

# MATHER TELEPHONE TOPICS

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

**April 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.

## **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, April 1, 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, April 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.



## **Nutrition for Older Adults WATCH ON ZOOM**

*Paige Corley, Certified Personal Trainer*

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

Discover why maintaining a nutrient-dense diet is critically important as we age because of the impact of food intake on our health.

## **The Basics about Disability Benefits /SSA WATCH ON ZOOM**

*Daniel Summer, Public Affairs Specialist, Social Security Administration*

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

The Social Security and Supplemental Security Income disability programs provide assistance to people with disabilities. Learn about these benefits.

## **Yoga for Hands WATCH ON ZOOM**

*Heidi Parkes, Certified Yoga Therapist*

Thursday, April 1, 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, April 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, CWP, CPT, Certified Intrinsic Coach*

Friday, April 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, April 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.

## **Amelia Earhart**

*Jim Gibbons, Presenter*

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

Jim will discuss the life and death, as well as facts and theories, about America's legendary first woman aviator.

## **Angels in Our Life**

*Marion Mango, Poet & Writer*

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

Marion shares stories (and welcomes yours) about how angels are in our lives.

## **Meditation**

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

Monday, April 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, April 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, April 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.

## **Mind & Body Practices WATCH ON ZOOM**

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

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

Learn meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

## **Vegetables: EZ Recipes & Prep WATCH ON ZOOM**

*Kate Marrs, Presenter*

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

Let’s eat more plants! Kate will share ideas for varieties, herbs, and spices.

## **Chair Ballet Stretch WATCH ON ZOOM**

*Jeanine Dent, Instructor*

Tuesday, April 6, 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.

***The Rake's Progress* WATCH ON ZOOM**

*Jean Joslyn, Opera Lovers Lecturer Corps*

Tuesday, April 6, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn more about this tuneful and entertaining opera by Igor Stravinsky.

**Virtual Tech Explorations for Beginner Users WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, April 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.

**Healthy Boundaries for Deeper Connection**

*Ann Dionne, Author & Certified Life Coach*

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

Discover how healthy personal boundaries pave the way for connection.

**Facts about Nevada**

*Joe Cunniff, Instructor, DePaul University*

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

Let's explore fascinating history, fun trivia, songs, and jokes about Nevada.

**Game Time with Jeanne**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

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

Join us in a fast-and-fun game of definitions, abbreviations, and acronyms.

**Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, April 7, 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.

**Al Pacino**

*Rich Lang, Media Historian*

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

Rich will discuss the life and career of this multi-award-winning American actor and filmmaker whose career has spanned more than five decades.

## **Coloring & Conversation WATCH ON ZOOM**

*Vivian Visser, Presenter*

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

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

## **Japanese Art of Kintsugi WATCH ON ZOOM**

*Casey Pax, Mather*

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

*Kintsugi* is the art of transforming broken things into objects of beauty. Casey will take a look at this traditional Japanese art form and modern artists who have been inspired by it.

## **Active Adult Exercise WATCH ON ZOOM**

*Paige Corley, Certified Personal Trainer*

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

Paige leads a 45-minute session of seated and standing exercises to boost mind and body!

## **What Are Parasites? WATCH ON ZOOM**

*Jan Smith, Presenter*

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

Join Jan to learn about parasites. Do we all have them? Are they dangerous? Maintaining good health and nutrition can play an important preventative role!

## **Sew Along WATCH ON ZOOM**

*Heidi Parkes, Textile Artist*

Thursday, April 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 needle, thread, scissors, and a bit of fabric.

## **Meditation**

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

Friday, April 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, CWP, CPT, Certified Intrinsic Coach*

Friday, April 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 Michael**

*Michael Menendian, Theater Director*

Friday, April 9, 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.

## **Songs of the Singing Cowboys**

*Rick Pickren, Musician*

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

Saddle up and ride down the trail with Rick as he sings our favorite western classics.

## **Baseball in the Movies WATCH ON ZOOM**

*Steven Frenzel, Film Historian*

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

Join us as we celebrate our national pastime with great movies such as *The Natural*, *Field of Dreams*, and *The Pride of the Yankees*.

## **Senior Medicare Patrol Basics WATCH ON ZOOM**

*Jesus Enriquez, Outreach Information Specialist, AgeOptions*

Monday, April 12, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

## **Meditation**

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

Monday, April 12, 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, April 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 ON ZOOM**

*Lin Shook, Instructor*

Monday, April 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.

**Mind & Body Practices WATCH ON ZOOM**

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

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

Learn meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

**Clutter: The Truth about Its Effect on Our Lives & Health WATCH ON ZOOM**

*Kate Marrs, Presenter*

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

Kate offers techniques for bringing more order and organization to your life.

