

MATHER TELEPHONE TOPICS

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

September 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

Want to Improve Your Balance? Start with Your Bare Feet! WATCH ON ZOOM

Terrance Walless, Doctor of Physical Therapy, Board-Certified Geriatric Clinical Specialist

Tuesday, September 1, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn balance strategies that include work with the ankle and hip. We'll discuss simple steps with a quick impact on improving foot strength and balance.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, September 1, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Jaci will guide us through simple and empowering meditation, breath practices, and relaxation techniques, as well as ways to connect and tools for compassionate interaction.

Home Safety & Fall Awareness for the Caregiver

Sharon Smith, Mather & Ruthe Guerry, Art Therapist

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

Join a discussion of ways to make your home safer for you and your loved one, as well as ways to reduce your risk of accidents and falls.

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.

Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, September 1, 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, September 1, 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.

Be Positive on Purpose: Let Gratitude Be Your Guide

Deborah Hawkins, Author

Wednesday, September 2, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn an approach for being more optimistic, taking cues from experiences of gratitude.

Facts about Massachusetts

Joe Cunniff, Instructor, DePaul University

Wednesday, September 2, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Let's explore fascinating facts, fun trivia, jokes, and songs about Massachusetts.

His Very Best: Jimmy Carter, A Life WATCH ON ZOOM

Jonathan Alter, Journalist/Author

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

Celebrated journalist Jonathan Alter discusses his new book, the first full-length biography of Jimmy Carter. The book is currently widely available.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, September 2, 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.

A Loving Gift to Give

Kate Marrs, Presenter

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

Discover the small gift you can make and give to comfort and cheer up anyone at any time. We'll write down 66 words in 13 lines that can make a difference for any of us.

Fall Prevention Exercises WATCH ON ZOOM

Jaime Peña, Community Health Worker, AgeOptions

Thursday, September 3, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather

Thursday, September 3, 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.

Improving Well-Being in Difficult Times WATCH ON ZOOM

Elise Foss, MS GLCMA, Behavior Change Specialist

Thursday, September 3, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Let's explore some things we can do to keep ourselves in a good mental state through all that is happening around us today.

Making Every Mouthful Count WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

Good nutrition plays a key role in healthy aging and quality of life. Discover the importance of fruits, vegetables, and healthy starches, and how they may benefit your life.

Yoga for Hands WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, September 3, 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, September 4, 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, September 4, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Staying physically active is the best thing you can do to stay functional as long as possible. Learn movements to do as you go about your day that will gain lasting benefits.



Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, September 4, 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.

The Hudson River School WATCH ON ZOOM

Dave Williams, Volunteer Presenter

Friday, September 4, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Dave, an acknowledged “art geek,” for a lively discussion of American landscape paintings from the mid-nineteenth century.

Traditional American Folk Songs

Rick Pickren, Musician

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

Rick sings and performs some well-known folk songs, such as “Goodnight Irene,” “The Streets of Laredo,” “Sloop John B,” and many more!

An Interview with Anne Willan WATCH ON ZOOM

Anne Willan, Cookbook Author, Food Historian & Educator

Tuesday, September 8, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Anne Willan is the founder of *École de Cuisine La Varenne*, one of the most famous cooking schools in the world. Considered by many as the English version of Julia Child, Anne is the author of popular cookbooks, including her latest, *Women in the Kitchen*, which traces the origins of American cooking through profiles of 12 essential women cookbook writers. She joins us live from England to talk about the book and about her life and career in food.

Compliments Make the World Go 'Round

Kate Marrs, Presenter

Tuesday, September 8, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Giving and receiving compliments holds powerful, experience-changing impacts. Enliven all your relationships with positive energy.

Fun '50s

Heather Braoudakis, Vocalist

Tuesday, September 8, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

A “Flying Purple People Eater” was wearing an “Itsy Bitsy Teenie Weenie Yellow Polkadot Bikini” when he left his chewing gum on the bedpost overnight. A strange 1950s riddle? No, just fun songs along with fun facts from the 1950s!

Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, September 8, 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, September 8, 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.

Practice Gratitude

Deborah Hawkins, Author

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

Learn how to use personal gratitude themes to brighten your mood in new situations.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Wednesday, September 9, 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, interviews, travel stories, talk about food, fun facts, surprises, and great American songs.

Who Are You, Really?

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, September 9, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

How daring are you? Are you a people-person? Would you like to be hypnotized? Only you will know these answers—but are you willing to gain insight into your personality?

