own planter that looks like a little chick. *All supplies included. Suggested Donation \$12*

Monday, April 13

1:00 p.m. Card-Making with Carole: Mother's Day/Spring

Carole Hays, Hand-Made Cards

You'll walk away with two or three completed cards. Different styles are available. *All supplies included. Suggested Donation \$10*

Mondays, April 27, May 18 & June 22

11:30 a.m. Paint with Val

Val Zucker-McCune, Owner, Smart Art Studios

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

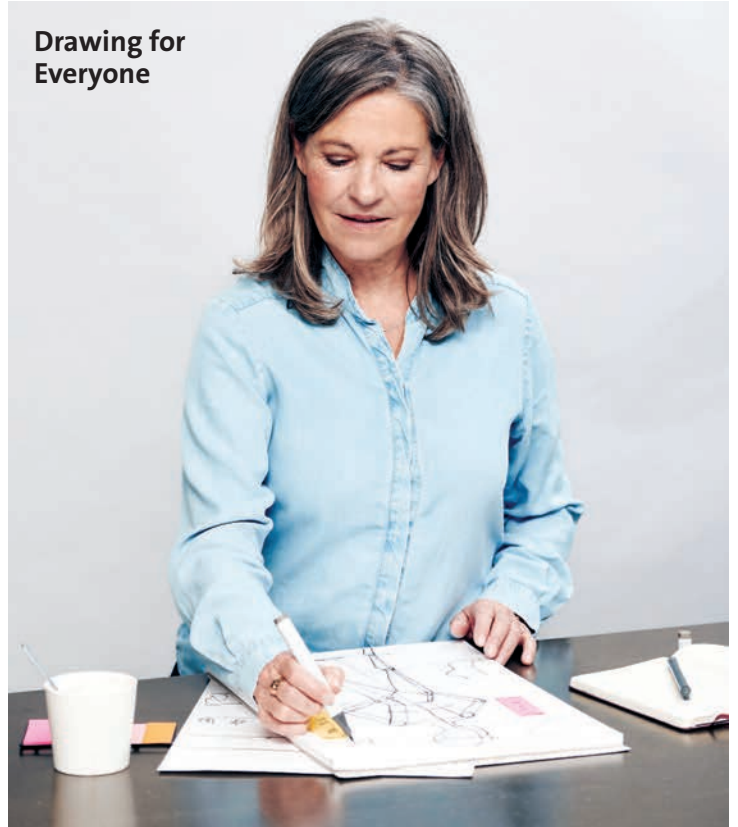
Thursday, May 7

1:00 p.m. Make a Birdhouse

Vivian Visser, Local Artist

Have fun crafting your own indoor decorative birdhouse that's sure to brighten any room! *All supplies included. Suggested Donation \$12*

Drawing for Everyone



Monday, May 11

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

Tuesday, May 19

11:00 a.m. Flower Arranging: Memorial Day

Thursday, June 4

1:00 p.m. Make a Rock Photo Holder

Vivian Visser, Local Artist

Have fun crafting a unique decorative photo holder that will showcase your favorite photograph. *All supplies included. Suggested Donation \$12*

Monday, June 8

1:00 p.m. Card-Making with Carole: Father's Day

Tuesday, June 16

11:00 a.m. Flower Arranging: Colors

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

MUSIC & ENTERTAINMENT

WE'RE
BYOB!



Wednesday Nights at Mather's: Blues, Brews & BBQ with Paul Kaye

Wednesday, April 15

12:30–2:30 p.m. Mather's Luncheon: Rock 'n' Roll Luncheon with Jerry Rite

When Jerry plays and sings some of the greatest songs of our time, from "Shake, Rattle & Roll" to "Sweet Caroline," you'll be ready to rock all day long! We're serving wedge salad, Salisbury steak, macaroni and cheese, green beans, and ice cream sundaes. *Meal Cost \$9; Entertainment Suggested Donation \$6*

Friday, April 24

12:00–1:00 p.m. Music with Ben Mercado
From classics to songs to sing along to and even some Spanish favorites, Ben's music is sure to delight your ears. Stop by, have a bite to eat, and hear some wonderful music! **FREE**

Wednesday, April 29

4:00–6:00 p.m. Wednesday Nights at Mather's: Hugo's Elvis
Put on your blue suede shoes and come hear "young Elvis" as he wows the crowd with the King's most treasured tunes. We'll dine on a dinner salad, roast pork tangerine, and peanut butter banana cream pie. *Meal Cost \$9 Entertainment Suggested Donation \$6*

Wednesday, May 13

12:30–2:30 p.m. Mather's Luncheon: Mather Jammers
We'll dine on Angela's vegetable lasagna, house salad, garlic bread, and tiramisu. *Meal Cost \$9 Entertainment Suggested Donation \$6*

