

MATHER TELEPHONE TOPICS

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

October 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

LGBT Aging: Legal Issues & Resources WATCH ON ZOOM

Elisabeth Hieber, Center for Disability & Elder Law

Thursday, October 1, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 ET

Learn more about LGBT aging issues, especially legal topics, and resources available in Cook County to address them.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather

Thursday, October 1, 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.

Balance Brings Well-Being WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

Increased mobility can lead to better health. Paige demonstrates exercises you can do any time to help improve and maintain your 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.

The Armory Show of 1913 WATCH ON ZOOM

Dave Williams, Presenter

Thursday, October 1, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Dave explores some of the background, artists, and work of the famous Armory Show of 1913, the landmark exhibition that introduced Americans to European modern art.

Yoga for Hands WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, October 1, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

Meditation

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

Friday, October 2, 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.

Fit around the House WATCH ON ZOOM

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

Friday, October 2, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn specific movements and exercises to perform as you go about your day that will build the repetition and consistency needed to gain lasting benefits.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, October 2, 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.

Old-Time Rock 'n' Roll

Rick Pickren, Musician

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

Rick sings and performs some of the top hits of the '50s, including "Blue Suede Shoes," "Johnny B. Goode," "That'll Be the Day," "Mack the Knife," "Donna," and more!

A Big Mammal Day in Tanzania

Charles Foley, Senior Conversation Researcher, Lincoln Park Zoo

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

Charles describes his efforts to set a new world record for the number of different mammal species seen in one day.

Angels in Our Life

Marion Mango, Poet & Writer

Monday, October 5, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Marion will share stories that show how angels are in our lives without us even knowing it.

Meditation

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

Monday, October 5, 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, October 5, 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, October 5, 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.

Color Breathing

Ann Dionne, Author & Certified Life Coach

Tuesday, October 6, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join Ann as she guides us in a meditative playful practice to increase a feeling of vibrancy.

Guiding Watchwords, Symbols & Personal Connections

Kate Marrs, Presenter

Tuesday, October 6, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Prepare for this session by writing down your favorite short quote or motto that guides your life, your top 10 favorite things, and whatever it is that you are most passionate about.

Feelin’ Groovy

Heather Braoudakis, Vocalist

Tuesday, October 6, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Hear some of your favorite songs from the ’60s from artists like Burt Bacharach, the Mamas & the Papas, the Fifth Dimension, Simon & Garfunkel, and other far-out favorites!

Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, October 6, 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. Modifications are welcome!

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, October 6, 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.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

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

Jaci guides us through simple empowering techniques including meditation, breath practices, relaxation, ways of connecting, and tools for compassion. All levels welcome.

Facts about Michigan

Joe Cunniff, Instructor, DePaul University

Wednesday, October 7, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, October 7, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join a game of "Who Said That?" and have fun guessing the author of a quote.

Laughter Yoga WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

Wednesday, October 7, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

More contagious than a cough or sneeze, laughter relaxes the whole body. It triggers the release of endorphins, promoting an overall sense of well-being. Come and laugh your socks off!

Lady Diana Spencer, Princess of Wales

Jim Gibbons, Presenter

Wednesday, October 7, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Lady Diana remains one of the most popular figures among modern British royalty. Jim discusses her life, her marriage, her role as a mother, her royal presence, and her death, which still remains controversial.

Jonathan Winters WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, October 8, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Hear about the life and career of this iconic comedian who used sound effects, facial contortions, mimicry, and breakneck improvisational skills to entertain audiences.

Collage in Art History WATCH ON ZOOM

Caroline Edasis, Mather

Thursday, October 8, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn how artists have utilized mixed media collage in diverse works, and get some great ideas for making art with your own supplies!

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, October 8, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Saving Money on Your Utility Bills WATCH ON ZOOM

Foluke Akanni, Sustainable Communities Liaison, Citizens Utility Board (CUB)

Thursday, October 8, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn how to better understand your utility bills and avoid scams, find out about free programs to help cut your bills, and get tips to make your home more energy-efficient.

Draw-Along WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, October 8, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join us for a guided exercise in creating art together. Ideal materials include any kinds of paper and something to draw with, such as a pen, pencil, or marker.

Meditation

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

Friday, October 9, 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, October 9, 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 Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Friday, October 9, 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 a discussion.

Public Transportation in the Chicago Area since COVID-19 WATCH ON ZOOM

Tim Grzesiakowski, Presenter

Friday, October 9, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

We'll discuss how Chicago-area transit agencies have responded to challenges that have arisen due to COVID-19, including service adjustments, passenger safety, and travel tips.