**Movement Therapy WATCH ON ZOOM**

*Jeanine Dent, Instructor*

Tuesday, April 13, 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.

**Chair Exercise WATCH ON ZOOM**

*Terrance Wallless, Dr. of Physical Therapy, Board-Certified Geriatric Clinical Specialist*

Tuesday, April 13, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Terrance as he leads a class designed to improve strength, balance, and endurance.

**Virtual Tech Explorations for Advanced Users WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, April 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.

**Requested Favorite Songs WATCH ON ZOOM**

*Brian Salgado, Presenter*

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

Join us to give DJ Brian your special request, then sing along!

**NPR at 50: Reinventing Radio All Over Again**

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

Wednesday, April 14, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Over five decades, National Public Radio has gained a stellar reputation for news coverage and original shows. Take a look at radio, the original broadcast medium.



### **Game Time with Jeanne: Citizens Band Radio Communications**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

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

Ever wonder what truckers are really saying on their CB radios? Test your skills!

### **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, April 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.

### **Christopher Plummer**

*Rich Lang, Media Historian*

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

Rich will discuss the life and career of this Canadian actor. Over seven decades, Plummer gained recognition for his performances in film, television, and theater.

### **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, April 15, 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.

### **Paint with Val WATCH ON ZOOM**

*Val McCune, Artist/Teacher/Creative Coach*

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

No experience required! Join us to paint your own masterpiece. Ideal materials include two ounces of red, yellow, blue, black, and white paint; brushes; and canvas or heavy paper. All can be obtained at the Dollar Store or stores of your choosing, or get creative with materials you have at home!

### **Active Adult Exercise WATCH ON ZOOM**

*Paige Corley, Certified Personal Trainer*

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

Paige leads a 45-minute session of seated and standing exercises to boost mind and body!



**An Interview with Bob Balaban WATCH ON ZOOM**

*Bob Balaban, Actor, Director, Producer & Author*

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

Bob Balaban has had an extraordinary career in film and television from his first small scene in *Midnight Cowboy* to his Academy Award nomination as the producer of *Gosford Park*. We'll also talk with Bob about the Balaban family's huge role in entertainment, especially in Chicago, through the Balaban & Katz theater chain.

**Self-Massage Yoga (Abhyanga) WATCH ON ZOOM**

*Heidi Parkes, Certified Yoga Therapist*

Thursday, April 15, 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, April 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.

**Fabulous Fiber – Leverage the Power! WATCH ON ZOOM**

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

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

Get tips, tricks, facts, and hacks to identify and incorporate high-fiber foods into your diet.

**Storytelling with Caroline**

*Caroline Latta, Theatre Department, Columbia College Chicago*

Friday, April 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.

**Barbara Bush**

*Ricki Saady, Presenter*

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

Ricki will discuss Barbara Bush, First Lady from 1989 to 1993.

**Tai Chi for Arthritis WATCH ON ZOOM**

*Danielle Riley, Age Options, MSW, Community Health Worker*

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

Ready to “warm up” your day? This demonstration will introduce you to warm-up moves and the basic form in order to help you strengthen your muscles and improve your balance.

## **Meditation**

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

Monday, April 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, April 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 ON ZOOM**

*Lin Shook, Instructor*

Monday, April 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.

## **Mind & Body Practices WATCH ON ZOOM**

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

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

Learn meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

## **COVID-19 & Achieving Happiness in Challenging Times WATCH ON ZOOM**

*Kate Marrs, Presenter*

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

We'll consider options to raise our energy level and reestablish hope now and in the future.

## **Organizing Your Home WATCH ON ZOOM**

*Meg Mattsson, Professional Organizer*

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

Let's create the space you need to support your life now. Learn tricks to motivate yourself and stay on task, whether it's a small project or a big one.

## **Exercise Tips for Heart Health WATCH ON ZOOM**

*Terrance Wallless, Dr. of Physical Therapy, Board-Certified Geriatric Clinical Specialist*

Tuesday, April 20, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Terrance to learn about four fitness tips to help boost your heart health.



## **Virtual Tech Explorations for Beginner Users WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, April 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.

## **The Byrds WATCH ON ZOOM**

*Brian Salgado, Presenter*

Wednesday, April 21, 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 American band of the 1960s who popularized folk-rock songs like “Mr. Tambourine Man,” “Turn, Turn, Turn,” and more!

## **Let’s Talk**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, April 21, 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: Urban Myths**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

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

Test your knowledge in the areas of classics, nature, celebrities, health, and business.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, April 21, 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.