Friday, May 22

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

Wednesday, May 27

4:00–6:00 p.m. Wednesday Night at Mather's: Alejandro Partida European Classical & Opera Favorites
Come hear opera student Alejandro perform some opera classics. This is a unique opportunity to hear this music! We'll serve chicken breast marsala, buttered noodles, broccoli, and dessert. *Meal Cost \$9 Entertainment Suggested Donation \$6*

Wednesday, June 10

12:30–2:30 p.m. Mather's Luncheon: The Great American Songbook with Mark Dvorak
Enjoy songs from the past that will get you ready for summer. Mark's thoughtful and comedic banter will have you enjoying every moment of this show. We'll dine on Caprese salad, grilled kabob 3-way combo (beef, vegetable, shrimp), rice, and summer fruit shortcake. *Meal Cost \$9; Entertainment Suggested Donation \$6*

Wednesday, June 24

4:30–6:30 p.m. Wednesday Nights at Mather's: Blues, Brews & BBQ with Paul Kaye
Some classic Chicago-style blues will get you moving! Paul has played all over the city and is bringing his music to Mather's for you to enjoy. We'll dine on a rib basket, with coleslaw, corn bread, chips, and brownie à la mode. *Meal Cost \$9; Entertainment Suggested Donation \$6*

Friday, June 26

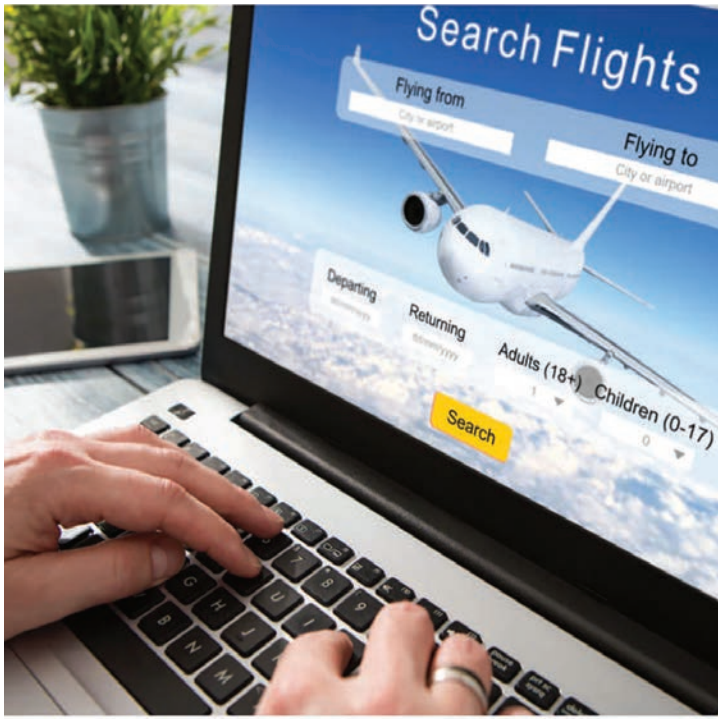
12:00–1:00 p.m. Music with Ben Mercado

Tuesday, June 30

1:00 p.m. Mather's Music Ensemble Patriotic Show
Get ready for the 4th of July as our own Mather's Music Ensemble sings your favorite songs and helps celebrate America's 244th birthday. Enjoy free cookies and coffee along with a drawing! **FREE**

TECHNOLOGY

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



Booking Online Travel

Thursdays, April 2–16

12:00–1:00 p.m. Learn How to Use Your iPhone:
A 3-Part Series

Maria Mariottini, Technician, the Apple Store

There's a lot of power in your phone! Maria will cover basic functions, hardware and software, documents, photos, calendar, notes, the internet, email, iCloud, and the App Store. *Cost \$6 per session*

Thursday, April 30

10:00 a.m. The World of Amazon.com

This class will cover shopping and buying items on amazon.com, as well as other Amazon services like Prime, On-Demand streaming movies and music, as well as gadgets like Alexa and Kindles.

Thursday, May 7

10:00 a.m. Booking Online Travel

Learn about popular travel resources for air travel, hotels, and more. Learn about how you can book your own travel.

OPEN TECH TABLE

**Thursdays, April 30; May 7, 14
& 28; June 4, 11 & 25,
11:00 a.m.–12:00 p.m.**

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



Thursday, May 14

10:00 a.m. Facebook, Twitter & Instagram Explained

Learn about the wonderful world of social networks, including how to access them, what each is used for, and why they play a role in our world today. This class is for beginners, but experts are welcome as well!

Thursday, May 28

10:00 a.m. Buying & Selling on eBay

Buying and selling your collectibles and other items has never been easier. Learn how you can turn your stuff into money. This class is for beginners, but experts are welcome as well!

Thursday, June 4

10:00 a.m. The Technology Dictionary

What is the cloud? A hashtag? A gigabyte? Come to this class for a breakdown of today's most commonly used tech terms.

Thursday, June 11

10:00 a.m. Apps!

