

MATHER TELEPHONE TOPICS

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

September 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.

Inner Balance Meditation WATCH ON ZOOM

Lin Shook, Instructor

Wednesday, September 1, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Balance body, mind, and soul with a few minutes of easy Tai Chi movements followed by sitting meditation.

Andy Griffith

Jim Gibbons, Presenter

Wednesday, September 1, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Andy Samuel Griffith was an American actor, comedian, television producer, Southern gospel singer, and writer whose career spanned seven decades in music and television.



Brain Health, More!

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Keep your fuzzy brain at bay! Let's create more new fun pathways to a healthier mind.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, September 1, 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.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, September 2, 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.

Around the World in 60 Minutes

Heather Braoudakis, Vocalist

Thursday, September 2, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

We are headed for all seven continents with our favorite songs like "Slow Boat to China," "Road to Morocco," "April in Paris," and more.

Exercise & Self Care WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

Paige will discuss why consistent exercise is linked to increased productivity and mental focus, helping you feel happier and more relaxed.

Circle of Friends WATCH ON ZOOM

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

Thursday, September 2, 9, 16, 23, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

A four-part series exclusively for those who attended the August 26th introductory session.

All Things Meditation

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

Friday, September 3, 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, and 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, September 3, 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.

Still & Quiet: Why We Need It Now More Than Ever WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

Friday, September 3, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Find out how we can re-energize ourselves with moments of quiet in hectic times.

Favorite Songs from the American Film Institute (AFI) WATCH ON ZOOM

Madeline Morgan & Bob Salone, Musicians

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

Madeline Morgan and Bob Salone have chosen their favorites from AFI's top 100 songs. Countdown to the #1 song with information about the films included along the way.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, September 7, 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, #3 WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, September 7, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Discover deeper meaning and release yourself from old habits, attachments, and beliefs. Find a new and better way of life.

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, September 7, 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, September 7, 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. All you need is a chair!

Tech Questions WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, September 7, 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.

The Television Life of Richard Nixon WATCH ON ZOOM

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

Wednesday, September 8, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Over the years, September was often a pivotal month for Richard Nixon. Wally covers some of the key September events in Nixon's political life that played out on television, along with plenty of other Nixon TV highlights in between.

Traits That Keep Us Going

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, September 8, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Jeanne will discuss some character traits you may or may not possess and their possible impact on your life, whether it be hope, fear, curiosity, or courage.

Super Foods for Brain Health WATCH ON ZOOM

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

Wednesday, September 8, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn about specific foods that can play a role in keeping your brain healthy.

James Arness

Rich Lang, Media Historian

Wednesday, September 8, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Rich will discuss the life and career of actor James Arness, best known for portraying Marshal Matt Dillon for 20 years on the CBS television series *Gunsmoke*.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, September 9, 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.

Mosaic Masterpieces WATCH ON ZOOM

Casey Pax, Mather

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

Join Casey for a discussion of the history of mosaics going all the way back to ancient Greece and even earlier. Additionally, we'll talk about how the art form continues to thrive today and how you can incorporate it into your own art practice.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, September 9, 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.

Angels in Our Life

Marion Mango, Poet & Writer

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

Marion shares stories—and welcomes yours—about angels in our lives.

Simply Strong WATCH ON ZOOM

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

Friday, September 10, 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, September 10, 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.

Songs of the Singing Cowboys

Rick Pickren, Musician

Friday, September 10, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Saddle up and ride down the trail with Rick as he sings some of America's favorite Western classics like "Back in the Saddle Again," "The Red River Valley," "Home on the Range," "Don't Fence Me In," "My Darling Clementine," and more!

Meditation

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

Monday, September 13, 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, September 13, 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.

Book Look

Marion Mango, Poet & Writer

Monday, September 13, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, September 14, 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.

A Beginner's Guide to Happiness WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, September 14, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Discover perspectives on happiness from counselor/psychotherapist Ira Israel. Learn doable steps, tips, and ways to approach life in order to increase your happiness quotient.

Senior Medicare Patrol Basics WATCH ON ZOOM

Jesus Enriquez, Outreach Information Specialist, AgeOptions

Tuesday, September 14, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Chair & Standing Exercise: One-Mile Walk at Home WATCH ON ZOOM

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

Tuesday, September 14, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Cover a virtual half-mile distance by walking in place at home or performing a modified seated walk. All you need is a sturdy chair and some water to stay hydrated.

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Tuesday, September 14, 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.

Inner Balance Meditation WATCH ON ZOOM

Lin Shook, Instructor

Wednesday, September 15, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

Facts about North Dakota

Joe Cunniff, Instructor, DePaul University

Wednesday, September 15, 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 North Dakota. We'll also sing some songs from the Great American Songbook.

More Useless Information

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, September 15, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Impress your friends with your wacky knowledge. Let's expand your knowledge and have some fun at the same time!

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, September 15, 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.

Female Detectives on Film WATCH ON ZOOM

Steven Frenzel, Film Historian

Wednesday, September 15, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Celebrate a century of the fiercest women in law enforcement portrayed in the movies.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, September 16, 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.

