

MATHER TELEPHONE TOPICS

April 27–May 1, 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.

NOTE: If calling from your home phone in Mather Place, dial 8 first

Call-in number: 1 (855) 880.1246

Enter Meeting ID when prompted: 386 399 7030#

2020 Census Part 1: What It Asks & Why It Matters

Lucia Shah, Census Outreach Specialist, AgeOptions

Monday, April 27, 9:30 a.m. CT

Every 10 years, every person living in the US is counted in the decennial Census. Learn why the 2020 Census matters and how you can be sure you, your loved ones, and your community are counted this year.

Time for Us: Let's Chat!

Kate Marrs, Presenter & Lisa Evans, Mather

Monday, April 27, 11:00 a.m. CT

Join an uplifting chat about thoughts and experiences from your world.

Chair Yoga

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, April 27, 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 27, 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.

Walking, Water, Waking

Kate Marrs, Presenter

Tuesday, April 28, 11:00 a.m. CT

Learn why the “Three Ws” are the keys to our quality of life.

Storytelling with Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Tuesday, April 28, 1:00 p.m. CT

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

2020 Census, Part 2: Why Faith Communities Encourage a Complete Count

Beth Truett, BS, MDiv, Graduate Intern, AgeOptions

Tuesday, April 28, 2:30 p.m. CT

Join us to learn what faith communities and people of faith are doing to encourage a complete count in the Census and why it matters.

The Endurance Adventure

John Boda, Presenter

Wednesday, April 29, 9:30 a.m. CT

John tells one of the greatest adventure stories of all time. Sir Ernest Shackleton set out to explore the South Pole in 1914 but got stuck in the ice. Due to his great leadership, his entire crew managed to survive.

2020 Census, Part 3: How to Spot a Census Scam

Lucia Shah, Census Outreach Specialist, AgeOptions

Wednesday, April 29, 11:00 a.m. CT

Scammers never stop scamming. Learn how to spot a Census scam and what you can do to be sure that you, your neighbors, and loved ones don't fall for a scam.

The Kaizen Way

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, April 29, 1:00 p.m. CT

Learn about a Japanese technique of achieving lasting success through small, steady steps.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Wednesday, April 29, 2:30 p.m. CT

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

Cardio & Strength Fitness

Suzanne Harris, Instructor

Wednesday, April 29, 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!

Reaping the Benefits of Visualization

Meg Mattsson, Professional Organizer

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

Discover the power of emotionalized affirmations, learn the steps, and come up with your own affirmation based on your goals.

Joan Rivers & Totie Fields

Rich Lang, Media Historian

Thursday, April 30, 11:00 a.m. CT

Rich explores the lives and careers of these multitalented comedians.

For Love of Barbie

Julie Bronski, Founder, Windy City Collectors, BDC

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

Did you know that the Barbie doll has become a senior citizen? She turned 61 this past March. Julie talks about the history of Barbie and how the doll has evolved and kept up with the times.

Calming Ground: Meditation

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Friday, May 1, 9:30 a.m. CT

Join us for mindfulness and meditation practice and find your inner peace and joy.

Rosemary Clooney

Heather Braoudakis, Vocalist

Friday, May 1, 11:00 a.m. CT

Are you a Rosemary Clooney fan? “Come on-a My House” and “Mambo Italiano” with Heather as she sings the hits of this beloved entertainer.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, May 1, 1:00 p.m. CT

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

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Friday, May 1, 2:30 p.m. CT

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