

MATHER TELEPHONE TOPICS

MORE PROGRAMS. NEW LOOK. NO NEED TO REGISTER IN ADVANCE.

August 2020

With Telephone Topics, you simply call a toll-free number at the start time of the program to listen to a wide range of interesting discussions and programs. All calls are FREE!

Two Ways to Participate:

Call-in number: (855) 880.1246 or join us online: zoom.us/join

Enter Meeting ID: 386 399 7030

Draw-Along: Quilt Collage WATCH ON ZOOM

Heidi Parkes, Presenter

Monday, August 3, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join a guided exercise and create a collage of a quilt pattern. We'll make half-square triangle quilts in paper. Ideal materials needed include a glue stick, a magazine, paper, a pen, and scissors.

Meditation

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

Monday, August 3, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 p.m. ET

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

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, August 3, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

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 WATCH ON ZOOM

Lin Shook, Instructor

Monday, August 3, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Program in Spanish

Aprénda del programa SMP VÉALO EN ZOOM

Tuesday, August 4, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Jesus Enriquez, Outreach and Information Specialist, AgeOptions

Conozca sobre lo que la Patrulla de Medicare brinda a sus beneficiarios y cómo cumplimos con nuestra misión de Proteger, Detectar e Informar sobre fraudes. También repasaremos las tendencias actuales de lo que está sucediendo en el mundo del fraude contra Medicare, incluyendo fraude con el COVID-19.

Oldest Chicago WATCH ON ZOOM

David Witter, Author

Tuesday, August 4, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

David shares stories about some historic treasures of our city, including the oldest house (1833), oldest bar (1885), oldest restaurant (1889), and many oldest others.

American Bandstand

Heather Braoudakis, Vocalist

Tuesday, August 4, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Celebrate the early years of *American Bandstand* with music by artists who appeared on the show hosted by the oldest teenager, Dick Clark. Hear music of Billy Williams, Perry Como, Patsy Cline, and many more.

Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, August 4, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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!

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, August 4, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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.

Lincoln in the Movies WATCH ON ZOOM

Steven Frenzel, Film Historian

Wednesday, August 5, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

We'll look at some popular films and some lesser-known ones about Abraham Lincoln in order to try to understand why he is considered the greatest president in American history.

Facts about Maryland

Joe Cunniff, Instructor, DePaul University

Wednesday, August 5, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Let's explore interesting facts, history, fun trivia, jokes, and songs about Maryland.

Open Mind: Say Yes to Life

Jeanne Roppolo & Kate Marrs, Presenters

Wednesday, August 5, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Hear true stories of how welcoming life's sometimes quirky experiences can lead to the extraordinary. Discover ways to open your life to new possibilities.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, August 5, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures and movements, breathing, and meditation used to facilitate optimal health.

Discover Mexico & the Monarch Butterflies

Larissa Rolley, Presenter

Wednesday, August 5, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Follow the monarchs to Mexico for the winter and learn about their incredible migration.

9 Steps to Better Brain Health WATCH ON ZOOM

Cynthia R. Green, PhD, Psychologist & President of Total Brain Health

Thursday, August 6, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn what the latest research shows we can do to sharpen our thinking, reduce our dementia risk, and live well each day.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather

Thursday, August 6, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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.

Novelty Toys WATCH ON ZOOM

Mardi & Stan Timm, Toy Collectors

Thursday, August 6, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Hear about some of your favorite novelty toys, from X-Ray Spex to Silly Putty. You'll get the scoop from two of the world's foremost experts and biggest collectors of novelty toys.

Good Posture WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, August 6, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn how maintaining proper posture affects our physical health and mental well-being.

The Blue Zones, Part 1: Travel to the Blue Zones WATCH ON ZOOM

Joan Davis, RN, Presenter

Thursday, August 6, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Joan will take you on a virtual journey to the world's Blue Zones—places where people live not only exceptionally long, but also vibrant and healthy lives.

Meditation

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

Friday, August 7, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

Fruits & Veggies: More Matters! WATCH ON ZOOM

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

Friday, August 7, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Get ready for all things produce! We'll look at nutrition, shopping, storage, meal planning, and culinary creations, as well as easy, budget-friendly ways for eating more fruits and veggies!

