

MATHER TELEPHONE TOPICS

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

January 2021

With Telephone Topics, you simply join by calling a toll-free phone number, or logging into a Zoom meeting, at the start time of the program. Enjoy a wide range of interesting discussions and programs—all are FREE!

TWO WAYS TO PARTICIPATE:

- 1. Call-in number: (855) 880.1246** – use this for a regular phone call. Enter Meeting ID: 386 399 7030
- 2. Join us online: zoom.us/join** – use this on your computer, tablet, or smart-phone to see the visual part of the program. Enter Meeting ID: 386 399 7030

Not every program has a visual component. Check descriptions for those that say “WATCH ON ZOOM.”

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.

Questions about Telephone Topics? Call (888) 600.2560.

Everyday Mindfulness WATCH ON ZOOM

Kate Spelman, AgeOptions

Monday, January 4, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

We will learn some basics of what mindfulness is (and isn't!) and how it can help in our everyday lives.

Meditation

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

Monday, January 4, 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, January 4, 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, January 4, 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.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, January 5, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Jaci will guide us through simple and empowering techniques using the pillars of mind, body, heart, and breath. Learn meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

Be in the Moment in the New Year

Kate Marrs, Presenter

Tuesday, January 5, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Replace resolutions with a new year-long practice benefiting you every day. Up your peace, joy, fun, loving quotients, and *more*.

New Year's Rock-'n'-Roll Eve

Heather Braoudakis, Vocalist

Tuesday, January 5, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Heather rocks the New Year with renditions of favorite '50s and New Year's Eve songs.

Samson and Delilah WATCH ON ZOOM

Belinda Potoma, Opera Lovers Lecturer Corps

Tuesday, January 5, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Dramatizing the life of Samson, the legendary strongman, and Delilah, the woman who seduced and betrayed him, this opera builds to a violent conclusion.

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, January 5, 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.

The Power of Redemptive Love

Ann Dionne, Author & Certified Life Coach

Wednesday, January 6, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Ann will share stories of how love and kindness can take us by surprise to open our heart. \

Facts about Missouri

Joe Cunniff, Instructor, DePaul University

Wednesday, January 6, 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 the State of Missouri. We'll also sing some songs from the Great American Songbook.

Heroes in Real Life

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, January 6, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Which physical or mental qualities or character traits will help you to survive in extreme situations? Do you have the "right stuff"? Jeanne will share true stories.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, January 6, 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.

Lucille Ball

Rich Lang, Media Historian

Wednesday, January 6, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Rich will discuss the life and career of this American actress, comedian, model, studio executive, and producer. As one of Hollywood's greatest icons, she was the star and producer of the sitcoms *I Love Lucy*, *The Lucy Show*, *Here's Lucy*, and *Life with Lucy*.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

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

The Beauty of Winter WATCH ON ZOOM

Caroline Edasis, Director of Creative Arts, Mather

Thursday, January 7, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Caroline for an exploration of the beauty of winter through art history images. No hat or gloves required! Following the viewing, participants will be invited to engage in a simple creative writing exercise inspired by the seasons.

Osteoporosis WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, January 7, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn how exercise can often be your best defense against osteoporosis.

The Sound of Music: The Story behind the Story WATCH ON ZOOM

Steven Frenzel, Film Historian

Thursday, January 7, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Sing along and enjoy fascinating behind-the-scenes stories, historical insights, and wonderful moments that will make you fall in love with the classic film all over again.

Yoga for Hands WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, January 7, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Heidi leads us in a combination of hand-massage and hand movements.

Meditation

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

Friday, January 8, 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, CWP, CPT, Certified Intrinsic Coach

Friday, January 8, 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 and independent for as long as possible. Learn 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, January 8, 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.

Arlington National Cemetery WATCH ON ZOOM

Paula Fenza, Historian

Friday, January 8, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Arlington National Cemetery began as a Civil War cemetery before it evolved into a national cemetery. Learn about some great Americans who are buried there.

Senior Medicare Patrol (SMP) Basics WATCH ON ZOOM

Jesus Enriquez, Outreach & Information Specialist, AgeOptions

Monday, January 11, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

Meditation

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

Monday, January 11, 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, January 11, 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, January 11, 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.

