

MATHER TELEPHONE TOPICS

April 20–24, 2020

With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. No need to register in advance! All calls are FREE!

Dial our call-in number at the start time of the program and then enter the Meeting ID.

Call-in number: (855) 880.1246

Enter Meeting ID when prompted: 386 399 7030#

Handful of Holidays

Caryl Derenfeld, Joy Fueled Souls

Monday, April 20, 9:30 a.m. CT

Join an uplifting discussion about how we've celebrated springtime holidays in the past and how events this year have changed everything. How are you celebrating in 2020?

Meditation

Monday, April 20, 12:00 p.m. CT

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your "happiness factor"!

Making Art from Anything

Heidi Parkes, Artist

Monday, April 20, 2:30 p.m. CT

Learn how to make art from materials you already have at hand. While you may not have stocked up on traditional art supplies, you can still experience the joy of creativity at home.

Mending, Part 2

Heidi Parkes, Artist

Tuesday, April 21, 9:30 a.m. CT

Heidi will discuss her philosophy on mending clothing as it pertains to technique, aesthetics, her own childhood, daily life, and fine art exhibitions.



Celebrating Life with a Final Party

Jeanne Roppolo & Kate Marrs, Presenters

Tuesday, April 21, 11:00 a.m. CT

We don't get to choose how or when we're going to leave. We can only decide how we're going to live. Before it's over, plan your parting party "Your Way."

Chair Ballet Stretch

Jeanine Dent, Instructor

Tuesday, April 21, 1:00 p.m. CT

Learn stretching and strengthening techniques using ballet positions, focusing on hip flexors, core strength, and spinal alignment.

The Influence of Fashion

Vivian Chazen, Manager of Virtual Programs, Mather

Tuesday, April 21, 2:30 p.m. CT

Through the years, fashion has served as a means to find freedom and express ourselves. Vivian presents a brief history of fashion and shares some of the trends you may have tried yourself.

Burt Bacharach: What the World Needs Now is Love!

John Boda, Presenter/Musician

Wednesday, April 22, 9:30 a.m. CT

Burt Bacharach, now 90 years old, is an American legend who wrote some of the most popular songs of his time. John sings some of Burt's best songs and talks about his career.

What's Hot in the News

Judy Lear, Activist

Wednesday, April 22, 11:00 a.m. CT

Judy recaps the past month's national issues and news events and ask for your input.

Storytelling with Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Wednesday, April 22, 1:00 p.m. CT

Hear a master storyteller read a thought-provoking short story, followed by a discussion.

Organizing Your Home

Meg Mattsson, Professional Organizer

Thursday, April 23, 9:30 a.m. CT

Let's create the space you need to support your life now. Learn tricks to motivate yourself and stay on task, whether it is a small project or a big one.



Cycles of the Moon

Lisa Nigro, Wellness Advocate & Certified Caregiving Consultant

Thursday, April 23, 11:00 a.m. CT

Join Lisa in exploring how you may feel different at different phases of the moon. Do you feel a little “off” around the time of a full moon, or energized around a new one?

Active Adult Exercise

Paige Corley, Certified Personal Trainer

Thursday, April 23, 1:00 p.m. CT

Join Paige as she leads us for a 45-minute monthly session of seated and standing exercises that will boost your mind and body!

Foods to Improve Your Mood

Sharon Smith, Possibilities Coach, Mather

Thursday, April 23, 2:30 p.m. CT

Learn which foods to eat to help reduce mood swings and improve your overall health.

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Friday, April 24, 9:30 a.m. CT

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

First Ladies: Florence Harding

Ricki Saady, Presenter

Friday, April 24, 11:00 a.m. CT

Learn the story of this First Lady, known as “the Duchess,” who served from 1921 to 1923.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

Friday, April 24, 1:00 p.m. CT

Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Draw-Along

Heidi Parkes, Artist

Friday, April 24, 2:30 p.m. CT

Join us for a guided exercise in creating art together. Ideal materials include any kind of paper and something to draw with, such as a pen, pencil, or marker.

