

MATHER TELEPHONE TOPICS

May 4–8, 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#

Fall Prevention Exercises

Jaime Pena, Community Social Worker, AgeOptions

Monday, May 4, 9:30 a.m. CT

Join Jaime in a guided session on simple exercises you can do in your home to wake your body up from head to toe. Using a sturdy chair with arms is suggested.

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Monday, May 4, 12:00 p.m. CT

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

Music & Wellness

Monday, May 4, 2:30 p.m. CT

Rebecca Froman Freiman, Music Therapist, Greater Chicago Music

Learn how music can positively affect our health and benefit our bodies and brains in specific ways.

Tai Chi

Lin Shook, Instructor

Monday, May 4, 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.



Road Trip: The History of Route 66

Tuesday, May 5, 9:30 a.m. CT

Caryl Derenfeld, Joy Fueled Souls

Learn about the early years of car travel across America and what made Route 66 unique.

Caregiving & Creativity Chat

Sharon Smith, Mather & Ruthe Guerry, Art Therapist

Tuesday, May 5, 11:00 a.m. CT

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

April Showers

Heather Braoudakis, Vocalist

Tuesday, May 5, 1:00 p.m. CT

Heather sings the songs of spring, from showers to sunshine to flowers.

Storytelling with Michael

Michael Menendian, Theater Director

Tuesday, May 5, 2:30 p.m. CT

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

Virtual Tech Explorations

Jeff Rose & Vivian Chazen, Mather

Tuesday, May 5, 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.

Facts about Kentucky

Joe Cunniff, Instructor, DePaul University

Wednesday, May 6, 11:00 a.m. CT

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

Home Makeover Like a Designer

Karen Carpino, Registered Interior Designer

Wednesday, May 6, 1:00 p.m. CT

Learn some techniques designers use to organize and rearrange home furnishings in order to make over your rooms.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Wednesday, May 6, 2:30 p.m. CT

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

Cardio & Strength Fitness

Suzanne Harris, Instructor

Wednesday, May 6, 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!

Tips for Aging Well

Kelly Stranburg, Wellness Director, Mather

Thursday, May 7, 9:30 a.m. CT

What should you *really* be focusing on now in order to Age Well? We'll explore tips for successful aging that range from staying in the present to never acting your age.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather

Thursday, May 7, 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.

Poetry

Marion Mango, Poet and Writer

Thursday, May 7, 1:00 p.m. CT

Join us to listen or share favorite poetry that you have written or admire.

Collaborative Art Practices

Thursday, May 7, 2:30 p.m. CT

Caroline Edasis, Director of Creative Arts, Mather

Caroline will discuss how artists have used collaborative art-making practices to build solidarity, hope, and community. Learn about interesting community art projects and take away ideas for strengthening your own community through creativity!

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Friday, May 8, 9:30 a.m. CT

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

Simply Strong

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

Friday, May 8, 11:00 a.m. CT

Join us for a guided strength-training routine that can be done in the comfort of your home.

Storytelling with Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Friday, May 8, 1:00 p.m. CT

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

2020 Census: Completing It Online

Lucia Shah, Census Outreach Specialist, AgeOptions

Friday, May 8, 2:30 p.m. CT

Completing the 2020 Census is the way you can make sure that your community is counted and that it gets the resources it needs for the next decade. This is the first year that we can complete the Census online. Lucia will walk you through how to use the online portal.