

MATHER TELEPHONE TOPICS

MORE PROGRAMS. NEW LOOK. NO NEED TO REGISTER IN ADVANCE.

June 1–5, 2020

With Telephone Topics, you simply call a toll-free number at the start time of the program to listen to a wide range of interesting discussions and programs. All calls are FREE!

Two Ways to Participate:

Call-in number: (855) 880.1246 or join us online: zoom.us/join

Enter Meeting ID: 386 399 7030

Urban Wildlife

Lisa Burton, Program Facilitator, Lincoln Park Zoo

Monday, June 1, 9:30 a.m. CT

Learn all about the many critters—squirrels, raccoons, coyotes, cats, and more—that manage to live quite comfortably in the city alongside us humans.

Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Monday, June 1, 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 VIDEO AVAILABLE

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, June 1, 2:00 p.m. CT

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

Tai Chi VIDEO AVAILABLE

Lin Shook, Instructor

Monday, June 1, 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.

See You on the Radio

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Tuesday, June 2, 9:30 a.m. CT

Join us for offbeat stories from America's funniest broadcaster, Charles Osgood. These tales will make you stop, listen, and wonder.

African Elephants: Poaching & the Importance of Grandmothers

Dr. Charles Foley, Senior Conservation Scientist, Lincoln Park Zoo

Tuesday, June 2, 11:00 a.m. CT

Learn about elephants' complex social behavior, the important role of older individuals, and the impact of ivory poaching.

Caregiving & Creativity Chat

Sharon Smith, Mather & Ruthe Guerry, Art Therapist

Tuesday, June 2, 1:00 p.m. CT

Caregivers and care receivers: Learn how to relieve stress through creativity exercises and get resources for better self-care.

Snippets on Love

Kate Marrs, Presenter

Tuesday, June 2, 2:30 p.m. CT

Kate will raise our spirits with an uplifting "Love Collage" of stories, quotes, and more.

Virtual Tech Explorations VIDEO AVAILABLE

Jeff Rose & Vivian Chazen, Mather

Tuesday, June 2, 4:00 p.m. CT

This is the perfect time to learn about technology! Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

Angels among Us

Wednesday, June 3, 9:30 a.m. CT

Caryl Derenfeld, Joy Fueled Souls

Join Caryl as she leads a talk about the different examples of kindness that we've seen over these last few months. Hear uplifting stories of kindness given and kindness received.

Facts about Louisiana

Joe Cunniff, Instructor, DePaul University

Wednesday, June 3, 11:00 a.m. CT

Let's explore interesting facts, trivia, and jokes about Louisiana. We'll also sing songs!



The Magic of Crystals

Lisa Nigro, Wellness Advocate & Certified Caregiving Consultant

Wednesday, June 3, 1:00 p.m. CT

Learn about the history and magic of these stones that have been used for healing for many years.

Celebration of Media Birthday Remembrances

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

Wednesday, June 3, 2:30 p.m. CT

Wally discusses the lives of four celebrities with June birthdays: Chuck Barris, Curtis Mayfield, Paulette Goddard, and Ellen Corby from *The Waltons*.

Cardio & Strength Fitness VIDEO AVAILABLE

Suzanne Harris, Instructor

Wednesday, June 3, 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. Modifications are welcome!

Cross Your Fingers: A Brief History of Superstitions

Paula Fenza, Historian

Thursday, June 4, 9:30 a.m. CT

Paula explores the origin and history of many common superstitions.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather

Thursday, June 4, 11:30 a.m. CT

Here's your chance to give your opinion on specific topics you liked and didn't like, what you'd like to hear more about, or even topics you'd like to present.

What's Your Favorite Flower?

Jan Smith, Presenter

Thursday, June 4, 1:00 p.m. CT

Learn what your favorite flower says about you, how flowers got their names, and more.

10 Healthy Habits for Each & Every Day, Part 1 VIDEO AVAILABLE

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

Thursday, June 4, 2:30 p.m. CT

In two sessions, we'll examine how incorporating small yet powerful habits into our daily routine goes a long way to maximize our physical, emotional, and cognitive health.



Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Friday, June 5, 9:30 a.m. CT

Join us for guided meditation to reduce stress, increase resilience, and promote inner calm.

Songs of the Singing Cowboys

Rick Pickren, Musician

Friday, June 5, 11:00 a.m. CT

Rick performs “Back in the Saddle Again” “My Darling Clementine,” and many more.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, June 5, 1:00 p.m. CT

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

Active Adult Exercise VIDEO AVAILABLE

Paige Corley, Certified Personal Trainer

Friday, June 5, 2:30 p.m. CT

Join a 45-minute session of seated and standing exercises that boost your mind and body!