Angels in Our Life

Marion Mango, Poet & Writer

Tuesday, January 12, 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. You are welcome to share your experiences, too.

Hearts Galore: Designing from a Unique Perspective

Kate Marrs, Presenter

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

Explore your creativity with Kate! Let's discover the many kinds of interesting heart-shaped designs that we find in our everyday environment.

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, January 12, 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.

Drug Muggers WATCH ON ZOOM

Maryann Holden, Holistic Health & Lifestyle Coach, Yoga Instructor

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

Learn about common medications that may be robbing the body of essential nutrients and discover natural ways to restore these nutrients.

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, January 12, 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.

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Wednesday, January 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 and unwind while we enjoy coloring, doodling, and friendly conversation.

Tony Shalhoub: Monk

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

Wednesday, January 13, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Let's take a look at this actor's signature character: the germophobic detective Adrian Monk. We'll also touch on Tony's roles in *Wings*, *The Marvelous Mrs. Maisel*, and *Cars*.

Game Time with Jeanne: Personality Tests

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, January 13, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

We'll play a fun game of quizzing ourselves that will reveal the real you. Only *you* will know how you scored.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, January 13, 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 Supremes WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, January 14, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn the story of this wildly popular female singing group that became a top act for Motown Records in the 1960s. Enjoy some of their wonderful hits like "Stop! In the Name of Love," "Where Did Our Love Go," "You Keep Me Hangin' On," and more!

New Year's Traditions & Resolutions

Caryl Derenfeld, Joy Fueled Souls

Thursday, January 14, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

People around the world celebrate the coming of a New Year. Let's explore these traditions and find ways to reset this month.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, January 14, 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 session of seated and standing exercises that will boost your mind and body.

10 Things to Make 2021 Better!

Sharon Smith, Mather

Thursday, January 14, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Sharon as she shares ideas, tools, and strategies to make caregiving responsibilities more manageable in 2021.

Collage Along WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, January 14, 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 paper, glue stick, and scissors to make cards.

Meditation

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

Friday, January 15, 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, CWP, CPT, Certified Intrinsic Coach

Friday, January 15, 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 Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, January 15, 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.

Meditation

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

Monday, January 18, 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, January 18, 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, January 18, 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.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, January 19, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Jaci will guide us through simple and empowering techniques using the pillars of mind, body, heart, and breath. Learn meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

3-Point Stress-Handling How-To

Kate Marrs, Presenter

Tuesday, January 19, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn steps you can take to love and appreciate your own body, mind, and spirit.

Movement Therapy WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, January 19, 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: to increase coordination, balance, flexibility, and strength.

An Interview with Nick Clooney

Nick Clooney, Journalist, Anchorman & Television Host

Tuesday, January 19, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Nick Clooney is perhaps best known as a former host on American Movie Classics (AMC), but he's had a variety of prominent roles in broadcast journalism. And, of course,

he belongs to a family of entertainment royalty as both the father of actor George Clooney and the brother of vocalist Rosemary Clooney. Nick joins us from his home in Kentucky.

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, January 19, 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.

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Wednesday, January 20, 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 and unwind while we enjoy coloring, doodling, and friendly conversation.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Wednesday, January 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.

Game Time with Jeanne: Movie Trivia

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, January 20, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Are you a movie critic? How good are you? Join us for a fun game of guessing the right movie title!

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, January 20, 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.

Sean Connery

Rich Lang, Media Historian

Wednesday, January 20, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Rich will discuss the life and career of this Scottish actor, the first to portray James Bond in film. Connery starred in seven Bond films between 1962 and 1983.



Creedence Clearwater Revival WATCH ON ZOOM

Brian Salgado, Presenter

Thursday, January 21, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Brian will discuss the lives and careers of the members of this classic American rock band that recorded and performed from 1968 to 1972.

Creative Voices WATCH ON ZOOM

Caroline Edasis, Director of Creative Arts, Mather

Thursday, January 21, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Caroline will highlight another inspiring older-adult artist, including an exploration of the artist's work followed by an interview and discussion about creativity.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, January 21, 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 session of seated and standing exercises that will boost your mind and body.

