

# MATHER TELEPHONE TOPICS

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

**May 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.

## **Medication Management: Tips for Staying Healthy WATCH ON ZOOM**

*Dr. Katherine Thompson, MD, Associate Professor of Medicine, University of Chicago*

Monday, May 3, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn tips for appropriate use of medications to stay healthy and avoid complications, along with effective ways to talk to your health care provider.

## **Meditation**

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

Monday, May 3, 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, May 3, 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, May 3, 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, May 4, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Using the pillars of mind, body, heart, and breath, learn meditation and relaxation techniques. All levels welcome.

**Twenty-one Indispensable Qualities of Leaders WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, May 4, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Become aware of the leadership qualities you already possess. We'll get inspiration from the work of John Maxwell.

**That's Amore**

*Heather Braoudakis, Vocalist*

Tuesday, May 4, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Celebrate all the different kinds of love—Agape, Eros, and Philio—that we share with family and friends. This show features love songs from musical theater, vocalists like Nat King Cole and the Hutton Sisters, and composers like George Gershwin.

**Chair Exercise WATCH ON ZOOM**

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

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

Have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

## **Turn Inward to Shine Outward**

*Ann Dionne, Author & Certified Life Coach*

Wednesday, May 5, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join Ann for a program that engages mind, body, and spirit to uplift and brighten your day.

## **Facts about New Hampshire**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, May 5, 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 New Hampshire. We'll also sing some songs from the Great American Songbook.

## **Grandma Goes to Survivor Island**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, May 5, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Go on an adventure with Jeanne as she competes for a slot on the TV show "Survivor," and learn some life lessons along the way. This is a true story.

## **Qi Gong    WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, May 5, 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.

## **Frank Sinatra, Part 1**

*Rich Lang, Media Historian*

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

Rich will discuss the life of one of the most popular and influential twentieth-century musical artists.

## **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, May 6, 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, May 6, 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.

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

*Paige Corley, Certified Personal Trainer*

Thursday, May 6, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

A 45-minute session of seated and standing exercises will boost your mind and body!

## **Elizabeth Taylor: Violet Beauty WATCH ON ZOOM**

*Steven Frenzel, Film Historian*

Thursday, May 6, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn more about the life and career of one of MGM's most bankable stars, one of the most admired and talked-about women in the world!

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

*Heidi Parkes, Certified Yoga Therapist*

Thursday, May 6, 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, May 7, 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, May 7, 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 maintain functionality and independence. Learn specific movements to gain lasting benefits.

## **Storytelling with Caroline**

*Caroline Latta, Theatre Department, Columbia College Chicago*

Friday, May 7, 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.

## **Paintings of the Harlem Renaissance WATCH ON ZOOM**

*Kit Keane, Presenter,*

Friday, May 7, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

The Great Migration of blacks from the South to the North spawned a cultural revival centered in Harlem in the early twentieth century. The Harlem Renaissance, a rebirth in African American arts, asserted pride in black life and identity.

## **The Sinking of the Titanic**

*Jim Gibbons, Presenter*

Friday, May 7, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

On the night of April 14, 1912, one of the deadliest peacetime maritime disasters in history took place: the sinking of the infamous British passenger liner RMS Titanic. Hear how unheeded warnings, a faulty evacuation plan, the lack of lifeboats, and the constraint of time were all just the tip of the iceberg in this devastating historical tragedy.

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

*Jesus Enriquez, Outreach Information Specialist, AgeOptions*

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

Learn more about 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, May 10, 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, May 10, 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, May 10, 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, May 11, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Using the pillars of mind, body, heart, and breath, learn meditation and relaxation techniques. All levels welcome.

## **Ways to Help People Connect with You—Right Away! WATCH ON ZOOM**

*Kate Marrs, Presenter*

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

If you want to create relationships and connect with people, the first thing to do is to reach out to others with your *authentic* humanity.

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

*Jeanine Dent, Instructor*

Tuesday, May 11, 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.

## **Chicago's Motor Row WATCH ON ZOOM**

*Richie Zie, Presenter*

Tuesday, May 11, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

In the first three decades of the twentieth century, Chicago's Motor Row District was the largest "motor colony" in the US, with more than 100 different makes of automobiles both sold and repaired. Discover the District's rich history, including extraordinary buildings created for car dealers by some of Chicago's best architects.

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

*Vivian Chazen, Mather*

Tuesday, May 11, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

Hear a song selected by you! Make your special request and sing along.

