

# MATHER TELEPHONE TOPICS

June 15–19, 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** or join us online: [zoom.us/join](https://zoom.us/join)

**Enter Meeting ID when prompted: 386 399 7030#**

## ***The Little Prince, Part 2***

*Heidi Parkes, Presenter*

Monday, June 15, 9:30 a.m.

Heidi reads and discusses favorite excerpts from Antoine de Saint-Exupery's 1942 book *The Little Prince*.

## **Meditation**

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

Monday, June 15, 12:00 p.m.

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 15, 2:00 p.m.

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 15, 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.

### **Game Time with Jeanne: Movie Trivia**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Tuesday, June 16, 9:30 a.m.

Test your knowledge and guess the title of a film based on one line from a movie.

### **Words to Live By**

*Kate Marrs, Presenter*

Tuesday, June 16, 11:00 a.m.

Share sayings that guide our actions and behavior. Create your own manifesto!

### **What's Hot in the News**

*Judy Lear, Activist*

Tuesday, June 16, 1:00 p.m.

Judy recaps the past month's national issues and news events and asks for your input.

### **A Talk with Barbara Feldon VIDEO AVAILABLE**

*Chuck Freilich, Mather, Interviewer*

Tuesday, June 16, 2:30 p.m.

We'll talk live with actress Barbara Feldon, Agent 99 from the '60s hit TV comedy *Get Smart*, about her book *Living Alone & Loving It*. Barbara addresses issues many of us are facing these days: loneliness and social isolation.

### **Virtual Tech Explorations VIDEO AVAILABLE**

*Jeff Rose & Vivian Chazen, Mather*

Tuesday, June 16, 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.

### **An Abundance of Gratitude**

*Caryl Derenfeld, Joy Fueled Souls*

Wednesday, June 17, 9:30 a.m.

Gratitude is the pathway that will lead you to a fulfilling life. Learn how to really understand it, express it, and experience greater joy and feelings of abundance.

## **Our Favorite Commercial Characters**

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

Wednesday, June 17, 11:00 a.m.

Hear about memorable figures from TV commercials, from Mr. Whipple to the GEICO Gecko.

## **A Soldier's Musical Salute VIDEO AVAILABLE**

*Steven Frenzel, Film Historian*

Wednesday, June 17, 1:00 p.m.

Sing along to songs of the World War II era sung by the Andrews Sisters and other stars who entertained the troops.

## **Discover Sicily**

Wednesday, June 17, 2:30 p.m.

*Larissa Rolley, Presenter*

Join Larissa on a road trip around Sicily and discover a charming island full of interesting history, delicious food, and strong traditions.

## **Cardio & Strength Fitness VIDEO AVAILABLE**

*Suzanne Harris, Instructor*

Wednesday, June 17, 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!

## **Relaxation & Meditation Basics**

*Sharon Smith, Mather*

Thursday, June 18, 9:30 a.m.

Learn basic relaxation techniques to reduce stress and improve sleep. Learn the physical and emotional benefits of regular mindful meditation practice.

## **Inside the Recording Industry**

*Richard Wolod, Retired Record Company Executive*

Thursday, June 18, 11:00 a.m.

Get the inside story on the recording industry and hear personal stories about working with famous rock artists.

**Sammy Davis Jr. VIDEO AVAILABLE**

*Brian Salgado, Presenter*

Thursday, June 18, 1:00 p.m.

Hear about the life and career of this great singer, dancer, actor, comedian, impressionist, and activist.

**More Tips on Home Fitness VIDEO AVAILABLE**

*Paige Corley, Certified Personal Trainer*

Thursday, June 18, 2:30 p.m.

Paige shares more kinds of home workouts and explains how to stay motivated in order to keep exercise as part of your daily routine.

**Meditation**

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

Friday, June 19, 9:30 a.m.

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

**First Ladies: Lucy Hayes**

*Ricki Saady, Presenter*

Friday, June 19, 11:00 a.m.

Learn about the first First Lady to hold a college degree.

**Storytelling with Caroline**

*Caroline Latta, Theatre Department, Columbia College Chicago*

Friday, June 19, 1:00 p.m.

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

**Medicare 101**

*Robin Dawson, Presenter*

Friday, June 19, 2:30 p.m.

Learn what Medicare covers and your potential out-of-pocket exposure. Robin covers supplements, Medicare Advantage, prescription plans, and how to make the right choice.