Documentary Photography: Washington Park, South Africa, Havana VIDEO

REQUIRED

Rose Blouin, Photographer & Artist

Wednesday, September 9, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Rose presents her major documentary project on Washington Park in the Summer of 1987, along with images from her other documentary projects. Her photos of Washington Park highlight the diversity, strength, and humanity of the people for whom the park has become a summertime gathering place. *Please join only if you can join with video.*

This program is made possible in part by a grant from Illinois Humanities, the National Endowment for the Humanities, and the Illinois General Assembly, and an Individual Artists Program Grant from the City of Chicago Department of Cultural Affairs & Special Events, as well as a grant from the Illinois Arts Council Agency, a state agency through federal funds provided by the National Endowment for the Arts.



Medicare 101 WATCH ON ZOOM

Robin Dawson, Medicare Solutions Network

Wednesday, September 9, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Learn what Medicare covers, what it doesn't, and potential out-of-pocket exposure. We'll discuss supplements, Advantage plans, prescription plans, and cost-saving strategies.

Program in Spanish

Ejercicios para la Prevención de Caídas VÉALO EN ZOOM

Jaime Peña, Community Health Worker, AgeOptions

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

Únase a Jaime en una sesión guiada con ejercicios sencillos que usted puede hacer desde la comodidad de su hogar y activar su cuerpo desde la cabeza hasta los pies. Se recomienda tener una silla con brazos disponible.

Crossing: A Caregiver's Journey WATCH ON ZOOM

Caroline Edasis, Mather

Thursday, September 10, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Enjoy a reading and interview with poet Leota Ester as she discusses her book about caring for her husband with Alzheimer's disease.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, September 10, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 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!

Gunsmoke: A Classic TV & Radio Western

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

Thursday, September 10, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Wally will discuss this iconic Western television drama that began two decades of television success on this date in 1955. John Wayne introduced that first episode.

The Velveteen Rabbit

Heidi Parkes, Textile Artist

Thursday, September 10, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Heidi lovingly discusses and reads *The Velveteen Rabbit* by Margery Williams.

Meditation

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

Friday, September 11, 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, September 11, 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, September 11, 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.

Music: When the World Was Young (Or We Were!)

Madeline Morgan, Musician

Friday, September 11, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Enjoy an eclectic collection of songs of our youth—from jazz to country.

Laughter Yoga WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

Friday, September 11, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

Honey: Benefits & Uses

Jan Smith, Presenter

Monday, September 14, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn how to use honey for healing, cooking, and beauty.

Meditation

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

Monday, September 14, 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, September 14, 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, September 14, 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.

The Eerie Similarities between JFK & Abraham Lincoln WATCH ON ZOOM

Jim Gibbons, Presenter

Tuesday, September 15, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Historian Jim Gibbons will present some of the strange and amazing similarities between our 16th and 35th presidents and the many ways in which their lives ran in parallel.

Real-Life Romance, Part 2

Kate Marrs, Presenter

Tuesday, September 15, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Enjoy more true stories that capture your heart and imagination.

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, September 15, 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, September 15, 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, September 15, 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.

Uncage Your Confidence

Ann Dionne, Author & Certified Life Coach

Wednesday, September 16, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn ways to develop ease and confidence with your mind, body, relationships, and life.

TV & the Perfect School Day

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

Wednesday, September 16, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

From *Our Miss Brooks* and *Welcome Back Kotter* to the gentle guidance of Fred Rogers, Wally looks back at some of our favorite school-setting shows.

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, September 16, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

We'll play a game involving Important Events & People of the Last 1,000 Years.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, September 16, 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.

Perry Como WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, September 17, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Hear about the life and career of this popular singer, actor, and TV personality.

Ghost Signs VIDEO REQUIRED

Joe Marlin, Presenter

Thursday, September 17, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Joe has published a book of his photos of faded ads on the sides of buildings in Chicago, which can tell us a lot about the city's history. *Please join this program only if you can join with video.*

Frankie Avalon

Rich Lang, Media Historian

Thursday, September 17, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Let's revisit the story and hits of Frankie Avalon, actor, singer, and former teen idol.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, September 17, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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

Self-Massage Yoga (Abhyanga) WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, September 17, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

Meditation

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

Friday, September 18, 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.

Healthy Aging WATCH ON ZOOM

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

Friday, September 18, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Today discover, take stock, and find inspiration as we clarify what we want and need in our lives now, as well as a way to get there that makes sense and feels right.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, September 18, 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.

First Ladies: Elizabeth Monroe

Ricki Saady, Presenter

Friday, September 18, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Ricki will discuss Elizabeth Monroe, First Lady of the United States from 1817 to 1825.