Ghost Riders & Other Spooky Songs

Rick Pickren, Musician

Friday, October 9, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join Rick on an exciting, bone-chilling musical excursion! Sing along to classics like "Ghost Riders in the Sky," "Witchcraft," "That Old Black Magic," and more!

Meditation

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

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

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

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, October 12, 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 BY ZOOM

Lin Shook, Instructor

Monday, October 12, 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.

Coloring & Conversation

Vivian Visser, Presenter

Tuesday, October 13, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join Vivian in a coloring club. Use any materials you have on hand to unwind while we enjoy coloring, doodling, and friendly conversation.

Make Yours “Happy Mail”

Kate Marrs, Presenter

Tuesday, October 13, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Your cards and letters deserve expressive, individually styled, artfully entertaining, embellished envelopes.

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, October 13, 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, October 13, 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. Modifications are welcome!

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, October 13, 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.

Money Smart for Older Adults WATCH ON ZOOM

Jamie Ferrell, Aging & Disability Rights Coordinator, AgeOptions

Wednesday, October 14, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn how to prevent elder financial exploitation and get tips for advance planning.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Wednesday, October 14, 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 songs.

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, October 14, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Can you guess who or what am I? How many guesses will it take? Come for some fun!

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, October 14, 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.

The Science of Happiness WATCH ON ZOOM

Catherine Sanderson, Professor, Amherst College

Wednesday, October 14, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Learn about cutting-edge research on factors that predict happiness and get some practical ways to increase your own happiness.

Herman's Hermits WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, October 15, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Hear about the lives and careers of the members of this English rock-and-pop group and listen to songs like "I'm into Something Good," "Henry the VIII, I Am," and more.

Aging Gracefully & Courageously

Jan Smith, Presenter

Thursday, October 15, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

How do you feel about your status on the aging scale? What can we do to improve that status? Learn how to be happier with the inevitable. We'll make it fun!

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, October 15, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Robert Mitchum

Rich Lang, Media Historian

Thursday, October 15, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Rich will discuss the life and career of this popular actor who appeared in over 110 films and television series.

Self-Massage Yoga (Abhyanga) WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, October 15, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Heidi leads us in self-massage to improve circulation and relaxation.

Meditation

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

Friday, October 16, 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.

The Skin You're In WATCH ON ZOOM

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

Friday, October 16, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn exactly what to do—and what not to do—to protect your skin and enhance its appearance.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, October 16, 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.

Historic Chicago Churches WATCH ON ZOOM

Richie Zie, Presenter

Friday, October 16, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Chicago is home to some of the most beautiful churches in the world. Learn more about just a few of these architectural and historic masterpieces.

Dog Tails

Marion Mango, Poet & Writer

Monday, October 19, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Marion will share touching and heartfelt stories of heroic canines that have gone above and beyond their “best friend” duties. Share some of your own stories, too!

Meditation

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

Monday, October 19, 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, October 19, 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 BY ZOOM

Lin Shook, Instructor

Monday, October 19, 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 (SMP) Basics WATCH ON ZOOM

Jesus Enriquez, Outreach & Information Specialist, AgeOptions

Tuesday, October 20, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn more about the SMP program and how to protect, detect, and report Medicare fraud.

Live Each Day with Beauty, Truth & Goodness

Kate Marrs, Presenter

Tuesday, October 20, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Let’s reflect on ways from A-Z that make our life feel fulfilled in different ways. Bring your favorite stories of gratitude and inspiration to share.

Movement Therapy WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, October 20, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

This structured class uses chairs for seated work, and chair backs, countertops, or tables for balance exercises. The goal is to increase coordination, balance, flexibility, and strength through movement.

Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, October 20, 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. Modifications are welcome!

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, October 20, 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.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Wednesday, October 21, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Jaci guides us through simple, empowering techniques including meditation, breath practices, relaxation, ways of connecting and tools for compassion. All levels welcome.

Peter Falk as Columbo

Wednesday, October 21, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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

Wally will take a look at Peter Falk's signature role, and a few other memorable roles.

Game Time with Jeanne: Where in the World?

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, October 21, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Love to travel, or possess an inquiring mind? Join us for a game focusing on the Wonders of the World.

Puccini: Tosca WATCH IN ZOOM

Neil Adelman, Opera Lovers Lecturer Corps

Wednesday, October 21, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join us to learn more about how love, heroism, jealousy, and pure evil all come together in Puccini's tragic opera *Tosca*. Musical excerpts will be included in the discussion.

