

# MATHER TELEPHONE TOPICS

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

**August 2021**

With Telephone Topics, you simply join by calling a toll-free phone number, or logging into a Zoom meeting, at the start time of the program. Enjoy a wide range of interesting discussions and programs—all are FREE!

## **TWO WAYS TO PARTICIPATE:**

- 1. Call-in number: (855) 880.1246** – use this for a regular phone call. Enter Meeting ID: 386 399 7030
- 2. Join us online: zoom.us/join** – use this on your computer, tablet, or smart-phone to see the visual part of the program. Enter Meeting ID: 386 399 7030

Not every program has a visual component. Check descriptions for those that say “WATCH ON ZOOM.”

Telephone Topics reserves the right to dismiss anyone who may violate our guidelines, which include dignified conduct, respecting everyone’s opinions, and letting the host lead the program. Please keep in mind that the opinions expressed by hosts, facilitators, and participants are their own and do not necessarily reflect the views of Telephone Topics or Mather.

Questions about Telephone Topics? Call (888) 600.2560.

## **Meditation**

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

Monday, August 2, 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, August 2, 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.



**Mind & Body Practices WATCH ON ZOOM**

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

Tuesday, August 3, 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 Living Series, #2 WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, August 3, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Discover increased capacity for enjoying every moment of your life. Release yourself from unwanted attachments and find inner peace.

**Are You Listening to Your Heart's Wisdom?**

*Ann Dionne, Author & Certified Life Coach*

Tuesday, August 3, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn three tips to listen to the wisdom of your heart.

**Chair Exercise WATCH ON ZOOM**

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

Tuesday, August 3, 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!

**Tech Questions WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, August 3, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Bring any and all questions about your tech gadgets, the internet, or the basics.

**Inner Balance Meditation WATCH ON ZOOM**

*Lin Shook, Instructor*

Wednesday, August 4, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Balance body, mind, and soul with easy tai chi movements followed by sitting meditation.

**Facts about New York**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, August 4, 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 York. We'll also sing some songs from the Great American Songbook.

## **What Was It Like to Live in Ancient Times?**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, August 4, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Discover interesting facts about the cultures of ancient Rome, China, Greece, and Egypt.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, August 4, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures, movements, breathing, and meditation to facilitate optimal health.

## **Paul Newman**

*Rich Lang, Media Historian*

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

Rich will discuss the life and career of this great American actor/director whose striking good looks, intelligence, and charisma were hallmarks of a 50-plus-year film career.

## **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, August 5, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

A veteran yoga teacher guides 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.

## **Blue Suede Shoes**

*Heather Braoudakis, Vocalist*

Thursday, August 5, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Whether you're a longtime fan of Elvis or just like a few of his songs, there's something here to enjoy for everyone: "Love Me Tender," "Jailhouse Rock," and more!

## **Posture: The Foundation of a Healthy Body WATCH ON ZOOM**

*Paige Corley, Certified Personal Trainer*

Thursday, August 5, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Paige will discuss why good posture is crucial to a healthy body. Good posture helps you develop strength, flexibility, and balance in your body.

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

Thursday, August 5, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

*Heidi Parkes, Certified Yoga Therapist*

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, August 6, 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 of them together. Learn one every week.

## **Fit around the House WATCH ON ZOOM**

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

Friday, August 6, 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.

## **Bob Hope: American Smart Aleck WATCH ON ZOOM**

*Steven Frenzel, Film Historian*

Friday, August 6, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join us in discovering the groundbreaking work and hilarious jokes of this classic smart aleck, one of the most iconic figures of the twentieth century. He conquered every field of entertainment: stage, radio, film, and television!

## **Mario Lanza & The Great Caruso WATCH ON ZOOM**

*Derek Mannering, Author, Mario Lanza: Singing to the Gods*

Friday, August 6, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Enjoy this special 70th anniversary salute to the American tenor's most celebrated movie, an unforgettable tribute to opera superstar Enrico Caruso. Derek will feature excerpts from the film and share fascinating behind-the-scenes stories about the making of the picture.

## **Meditation**

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

Monday, August 9, 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, August 9, 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.

**Mind & Body Practices WATCH ON ZOOM**

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

Tuesday, August 10, 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.