Discover Chautauqua WATCH ON ZOOM

Larissa Rolley, Presenter

Monday, September 21, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

USA Today's 10 Best Experts describe Chautauqua as “a double threat—stunning scenery and a thriving cultural scene, thanks in large part to the celebrated Chautauqua Institution, a summer center for the arts, spiritual growth and recreation.” Find out how you can take advantage of Chautauqua’s world-class programs.

Meditation

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

Monday, September 21, 10:00 a.m. PT / 12:00 p.m. CT / 2:00 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, September 21, 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, September 21, 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.

Fall Prevention & Home Safety WATCH ON ZOOM

Peggy Tully, Health Education Implementation Coordinator, AgeOptions

Tuesday, September 22, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Peggy discusses fall prevention strategies and ways to make your home safer.

Hand Therapies

Kate Marrs, Presenter

Tuesday, September 22, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn ways to relieve aches and pains. Kate discusses guided movements and exercises to aid in the function and maintenance of our hands.

What's Hot in the News

Judy Lear, Activist

Tuesday, September 22, 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, September 22, 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, September 22, 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.

Coloring & Conversation

Vivian Visser, Presenter

Wednesday, September 23, 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. Unwind while we enjoy coloring, doodling, and friendly conversation.

Travel Stories: My First Visit to Philadelphia

Joe Cunniff, Instructor, DePaul University

Wednesday, September 23, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Joe shares stories of his first visit to Philadelphia in a fun and most informative travel talk.

Keep Your Brain Alive

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, September 23, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn about brain exercises based on the latest neuroscience research, and grow brain cells that keep your brain younger and stronger.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Wednesday, September 23, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

A veteran yoga teacher leads you through a workout suitable for beginners or a good stretch for more advanced students. Some exercises can be adapted for use with a chair.



Lawrence Welk WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, September 24, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

We'll hear about the life and career of this famous American bandleader and accordion player and hear music clips.

Travel the World through the Eyes of an Artist WATCH ON ZOOM

Caroline Edasis, Mather

Thursday, September 24, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Caroline will take you on an art history tour focusing on inspiring destinations all over the globe. Stops include Paris, Japan, Morocco, New York City, Tahiti, and more!

William Conrad

Rich Lang, Media Historian

Thursday, September 24, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Rich will discuss the life and career of this actor, producer, and director whose career spanned five decades, peaking with the detective series *Cannon* (1971–1976).

Active Adult Exercise WATCH ON ZOOM

Terrance Walless, Doctor Physical Therapy, Board-Certified Geriatric Clinical Specialist

Thursday, September 24, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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

Artful Living WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, September 24, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Heidi shares ways to make art from anything, as well as ways to see anything as art.

Meditation

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

Friday, September 25, 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, September 25, 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 Will

Will Casey, Theatre Department, Columbia College Chicago

Friday, September 25, 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, September 25, 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.

Songs of the Singing Cowboys

Rick Pickren, Musician

Friday, September 25, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Saddle up and ride on down the trail with Rick as he sings favorite western classics, like "Back in the Saddle," "Cool Water," "High Noon," and "You Are My Sunshine."

Meditation

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

Monday, September 28, 10:00 a.m. PT / 12:00 p.m. CT / 2:00 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, September 28, 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, September 28, 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.

***Lessons in Love and Violence* WATCH ON ZOOM**

David Blecher, Opera Lovers Lecture Corps

Tuesday, September 29, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Hear about an exciting new modernist opera that the *New York Times* describes as a “raucous beauty.” With music by George Benjamin and a libretto by Martin Crimp, this searing musical drama has a contemporary setting but was inspired by an Elizabethan masterpiece. Not recommended for young children or more sensitive adults.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, September 29, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Jaci will guide us through simple and empowering meditation, breath practices, and relaxation techniques, as well as ways to connect and tools for compassionate interaction.

Cardio & Strength Fitness WATCH ON ZOOM

Suzanne Harris, Instructor

Tuesday, September 29, 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, September 29, 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.

The Healing Power of Compassionate Curiosity

Ann Dionne, Author & Certified Life Coach

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

Ann will guide us in discovering ways to gain a greater capacity for understanding of our own experiences as well as those of others. Curiosity keeps us exploring the world and opens us up to deeper levels of willingness.

Around the World in 60 Minutes

Heather Braoudakis, Vocalist

Wednesday, September 30, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Take a trip around the world through the magic of music. We’ll visit all seven continents with favorite songs like “Slow Boat to China,” “Road to Morocco,” and “April in Paris”!

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, September 30, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Have fun testing your knowledge! Do you know the right answers to these weird facts and bizarre stories?

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, September 30, 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.