

MATHER TELEPHONE TOPICS

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

July 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, July 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.

Let Freedom Ring

Heather Braoudakis, Vocalist

Thursday, July 1, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Celebrate our freedom and heritage with Heather’s renditions of great American composers like George M. Cohan and Irving Berlin.

The Benefits of Stretching WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

Paige will discuss why stretching is crucial to maintaining your mobility. Learn more about the benefits of stretching.

Americana Song & Dance WATCH ON ZOOM

Steven Frenzel, Film Historian

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

This all-American presentation highlights movies that celebrate our magnificent country through song and dance.

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Thursday, July 1, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

All Things Meditation

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

Friday, July 2, 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.

Fit around the House WATCH ON ZOOM

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

Friday, July 2, 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, July 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.

The Life of Abraham Lincoln

Jim Gibbons, Presenter

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

Historian Jim Gibbons will discuss Abraham Lincoln's personal life, his presidency, and his untimely assassination in 1865.

How the States & Capitals Got Their Names

Marion Mango, Poet & Writer

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

Did you ever wonder how your state and state capital got their names? Marion will share some backstory and history.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, July 6, 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 Remarkably Influential Beecher Family WATCH ON ZOOM

Kate Marrs, Presenter

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

Learn about Harriet Beecher Stowe, author of *Uncle Tom's Cabin*, and Henry Ward Beecher, two of 11 siblings who all contributed significantly to American public life.

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, July 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.

Chair Exercise WATCH ON ZOOM

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

Tuesday, July 6, 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, July 6, 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.

Develop Healthy Discernment

Ann Dionne, Author & Certified Life Coach

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

Join Ann and explore how making, rather than passing, judgments leads to peace.



Welcome to America!

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

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

Wally explores some of the humorous ethnic experiences of American life from TV shows like *Fresh Off the Boat* going back to the comedy of Molly Goldberg and Luigi Basco.

Amy Vanderbilt's Etiquette

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Learn about customs we no longer follow in today's modern world. Thank goodness!

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, July 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.

Victor Borge

Rich Lang, Media Historian

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

Rich will discuss the life and the extraordinary comedy of Victor Borge, an excellent pianist who presented hilarious spoofs on classical music.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, July 8, 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.

Paintings & Poetry WATCH ON ZOOM

Casey Pax, Mather

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

Explore three famous paintings in art history and the poems they inspired.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, July 8, 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.

Voices from the Grave WATCH ON ZOOM

Paula Fenza, Historian

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

Paula will share a compilation of some of her favorite historic tombstones from cemeteries around the country. Each one has a unique story to tell about the person buried there.

Yoga for Hands WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, July 8, 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.

All Things Meditation

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

Friday, July 9, 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, July 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 Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Friday, July 9, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

The Stars & Stripes

Rick Pickren, Musician

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

Rick sings America's most beloved patriotic songs: "You're a Grand Old Flag," "Yankee Doodle Dandy," "America The Beautiful," "My Country, 'Tis of Thee," "The Star Spangled Banner," "God Bless America," and more!

Laughter Yoga WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

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

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

Ageless Grace WATCH ON ZOOM

Beth Kozak, Dementia Care Specialist, AgeOptions

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

This cutting-edge brain fitness program activates the brain to make new connections.

Meditation

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

Monday, July 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.

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, July 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, July 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, July 13, 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.

Taking a Stand, Making a Stand, or Just Thinking about It WATCH ON ZOOM

Kate Marrs, Presenter

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

What causes have been important to you? How can you make your voice heard?

Movement Therapy WATCH ON ZOOM

Jeanine Dent, Instructor

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

Tuesday, July 13, 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, July 13, 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.

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Wednesday, July 14, 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.

Facts about New Mexico

Joe Cunniff, Instructor, DePaul University

Wednesday, July 14, 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 Mexico. We'll also sing some songs from the Great American Songbook.

Game Time with Jeanne: Movie Trivia

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Jeanne will provide information on the year a movie debuted, names of leading actors, and the name of the director, along with a short synopsis. You name the movie!

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, July 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.

Requested Favorite Songs WATCH ON ZOOM

Brian Salgado, Presenter

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

Here's your chance to hear a song selected by you! Join us to make your special request and sing along.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, July 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.

Your Turn: Feedback on Telephone Topics WATCH ON ZOOM

Lisa Evans, Mather

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

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

Hospice 101 WATCH ON ZOOM

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

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

Find out what hospice care is all about, including common misconceptions.

Self-Massage Yoga (Abhyanga) WATCH ON ZOOM

Heidi Parkes, Certified Yoga Therapist

Thursday, July 15, 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, July 16, 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.

Poetry

Marion Mango, Poet & Writer

Friday, July 16, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 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.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, July 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.

The Mystery of Synesthesia WATCH ON ZOOM

Dave Williams, Volunteer

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

What sound does blue make? How does a piano note taste? We'll discuss artists who are thought to have had this condition, including Kandinsky, Van Gogh, and others.

Senior Medicare Patrol Basics WATCH ON ZOOM

Jesus Enriquez, Outreach Information Specialist, AgeOptions

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

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

Meditation

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

Monday, July 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.

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, July 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, July 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, July 20, 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.