**Seven Happiness Lessons & Four Steps to Get There WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, August 10, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn the secrets of happiness from the teachings of renowned professor, author, and speaker Tal Ben-Shahar.

**Chair Ballet Stretch WATCH ON ZOOM**

*Jeanine Dent, Instructor*

Tuesday, August 10, 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 & Standing Exercise: One-Mile Walk at Home WATCH ON ZOOM**

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

Tuesday, August 10, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Cover a half-mile by walking in place in the comfort of your own home or performing a modified seated walk. All you need is a sturdy chair and some water to stay hydrated.

***Papa, My Father***

*Marion Mango, Poet & Writer*

Tuesday, August 10, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Marion reads from Leo Buscaglia's book *Papa, My Father*. The book tells the story of Buscaglia's own father, a humble immigrant who was a self-styled educator, philanthropist, philosopher, patriot, and nurturer.

**Your Turn: Feedback on Telephone Topics WATCH ON ZOOM**

*Lisa Evans, Mather*

Wednesday, August 11, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

## **Comic Strip Adventures**

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

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

Wally explores how the funny pages have been brought to life on the video screen, featuring Dick Tracy, Flash Gordon, and other iconic characters.

## **Men in History**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

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

Learn about some famous and not-so-famous amazing men in history.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, August 11, 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.

## **Origami Paper Folding WATCH ON ZOOM**

*Heidi Parkes, Textile Artist*

Wednesday, August 11, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join a guided exercise and create fun and interesting figures by folding paper. Ideal materials needed include a few pieces of paper—ideally, square paper, but computer paper or magazine paper work, too.

## **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, August 12, 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.

## **Summertime Singalong WATCH ON ZOOM**

*Amy Lowe, Singer/Songwriter/Storyteller*

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

Songs to soothe the soul, like a cool breeze on a sunny day or an ice cream treat after a day at the beach. Sing along and enjoy songs from the past to the present.

**Active Adult Exercise WATCH ON ZOOM**

*Paige Corley, Certified Personal Trainer*

Thursday, August 12, 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!

**Meet the Meatless Meats WATCH ON ZOOM**

*Joan Davis, RN, Presenter*

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

Wondering about the new plant-based meats appearing everywhere from grocery shelves to fine dining restaurants? Are these plant-based meats healthy? Do they taste good? What new meatless products are on the horizon?

**Requested Favorite Songs WATCH ON ZOOM**

*Brian Salgado, Presenter*

Thursday, August 12, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

**All Things Meditation**

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

Friday, August 13, 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, August 13, 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 Caroline**

*Caroline Latta, Theatre Department, Columbia College Chicago*

Friday, August 13, 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.

**Laughter Yoga WATCH ON ZOOM**

*Caryl Derenfeld, Joy Fueled Souls*

Friday, August 13, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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

## **Meditation**

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

Monday, August 16, 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, August 16, 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.

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

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

Tuesday, August 17, 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.

## **Practical Applications & Meditation for Mindfulness WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, August 17, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn about benefits to your overall health and well-being from a variety of teachers and practitioners. Discover a two-minute meditation that can be done anywhere, at any time.

## **Ageless Grace WATCH ON ZOOM**

*Beth Kozak, Dementia Care Specialist, AgeOptions*

Tuesday, August 17, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

## **Boost Your Memory & Brain Power through Exercise WATCH ON ZOOM**

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

Tuesday, August 17, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn how exercise is can help improve your thinking and memory.

## **Tech Questions WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, August 17, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Bring any and all questions about your tech gadgets, the internet, or the basics.





## **Inner Balance Meditation    WATCH ON ZOOM**

*Lin Shook, Instructor*

Wednesday, August 18, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Balance body, mind, and soul with easy tai chi movements followed by sitting meditation.

## **Let's Talk**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, August 18, 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.

## **Ethics: Right or Wrong?**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, August 18, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Being ethical requires making moral judgments, and that is not always easy. Let's have fun talking about ethical choices, and you can decide what is right or wrong!

## **Qi Gong    WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, August 18, 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, August 18, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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, August 19, 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, August 19, 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.

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

*Paige Corley, Certified Personal Trainer*

Thursday, August 19, 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!

