

MATHER TELEPHONE TOPICS

May 18–22, 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#

Life Planning for Older Adults

Cheryl Lipton, Center for Disability & Elder Law

Monday, May 18, 9:30 a.m.

We'll discuss the need for advanced planning for medical, financial, and legal issues. Learn ways to help minimize the stress, financial problems, family strife, and health problems associated with these challenges.

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Monday, May 18, 12:00 p.m.

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

Time for Us: Let's Chat!

Kate Marrs, Presenter & Lisa Evans, Mather

Monday, May 18, 2:00 p.m.

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

Tai Chi

Lin Shook, Instructor

Monday, May 18, 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.

Let's Talk!

Joe Cunniff, Instructor, DePaul University

Tuesday, May 19, 11:00 a.m.

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

Chair Ballet Stretch

Jeanine Dent, Instructor

Tuesday, May 19, 1:00 p.m.

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

Appetizers & Small Meals

Kate Marrs, Presenter

Tuesday, May 19, 2:30 p.m.

Enjoy some fast fun foraging in your fridge and cabinets. Enjoy no-cooking meals in a jiffy. Explore new ways to combine ingredients for delightful small plates.

Virtual Tech Explorations

Jeff Rose & Vivian Chazen, Mather

Tuesday, May 19, 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.

Marvelous Musicals on the Air

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

Wednesday, May 20, 11:00 a.m.

Hear how TV has brought musicals from the stage to our living rooms, from Groucho Marx in *The Mikado* to John Legend in *Jesus Christ Superstar*.

The Temptations

Brian Salgado, Presenter

Wednesday, May 20, 1:00 p.m.

Hear about the life and career of this '60s and '70s vocal group known for their choreography, distinctive harmonies, and style of dress. Music clips included.

Chair Yoga

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, May 20, 2:00 p.m.

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

Cardio & Strength Fitness

Suzanne Harris, Instructor

Wednesday, May 20, 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!

Groundbreaking Musicals

Steven Frenzel, Presenter

Thursday, May 21, 9:30 a.m.

From *The Jazz Singer* to *La La Land*, *Meet Me in St. Louis* to *Moulin Rouge*, certain musicals have had a revolutionary approach to cinematic storytelling. Steven will share clips and discuss groundbreaking musical gems.

Story Time: Once Upon a Time

Jeannine Forest, Dementia Educator & Care Consultant

Thursday, May 21, 11:00 a.m.

Create new adventures and moments of laughter through shared storytelling.

Active Adult Exercise

Paige Corley, Certified Personal Trainer

Thursday, May 21, 1:00 p.m.

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

At the Hop

Heather Braoudakis, Vocalist

Thursday, May 21, 2:30 p.m.

Let's go to the hop! Kick off your shoes and relive life as a teenager in the 1950s when the sock hop was crazy, cats!

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Friday, May 22, 9:30 a.m.

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

Building Bone, Avoiding Falls, Preventing Fractures

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

Friday, May 22, 11:00 a.m.

Discover the actions you can take today to reduce your risk of falls and fractures tomorrow.

Storytelling with Michael

Michael Menendian, Theater Director

Friday, May 22, 1:00 p.m.

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

Out & Proud, Yesterday & Today

Kate Spelman, Aging with Pride Program Coordinator, AgeOptions

Friday, May 22, 2:30 p.m.

For LGBT+ folks, allies, and history buffs: Get ready for Pride Month by joining us for a journey through history with some of the twentieth—and twenty-first—centuries’ most notable LGBT+ figures and allies, from early Stonewall leaders to Chicago's current mayor. Share your story!