

MATHER TELEPHONE TOPICS

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

June 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.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, June 1, 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.

Wabi-Sabi Your Home Environment WATCH ON ZOOM

Kate Marrs, Presenter

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

Increase your capacity for enjoying each moment, valuing other people, and appreciating nature with this Japanese design aesthetic.

The Rat Pack

Heather Braoudakis, Vocalist

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

Enjoy the songs of Dean, Frank, and Sammy, and learn more about this group.

Chair Exercise WATCH ON ZOOM

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

Tuesday, June 1, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join in a class designed to improve strength, balance, and endurance.

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, June 1, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Bring any and all questions about your smartphone or how to explore the internet.

Claiming Inner Authority

Ann Dionne, Author & Certified Life Coach

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

Find support and guidance on how emotional maturity leads to healthy inner authority.

Facts about New Jersey

Joe Cunniff, Instructor, DePaul University

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

Learn fascinating facts, history, fun trivia, and jokes about the State of New Jersey.

Movie Myths

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Jeanne will talk about movie myths and what they can teach us about real life.

George Carlin

Rich Lang, Media Historian

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

Explore the life of this American stand-up comedian, actor, social critic, and author.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, June 3, 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.

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

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

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

Cardiovascular Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

Paige will discuss what has changed with this mode of exercise in the past few years.

We Love Lucy WATCH ON ZOOM

Steven Frenzel, Film Historian

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

Laugh along with one of the funniest, bravest women in movie and television history.

Yoga for Hands WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, June 3, 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.

Fit around the House WATCH ON ZOOM

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

Friday, June 4, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Staying physically active is the best thing you can do to maintain functionality and independence. Learn specific movements to gain lasting benefits.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, June 4, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Hear a master storyteller read a thought-provoking short story, followed by discussion.

The 1893 Chicago World's Fair

Jim Gibbons, Presenter

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

Jim discusses the World's Columbian Exposition, which later became the 1893 Chicago World's Fair.

More about *The Book of Gutsy Women*

Marion Mango, Poet & Writer

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

Hear one of Marion's favorite recent reads that tells of resilient, gutsy women who inspired others to stand up to the status quo, ask questions and get things done.

Meditation

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

Monday, June 7, 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.

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, June 7, 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, June 7, 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, June 8, 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.

Joys of Reading Dr. Seuss: Memories & Artwork WATCH ON ZOOM

Kate Marrs, Presenter

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

We'll revisit Dr. Seuss and share experiences reading his stories ourselves or to our children and grandchildren. Learn about his other fascinating talents.

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, June 8, 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 ABCs of Exercise WATCH ON ZOOM

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

Tuesday, June 8, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn how fitness improves your **A**pppearance, **B**rain, **C**holesterol, and more.

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, June 8, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Bring any and all questions about your smartphone or how to explore the internet.

Ageless Grace WATCH ON ZOOM

Beth Kozak, Dementia Care Specialist, AgeOptions

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

This cutting-edge brain fitness program, based on neuroplasticity and done seated to music, activates all parts of the brain to make new connections.

The Allure of the Roaring '20s

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

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

The 1920s were a wild, reckless time of post-war, post-influenza relief. Are we now poised, post-pandemic, for yet another Roaring '20s?

A Younger Version of Yourself

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

What would you say to a younger version of yourself? Does the conversation change at age 45, 15, or 10? Would it change if you said or did something different at those ages?

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

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

Learn a system of coordinated body postures and movements, breathing, and meditation.

Spring into Summer! WATCH ON ZOOM

Amy Lowe, Singer/Songwriter/Storyteller

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

Brighten your day with an assortment of delightful tales and songs for sing-along.

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Thursday, June 10, 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.

Picture Books Don't Have to Be Just for Kids! WATCH ON ZOOM

Caroline Edasis, Mather

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

Learn how "picture book" illustration uses innovative mixed-media techniques to tell a story. Be inspired to create your own picture book.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, June 10, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Enjoy 45 minutes of seated and standing exercises to boost your mind and body!

Russia & Its Challenges WATCH ON ZOOM

Peter Zwack, Retired Brigadier General, US Department of Defense

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

Find out what is currently happening in Russia and what is likely to happen in the future. Peter's unique, personal, hands-on perspective comes from service as US Senior Defense Official and Attaché to the Russian Federation.

Collage Along: Text WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, June 10, 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 text in any language (check your junk mail!), paper, glue stick, and scissors.

All Things Meditation

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

Friday, June 11, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

The practical: Get started and keep going! Meet challenges, build a support system, get inspired. The practices: We'll explore dozens together. Learn one every week.