## **Bonding with Our Favorite Characters**

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

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

Stories are important, but it's the characters that keep us coming back for more. Take a fun look back at an exasperated detective (James Garner); a time-hopping scientist (Scott Bakula); Miami household friends (Bea Arthur, Betty White, Rue McClanahan, and Estelle Getty); and a rumpled Chicago tabloid reporter (Darren McGavin).

## **Chinese Zodiac Signs**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, May 12, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

According to the Chinese Zodiac, the year of your birth—whether rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, or pig—determines much of your personality, fate, and character. Learn more about this 12-year cycle.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, May 12, 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.

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

*Paige Corley, Certified Personal Trainer*

Thursday, May 13, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

A 45-minute session of seated and standing exercises will boost your mind and body!

## **Movement in Art WATCH ON ZOOM**

*Caroline Edasis, Director of Creative Arts, Mather*

Thursday, May 13, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

We'll explore the relationship between dance and visual mark-making in art history, and the potential for movement in response to art.

**Black Damp: The Cherry Mine Disaster WATCH ON ZOOM**

*Paula Fenza, Historian*

Thursday, May 13, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 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.

**Gospel Legend WATCH ON ZOOM**

*Calvin Bridges, Minister/Gospel Singer*

Thursday, May 13, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Grammy-nominated Gospel singer Calvin Bridges screens his inspiring new music video “Breathe,” then hosts a discussion on issues affecting people in Chicago’s neighborhoods.

**Draw Along: Flowers WATCH ON ZOOM**

*Heidi Parkes, Textile Artist*

Thursday, May 13, 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.

**Film Screening: *Phil’s Camino* WATCH ON ZOOM**

Thursday, May 13, 3:30–5:00 p.m. PT / 5:30–7:00 p.m. CT / 6:30–8:00 p.m. ET

This documentary film tells the inspiring story of stage-4 cancer survivor Phil Volker, who embraces physical, emotional, and spiritual healing and eventually fulfills his dream of walking the 500-mile ancient pilgrimage route across Spain known as the Camino de Santiago. Join a discussion after the screening with Phil, along with Michael Williams, PsyD, Senior Oncology Support Counselor at Wellness House, and Jennifer Smith, PhD, Director of Research for Mather Institute. This is a collaborative program presented by Wellness House and Mather. Wellness House offers programs and support for people with cancer and their families. The program is free, but registration is required. Register here for a Zoom link: <https://131countyline.wufoo.com/forms/zi9hyks09bfjoo/>

**Meditation**

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

Friday, May 14, 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, May 14, 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, May 14, 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.

## **Derby Days!**

*Rick Pickren, Musician*

Friday, May 14, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Grab a mint julep and celebrate the Kentucky Derby and the Triple Crown races! Rick performs songs like “The Old Gray Mare,” “The Camptown Races,” and more!

## **Poetry**

*Marion Mango, Poet & Writer*

Friday, May 14, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Poetry can inspire, challenge, console, inform, or help heal both body and soul. Join us to listen, or feel free to share poetry that you’ve written or admire.

## **SMP Types of Fraud    WATCH ON ZOOM**

*Jesus Enriquez, Outreach Information Specialist, AgeOptions*

Monday, May 17, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Senior Medicare Patrol of AgeOptions will discuss common types of Medicare fraud.

## **Meditation**

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

Monday, May 17, 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, May 17, 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, May 17, 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, May 18, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Using the pillars of mind, body, heart, and breath, learn meditation and relaxation techniques. All levels welcome.

**The Impact of Giving, Sharing & Caring in Action      WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, May 18, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

In serving others, we receive tremendous gifts and benefits for ourselves. Let's discover more ways in which we can help others and serve humanity.

**Movement Therapy      WATCH ON ZOOM**

*Jeanine Dent, Instructor*

Tuesday, May 18, 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 Walless, Doctor of Physical Therapy, Board-Certified Geriatric Clinical Specialist*

Tuesday, May 18, 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, May 18, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

**Favorite Songs: Tom Jones      WATCH ON ZOOM**

*Brian Salgado, Presenter*

Wednesday, May 19, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Hear about the life and career of this beloved singer, including some of his favorite songs like "It's Not Unusual," "She's a Lady," "Delilah," and many more!

## **Let's Talk**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, May 19, 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: Personality Tests**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, May 19, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

We'll play more fun games that involve quizzing ourselves to find out how much we really know. Only *you* will know how you scored.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, May 19, 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.

## **Frank Sinatra, Part 2**

*Rich Lang, Media Historian*

Wednesday, May 19, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join Rich for more on the life of Sinatra.