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, August 7, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Remembering Marshall Field's WATCH ON ZOOM

Leslie Goddard, Presenter

Friday, August 7, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

This lavishly illustrated talk traces the history of Chicago's leading department store from its beginnings to its heyday as a fashion and service trendsetter. We'll review the store's cherished traditions—from chicken pot pie and the Walnut Room to the legendary window displays.

Teddy Roe & Policy in Chicago WATCH ON ZOOM

Mike Roe & J. D. McCallum, Authors

Friday, August 7, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Hear the fascinating story of the rise and demise of Policy, the gambling game that dominated Chicago's South Side in the '40s and '50s. Teddy Roe was the king of Policy and one of the few African American mob bosses who stood up to the Chicago Outfit.

Draw-Along: Poem Collage WATCH ON ZOOM

Heidi Parkes, Presenter

Monday, August 10, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join a guided exercise and create a collage of a poem. We'll create and decorate a poem with found words. Ideal materials: a glue stick, a magazine, paper, pen, and scissors.

Meditation

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

Monday, August 10, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 p.m. ET

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

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, August 10, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

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

Tai Chi WATCH ON ZOOM

Lin Shook, Instructor

Monday, August 10, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Stress-Relief Yoga WATCH ON ZOOM

Joan McGee, Instructor

Tuesday, August 11, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Improve your muscle tone and flexibility while relaxing the body and mind. Joan teaches awareness, breath, and control while building core body strength.

Loving Ourselves

Kate Marrs, Presenter

Tuesday, August 11, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

As we give release to ourselves through acknowledgement, acceptance, and forgiveness, we can heal ourselves and enhance our life experience and energy.

Caregiving & Creativity Chat

Sharon Smith, Mather & Ruthe Guerry, Art Therapist

Tuesday, August 11, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join a discussion about intentional self-care for the caregiver. Learn the benefits of self-care and simple things you can do for yourself at home on a budget.

Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, August 11, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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!

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, August 11, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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.

Program in Spanish

Tomando Control de su Salud VÉALO EN ZOOM

Jaime Peña, Community Health Worker, AgeOptions

Wednesday, August 12, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Conozca algunas de las técnicas y los cuidados para llevar un estilo de vida saludable como alimentación sana, actividad física, lectura de etiquetas, entre otras más.

How to Boost & Rejuvenate Your Immune System WATCH ON ZOOM

Marla Brodsky, Registered Diet Nutritionist, LD

Wednesday, August 12, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Marla will discuss how you can boost your immune system with food, supplements, and lifestyle changes. Keeping our immune systems strong is now more important than ever!

Game Time with Jeanne: Word Detective

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, August 12, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Have fun challenging your knowledge by guessing the origins some everyday words.

Pirates in Your Backyard WATCH ON ZOOM

Amber Kelly, Tour Guide/Actress

Wednesday, August 12, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Hear the true stories of pirates on the Great Lakes, including the Fox Gang and Roaring Dan Seavey. Hear some tales that will shiver ye timbers!

Save Money on Your Property Taxes WATCH ON ZOOM

Maria Pappas, Cook County Treasurer

Wednesday, August 12, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

The Cook County Treasurer joins us to explain ways in which you may be able to save money on your property taxes. You'll learn how to search \$75 million in available property tax refunds; search \$34 million in missing property tax exemptions going back four years; access 20 years of tax history for your Property Index Number; and more.

Cary Grant, Part 2 WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, August 13, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Brian tells us more about Cary Grant's amazing life and career.

Victory in World War II WATCH ON ZOOM

John Boda, Presenter

Thursday, August 13, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

It was the greatest world conflict ever fought, with the entire world hanging in the balance! This presentation gives an overview of the war from the beginning to the end. In addition, John performs some of the songs that helped win the war, along with a tribute to American veterans.

What's Your Favorite Flower? Part 2

Jan Smith, Presenter

Thursday, August 13, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Let's talk more about our favorite flowers. Learn what a flower says about you, how flowers got their names, and more.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, August 13, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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

Voices from the Grave

Paula Fenza, Historian

Thursday, August 13, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Paula will share some of her favorite tombstones located in cemeteries around the country. Each tombstone has a unique story to tell about the person whose grave it marks.