A Centennial Remembrance of Mario Lanza WATCH ON ZOOM

Derek Mannering, Author

Thursday, January 21, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join biographer Derek Mannering for a 100th-anniversary salute to one of the world's greatest tenors, Mario Lanza. Derek's presentation will include a selection of fabulous clips from Lanza's movies.

Self-Massage Yoga (Abhyanga) WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, January 21, 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, January 22, 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.

Fabulous Fiber WATCH ON ZOOM

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

Friday, January 22, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Considered the most important of all vital nutrients, fiber boasts a long list of important benefits. Learn about the fabulousness of fiber as well as how to get the recommended amount into your diet—a feat only 3% of us manage to accomplish!

Storytelling with Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Friday, January 22, 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 Lady Nancy Reagan

Ricki Saady, Presenter

Friday, January 22, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Learn about Nancy Davis Reagan, First Lady and the second wife of Ronald Reagan.

Money Smart for Older Adults WATCH ON ZOOM

Jamie Farrell, AgeOptions

Monday, January 25, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn ways to avoid financial exploitation and get started on advance planning and informed financial decision-making. This program was developed jointly by the Federal Deposit Insurance Corporation (FDIC) and the Bureau of Consumer Financial Protection.

Meditation

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

Monday, January 25, 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, January 25, 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, January 25, 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.

Book Look

Marion Mango, Poet & Writer

Tuesday, January 26, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Book lovers unite! Let's talk about your favorite book and share your favorite books and authors with other book lovers.

The Wabi-Sabi Viewpoint & How It Serves Us

Kate Marrs, Presenter

Tuesday, January 26, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Find out how to see beauty where you may not have seen it before. Experience acceptance where you may not have felt it before. Find more joy in all life by understanding a deeper meaning.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather

Tuesday, January 26, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 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.

The Wrigley Family & the Wrigley Company WATCH ON ZOOM

Richie Zie, Presenter

Tuesday, January 26, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

William Wrigley, Jr., was the "father of chewing gum," and his Chicago-based chewing gum business was at one time the largest in the world. Learn more about the Wrigley empire and its impact on Chicago and the United States.

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, January 26, 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.

Benefits Enrollment WATCH ON ZOOM

Joy Aaronson, AgeOptions

Wednesday, January 27, 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, including SNAP (Food Stamps), the Medicare Savings Program, and the BAA License Plate Discount/Ride Fee.

Travel Stories: Journey across the Alps down to Rome

Joe Cunniff, Instructor, DePaul University

Wednesday, January 27, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Travel along virtually with Joe as he shares experiences, places to eat, attractions, history, and more throughout the country of Italy!

Game Time with Jeanne: Christmas Trivia

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, January 27, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Think you know everything there is to know about the winter holidays? Let's have fun testing your knowledge!

Across the Miles

Amber Carroll, Director, Covia, Well Connected, San Francisco

Wednesday, January 27, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

Join participants in other telephone programs across the US and Canada to share stories and talk about life in our different locations. Note that this program uses a unique meeting number:

To join online, use this link: <https://agora.covia.org/conference/Across the Miles /en>

To join by phone: (877) 237.9339, code 89

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, January 27, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, January 28, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

Scam Awareness WATCH ON ZOOM

Daniel Summer, Public Affairs Specialist, Social Security Administration

Thursday, January 28, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

The most effective way to defeat scammers is to know how to identify scams. Scammers are always finding new ways to steal your money and personal information by exploiting your fears.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, January 28, 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 session of seated and standing exercises that will boost your mind and body!

The Female Trendsetters in Contemporary Art WATCH ON ZOOM

Kit Keane, Presenter,

Thursday, January 28, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

This program will feature women artists who made significant innovative contributions to art in the twentieth and twenty-first centuries.

Draw-Along WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, January 28, 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 kind 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, January 29, 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, CWP, CPT, Certified Intrinsic Coach

Friday, January 29, 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, January 29, 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.

Time for Us: Let's Chat!

Kate Marrs, Presenter & Lisa Evans, Mather

Friday, January 29, 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.

Old-Time Rock 'n' Roll

Rick Pickren, Musician

Friday, January 29, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 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!