

# MATHER TELEPHONE TOPICS

June 8–12, 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 1***

*Heidi Parkes, Presenter*

Monday, June 8, 9:30 a.m.

Heidi will read and discuss favorite excerpts from Antoine de Saint-Exupery's 1942 book *The Little Prince*. This is the first of a three-part presentation.

## **Meditation**

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

Monday, June 8, 12:00 p.m.

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

## **Chair Yoga VIDEO AVAILABLE**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Monday, June 8, 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 8, 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.

## **10 Healthy Habits for Each & Every Day, Part 2 VIDEO AVAILABLE**

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

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

Incorporating small yet powerful habits into our daily routine goes a long way to maximize our physical, emotional, and cognitive health. In two sessions, we'll examine their remarkable benefits, as well as strategies to integrate them into your life.

## **Getting What You Want**

*Kate Marrs, Presenter*

Tuesday, June 9, 11:00 a.m.

Learn how to take systematic steps to realize your own desires.

## **The Hills Are Alive**

*Heather Braoudakis, Vocalist*

Tuesday, June 9, 1:00 p.m.

Join Heather in singing classics from *The King and I*, *Carousel*, *The Sound of Music*, and more.

## **Discover French Polynesia**

*Larissa Rolley, Presenter*

Tuesday, June 9, 2:30 p.m.

Learn about the history, culture, and natural beauty of Tahiti and Moorea.

## **Virtual Tech Explorations VIDEO AVAILABLE**

*Jeff Rose & Vivian Chazen, Mather*

Tuesday, June 9, 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.

## **Judy Garland: Over the Rainbow VIDEO AVAILABLE**

*John Boda, Presenter*

Wednesday, June 10, 9:30 a.m.

John looks back at Judy's amazing life and career with trivia, clips of her performances, and songs he performs.

### **Storytelling with Megan**

*Megan Wells, National Touring Storyteller, 2016 Oracle Winner*

Wednesday, June 10, 11:00 a.m.

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

### **Game Time with Jeanne**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, June 10, 1:00 p.m.

Use knowledge from everyday life to match wits with other players.

### **Feeling Loved Is Sharing Love**

*Ann Dionne, Author & Certified Life Coach*

Wednesday, June 10, 2:30 p.m.

Expressing love or compassion for others benefits both parties.

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

*Suzanne Harris, Instructor*

Wednesday, June 10, 4:00 p.m.

Join us for alternating 30 minutes of simple cardio programs with 10 minutes of upper and lower body strength exercises. Modifications are welcome!

### **Food Additives**

*Jan Smith, Presenter*

Thursday, June 11, 9:30 a.m.

Let's talk about what's behind those food labels. What are those mysterious substances added to some foods, and are they bad for you?

### **Frank Sinatra, Part 2 VIDEO AVAILABLE**

*Brian Salgado, Presenter*

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

Brian explores more about Sinatra's amazing life and career.

### **How Bones, Joints & Muscles Benefit from Exercise VIDEO AVAILABLE**

*Paige Corley, Certified Personal Trainer*

Thursday, June 11, 1:00 p.m.

Find out how movement works in your body to help reduce joint pain, allowing bones to move more smoothly and strengthen muscles.

## **Let's Talk**

*Joe Cunniff, Instructor, DePaul University*

Thursday, June 11, 2:30 p.m.

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

## **Meditation**

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

Friday, June 12, 9:30 a.m.

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

## **Simply Strong VIDEO AVAILABLE**

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

Friday, June 12, 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 JoAnn**

*JoAnn Montemurro, Storyteller*

Friday, June 12, 1:00 p.m.

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

## **Hits of the '50s**

*Rick Pickren, Musician*

Friday, June 12, 2:30 p.m.

Let's return to the roots of rock 'n' roll, as Rick performs many longtime favorites such as “Blue Suede Shoes,” “Good Night, Irene,” “Donna,” and more!