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

Thursday, June 25

10:00 a.m. SPAM: How to Spot It & Not Fall for a Scam

Have you been contacted by a foreign prince looking to give you his fortune, or notified that you won the Canadian lottery? These are just a few of the popular scams in cyberspace. Hear more about how to protect yourself from internet criminals.

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

LIFELONG LEARNING

THE GREAT COURSES:

A History of Eastern Europe

Wednesdays, 1:00 p.m.

Rich Lang & Buddy Cole, Moderators

This DVD lecture series covers the sweeping history of Eastern Europe. You'll observe waves of migration and invasion, watch empires rise and fall—and come away with a comprehensive knowledge of one of the world's most fascinating places. *Suggested Donation \$1 per session*

April 1

The Other Europe: Deep Roots of Diversity & Formative Migrations: Mongols to Germans

April 8

Clashing Golden Ages, 1389–1772 & The Great Crime of Empires: Poland Divided

April 15

The Origins of Nationalism, 1815–1863 & The Age of Empires, 1863–1914

April 22

Jewish Life in the Shtetl & World War I: Destruction and Rebirth

April 29

From Democrats to Dictators, 1918–1939 & Caught between Hitler and Stalin

May 6

World War II: The Unfamiliar Eastern Front & The Holocaust and the Nazi Racial Empire

May 13

Postwar Flight and Expulsion & Behind the Iron Curtain, 1945–1953

May 20

Forest Brothers: Baltic Partisan Warfare & Life in Totalitarian Captivity, 1953–1980

May 27

Power of the Powerless: Revolts and Unrest & Solidarity in Poland: Walesa's Union

June 3

Toppling Idols: The Communist Collapse & The Turn: The Post-Soviet 1990s

June 10

Yugoslav Wars: Milosevic and Balkan Strife & The New Europe: Joining NATO and the EU

June 17

The Unfolding Ukraine-Russia Crisis & Eastern Europe at the Crossroads



The RFK Assassination: A Question of Conspiracy

Friday, April 3

1:00 p.m. All about Passover

Jeff Rose, Café Manager

Join Jeff as he talks about the Jewish holiday of Passover. He'll take your questions and share his personal experiences celebrating this holiday. Enjoy a Passover treat. *Suggested Donation \$3*

Tuesday, April 14

12:00 p.m. Documentary & Discussion: *Secrets beneath the Ice*

This Nova documentary explores whether Antarctica's climate past can offer clues to what may happen when the ice melts and sea levels rise. Stay afterward to discuss your thoughts on the film.

FREE

Monday, April 20

12:00 p.m. The RFK Assassination: A Question of Conspiracy

John Boda, Musician, Entertainer & Lecturer

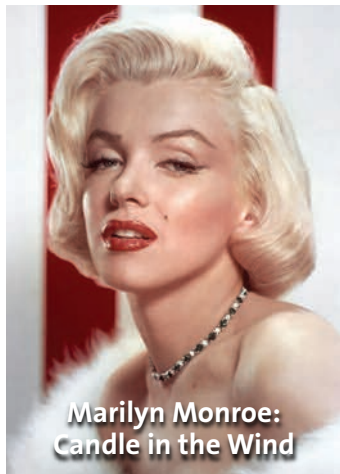
Many questions remain about the assassination of Robert F. Kennedy in 1968. John presents the evidence with pictures, diagrams, and a summary, and leaves you to draw your own conclusions. *Suggested Donation \$6*

Wednesday, April 22

1:00 p.m. Vanished: Monumental Art at the World's Columbian Exposition

Krista August, Local Historian & Author

Time-travel back to the 1893 World's Columbian Exposition and view monu-



mental sculptures that decorated buildings, bridges, lagoons, as well as private viewing rooms. Learn exciting history behind these mostly temporary sculptures. *Suggested Donation \$6*

Thursday, April 23

12:30–2:00 p.m. Stories about Chicago History

Richie Zie, Chicago History Storyteller, TV & Radio Host & Tour Guide

The lively and entertaining host of *Chicago History & Automotive Heaven*, both on television and radio, Richie tells fun and fascinating stories about Chicago. *Suggested Donation \$6*

Tuesday, April 28

12:00–1:30 p.m. Ted Bundy: Conversations with a Killer

Stephen Michaud, Author



skype Stephen joins us by Skype to discuss his exclusive recorded conversations in prison with serial killer Ted Bundy and explain how he obtained the killer's "confession." *FREE*

Thursday, April 30

12:00–1:30 p.m. Master of the Macabre: Vincent Price

Victoria Price, Author



skype Vincent Price made his mark as an actor in countless thrilling horror movies. His daughter, Victoria, joins us by Skype to talk about her father's life and his acting career. Enjoy a treat from Vincent's recipes prepared by our Culinary Delighters. *Suggested Donation \$6*

Tuesday, May 5

12:00 p.m. Documentary & Discussion: The Real Power of the Human Brain

This National Geographic documentary explores the unknown mysteries of the brain. Stay afterward to discuss your thoughts on the film. *FREE*

Friday, May 8

1:00–2:30 p.m. A Presentation You Can't Refuse!