Cancer Nutrition 101

Kelli Mitchell, Community Relations Manager, Wellness House

Wednesday, October 21, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join us for a discussion about good nutrition to help deal with cancer. We'll talk about how to nourish your body while focusing on healthy eating habits. Wellness House is an organization that envisions a community in which all people affected by cancer can learn to thrive. They have a team of caring experts ready to help diagnosed individuals as well as caregivers and families.

Carol Burnett WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, October 22, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Hear about the life and career of this beloved comedian whose career spans seven decades.

The History of Halloween

Caryl Derenfeld, Joy Fueled Souls

Thursday, October 22, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Caryl as she shares the origins, meaning, and traditions of Halloween. Tell us how *you* celebrate.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, October 22, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Decision 1920: A Return to "Normalcy"? WATCH ON ZOOM

Paul Durica, Newberry Library

Thursday, October 22, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn about the issues, candidates, and campaigns, as well as the Chicago connections from the Blackstone Hotel to the Cubs, that make up the story of the 1920 presidential election in this talk coinciding with a new exhibition at the Newberry Library.

Quilt Stories WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, October 22, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Hear stories about Heidi's life as a quilter and share stories about the quilts in your life.

Meditation

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

Friday, October 23, 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, October 23, 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 Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Friday, October 23, 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 a discussion.

First Ladies: Julia Grant

Ricki Saady, Presenter

Friday, October 23, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn about Julia Boggs Grant, wife of Ulysses S. Grant. Her time as a national figure marked a great turning point in her life.

Meditation

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

Monday, October 26, 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, October 26, 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, October 26, 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.

Coloring & Conversation

Vivian Visser, Presenter

Tuesday, October 27, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Use any materials you have on hand to unwind while we enjoy coloring and conversation.

Personal Creativity EZ as 1-2-3!

Kate Marrs, Presenter

Tuesday, October 27, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Discover your creativity in creating personal celebrations and holidays on your calendar. Design a different, do-it-yourself year. Bring paper and, if available, a 2021 calendar.

What's Hot in the News

Judy Lear, Activist

Tuesday, October 27, 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, October 27, 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. Modifications are welcome!

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, October 27, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Learn something new and ask your tech questions in this weekly session.

Mindfulness for People Who Can't Sit Still

Kate Spelman, Thriving with Pride Program Specialist, AgeOptions

Wednesday, October 28, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Let's explore mindfulness, how we can incorporate it into our everyday lives, and ways to practice it even if you can't sit still. (We'll discuss adaptations for all levels of mobility.)

Travel Stories: Belgium

Joe Cunniff, Instructor, DePaul University

Wednesday, October 28, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Joe shares a story about accidentally discovering a magical place: Bruges, Belgium!

Women in History

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, October 28, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join a discussion about women in history. Who's your superhero?

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, October 28, 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.

Edith: The Rogue Rockefeller McCormick WATCH ON ZOOM

Andrea Friederici, Author & Ellie Carlson, Living History Performer

Wednesday, October 28, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Author Andrea Friederici tells the story of Edith Rockefeller McCormick's life, based on her new book, while historical actor Ellie Carlson helps bring Edith to life.

Public Benefits for Older Adults: Are You Eligible? WATCH ON ZOOM

Joy Aaronson, Benefits Access & Information Specialist, AgeOptions

Thursday, October 29, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

We'll discuss programs that assist older adults on a fixed income.

Creative Voices: Poetry Reading Series WATCH ON ZOOM

Caroline Edasis, Mather

Thursday, October 29, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

You'll enjoy a reading followed by an interview with the poet. Tune in for the second installment in our series of poetry readings celebrating older adult voices!

Classic Monster Mash WATCH ON ZOOM

Steven Frenzel, Film Historian

Thursday, October 29, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

The Universal Studios monster movies of the 1930s and '40s are some of the most influential and beautiful movies ever made. Steven discusses and shows clips from some of these classics.

Clark Gable

Rich Lang, Media Historian

Thursday, October 29, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Rich discusses the life and career of this actor, known as “the King of Hollywood.”

Draw-Along WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, October 29, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join us for a guided exercise in creating art together. Ideal materials include any kinds of paper and something to draw with, such as a pen, pencil, or marker.

Meditation

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

Friday, October 30, 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, October 30, 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, October 30, 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, October 30, 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.

Remembering Route 66 WATCH ON ZOOM

Leslie Goddard, Presenter

Friday, October 30, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Leslie explores the history of Route 66, the iconic road that linked Chicago to Los Angeles from 1926 until its closing in the mid-1980s. What was Route 66 like at its pinnacle—and what has it become?