Simply Strong WATCH ON ZOOM

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

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

Enjoy this 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, June 11, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Hear a master storyteller read a thought-provoking short story, followed by discussion.

Program in Spanish

El Seguro Social asegurando el presente y el future USANDO ZOOM

Josephine Mueller, Public Affairs Specialist, Social Security Administrations

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

¡Conozca quién contribuye al fondo del Seguro Social, los beneficios por discapacidad, la solicitud de beneficios, la detección de fraude, y mucho más!

Traditional Folk Songs

Rick Pickren, Musician

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

Rick sings and provides historical details about popular folk songs like “The Streets of Laredo,” “Good Night Irene,” “Tom Dooley,” and “My Darling Clementine.”

Senior Medicare Patrol Basics WATCH ON ZOOM

Jesus Enriquez, Outreach Information Specialist, AgeOptions

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

Learn about the SMP program and ways to protect against Medicare fraud.

Meditation

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

Monday, June 14, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 p.m. ET

Learn simple breathing and focusing techniques you can do to help reduce stress.

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, June 14, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Tai Chi WATCH ON ZOOM

Lin Shook, Instructor

Monday, June 14, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, June 15, 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.

50 Ways to Spend Time Alone WATCH ON ZOOM

Kate Marrs, Presenter

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

Learn the benefits of being alone, becoming transformative, and reenergizing.

Movement Therapy WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, June 15, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

This structured class uses chairs as well as chair backs, countertops, or tables for balance exercises. The goal is increased coordination, balance, flexibility, and strength.

Chair Exercise WATCH ON ZOOM

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

Tuesday, June 15, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join in a class designed to improve strength, balance, and endurance.

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, June 15, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Bring any and all questions about your smartphone or how to explore the internet.

Requested Favorite Songs WATCH ON ZOOM

Brian Salgado, Presenter

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

Here's your chance to hear a song you select! Make your request and sing along.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Wednesday, June 16, 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

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Play a fun game guessing the meaning behind male and female names.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, June 16, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a system of coordinated body postures and movements, breathing, and meditation.

Florence Henderson

Rich Lang, Media Historian

Wednesday, June 16, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

This American actress and singer's career spanned six decades, but she is best remembered for her starring role as Carol Brady on the ABC sitcom *The Brady Bunch*.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

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

Enjoy 45 minutes of seated and standing exercises to boost your mind and body!

The Five Wishes WATCH ON ZOOM

Maureen Burns, Kandis Draw & Angélica Gomez, Community Health Workers, JourneyCare

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

This user-friendly and easy-to-understand legal binding document outlines your personal wishes for care and comfort in emergency or end-of-life situations.

Self-Massage Yoga (Abhyanga) WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

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

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

All Things Meditation

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

Friday, June 18, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

The practical: Get started and keep going! Meet challenges, build a support system, get inspired. The practices: We'll explore dozens together. Learn one every week.

Behind the Label: Updated Nutrition Facts WATCH ON ZOOM

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

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

Learn how food labeling has been improved to support healthier eating choices.

Laughter Yoga WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

Friday, June 18, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Laughter relaxes the whole body, triggers endorphin release, and promotes well-being.

The Jeffersons

Ricki Saady, Presenter

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

Ricki will discuss the lives of President Thomas Jefferson's wife and his daughter: Martha Wayles Skelton Jefferson and Martha ("Patsy") Jefferson Randolph.

Angels in Our Life

Marion Mango, Poet & Writer

Friday, June 18, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Marion shares stories, and welcomes your own, about how angels are in our lives.

Music & Wellness WATCH ON ZOOM

Rebecca Froman Freiman, Music Therapist, Greater Chicago Music

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

Learn about and experience music's benefits with respect to different aspects of our health.

Meditation

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

Monday, June 21, 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.

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, June 21, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Tai Chi WATCH ON ZOOM

Lin Shook, Instructor

Monday, June 21, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, June 22, 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.

Recipe Fest: Vegetarian WATCH ON ZOOM

Kate Marrs, Presenter

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

This program is all about expanding our home-cooking repertoire. Discover new ways to enjoy vegetables. Do you have a favorite recipe to share?

Eddy's World WATCH ON ZOOM

Lyn Goldfarb, Filmmaker

Tuesday, June 22, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

We'll screen Lyn's delightful documentary film about her 99-year-old father, Eddy Goldfarb, inventor of over 800 toys and best known for his Yakity-Yak Talking Teeth. After the screening, we'll be joined for discussion by Lyn—and possibly Eddy as well.