Paula Fenza, Presenter
Paula, a cemetery expert, provides a virtual tour of the gravestones of some of Chicago's most famous gangsters and tells stories about Chicago's notorious mob past. *Suggested Donation \$6*

Friday, May 15

1:00–2:30 p.m. How Many Three Stooges Were There?

Richard Lang & Glen Johnson, Presenters
Learn trivia and other intriguing facts about the beloved comedy troupe as Richard

and Glen discuss and play clips from some of their favorite stooge adventures. *FREE*

Wednesday, May 20

1:30 p.m. Fire in Boomtown

Megan Wells & Amy Lowe, Storytellers

Megan and Amy enact their award-winning story-musical of the story of circumstances that made the Great Chicago Fire of 1871 inevitable: drought, dry wood everywhere, limited fire equipment, and a 60-MPH wind. *Suggested Donation \$6*

Thursday, May 28

11:30 a.m.–3:30 p.m. AARP Safe Driving Class, Part 1



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.*

Friday, May 29

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

Monday, June 1

12:00–3:30 p.m. Save a Life—Learn CPR!

Jeff Rose, Certified CPR Instructor
Learn techniques that can

help save a life in the event of an emergency. You will receive training on the AED (automated external defibrillator) and on choking. On completion, you will receive your Adult CPR/AED certification. *All materials included. Cost \$22*

Wednesday, June 3

1:00–3:00 p.m.

Learn Backgammon

Bill McCrory, presenter

It has been called the Game of Kings and dates to 5000 BC. We'll explore the basics, including set-up, movement, and strategy. *FREE*

Thursday, June 11

12:00 p.m. Marilyn Monroe: Candle in the Wind

John Boda, Musician, Entertainer & Lecturer
John looks at the life, career, and death of one of the most beautiful stars of the twentieth century. He'll share fantastic pictures, Marilyn's career highlights, and some of the songs she sang, along with Elton John's touching tribute song. *Suggested Donation \$6*

Tuesday, June 16

12:00 p.m. Documentary & Discussion: Beyond the Da Vinci Code

This History Channel documentary explores how much of Dan Brown's blockbuster novel is true and how much is fiction. Stay afterward to discuss your thoughts on the film. *FREE*

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

Wednesday, June 17

1:00 p.m. Signposts on the Prairie: A Passport to Where Illinois Began

Krista August, Local Historian & Author

Take a virtual trip to Little Egypt and learn why Southern Illinois is where our state began. Along the way, we'll encounter "signposts" that recall prehistoric Illinois, an early French settlement, a consequential Revolutionary War campaign, and more. *Suggested Donation \$6*

Friday, June 19

1:00 p.m. Conquer Your Clutter

Health Educator, CJE SeniorLife

Are you or someone you know a hoarder? Do they have too much clutter? This presentation will explain what hoarding is, its telltale signs, and ways to help someone who hoards. **FREE**

Thursday, June 25

1:00–2:30 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*



How to Draft a Power of Attorney & Living Will, Parts 1 & 2

Thursday, April 2

1:00–2:00 p.m. Caption Phones Available for You?

Susan Koleff, Clear Caption Phones

A federal program makes caption telephones available to people who need them at no cost. Find out if this is right for you!

Friday, April 17

1:00 p.m. Moving On...

Ruth Wasiukiewicz, Real Estate Broker

Have you considered the pros and cons of moving versus staying and aging in place? Learn about housing options: rentals, condos, 55+ active and assisted care communities, and more!

Tuesday, April 21

12:30 p.m. Learn More about Medicare Fraud

Educational Specialist, Age Options
Learn to protect, detect, and report Medicare fraud.

Monday, April 27

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

Center of Disability & Elder Law

If you are not sure what a power of attorney or living will can do for you, this presentation explains it all in easy-to-understand language. After the presentation, sign up for a 45-minute

session on May 12 with a pro bono lawyer who will help you file your completed forms. *You must attend Part 1 to participate in Part 2.*

Wednesday, April 29

12:30–2:00 p.m. Medicare 101

Robin Dawson, Presenter

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

Friday, May 1

11:00 a.m.–1:00 p.m. Do You Have My Money?

Representative, Illinois State Treasurer's Office

The state treasurer is holding more than \$2 billion dollars that belongs to Illinois residents and businesses. Check to see if your name is on the list.

Monday, May 4

1:00 p.m. Preplanning Information Session

Paula Sexton, Preplanning Manager for the Neptune Society

Learn answers to questions about preplanning for cremation and why it's beneficial for survivors. Bring questions!

Tuesday, May 12

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

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.

Friday, June 26

11:00 a.m.–1:00 p.m. Learn about the RTA

Beth Daly, Mobility, RTA Outreach Coordinator

Beth will be here to hand out information and answer your transit-related questions.