Meditation

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

Friday, August 14, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

Simply Strong WATCH ON ZOOM

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

Friday, August 14, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, August 14, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Road Trip: A Sentimental Journey

Rick Pickren, Musician

Friday, August 14, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Rick on a virtual trip across America as he sings and plays favorites like "Sentimental Journey," "On the Road Again," "Country Roads," "No Particular Place to Go," and more!

The Benefits of Baking Soda

Kate Marrs, Presenter

Friday, August 14, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

We'll talk about healthful uses of baking soda to keep us clean, well fed, healthy, and free from harmful chemicals in our environment and beyond.

Draw-Along: Nature Collage WATCH ON ZOOM

Heidi Parkes, Presenter

Monday, August 17, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join a guided exercise and create a collage of nature. We will make collages inspired by the natural world. Ideal materials: a glue stick, a magazine, paper, pen, and scissors.

Meditation

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

Monday, August 17, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 p.m. ET

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

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, August 17, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

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

Tai Chi WATCH ON ZOOM

Lin Shook, Instructor

Monday, August 17, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Program in Spanish

Cuentese en el Censo VÉALO EN ZOOM

Jesus Enriquez, Outreach and Information Specialist, AgeOptions

Tuesday, August 18, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Aprenda el por qué es importante completar el Censo del 2020 y cómo es importante contar a toda su familia.

Connecting with Anne Frank WATCH ON ZOOM

Eva Schloss, Anne Frank's Stepsister

Tuesday, August 18, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

We'll talk live from London with Anne Frank's stepsister, Eva Schloss. Like Anne and her family, Eva and her family were also sent to Auschwitz. Eva and her mother both survived, and after the war, her mother married Anne's father, Otto Frank. Hear a deeply personal story about the Holocaust and one of its most well-known and beloved victims.

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, August 18, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, August 18, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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!

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, August 18, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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.

Radical Acts of Self-Love

Andrea Vernon-Cwik, Licensed Clinical Social Worker

Wednesday, August 19, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn quick and effective ways to meditate in high-stress situations.

Humorously Unconventional Presidential Pursuits

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

Wednesday, August 19, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Wally looks at some of the surprising presidential candidates who have come from television, including entertainer Gracie Allen in the 1940 Surprise Party, talk-show host Stephen Colbert, comedian Pat Paulsen, and even Howdy Doody!

What Would You Do?

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, August 19, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Jeanne examines medical and ethical dilemmas in our modern life. The time to make some decisions is before a crisis occurs.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, August 19, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures and movements, breathing, and meditation, used to facilitate optimal health.

Songs & Stories to Brighten Your Day WATCH ON ZOOM

Amy Lowe, Singer, Musician & Storyteller

Wednesday, August 19, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Amy will entertain us with songs that span the decades with a variety of themes and styles. She'll include a few stories and provide an opportunity for you to collaborate.

Paul Anka WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, August 20, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Hear about the life and career of this famous singer and listen to clips of some of his hits.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Thursday, August 20, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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.

The Black Cyclone: Major Taylor WATCH ON ZOOM

Kisha Tandy, Assistant Curator, Indiana State Museum

Thursday, August 20, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Hear the incredible story of the first African American world champion in cycling.

Improving Strength at Home WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, August 20, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn different and effective ways to do strength training at home with minimal equipment.

The Blue Zones, Part 2: Bringing the Blue Zones Home WATCH ON ZOOM

Joan Davis, RN, Presenter

Thursday, August 20, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Learn how to "Blue Zone" your life from your kitchen to your community and even into your bedroom! Pick up tricks you can incorporate for healthier aging. (Note: Participation in the Blue Zones Part I program is *not* necessary.)

Meditation

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

Friday, August 21, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

The Nutrition Facts behind the Label WATCH ON ZOOM

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

Friday, August 21, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn how elements of the food label have been improved and how to use this important information to support healthier eating choices.

Storytelling with Michael

Michael Menendian, Theater Director

Friday, August 21, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Exploring Common Herbs: 3 Ways to Use Them WATCH ON ZOOM

Lesley Peters, Presenter

Friday, August 21, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Lesley will share how we can easily include herbs in our everyday life. We will learn about their seasoning properties, cosmetic possibilities, and medicinal capabilities.