## **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, May 20, 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 Company You Keep WATCH ON ZOOM**

*Deborah Hawkins, Author*

Thursday, May 20, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

In this interactive session, we'll learn how to examine our friends' best qualities in order to be better friends with ourselves.

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

*Paige Corley, Certified Personal Trainer*

Thursday, May 20, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

A 45-minute session of seated and standing exercises will boost your mind and body!



## **Getting Acquainted with Instagram WATCH ON ZOOM**

*Lesley Peters, Instructor*

Thursday, May 20, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn something new! Lesley will teach the basics of Instagram. Learn how to create an account, post comments, use hashtags, define your goal, decide whom to follow, and more.

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

*Heidi Parkes, Certified Yoga Therapist*

Thursday, May 20, 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, May 21, 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 Feet: Barefoot Training & Fall Reduction WATCH ON ZOOM**

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

Friday, May 21, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Much of hip, knee, and ankle pain is related to the feet. Barefoot exercises increase mobility and stability, foster proper foot function, and improve balance.

## **Storytelling with Caroline**

*Caroline Latta, Theatre Department, Columbia College Chicago*

Friday, May 21, 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.

## **Lucretia Garfield**

*Ricki Saady, Presenter*

Friday, May 21, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

The wife of James A. Garfield, 20th president of the US, was First Lady for only a few months. Yet Lucretia was one of the most interesting women to have held that job, and some of her early achievements and choices presage those of her successors.

### **Ageless Grace WATCH ON ZOOM**

*Bethany Kozak, Dementia Care Specialist, AgeOptions*

Monday, May 24, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

This cutting-edge brain fitness program, based on neuroplasticity, activates all parts of the brain. Done in a chair to fun music, these exercises get your body moving and challenge your brain to make new connections!

### **Meditation**

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

Monday, May 24, 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, May 24, 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, May 24, 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, May 25, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Using the pillars of mind, body, heart, and breath, learn meditation and relaxation techniques. All levels welcome.

### **Thank You for Your Thank-You Note WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, May 25, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Writing thank-you notes from your “feeling center” instead of from your head sends a message directly to the other person’s heart. They may surprise you by calling, writing, emailing, texting, or visiting you in person to thank you. Share your experiences!

## **How Diet Can Affect Blood Pressure & Heart Health    WATCH ON ZOOM**

*Dr. Carla Hightower, MD, MBA, Living Health Works*

Tuesday, May 25, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Dietary changes may help you maintain normal blood pressure and a healthy heart.

## **Exercise & Chronic Disease: Get the Facts    WATCH ON ZOOM**

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

Tuesday, May 25, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

If you have a chronic condition, you might have questions about exercising. How often can you exercise? Which ones are safe? Learn the basics about exercise and chronic disease.

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

*Vivian Chazen, Mather*

Tuesday, May 25, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

Hear a song selected by you! Make your special request and sing along.

## **Travel Stories: Leaving Madrid & the Road to France!**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, May 26, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Travel with Joe as he shares more fun adventures and discusses the beautiful attractions he has seen along his travels.

## **Heroes in Real Life**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, May 26, 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 survive in extreme situations? Do you have the “right stuff”? Hear true stories about heroes in action.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, May 26, 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.

## **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, May 27, 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.

## **Exploring the Art & Life of Frida Kahlo WATCH ON ZOOM**

*Casey Pax, Mather*

Thursday, May 27, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Be inspired by the work and example of one of Mexico's most influential artists.

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

*Paige Corley, Certified Personal Trainer*

Thursday, May 27, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

A 45-minute session of seated and standing exercises will boost your mind and body!

## **Rising Star WATCH ON ZOOM**

*Samara Joy McLendon, Jazz Vocalist*

Thursday, May 27, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Since winning the prestigious Sarah Vaughan International Jazz Vocal Competition in 2019, Samara is already a veteran performer at some of the best New York jazz clubs. Listen to her vocal stylings and her view on what it takes to succeed as a jazz vocalist.

## **Sew Along WATCH ON ZOOM**

*Heidi Parkes, Textile Artist*

Thursday, May 27, 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, May 28, 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, May 28, 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, May 28, 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! WATCH ON ZOOM**

*Kate Marrs, Presenter & Lisa Evans, Mather*

Friday, May 28, 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.

***Born for Love***

*Marion Mango, Poet & Writer*

Friday, May 28, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Marion reads powerful short passages from Leo Buscaglia's book *Born for Love*, turning the light of his wisdom on every facet of the priceless jewel of love.