

MATHER TELEPHONE TOPICS

August 3–7, 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

Enter Meeting ID when prompted: 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.

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.



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.