You Are the Artist!

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

Friday, August 21, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Hear how television has helped us to pursue creativity at home, from the paintings of Bob Ross and John Gnagy to the culinary stylings of the French Chef.

Draw-Along: Portrait Collage WATCH ON ZOOM

Heidi Parkes, Presenter

Monday, August 24, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join a guided exercise and create a collage of portraits. We will make collages inspired by people. Ideal materials needed include a glue stick, a magazine, paper, a pen, and scissors.

Meditation

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

Monday, August 24, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 p.m. ET

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

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, August 24, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

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

Tai Chi WATCH ON ZOOM

Lin Shook, Instructor

Monday, August 24, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Senior Medicare Patrol Basics WATCH ON ZOOM

Miranda Davis, Senior Medicare Patrol Outreach Specialist, AgeOptions

Tuesday, August 25, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn what the Illinois Senior Medicare Patrol provides to Medicare beneficiaries. We’ll also learn what’s happening in the world of Medicare fraud, including COVID-19.

Reawakening Our 5 Senses & More

Kate Marrs, Presenter

Tuesday, August 25, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Energy flows where our thoughts go! Life can offer fulfillment beyond mere satisfaction.

What’s Hot in the News

Judy Lear, Activist

Tuesday, August 25, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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



Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, August 25, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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!

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, August 25, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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.

Adult Protective Services

Andrea Vernon-Cwik, Licensed Clinical Social Worker

Wednesday, August 26, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Andrea discusses facts and myths about state Adult Protective Services systems, which vary from state to state with respect to populations served, services provided, and scope.

Food Additives, Part 2

Jan Smith, Presenter

Wednesday, August 26, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Let's talk more about what's behind those food labels. It's good to understand and realize the importance of the labeling.

Extraordinary Origins of Everyday Things

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, August 26, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Discover the how and why of everyday items, expressions, and customs. Enjoy a fascinating history of little-known facts.

Apple Harvest

Caryl Derenfeld, Joy Fueled Souls

Wednesday, August 26, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join the fun as Caryl talks about the health benefits of apples. Learn about the legend of Johnny Appleseed, the role apples have played in mythology and in love, and share a slice of your own apple encounters!

John Wayne WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, August 27, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Brian explores the life and career of this actor who was famous for his roles in Westerns.

Travel Stories: European Adventures

Joe Cunniff, Instructor, DePaul University

Thursday, August 27, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Joe shares stories of European adventures in a fun and most informative travel talk.

Derby Days!

Rick Pickren, Musician

Thursday, August 27, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Let's horse around! Rick sings and plays "The Old Gray Mare," "I Ride an Old Paint," "Stewball," "Mr. Ed," "The Strawberry Roan," and more.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, August 27, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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

A Day at the Opera: "The Twins" WATCH ON ZOOM

Neil Adelman, Opera Lovers Lecture Corps

Thursday, August 27, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join us to learn more about the passionate one-act operas *Cavallaria Rusticana* and *Pagliacci*, so frequently performed together that they are called "the Twins."

Meditation

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

Friday, August 28, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

Simply Strong WATCH ON ZOOM

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

Friday, August 28, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

Friday, August 28, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Time for Us: Let's Chat!

Kate Marrs, Presenter & Lisa Evans, Mather

Friday, August 28, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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

Patriotic Parade: Symbols of America WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

Friday, August 28, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Caryl leads a discussion on people, places, and things that are iconic symbols of America.

Chair Yoga

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, August 31, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

Meditation

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

Monday, August 31, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 p.m. ET

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

A Talk with Temple Grandin WATCH ON ZOOM

Temple Grandin, Author, Speaker & Professor, Colorado State University

Monday, August 31, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

We'll speak live with Professor Temple Grandin, known as a spokesperson for autism and the humane treatment of livestock. In 2010, she was named to the *Time 100* list of the most influential people in the world, and was the subject of an HBO film starring Clare Danes.

Tai Chi WATCH ON ZOOM

Lin Shook, Instructor

Monday, August 31, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

