

# MATHER TELEPHONE TOPICS

August 10–14, 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#**

## **Draw-Along: Poem Collage** WATCH ON ZOOM

*Heidi Parkes, Presenter*

Monday, August 10, 9:30 a.m.

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, 12:00 p.m.

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, 2:00 p.m.

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, 9:30 a.m.

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, 11:00 a.m.

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, 1:00 p.m.

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, 2:30 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!

## **Virtual Tech Explorations for Advanced Users    WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, August 11, 4:00 p.m.

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.

## **How to Boost & Rejuvenate Your Immune System    WATCH ON ZOOM**

*Marla Brodsky, Registered Diet Nutritionist, LD*

Wednesday, August 12, 11:00 a.m.

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, 1:00 p.m.

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, 2:30 p.m.

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, 4:00 p.m.

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, 9:30 a.m.

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, 11:00 a.m.

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, 1:00 p.m.

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, 2:30 p.m.

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, 4:00 p.m.

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, 9:30 a.m.

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, 11:00 a.m.

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, 1:00 p.m.

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

### **Road Trip: A Sentimental Journey**

*Rick Pickren, Musician*

Friday, August 14, 2:30 p.m.

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, 4:00 p.m.

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.