

MATHER TELEPHONE TOPICS

May 11–15, 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: (855) 880.1246

Enter Meeting ID when prompted: 386 399 7030#

Types of Medicare Fraud

Miranda Davis, Senior Medicare Patrol Outreach Specialist & Jesus Enriquez, Outreach & Information Specialist, AgeOptions

Monday, May 11, 9:30 a.m.

We'll discuss different types of Medicare fraud, trends we are seeing in 2020, and details on specific scams.

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Monday, May 11, 12:00 p.m.

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, May 11, 2:00 p.m.

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

Tai Chi

Lin Shook, Instructor

Monday, May 11, 4:00 p.m.

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



The Importance of Self-Care

Christina Bernhardt, LCSW, Outpatient Senior Health Center, University of Chicago

Tuesday, May 12, 9:30 a.m.

Learn strategies to cope with stress and anxiety, including mindfulness, exercise, and using community resources, in order to stay engaged while socially isolated.

Going Up!

Kate Marrs, Presenter

Tuesday, May 12, 11:00 a.m.

Creating positive energy is easy! Learn ways to find humor in your everyday connections with other people.

Dean Martin

Brian Salgado, Presenter

Tuesday, May 12, 1:00 p.m.

Hear about the life, career, and music of one of the most popular and enduring entertainers of the mid-twentieth century.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Tuesday, May 12, 2:30 p.m.

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

Virtual Tech Explorations

Jeff Rose & Vivian Chazen, Mather

Tuesday, May 12, 4:00 p.m.

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.

Bird Migration in Chicago

Matt Iglesias, Program Developer, Lincoln Park Zoo

Wednesday, May 13, 9:30 a.m.

Learn about the many beautiful and interesting birds that visit Chicago during their migration. Also, listen to some distinctive bird sounds that we commonly hear during the migration season.

Fiction Book Discussion

Mary Cooper, Adult Services Librarian, North Riverside Library

Wednesday, May 13, 11:00 a.m.

Join a fun book group as we discuss the novel *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce.

Reframe It!

Kate Marrs, Presenter

Wednesday, May 13, 2:30 p.m.

Learn how to shift the predominant energy we find ourselves experiencing in today's very different times. Launch your own uplifting movements at home.

Game Time with Jeanne: Comedy Hour

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, May 13, 1:00 p.m.

Join in our comedy hour with new and old friends as we laugh our way to a healthier future.

Cardio & Strength Fitness

Suzanne Harris, Instructor

Wednesday, May 13, 4:00 p.m.

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!

Why Does a Walnut Look Like a Brain?

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

Thursday, May 14, 9:30 a.m.

It just so happens that many healthy whole foods resemble the organs they benefit. Is Mother Nature trying to tell us something? You be the judge!

Cary Grant

Rich Lang, Media Historian

Thursday, May 14, 11:00 a.m.

Rich will discuss the life and career of this actor whose looks, style, and flair for romantic comedy made him one of Hollywood's most popular and enduring stars.

Weight Loss

Paige Corley, Certified Personal Trainer

Thursday, May 14, 1:00 p.m.

Join Paige in a discussion of weight as we age, including strategies to get to a healthy weight and maintain it.

Sing Along with Mitch Miller

Heather Braoudakis, Vocalist

Thursday, May 14, 2:30 p.m.

Remember the man, his music, and his heart-warming television show. Sing along with songs like “You Are My Sunshine,” “Five Foot Two, Eyes of Blue,” and many other oldies.

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Friday, May 15, 9:30 a.m.

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

First Ladies: Sarah Polk

Ricki Saady, Presenter

Friday, May 15, 11:00 a.m.

Learn the story of this First Lady best remembered for being lively, charming, intelligent, and a good conversationalist.

Storytelling with JoAnn

JoAnn Montemurro, Storyteller

Friday, May 15, 1:00 p.m.

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

Tips to Prevent Medicare Fraud

Miranda Davis, Senior Medicare Patrol Outreach Specialist & Jesus Enriquez, Outreach & Information Specialist, AgeOptions

Friday, May 15, 2:30 p.m.

We’ll discuss steps you can take to make sure you don’t fall victim to any Medicare scams.