

# MATHER TELEPHONE TOPICS

June 29–July 3, 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#**

## **Yoga for Hands**

*Heidi Parkes, Certified Yoga Therapist*

Monday, June 29, 9:30 a.m. CT

Heidi leads us in self-hand-massage, followed by hand movements in sync with our breath.

## **Time for Us: Let's Chat!**

*Kate Marrs, Presenter & Lisa Evans, Mather*

Monday, June 29, 11:00 a.m. CT

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

## **Chair Yoga VIDEO AVAILABLE**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Monday, June 29, 2:00 p.m. CT

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

Telephone Topics reserves the right to dismiss anyone who may violate our guidelines, which include dignified conduct, respecting everyone's opinions, and letting the host lead the program. Please keep in mind that the opinions expressed by hosts, facilitators, and participants are their own and do not necessarily reflect the views of Telephone Topics or Mather.

## **Tai Chi VIDEO AVAILABLE**

*Lin Shook, Instructor*

Monday, June 29, 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.

## **Let Freedom Ring**

*Heather Braoudakis, Vocalist*

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

Heather sings some patriotic music that you likely know by heart. Celebrate our heritage by singing our favorites from “God Bless the USA” to “God Bless America.”

## **Paintings That Changed the World**

*Casey Pax, Art Therapist, Mather*

Tuesday, June 30, 11:00 a.m. CT

Discover how art goes beyond style to profoundly affect the world and challenge beliefs.

## **Chair Ballet Stretch**

*Jeanine Dent, Instructor*

Tuesday, June 30, 1:00 p.m. CT

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

## **Carbs: Good or Bad for You? VIDEO AVAILABLE**

*Paige Corley, Certified Personal Trainer*

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

Not all carbs are created equal. Many people will avoid eating carbs to help lose weight, but some carbs are beneficial. Paige gives us the nutritional facts!

## **Virtual Tech Explorations VIDEO AVAILABLE**

*Jeff Rose & Vivian Chazen, Mather*

Tuesday, June 30, 4:00 p.m. CT

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.

## **Fall Prevention Exercises VIDEO AVAILABLE**

*Jaime Pena, Community Social Worker, AgeOptions*

Wednesday, July 1, 9:30 a.m. CT

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



## **Facts about Maine**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, July 1, 11:00 a.m. CT

Let's explore interesting facts, fun trivia, and jokes about Maine. We'll also sing some songs from the Great American Songbook.

## **Book Discussion**

*Rebecca Hayes, Readers Advisory Librarian, Morton Grove Public Library*

Wednesday, July 1, 1:00 p.m. CT

Join Rebecca to hear about a selection of funny and lighthearted books, all of which are available as ebooks with your library card.

## ***The Radium Girls* VIDEO AVAILABLE**

*Kate Moore, Author*

Wednesday, July 1, 2:30 p.m. CT

Kate joins us from England to discuss her book about the women factory workers in the Chicago area and other locations who worked with paint laced with radium. Many of them died of various cancers, and the subsequent legal case became an important one in labor history. Len Grossman, son of the heroic Chicago attorney who took on the women's case, will also join us.

## **Chicago Stories VIDEO AVAILABLE**

*Richie Zie, Chicago History Storyteller, TV & Radio Host & Tour Guide*

Thursday, July 2, 11:00 a.m. CT

Richie is the lively and entertaining host of *Chicago History & Automotive Heaven* on television and radio. He joins us to share fun and fascinating stories about Chicago.

## **Calm & Focused**

*Ann Dionne, Author & Certified Life Coach*

Thursday, July 2, 1:00 p.m. CT

We'll explore three easy ways in which to become calmer and more focused: becoming more self-aware, controlling our breathing, and using our imagination.

## **Unusual Dates & Reasons to Celebrate**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Thursday, July 2, 2:30 p.m. CT

Every day that we're alive is a reason to celebrate. What's the alternative? Join in the fun as we party-plan for some uncommon events.