

MATHER TELEPHONE TOPICS

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

March 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.

Meditation

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

Monday, March 1, 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, March 1, 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, March 1, 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, March 2, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Jaci will guide us through meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

Surprising Salads WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, March 2, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Looking for more salad ideas? Kate's presentation is chock-full of recipes that will please your palate. Keep enjoying your salad habit throughout the seasons.

The Talented Ms. Edmonia Lewis, Sculptor WATCH ON ZOOM

Sharon Smith, Mather

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

Discover the incredible work of nineteenth-century neoclassical sculptor Edmonia Lewis, who rose to international acclaim despite humble beginnings. See examples of her beautiful works that set her apart due to her gender, ancestry, and fierce determination.

Chair Exercise WATCH ON ZOOM

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

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

Join Terrance as he leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, March 2, 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.

Knowing Your Values Helps You Know Your Value

Ann Dionne, Author & Certified Life Coach

Wednesday, March 3, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Ann will share stories of how love and kindness can take us by surprise to open our hearts. Discover and identify your core value and learn how it can grow your confidence.

Spring Cleaning

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, March 3, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Discover new uses for ordinary stuff. In addition to spring cleaning, let's put our financial house in order and make peace with any family or friends we have disagreed with.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, March 3, 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 that's used to facilitate optimal health.

Healthy Eating WATCH ON ZOOM

Peggy Tully, Health Education Implementation Coordinator, AgeOptions

Wednesday, March 3, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join a discussion about what healthy eating means and take a closer look at some of our favorite foods! Peggy suggests you have a label handy from a food that you typically eat.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, March 4, 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.

Your Turn: Feedback on Telephone Topics WATCH ON ZOOM

Lisa Evans, Mather

Thursday, March 4, 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.

Does Your Exercise Routine Reflect Your Lifestyle? WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, March 4, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Discover basic exercises that will keep you walking, bending, twisting, and lifting. Learn how to get the most out of your exercise, while not sacrificing safety.

***The Marriage of Figaro* WATCH ON ZOOM**

Karen Jared, Opera Lovers Lecturer Corps

Thursday, March 4, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join the fun and the glorious music in Mozart's great comic opera.

Yoga for Hands WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

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

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

Meditation

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

Friday, March 5, 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, March 5, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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, March 5, 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 Stein Siblings WATCH ON ZOOM

Dave Williams, Presenter

Friday, March 5, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Dave as he explores the lives of Gertrude and Leo Stein, advocates for modern European art during the late nineteenth and early twentieth centuries. The Steins introduced Matisse, Picasso, and many other great artists to American collectors.

Goodbye Winter/Hello Spring WATCH ON ZOOM

Amy Lowe, Musician/Vocalist

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

Enjoy great songs, stories, fun facts, and folklore. As the proverb says, “in like a lion, out like a lamb.” Whatever the weather, let’s celebrate March together with story and song.

Medicare Fraud

Jesus Enriquez, Outreach Information Specialist, AgeOptions **WATCH ON ZOOM**

Monday, March 8, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn about Medicare scams, how they affect your community, and what you can do.

Meditation

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

Monday, March 8, 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, March 8, 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, March 8, 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 Way of the Bull, Part 1

Marion Mango, Poet & Writer

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

Marion reads selections from Leo Buscaglia’s book *The Way of the Bull*, about his quest for discovery that took him from Japan and Hong Kong to Cambodia and Calcutta.

Simple Ways to Enhance Being in the Moment WATCH ON ZOOM

Kate Marrs, Presenter

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

We’ll talk about ideas for explorations and doing new things in the new year!

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, March 9, 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.

TV Land

Heather Braoudakis, Vocalist

Tuesday, March 9, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Heather for a survey of some of your favorite TV theme songs. Guess the show from which the song came, sing along with Heather, and reminisce. We'll look back at a time when TV shows had theme songs, from *The Roy Rogers Show* to *The Love Boat*.

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, March 9, 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.

Requested Favorite Songs WATCH ON ZOOM

Brian Salgado, Presenter

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

Hear a favorite song selected especially by you! Join us to make a request and sing along.

Facts about Nebraska Joe Cunniff, Instructor, DePaul University

Wednesday, March 10, 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 Nebraska. We'll also sing some songs from the Great American Songbook.