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.

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

CULINARY DELIGHTS



**The Culinary Delighters Present:
Marshall Fields's Finest**

APRIL BURGER OF THE MONTH

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

Friday, April 3



Passover Special

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

Wednesday, April 22

1:00 p.m. The Culinary Delighters Present: Shakespeare!

Ashlee delights with a Shakespeare supper and discussion of food of the times. Enjoy a Globe Theater cheese plate, herb salad, "boar" stew, warden pear pie, and raspberry fool. *Cost \$10*

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*

Wednesday, May 6

1:00 p.m. The Culinary Delighters Present: Crustaceans

Join Angelita as she demonstrates how to cook these diverse arthropods and enjoy a meal of crab cake, shrimp tempura, and swai with lobster cream sauce. *Cost \$10*

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*

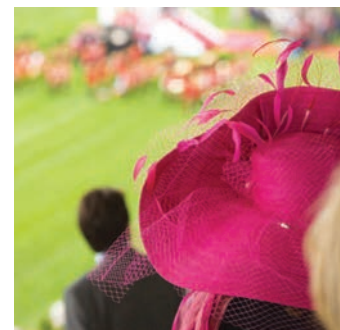
Wednesday, June 24

1:00 p.m. The Culinary Delighters Present: Marshall Fields's Finest

Enjoy sampling some of the Walnut Room's famous culinary traditions like Mrs. Hering's chicken pot pie, the Peach Nest, Frango Mint pie, and turkey sandwich. *Cost \$12*

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

JUST FOR FUN



Mather's Kentucky Derby Party

Thursday, April 16

1:00 p.m. Movies with the Grandkids: *Despicable Me 3*
Enjoy this favorite animated film—with or without your grandchildren. Popcorn and drinks provided. *FREE*

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

1:00 p.m. Wii Bowling
This game simulates real-life bowling by using simple motion controls. It's as easy as flicking your wrist! Come and try it! *FREE*

Monday, May 18

1:00 p.m. Movies with the Grandkids: *The Secret Life of Pets*

Friday, May 29

1:00 p.m. Mather's Kentucky Derby Party

Try your luck at playing our fictional ponies and win a prize if you guess which horse will finish first! Don't forget to wear your derby hat or attire for a special treat. All are welcome. *FREE*

Monday, June 29

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

FITNESS

ALL CLASSES ARE 45 MINUTES OR 1 HOUR LONG

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



Yoga

11:00 a.m. Yoga

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

WEDNESDAY

9:30 a.m. Worth the Weight

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

10:30 a.m. Tai Chi

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

THURSDAY

8:30 a.m. Chair Yoga

See Tuesday.

9:30 a.m. Yoga

See Tuesday.

FRIDAY

9:30 a.m. Total Body Fit

See Monday.

10:30 a.m. Total Body Fit Lite

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

MONDAY

9:30 a.m. Total Body Fit

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

10:00 a.m. Chair Yoga

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

THANK YOU FOR BEING A PART OF MATHER'S— MORE THAN A CAFÉ

Mather's—More Than a Café customers tell us they love the sense of community, well-being, and exploration they experience at our locations. The Cafés are a part of Mather—a unique, non-denominational not-for-profit organization founded 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](https://mathersmorethanacafe.com)

ONGOING EVENTS



Mather's Music Ensemble

MONDAY

1:00 p.m. Rummikub®

JUST FOR FUN

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

1:30 p.m. Women's Discussion Group

JUST FOR FUN

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

TUESDAY

9:00 a.m.–12:00 p.m. Benefit Access

FREE RESOURCES

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

9:30 a.m. Bowling Group

JUST FOR FUN

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

11:00 a.m.–1:00 p.m. Chair Massage

HEALTH & WELLNESS

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

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 Mather Luncheon!**

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

12:30 p.m. Pinochle

Learn or play the game. **FREE**

2:00 p.m. Mather's Music Ensemble

MUSIC & ENTERTAINMENT

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

WEDNESDAY

10:30 a.m.–12:00 p.m.

Conversaciones con Maria

JUST FOR FUN

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

11:00 a.m. Fitness Center Orientation

HEALTH & WELLNESS

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

12:30 p.m. Social Worker

FREE RESOURCES

Registration required. **FREE**

1:00 p.m. Crochet/Knitting Class

ARTS & CREATIVITY

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

THURSDAY

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

JUST FOR FUN

11:00 a.m. RTA Passes

FREE RESOURCES

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

12:00 p.m. Bowling Group

JUST FOR FUN

See Tuesday.

1:00 p.m. Tea Time

JUST FOR FUN

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

1:00 p.m. Red Hat Society

JUST FOR FUN

Takes place 2nd Thursday of each month.

FRIDAY

11:00 a.m.–1:00 p.m.

