

# MATHER TELEPHONE TOPICS

April 13–17, 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#**

## **Appreciating Improvisational Art**

*Heidi Parkes, Artist*

Monday, April 13, 9:30 a.m. CT

Learning to appreciate art that was made without a pattern or plan can help us appreciate the unpredictable elements of art and life.

## **Meditation**

Monday, April 13, 12:00 p.m. CT

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

## **Chair Yoga**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Monday, April 13, 2:00 p.m. CT

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

## **Tai Chi**

*Lin Shook, Instructor*

Monday, April 13, 4:00 p.m. CT

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

## **Book Discussion**

*Rebecca Hays, Librarian, Morton Grove Public Library*

Tuesday, April 14, 9:30 a.m. CT

Join Rebecca for “Between the Lines,” a monthly discussion group. We will discuss *The Only Woman in the Room* by Marie Benedict. You can use your library card through Hoopla Digital or any library e-book platforms. New members warmly welcomed.

## **Happiness Recipe**

*Kate Marrs, Presenter*

Tuesday, April 14, 11:00 a.m. CT

As with mixing ingredients in a recipe, we can mix certain positive elements to create a happier life.

## **Frankie Valli & the Four Seasons**

*Brian Salgado, Presenter*

Tuesday, April 14, 1:00 p.m. CT

Hear about the life and career of this famous singer and listen to some of his toe-tapping tunes.

## **The 1950s: Elvis, Eisenhower & Lucy**

*Jim Gibbons, Historian*

Tuesday, April 14, 2:30 p.m. CT

Despite the scare of communism and Sputnik, Rodgers & Hammerstein taught us to keep our spirits up and whistle a happy tune. Jim discusses the American values and conservative culture of peace, progress, and prosperity in the 1950s.

## **Chicago, City of a Century: The First 100 Years**

*John Boda, Presenter*

Wednesday, April 15, 9:30 a.m. CT

John takes a look at the city of Chicago and its beginnings, focusing on the struggles, the people, and the city’s great accomplishments. This presentation includes some great stories and a few local songs.

## **The TV Green Screen**

*Walter Podrazik, Author, Watching TV: Eight Decades of American Television*

Wednesday, April 15, 11:00 a.m. CT

On the 50th anniversary of Earth Day, we’ll look at how TV has dealt with the environment.

## **Let's Talk!**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, April 15, 1:00 p.m. CT

Joe speaks “off the cuff” in a presentation that might include comedy, variety, interviews, travel stories, food, fun facts, surprises, and great American songs.

## **The Power of Pets**

*Caryl Derenfeld, Joy Fueled Souls*

Wednesday, April 15, 2:30 p.m. CT

Join a discussion of the many ways in which our pets give us joy.

## **Cardio & Strength Fitness**

*Suzanne Harris, Instructor*

Wednesday, April 15, 4:00 p.m. CT

Join us for alternating 30 minutes of simple cardio programs with 10 minutes of upper and lower body strength exercises. Squats and lunges can be done at your level, including simple upper-body work. Modifications are welcome!

## **Fascinating Facts about Flavors**

*Jan Smith, Presenter*

Thursday, April 16, 9:30 a.m. CT

How many basic flavors are there? What effect do flavors have on our health and weight? What's one flavor many of us love, yet don't even know about? Find out here!

## **Shirley Temple**

*Rich Lang, Media Historian*

Thursday, April 16, 11:00 a.m. CT

Rich will discuss the life and career of Shirley Temple, who began her career at the age of three.

## **Relaxation & Meditation Basics**

*Sharon Smith, Possibilities Coach, Mather*

Thursday, April 16, 1:00 p.m. CT

Learn basic relaxation techniques, such as deep breathing or progressive muscle relaxation, to reduce stress and improve sleep. Learn the physical and emotional benefits of regular mindful meditation practice.

## **Louisa May Alcott Rediscovered**

*Kate Marrs, Presenter*

Thursday, April 16, 2:30 p.m. CT

Hear delightful stories about this popular author, only recently discovered after 70 years! Plus, a real-life look at Louisa May Alcott's supportive work with the five Lukens girls, who were great fans of *Little Women*.

## **Meditation**

*Susan Wilkens, Yoga Instructor, Dancing Cranes*

Friday, April 17, 9:30 a.m. CT

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

## **Laugh Hearty, Live Healthy**

*Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach*

Friday, April 17, 11:00 a.m. CT

Laughter has physical, psychological, emotional, and spiritual benefits. Learn to leverage the power of a good laugh.

## **Storytelling with Megan**

*Megan Wells, National Touring Storyteller, 2016 Oracle Winner*

Friday, April 17, 1:00 p.m. CT

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

## **Tips on Home Fitness**

*Paige Corley, Certified Personal Trainer*

Friday, April 17, 2:30 p.m. CT

Paige shares various home workouts and explains what you need to know and how to stay motivated in order to keep exercise part of your daily routine.