Brain Exercises

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, March 10, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Keep your fuzzy brain at bay! Let's create new fun pathways to a healthier mind.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, March 10, 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 that's used to facilitate optimal health.

Irwin Corey

Rich Lang, Media Historian

Wednesday, March 10, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Rich will discuss the life and career of "Professor" Irwin Corey, an American stand-up comic, film actor, and activist often billed as "the World's Foremost Authority."

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Thursday, March 11, 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.

Creating in Nature WATCH ON ZOOM

Casey Pax, Art Therapist, Mather

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

Join Casey in a tour of artists whose interactions with nature are essential in their work. Explore these diverse artworks and get ideas for creatively interacting with nature.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

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

Medicare 101 WATCH ON ZOOM

Robin Dawson, Medicare Solutions Network

Thursday, March 11, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn what Medicare covers, your potential financial exposure, the difference between Supplements and Medicare Advantage Plans, and how Part D prescription plans work.

Collage Along – Security Envelopes WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, March 11, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Make the most of your junk mail. Ideal materials include printed envelopes, paper, a glue stick, and scissors.

Meditation

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

Friday, March 12, 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, March 12, 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 Michael

Michael Menendian, Theater Director

Friday, March 12, 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.

A Traditional St. Paddy's Day

Rick Pickren, Musician

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

Sing along to "Danny Boy," "When Irish Eyes Are Smiling," and many other favorites.

Black Damp: The Cherry Mine Disaster WATCH ON ZOOM

Paula Fenza, Historian

Friday, March 12, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

The Cherry Mine Disaster in Illinois was the largest coal mine disaster in US history. Hear the story of the events leading up to the disaster and the important reforms that followed.

Dementia Friendly WATCH ON ZOOM

Wendy DeLeon, Caregiver and Dementia Programs Specialist, AgeOptions

Monday, March 15, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn about Dementia Friendly initiatives and how to become a certified Dementia Friend.

Meditation

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

Monday, March 15, 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, March 15, 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, March 15, 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, March 16, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Jaci will guide us through meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

Nature Journaling How-Tos WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, March 16, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn to create notebooks about nature that might include writings, collages, and more.

Movement Therapy WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, March 16, 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.

The Legacy of Sitting Bull WATCH ON ZOOM

Ernie Lapointe, Great-Grandson of Sitting Bull

Tuesday, March 16, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Ernie Lapointe is the only living descendant of Sitting Bull. He'll discuss his book about the legacy of his great ancestor and his new book about Native Americans and the future.

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, March 16, 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.

Van Morrison WATCH ON ZOOM

Brian Salgado, Presenter

Wednesday, March 17, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn about this Irish singer-songwriter, instrumentalist, and record producer.

TV-Friendly Breakfast Companions

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

Wednesday, March 17, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Let's look at spokes-characters and packaging of Lucky Charms, Trix, and more.

Finding Zen

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, March 17, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join Jeanne in finding strategies for acquiring calm in the storm of everyday life.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, March 17, 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 Luck O' the Irish WATCH ON ZOOM

Steven Frenzel, Film Historian

Wednesday, March 17, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Enjoy a collection of classic film clips featuring Irish actors and the Emerald Isles, including *The Quiet Man*, *The Seven Little Foys*, and other timeless favorites.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, March 18, 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.

St. Patrick's Day WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

Thursday, March 18, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Caryl leads a fun discussion on the traditions and legends that surround St. Patrick's Day.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, March 18, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Hooked by the Big Food Giants WATCH ON ZOOM

Joan Davis, RN, Presenter

Thursday, March 18, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

A chemist shares secrets about how big food giants make unhealthy “non-foods.”

Self-Massage Yoga (Abhyanga) WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, March 18, 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, March 19, 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 Mind Diet WATCH ON ZOOM

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

Friday, March 19, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Studies have been shown this diet to lower the risk of Alzheimer’s disease by as much as 53%. Learn about the 10 healthy food groups, as well as ways to fit them into your diet.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, March 19, 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.

Betty Ford

Ricki Saady, Presenter

Friday, March 19, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

As First Lady, Elizabeth Anne Ford was active in social policy issues and set a precedent as a politically active presidential spouse.