Encouraging Others & Sharing Yourself WATCH ON ZOOM

Kate Marrs, Presenter

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

Listen, share, uplift, connect, provide support, be kind, cheer people on, celebrate their successes, and put your caring into action. Do likewise for yourself and your own life.

Baum & Oz WATCH ON ZOOM

Michael Patrick Hearn, Author

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

L. Frank Baum is best known for his immortal work, *The Wonderful Wizard of Oz*, written in the Humboldt Park neighborhood in Chicago. Hearn, a featured commentator on the PBS *American Masters* documentary on Baum, discusses the author's life and deep connection to Chicago.

How to Boost Your Immune System through Exercise WATCH ON ZOOM

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

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

Terrance will share important ways in which to protect and maintain our immune system.

Virtual Tech Explorations for Beginner Users WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, July 20, 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.

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Wednesday, July 21, 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.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Wednesday, July 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.

Amazing Earth Facts

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Learn some little-known and interesting facts about our planet.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, July 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.

Shirley Jones

Rich Lang, Media Historian

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

Rich will discuss the life and career of this popular actress and singer as well as her more than six-decade career in show business.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, July 22, 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.

Poetry Reading & Writing Your Own Poem Workshop WATCH ON ZOOM

Caroline Edasis, Director of Creative Arts, Mather

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

Listen to a poetry reading from an elder poet followed by collaborative exercises to help you write your own poems! No prior poetry experience required.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, July 22, 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 monthly session of seated and standing exercises that will boost your mind and body!

Still Standing WATCH ON ZOOM

Tom Dreesen, Comedian & Author

Thursday, July 22, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Comedian Tom Dreesen discusses his new memoir about his 50-year career in show business. Tom appeared on national television more than 500 times with more than 60 appearances alone on *The Tonight Show*. He also toured as the opening act for legendary entertainer Frank Sinatra for 13 years.

Draw Along—with Water WATCH ON ZOOM

Heidi Parkes, Textile Artist

Thursday, July 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 paper and something wet to draw with: markers, watercolor, ink, paint, coffee, etc.

All Things Meditation

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

Friday, July 23, 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.

Exercise for Mental Health: A Powerful Prescription WATCH ON ZOOM

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

Friday, July 23, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn about this fascinating connection and how to make the most of it. Find out how physical activity can lead to powerful benefits for your mental health.

Storytelling with Michael

Michael Menendian, Theater Director

Friday, July 23, 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.

Telephone Topics Artist Showcase WATCH ON ZOOM

Sarah Boots, Mather

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

Join us as we showcase works from the artists among us and discuss what art making and our Telephone Topics art programs have meant to them over the past year.

The Power of Pets

Caryl Derenfeld, Joy Fueled Souls

Friday, July 23, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join a discussion about the many ways in which our pets give us joy.

Tai Chi for Arthritis WATCH ON ZOOM

Danielle Riley, Community Health Worker, AgeOptions

Monday, July 26, 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 to help you strengthen your muscles and improve your balance!



Meditation

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

Monday, July 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.

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, July 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, July 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, July 27, 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.

As We Travel through Our Life & the Lives of Others WATCH ON ZOOM

Kate Marrs, Presenter

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

What is it that we gather and hold dear in life? Memorable life lessons, precious memories, favorite activities? How have they changed? How have we influenced others? What have we left behind? What have we done to help others?

Virtual Tour: The Whitney Western Art Museum WATCH ON ZOOM

George Miller, Outreach Educator

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

Come along on a virtual tour of fabulous collection of paintings and sculpture at the Whitney Western Art Museum at the Buffalo Bill Center of the West. Explore how European American artists have portrayed Native Americans and how Native Americans have portrayed themselves.

Chair Exercise WATCH ON ZOOM

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

Tuesday, July 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, July 27, 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.

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Wednesday, July 28, 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.

Travel Stories: My Trip to Philadelphia

Joe Cunniff, Instructor, DePaul University

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

Travel with Joe as he shares more fun adventures, talks about the beautiful attractions he has seen along his travels, and much more.

More Great Quotes

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Hear more great quotes that speak to us on an intuitive level. Have paper and pen ready as we talk about quotes from some wise senior sources.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, July 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.

Paint with Val WATCH ON ZOOM

Val McCune, Artist/Teacher/Creative Coach

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



Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, July 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.

When the Music Stopped: Discovering My Mother WATCH ON ZOOM

Tom Kottle, Author, Psychologist & Sociologist

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

Hear the fascinating story of Tom Kottle's turbulent relationship with his mother, the world-renowned classical pianist Gitta Gradova, who gave up her brilliant musical career to raise her family in Chicago.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, July 29, 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 monthly session of seated and standing exercises that will boost your mind and body!

Summertime Music Mix WATCH ON ZOOM

Amy Lowe, Singer/Songwriter/Storyteller

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

Amy Lowe will delight us with summer melodies to brighten up your afternoon.

Sew Along WATCH ON ZOOM

Heidi Parkes, Textile Artist

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

Let's create art together, with guidance from Heidi. Ideal materials include needle, thread, scissors, and a bit of fabric.

All Things Meditation

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

Friday, July 30, 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, July 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, July 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 about the story.

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

Kate Marrs, Presenter & Lisa Evans, Mather

Friday, July 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.

Requested Favorite Songs WATCH ON ZOOM

Brian Salgado, Presenter

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

Here's your chance to hear a song selected by you! Join us to make your special request and sing along.