### **Lizzie Borden Took an Axe—or Did She? WATCH ON ZOOM**

*Paula Fenza, Historian*

Thursday, August 19, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Did Lizzie Borden really murder her father and stepmother? This is the story of the crime, the trial, and the aftermath.

### **All Things Meditation**

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

Friday, August 20, 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.

### **Healthy Eating on a Budget WATCH ON ZOOM**

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

Friday, August 20, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Contrary to what many believe, eating healthy does not have to wreak havoc on your food budget. We'll explore smart and creative ways to economically include the healthiest foods on the planet in your everyday diet.

### **First Ladies: Ida McKinley**

*Ricki Saady, Presenter*

Friday, August 20, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn more about Ida McKinley, First Lady from 1897 until 1901. She often traveled with the President, who was patiently devoted to her and took great care to make accommodations for her chronic illness.

### **Fashions & Fads of the 1970s WATCH ON ZOOM**

*Caryl Derenfeld, Joy Fueled Souls*

Friday, August 20, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Put on your bell-bottoms and leisure suits as we discuss this era from a personal and historical perspective.

### **Keys to Controlling Diabetes WATCH ON ZOOM**

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

Monday, August 23, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join this discussion on diabetes and learn some of the keys to confidently manage it.

### **Meditation**

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

Monday, August 23, 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, August 23, 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.

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

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

Tuesday, August 24, 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.

### **Spin: How We Are Kept in the Dark by Media Pundits WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, August 24, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn what we are intentionally not told about what we want and need to know by those paid to mislead us on topics such as toxic chemicals, pharmaceuticals, and climate change.

### **Movement Therapy WATCH ON ZOOM**

*Jeanine Dent, Instructor*

Tuesday, August 24, 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, August 24, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Terrance leads us in a class designed to improve strength, balance, and endurance.



## **Wonder Women**

*Marion Mango, Poet & Writer*

Tuesday, August 24, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Marion will recount true stories of women everywhere who have made incredible accomplishments.

## **Travel Stories: First Time in London, England**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, August 25, 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.

## **Objects That Speak to Our Soul**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, August 25, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

What is the one object you own that speaks to your soul? We humans collect some interesting artifacts. Let this be a starting point as you document your legacy.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, August 25, 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.

## **Audrey Hepburn**

*Rich Lang, Media Historian*

Wednesday, August 25, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Rich will discuss the life and career of this British actress and humanitarian. As both a film and fashion icon, she was ranked by the American Film Institute as the third-greatest female screen legend from the Golden Age of Hollywood, and she was also inducted into the International Best-Dressed List Hall of Fame.

## **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, August 26, 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.

## **Claude Monet: His Life & Work WATCH ON ZOOM**

*Casey Pax, Mather*

Thursday, August 26, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Casey for another art talk on the founder of French impressionist painting. We will learn about his sources of inspiration, his process, and his extraordinary life through an exploration of some of his most famous paintings.

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

*Paige Corley, Certified Personal Trainer*

Thursday, August 26, 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!

## **Circle of Friends WATCH ON ZOOM**

*Betsy Burton Kelly, River Forest Township and Barb Bodner, Arbor West Neighbors*

Thursday, August 26, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Would you like to meet new people and make connections while discussing topics of interest? Join us to learn how to be part of this four-part series called “Circle of Friends.”

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

*Heidi Parkes, Certified Yoga Therapist*

Thursday, August 26, 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 promote relaxation.

## **All Things Meditation**

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

Friday, August 27, 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, August 27, 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, August 27, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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



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

*Kate Marrs, Presenter & Lisa Evans, Mather*

Friday, August 27, 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.

**Meditation**

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

Monday, August 30, 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"!

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*Tom Wilkens, Yoga Instructor, Dancing Cranes*

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

**Mind & Body Practices WATCH ON ZOOM**

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

Tuesday, August 31, 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.

**Brain Games & Fun: Keeping It Sharp & Quick! WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, August 31, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn some brain activities we can do without being online. They can be done on your own or with friends. Be sure to bring materials for note taking!

**SMP Types of Fraud WATCH ON ZOOM**

*Jesus Enriquez, Outreach Information Specialist, AgeOptions*

Tuesday, August 31, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

**Chair Exercise WATCH ON ZOOM**

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

Tuesday, August 31, 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!