## **Program in Spanish**

### **Tipos de Fraude en Medicare WATCH ON ZOOM**

*Jesus Enriquez, Outreach & Information Specialist, AgeOptions*

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

Aprenda los diferentes tipos de estafas en Medicare y que se puede hacer para prevenirlos.

### **Coloring & Conversation WATCH ON ZOOM**

*Vivian Visser, Presenter*

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

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



## **The Art and Beauty of Cherry Blossoms WATCH ON ZOOM**

*Caroline Edasis, Director of Creative Arts, Mather*

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

In honor of cherry blossoms that bloom in April, join Caroline to explore Japanese art through the ages with try-at-home ideas for developing painting techniques.

## **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

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

## **Medicare 101 WATCH ON ZOOM**

*Robin Dawson, Medicare Solutions Network*

Thursday, April 22, 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, Earth Day WATCH ON ZOOM**

*Heidi Parkes, Textile Artist*

Thursday, April 22, 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 repurposed paper, glue stick, and scissors.

## **Meditation**

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

Friday, April 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, CWP, CPT, Certified Intrinsic Coach*

Friday, April 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 the comfort of your home.

## **Storytelling with Michael**

*Michael Menendian, Theater Director*

Friday, April 23, 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.



## **Book Look**

*Marion Mango, Poet & Writer*

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

Let's talk about your favorite book and share recommendations for books and authors.

## **Senior Medicare Patrol Basics WATCH ON ZOOM**

*Jesus Enriquez, Outreach Information Specialist, AgeOptions*

Monday, April 26, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

## **Meditation**

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

Monday, April 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, April 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, April 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.

## **Mind & Body Practices WATCH ON ZOOM**

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

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

Learn meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

## **50 Ways to Stay Creative WATCH ON ZOOM**

*Kate Marrs, Presenter*

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

As we mature, we become more creative and willing to explore. Share your true self with friends, family, and the world.

### **Intro to Voice-Overs WATCH ON ZOOM**

*Marvinetta Woodley-Penn, Executive/Artistic Director, Global Girls, Inc.*

Tuesday, April 27, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Have you thought about doing voice-over work? This is the workshop for you! As a working voice-over talent, Marvinetta will provide an in-depth overview of how the business works and give you an honest idea of what it takes to become a voice-over talent.

### **Chair Exercise WATCH ON ZOOM**

*Terrance Walless, Dr. of Physical Therapy, Board-Certified Geriatric Clinical Specialist*

Tuesday, April 27, 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 Advanced Users WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, April 27, 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, April 28, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join us to give DJ Brian your special request, then sing along!

### **Travel Stories: More Adventures in Spain & France**

*Joe Cunniff, Instructor, DePaul University*

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

Travel with Joe as he discusses the beautiful attractions of Spain and France.

### **Game Time with Jeanne: Word Game**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

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

Have fun guessing the missing word! Another fast-paced game of recall.

### **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, April 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.



**Program in Spanish**

**Conceptos Basicos de SMP WATCH ON ZOOM**

*Jesus Enriquez, Outreach & Information Specialist, AgeOptions*

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

Obtenga informacion basica sobre el programa de proteccion de fraude de Medicare.

**Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, April 29, 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.

**Meet the New Illinois Poet Laureate WATCH ON ZOOM**

*Angela Jackson, Poet, Novelist, Author & Teacher*

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

As only the fifth Illinois Poet Laureate, Angela Jackson follows in the footsteps of honorees like Carl Sandburg and Gwendolyn Brooks. Listen to Angela read some of her poetry and talk about the interesting duties and responsibilities her position entails.

**Active Adult Exercise WATCH ON ZOOM**

*Paige Corley, Certified Personal Trainer*

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

Paige leads a 45-minute session of seated and standing exercises to boost mind and body!

**Route 66**

*Caryl Derenfeld, Joy Fueled Souls*

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

Let's take a road trip with Caryl! We'll share some road trips taken and some road trip dreams to come. Learn about the development of Route 66, a road that gave a tremendous boost to commerce and leisure travel. Join us and get your kicks!

**Origami Paper Folding WATCH ON ZOOM**

*Heidi Parkes, Textile Artist*

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

Join a guided exercise and create by folding paper. Ideal materials include a few pieces of paper. Ideally square paper, but computer paper or magazine pages work too.



## **Meditation**

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

Friday, April 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, CWP, CPT, Certified Intrinsic Coach*

Friday, April 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, April 30, 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, April 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.

## **April Showers**

*Heather Braoudakis, Vocalist*

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

Enjoy the songs of spring from showers to sunshine to flowers inspired by the timeless poem "April Showers Bring May Flowers." Welcome, spring!