Senior Medicare Patrol (SMP) Basics WATCH ON ZOOM

Miranda Davis, Senior Medicare Patrol Outreach Specialist, AgeOptions

Monday, March 22, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Understand the mission of the SMP program and how to protect, detect, and report Medicare Fraud.

Meditation

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

Monday, March 22, 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, March 22, 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, March 22, 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 Way of the Bull, Part 2

Marion Mango, Poet & Writer

Tuesday, March 23, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join Marion as she reads us more selections from Leo Buscaglia’s book.

Culinary Medicine, Part 2 WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, March 23, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Discover how making the right food choices can be a powerful way to prevent certain diseases. We’ll focus on specific diseases and specific foods to help prevent them.

Laughter Yoga WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

Tuesday, March 23, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

The 5 Key Factors for an Effective Exercise Program WATCH ON ZOOM

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

Tuesday, March 23, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Most people tend to focus on only one type of exercise; however, to maximize the health benefits of exercise, you need a combination of ingredients in your fitness program



Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, March 23, 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.

Requested Favorite Songs WATCH ON ZOOM

Brian Salgado, Presenter

Wednesday, March 24, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Hear a favorite song selected especially by you! Join us to make a request and sing along.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Wednesday, March 24, 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.

Native Wisdom, Practical Proverbs & Family Sayings

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, March 24, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Do these quotes of yore relate to us in modern times? You decide!

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, March 24, 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.

Dinah Shore

Rich Lang, Media Historian

Wednesday, March 24, 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 singer, actress, and TV personality.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, March 25, 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.

Ekphrasis: Exploring Art & Poetry WATCH ON ZOOM

Caroline Edasis, Director of Creative Arts, Mather

Thursday, March 25, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Caroline and explore interactions between art and poetry as we hear poems inspired by art and follow a series of simple prompts to create our own writings.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, March 25, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join a 45-minute session of seated and standing exercises to boost your mind and body!

It Might as Well Be Spring WATCH ON ZOOM

Madeline Morgan, Musician

Thursday, March 25, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Enjoy a delightful collection of your favorite uplifting and cheerful songs of the season.

Draw-Along: Spring Plants WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, March 25, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join us for a guided exercise. All you need is some paper and something to draw with.

Meditation

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

Friday, March 26, 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, March 26, 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, March 26, 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.

Time for Us: Let's Chat! WATCH ON ZOOM

Kate Marrs, Presenter & Lisa Evans, Mather

Friday, March 26, 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.



Benefits Enrollment WATCH ON ZOOM

Joy Aaronson, Benefits Access and Information Specialist, AgeOptions

Monday, March 29, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Public Benefits for Older Adults: What are they and are you eligible?

Meditation

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

Monday, March 29, 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, March 29, 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, March 29, 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, March 30, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Jaci will guide us through meditation, breath practices, and relaxation techniques.

Dr. Seuss, a Man Named Mark, and How You Never Know WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, March 30, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

We’ll travel today from childhood to retirement. Kate will share a special reading and reveal a special surprise. You’ll wish someone was writing about who you are!

Small Acts of Kindness Make a Big Difference WATCH ON ZOOM

Deborah Hawkins, Author

Tuesday, March 30, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Discover how small gestures of compassion and respect, whether given or received, can boost your spirits.

Chair Exercise WATCH ON ZOOM

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

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

Join Terrance as he leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, March 30, 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 WATCH ON ZOOM

Vivian Visser, Presenter

Wednesday, March 31, 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.

Travel Stories: Spain

Joe Cunniff, Instructor, DePaul University

Wednesday, March 31, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Travel with Joe as he shares his fun adventures and discusses the attractions of Spain.

Game of Knowledge

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, March 31, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

We'll play a fun game of testing your skills against others in science, sports, and more!

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, March 31, 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.

Mitos y Realidades Sobre la Diabetes USANDO ZOOM

Jaime Pena, Community Healthworker, AgeOptions

Wednesday, March 31, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

En esta presentación aprenderá qué es la diabetes, que puede comer una persona con diabetes, que papel juegan las emociones y como puede cuidarse y cuidar a su familia para mantenerse saludables.