Give Yourself a Break WATCH ON ZOOM

Deborah Hawkins, Author

Thursday, September 16, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Deborah and explore activities that will refresh and renew your spirit.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, September 16, 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.

All Things Meditation

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

Friday, September 17, 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, and get inspired. The practices: We'll explore dozens together. Learn one every week.

Simply Well WATCH ON ZOOM

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

Friday, September 17, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

This monthly session will focus on some small, yet surprisingly powerful actions that can exert a big effect on our overall physical and mental health.

First Ladies: Caroline Harrison

Ricki Saady, Presenter

Friday, September 17, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn more about the life of Caroline Harrison, First Lady from 1889 until her death in 1892. The wife of Benjamin Harrison, she was also a teacher of music.

Macbeth WATCH ON ZOOM

Jean Joslyn, Opera Lovers Lecturer Corps

Friday, September 17, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Verdi created a stunning portrait of the most power-hungry couple that ever appeared on the stage. Macbeth's bloody ascent to the throne of Scotland, supported by his wife's all-consuming ambition, led to disaster for both.

How the States & Capitals Got Their Names, Part 2

Marion Mango, Poet & Writer

Friday, September 17, 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 more backstory and history.

Types of Medicare Fraud WATCH ON ZOOM

Jesus Enriquez, Outreach Information Specialist, AgeOptions

Monday, September 20, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join Jesus and learn about common types of Medicare fraud.

Meditation

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

Monday, September 20, 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, September 20, 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, September 21, 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.

Antarctica: Effects of Global Changes & Secrets of the Ice WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, September 21, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Antarctica's environment is unlike any on Earth. We'll explore the past, present, and future of Antarctica, which has recently experienced record changes in climate.

Movement Therapy WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, September 21, 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.

Exercise & Aging WATCH ON ZOOM

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

Tuesday, September 21, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Does exercise reverse aging? What does the research say? Join Terrance to learn how to live healthier and longer.

Tech Questions WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, September 21, 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.

Resentment or Peace of Mind? You Can Choose

Ann Dionne, Author & Certified Life Coach

Wednesday, September 22, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

When someone you care about hurts you, you can sometimes respond with anger, resentment, and even thoughts of revenge. Ann will share mindful tools to help you embrace forgiveness and learn to move forward.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Wednesday, September 22, 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.

Extraordinary Origins of Everyday Things

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, September 22, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join Jeanne and learn about the fascinating history of everyday things!

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, September 22, 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.

Lorne Greene

Rich Lang, Media Historian

Wednesday, September 22, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Lorne Greene was a Canadian actor, radio personality, and singer. His notable television roles include Ben Cartwright on *Bonanza*, and Commander Adama in the original science-fiction series *Battlestar Galactica* as well as *Galactica 1980*.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, September 23, 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.

Ekphrasis: Exploring Art & Poetry WATCH ON ZOOM

Caroline Edasis, Director of Creative Arts, Mather

Thursday, September 23, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Caroline and explore interactions between art and poetry. You'll hear poems inspired by works of art and follow a series of simple prompts to create your own writings.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, September 23, 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.

All Things Meditation

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

Friday, September 24, 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, and 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, September 24, 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, September 24, 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, September 24, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Kate and Lisa to explore your own ideas, experiences, considerations, and questions. You're invited for some uplifting, meaningful conversation time together.

National Falls Prevention Awareness Week WATCH ON ZOOM

Peggy Tully, Health Education Implementation Coordinator, AgeOptions

Monday, September 27, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join Peggy in a discussion of fall-prevention strategies and learn about ways to make your home safe.

Meditation

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

Monday, September 27, 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, September 27, 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, September 28, 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.

Benefits of Almond Milk WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, September 28, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Discover 21 benefits of almond milk for the skin, hair, and other parts of your body. You'll even learn how to make your own almond milk!

Coloring & Conversation WATCH ON ZOOM

Vivian Visser, Presenter

Tuesday, September 28, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Chair Exercise WATCH ON ZOOM

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

Tuesday, September 28, 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. All you need is a chair!

Your Turn: Feedback on Telephone Topics WATCH ON ZOOM

Lisa Evans, Mather

Wednesday, September 29, 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.

Travel Stories: Journey from England to Ireland

Joe Cunniff, Instructor, DePaul University

Wednesday, September 29, 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 along his travel journeys.

Ancient Aliens, Part 3

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, September 29, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join us for more about ancient aliens! Are we alone in the universe? Have we been visited in the past? Will they return? Who are *they*?

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, September 29, 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.

Requested Favorite Songs WATCH ON ZOOM

Brian Salgado, Presenter

Wednesday, September 29, 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, September 30, 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.

Apple Harvest WATCH ON ZOOM

Caryl Derenfeld, Joy Fueled Souls

Thursday, September 30, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join in to learn about apples: health benefits, the Johnny Appleseed legend, and more.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, September 30, 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!

Ten Warning Signs of Alzheimer's WATCH ON ZOOM

The Alzheimer's Association Illinois Chapter

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

This program will help you recognize common signs of the disease in yourself and others. Learn the next steps to take, including how to talk to your doctor.