Blood Pressure Screening **FREE**

HEALTH & WELLNESS

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

MUSIC & ENTERTAINMENT

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

1:30–3:00 p.m. Café con Ovie

JUST FOR FUN

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

April | May | June At-a-Glance

WEEKLY EVENTS

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

APRIL

Burger of the Month: <i>Cajun Salmon Burger</i>	10
---	----

Wednesday, April 1

11:00 a.m. Fitness Center Orientation. .	12
1:00 p.m. The Great Courses: A History of Eastern Europe.	6

Thursday, April 2

9:00 a.m.–2:00 p.m. Free Tax Assistance	
11:00 a.m. RTA Passes	12
12:00–1:00 p.m. Learn How to Use Your iPhone: A 3-Part Series	5
1:00–2:00 p.m. Caption Phones Available for You?	8

Friday, April 3

Passover Meal Special.....	10
9:00 a.m.–2:00 p.m. Free Tax Assistance	
12:00–3:30 p.m. Dancing Fridays with "Jivan" Ivan	12
1:00 p.m. All about Passover	6

Monday, April 6

11:30 a.m. Drawing for Everyone	3
---------------------------------------	---

Tuesday, April 7

11:00 a.m. Chair Massage	12
11:00 a.m. Flower Arranging: Easter.	3

Wednesday, April 8

1:00 p.m. The Great Courses: A History of Eastern Europe.	6
---	---

Thursday, April 9

9:00 a.m.–2:00 p.m. Free Tax Assistance	
12:00–1:00 p.m. Learn How to Use Your iPhone, Part 2	5
1:00 p.m. Tea Time	12
1:00 p.m. Red Hat Society	12
1:00 p.m. Make a Chick Planter	3

Friday, April 10

9:00 a.m.–2:00 p.m. Free Tax Assistance	
1:00 p.m. Medical Cannabis Q&A	2
12:00–3:30 p.m. Dancing Fridays with "Jivan" Ivan	12

Monday, April 13

1:00 p.m. Card-Making with Carole: Mother's Day/Spring	3
---	---

Tuesday, April 14

12:00 p.m. Documentary & Discussion: <i>Secrets beneath the Ice</i>	6
--	---

Wednesday, April 15

12:30–2:30 p.m. Mather's Luncheon: Rock 'n' Roll Luncheon with Jerry Rite ...	4
1:00 p.m. The Great Courses: A History of Eastern Europe.	6

Thursday, April 16

12:00–1:00 p.m. Learn How to Use Your iPhone, Part 3	5
1:00 p.m. Wii Bowling	10
1:00 p.m. Movies with the Grandkids: <i>Despicable Me 3</i>	10

Friday, April 17

12:00–3:30 p.m. Dancing Fridays with "Jivan" Ivan	12
1:00 p.m. Moving On... ..	8
1:30–3:00 p.m. Café con Ovie	12

Monday, April 20

TRIP: Illinois Holocaust Museum & Ruth Bader Ginsburg Exhibit.....	9
12:00 p.m. The RFK Assassination: A Question of Conspiracy.....	6

Tuesday, April 21

11:00 a.m. Chair Massage	12
12:30 p.m. Learn More about Medicare Fraud	8
1:00 p.m. Sleep & Your Health	2

Wednesday, April 22

1:00 p.m. Vanished: Monumental Art at the World's Columbian Exposition ...	6
1:00 p.m. The Great Courses: A History of Eastern Europe.	6
1:00 p.m. The Culinary Delighters Present: Shakespeare!.....	10

Thursday, April 23

11:00 a.m. RTA Passes	12
1:00 p.m. Tea Time	12
12:30–2:00 p.m. Stories about Chicago History	7

REGISTER ONLINE! VISIT MATHERSMORETHANACAFE.COM

Friday, April 24

12:00–1:00 p.m. Music with
Ben Mercado. 4

Monday, April 27

11:30 a.m. Paint with Val 3
1:00–2:30 p.m. How to Draft a Power
of Attorney & Living Will, Part 1. 8

Tuesday, April 28

12:00 p.m. Ted Bundy: Conversations
with a Killer. 7

Wednesday, April 29

12:30–2:00 p.m. Medicare 101 8
1:00 p.m. The Great Courses:
A History of Eastern Europe. 6
4:00–6:00 p.m. Wednesday Nights
at Mather's: Hugo's Elvis 4

Thursday, April 30

10:00 a.m. The World of
Amazon.com. 5
11:00 a.m.–12:00 p.m. Open Tech
Table 5
12:00–1:30 p.m. Master of the
Macabre: Vincent Price 7

MAY**Burger of the Month:**

Hawaiian Burger 10

Friday, May 1

11:00 a.m.–1:00 p.m. Do You Have
My Money? 8
12:00–3:30 p.m. Dancing Fridays
with "Jivan" Ivan 12

Monday, May 4

11:30 a.m. Drawing for Everyone 3
1:00 p.m. Preplanning Information
Session 8

Tuesday, May 5

Cinco de Mayo Meal Special 10
11:00 a.m. Chair Massage 12
12:00 p.m. Documentary & Discussion:
The Real Power of the Human Brain ... 7