When Exercise Meets Medication WATCH ON ZOOM

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

Tuesday, June 22, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Do you take medication? Learn tips you should know about maintaining a safe exercise routine while taking common medications.

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, June 22, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Bring any and all questions about your smartphone or how to explore the internet.

Requested Favorite Songs WATCH ON ZOOM

Brian Salgado, Presenter

Wednesday, June 23, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Here's your chance to hear a song you select! Make your request and sing along.

Travel Stories: Paris

Joe Cunniff, Instructor, DePaul University

Wednesday, June 23, 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 attractions.

Privacy in the Twenty-First Century

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Today, the word *privacy* has a completely new meaning. Does privacy even exist?

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

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

Learn a system of coordinated body postures and movements, breathing, and meditation.

Program in Spanish

Servicios del Fiscal General de Illinois USANDO ZOOM

Nettie Lasko, Senior Government & Community Relation Liaison, Illinois Attorney General's Office

Wednesday, June 23, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Aprenda cómo evitar ser víctima de robo de identidad, teléfono, estafas en línea y servicios de salud. También se discutirán programas de compensación para las víctimas de delitos violentos y más!

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, June 24, 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.

Outsider Art WATCH ON ZOOM

Casey Pax, Mather

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

This presentation on self-taught artists focuses on the history of “outsider art” as well as some of the most famous outsider artists.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

Enjoy 45 minutes of seated and standing exercises to boost your mind and body!

Draw Along: Colors WATCH ON ZOOM

Heidi Parkes, Textile Artist

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

Enjoy a guided exercise in creating art. Ideal materials include paper and something to draw with, such as a pen, pencil, or marker. (Colorful supplies are best!)

Program in Spanish

Platero y Yo

Marion Mango, Poet & Writer

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

Marion lee del libro clásico de Juan Ramón Jiménez, uno de los libros más bellos escritos en lengua española. Ramon es conocido por la belleza de sus palabras inmortales.

All Things Meditation

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

Friday, June 25, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

The practical: Get started and keep going! Meet challenges, build a support system, get inspired. The practices: We'll explore dozens together. Learn one every week.

Simply Strong WATCH ON ZOOM

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

Friday, June 25, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Enjoy this 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, June 25, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Enjoy a tale delivered by a master storyteller; then join a discussion about the story.

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

Kate Marrs, Presenter & Lisa Evans, Mather

Friday, June 25, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join an uplifting chat about thoughts and experiences from your world.

Lazy Afternoon Songs WATCH ON ZOOM

Madeline Morgan, Musician

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

Enjoy songs for sitting in the shade, sipping iced tea, and talking of memories.

Money Smart for Older Adults WATCH ON ZOOM

Suzanne Townsend & Jamie Farrell, Aging & Disability Rights Coordinator, AgeOptions

Monday, June 28, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn ways to avoid financial exploitation and the importance of advance planning and informed financial decision-making. Money Smart for Older Adults 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, June 28, 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.

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, June 28, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Tai Chi WATCH ON ZOOM

Lin Shook, Instructor

Monday, June 28, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, June 29, 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.

Compassionate Caring Action WATCH ON ZOOM

Kate Marrs, Presenter

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

When we truly see and understand other people's situations, we are better able to reach out to them with help. Our smallest actions of care and support can mean the world to them.

How To End Junk Food Cravings WATCH ON ZOOM

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

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

Learn about the root causes of junk food cravings and healthy ways to control your appetite naturally.

Chair Exercise WATCH ON ZOOM

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

Tuesday, June 29, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join in a class designed to improve strength, balance, and endurance.

Virtual Tech Explorations for Advanced Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, June 29, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Bring any and all questions about your smartphone or how to explore the internet.



Requested Favorite Songs WATCH ON ZOOM

Brian Salgado, Presenter

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

Here's your chance to hear a song you select! Make your request and sing along.

Program in Spanish

Servicios del Fiscal General de Illinois USANDO ZOOM

Nettie Lasko, Senior Government & Community Relation Liaison, Illinois Attorney General's Office

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

Aprenda cómo evitar ser víctima de robo de identidad, teléfono, estafas en línea, y servicios de salud. También se discutirán programas de compensación para las víctimas de delitos violentos y más!

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Let's play a fun game! Jeanne will say a word or phrase and you guess its origin.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

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

Learn a system of coordinated body postures, movements, breathing, and meditation.

Wedding Traditions WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

Wednesday, June 30, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Learn about different customs, cultures, and traditions from around the world.