Wednesday, May 6

11:00 a.m. Fitness Center Orientation. . 12
1:00 p.m. The Culinary Delighters
Present: Shrimp 3 Ways 10
1:00 p.m. The Great Courses:
A History of Eastern Europe. 6

Thursday, May 7

10:00 a.m. Booking Online Travel 5
11:00 a.m.–12:00 p.m. Open Tech
Table 5
11:00 a.m. RTA Passes 12
1:00 p.m. Wii Bowling 10
1:00 p.m. Make a Birdhouse 3

Friday, May 8

12:00–3:30 p.m. Dancing Fridays
with "Jivan" Ivan 12
1:00–2:30 p.m. A Presentation You
Can't Refuse! 7

Monday, May 11

TRIP: French Lick 9
1:00 p.m. Card-Making with Carole:
Graduation 3

Tuesday, May 12

1:00–3:30 p.m. How to Draft a Power
of Attorney & Living Will, Part 2. 8

Wednesday, May 13

12:30–2:30 p.m. Mather's Luncheon:
Mather Jammers. 4
1:00 p.m. The Great Courses:
A History of Eastern Europe. 6

Thursday, May 14

10:00 a.m. Facebook, Twitter &
Instagram Explained 5
11:00 a.m.–12:00 p.m. Open Tech
Table 5
1:00 p.m. Red Hat Society 12
1:00 p.m. Tea Time 12

Friday, May 15

12:00–3:30 p.m. Dancing Fridays
with "Jivan" Ivan 12
1:00–2:30 p.m. How Many Three
Stooges Were There? 7
1:30–3:00 p.m. Café con Ovie 12

Monday, May 18

11:30 a.m. Paint with Val 3
1:00 p.m. Movies with the Grandkids:
The Secret Life of Pets. 10

Tuesday, May 19

11:00 a.m. Chair Massage 12
11:00 a.m. Flower Arranging:
Memorial Day. 3

Wednesday, May 20

1:00 p.m. The Great Courses:
A History of Eastern Europe. 6

1:30 p.m. Fire in Boomtown 7

Thursday, May 21

TRIP: Starbucks Roastery 9
1:00 p.m. Wii Bowling 10

Friday, May 22

12:00–1:00 p.m. Live Music with
Ben Mercado. 4

Monday, May 25

Café CLOSED – Happy Memorial Day!

Tuesday, May 26

1:00 p.m. Healthy Eating for 1 or 2 2

Wednesday, May 27

1:00 p.m. The Great Courses:
A History of Eastern Europe. 6
4:00–6:00 p.m. Wednesday Night at
Mather's: Alejandro Partida European
Classical & Opera Favorites 4

Thursday, May 28

10:00 a.m. Buying & Selling on eBay ... 5
11:00 a.m.–12:00 p.m. Open Tech
Table 5
11:00 a.m. RTA Passes 12
11:30 a.m.–3:30 p.m. AARP Safe
Driving Class, Part 1 7
1:00 p.m. Tea Time 12

Friday, May 29

11:30 a.m.–3:30 p.m. AARP Safe
Driving Class, Part 2 7
1:00 p.m. Mather's Kentucky Derby
Party 10

JUNE**Burger of the Month:**

Caprese Burger 10

Monday, June 1

11:00 a.m. Drawing for Everyone 3
12:00–3:30 p.m. Save a Life—
Learn CPR! 7

Tuesday, June 2

11:00 a.m. Chair Massage 12
1:00 p.m. Learn about Healthy
Sugars 2

Wednesday, June 3

11:00 a.m. Fitness Center Orientation. . 12
1:00 p.m. The Great Courses:
A History of Eastern Europe. 6

1:00–3:00 p.m. Learn Backgammon 7

Thursday, June 4

10:00 a.m. The Technology
Dictionary 5
11:00 a.m.–12:00 p.m. Open Tech
Table 5
11:00 a.m. RTA Passes 12
1:00 p.m. Wii Bowling 10
1:00 p.m. Make a Rock Photo Holder . . . 3

Friday, June 5

Magazine Release Party

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

Monday, June 8

1:00 p.m. Card-Making with Carole:
Father’s Day 3
1:00 p.m. Mather Connections
Volunteer Meeting 8

Wednesday, June 10

12:30–2:30 p.m. Mather’s Luncheon:
The Great American Songbook with
Mark Dvorak 4
1:00 p.m. The Great Courses:
A History of Eastern Europe 6

Thursday, June 11

10:00 a.m. Apps! 5
11:00 a.m.–12:00 p.m. Open Tech
Table 5
1:00 p.m. Tea Time 12
1:00 p.m. Red Hat Society 12
12:00 p.m. Marilyn Monroe:
Candle in the Wind 7

Friday, June 12

12:00–3:30 p.m. Dancing Fridays
with “Jivan” Ivan 12
12:00–2:00 p.m. The Blue Zones
Lunch & Learn 2

Tuesday, June 16

11:00 a.m. Chair Massage 12
11:00 a.m. Flower Arranging:
Colors 3
12:00 p.m. Documentary & Discussion:
Beyond the Da Vinci Code 7

Wednesday, June 17

1:00 p.m. The Great Courses:
A History of Eastern Europe 6

1:00 p.m. Signposts on the Prairie:
A Passport to Where Illinois Began 8

Thursday, June 18

1:00 p.m. Wii Bowling 10

Friday, June 19

12:00–3:30 p.m. Dancing Fridays
with “Jivan” Ivan 12
1:00 p.m. Conquer Your Clutter 8
1:30–3:00 p.m. Café con Ovie 12

Monday, June 22

11:30 a.m. Paint with Val 3
1:00 p.m. Aging Today: Key Ingredients
for Good Health 2

Tuesday, June 23

CAFÉ CLOSED – All-Employee Meeting

Wednesday, June 24

1:00 p.m. The Culinary Delighters
Present: Marshall Field’s Finest 10
4:30–6:30 p.m. Wednesday Nights
at Mather’s: Blues, Brews & BBQ
with Paul Kaye 4

Thursday, June 25

10:00 a.m. SPAM: How to Spot It &
Not Fall for a Scam 5
11:00 a.m.–12:00 p.m. Open Tech
Table 5
11:00 a.m. RTA Passes 12
1:00 p.m. Tea Time 12
1:00–2:30 p.m. *Oldest Chicago* 8

Friday, June 26

11:00 a.m.–1:00 p.m. Learn about
the RTA 8
12:00–1:00 p.m. Music with
Ben Mercado 4

Monday, June 29

1:00 p.m. Movies with the Grandkids:
Sing 10

Tuesday, June 30

1:00 p.m. Mather’s Music Ensemble
Patriotic Show 4

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

MATHER’S CHICAGOLAND LOCATIONS

7134 W. Higgins Avenue, Chicago, IL

3235 N. Central Avenue, Chicago, IL

33 E. 83rd Street, Chicago, IL

For information, please call (888) 600.2560.

Mather opened Mather’s—More Than a Café in 2000. Mather enhances the lives of older adults by creating Ways to Age Well.SM

Important Information

TRIP DEPOSITS: Full trip payment is due at time of registration to reserve your place. If you cancel your reservation and we are able to sell your ticket, we can refund your money in full or you can apply your payment towards another event in 2020. No refunds will be issued unless your reservation can be replaced.

WAIVERS: Participants registering for any programs involving physical activity and trips/tours must sign the Waiver of Liability available at the Café prior to participation.

SPECIAL ACCOMMODATION: When registering for an event, please notify the Café of any special accommodations needed.

Disclaimers

GENERAL DISCLAIMER: The opinions expressed by presenters are their own and do not reflect the views of Mather or any of the sponsoring organizations.

PHOTOGRAPHY DISCLAIMER: Mather’s uses pictures of events and participants to inform others about these opportunities. Some pictures may be used on our Facebook page. If you do not want your picture taken, please tell our photographer.

HEALTHY LIVING DISCLAIMER

Mather’s—More Than a Café implemented a members-only process for all its fitness programs in order to comply with City of Chicago licensing rules. Mather’s fitness programs will be available only to Mather’s members. There is no charge for this membership, no paperwork for you to complete, and no ID card or badge. The next time you check in with the Café receptionist, simply confirm your fitness membership. If you are a new visitor, please sign up for this free membership at the front desk. At any time if you do not wish to be enrolled, please contact the Café Manager or receptionist.

LESSONS & LECTURES DISCLAIMER

In order to comply with City of Chicago licensing rules, lessons and lectures other than computer classes and fitness programs will have a suggested donation. We hope you will make the suggested voluntary donations so we may continue to bring high-quality programs to Mather’s. Any donations are purely voluntary and can even be deducted from your income taxes!

ENTERTAINMENT DISCLAIMER

Entertainment is available to all customers regardless of meal purchase. We hope you will make the suggested donation so we may continue to bring high-quality programs to Mather’s. Any donations are purely voluntary and can even be deducted from your income taxes! Mather’s—More Than a Café does reserve the right to reserve seating for those customers purchasing meals.

Mather is committed to helping the Earth

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL EVENTS

Travel with Us to Beautiful FRENCH LICK, INDIANA

MONDAY, MAY 11—THURSDAY, MAY 14



Wander Indiana with us! Over four days and three nights, we'll visit the Indianapolis 500 Museum and the Benjamin Harrison Presidential Home in Indy, as well as sites around French Lick including an Amish farm and the quaint town of West Baden.

We'll stay at the gorgeous French Lick Resort and Casino. You'll have time on your own to relax and enjoy the on-site spa, shopping, and other amenities.

This four-day, three-night adventure will be an unforgettable experience! *See page 9 for details.*