

MATHER TELEPHONE TOPICS

LEARN. STRETCH. LAUGH. CONNECT.

November 2021

Reminder: we're now requesting pre-registration!

Please register in advance for each program you're interested in at mather.com/telephonetopics. Then, at the start time of the program, simply join by calling the toll-free phone number, or logging into the Zoom meeting.

TWO WAYS TO PARTICIPATE:

1. Call in toll-free on your telephone.
2. Join us online via Zoom from zoom.us/join – use this on your computer, tablet, or smartphone to see the visual part of the program.

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, November 1, 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, November 1, 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.

Wabi-Sabi Living Series, #5 WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, November 2, 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.

The Power of the Prints: Art Posters & Magazines WATCH ON ZOOM

Rolf Achilles, Art Historian/Art Curator

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

The late 19th century saw a surge in printing art posters and art magazines. Former curator of the Smithsonian of Stained Glass at Navy Pier, Rolf Achilles explores development of the now-famous French posters, the *American Chap Book* magazine, and more.

Chair Exercise WATCH ON ZOOM

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

Tuesday, November 2, 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!

Inner Balance Meditation WATCH ON ZOOM

Lin Shook, Instructor

Wednesday, November 3, 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.

The Last Word in Beatles Lore WATCH ON ZOOM

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

Wednesday, November 3, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

This Thanksgiving, Disney+ will present a new documentary drawn from the film footage for the Beatles' final film together, the 1970 feature *Let It Be*. Enjoy a preview of this new comprehensive film, including previously unseen footage.

Registering Online for Telephone Topics—Learn Here!

Vivian Chazen, Mather

Wednesday, November 3, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Beginning November 1, we're requesting people to register in advance for each program they want to attend. Learn how to register online, create an account, activate your profile, view schedules, and more!

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, November 3, 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, November 4, 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.

See My Story WATCH ON ZOOM

Elizabeth Reeves, Documentary Filmmaker & Doug Haight, Photographer

Thursday, November 4, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

See My Story is a multimedia-based project that includes interviews and life-size portraits of individuals in Evanston, Illinois, who are struggling with homelessness.

What Is Fiber and Why Is It Important? WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, November 4, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn why including fiber in your diet is good for your health in many ways.

Mozart: The Magic Flute WATCH ON ZOOM

Karen Jared, Opera Lovers Lecturer Corps

Thursday, November 4, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

This opera blends comedy, romance, and the supernatural. A prince, Tamino, and a princess, Pamina, overcome obstacles in their search for wisdom while falling in love.

All Things Meditation

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

Friday, November 5, 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.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, November 5, 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.

Meditation

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

Monday, November 8, 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, November 8, 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, November 9, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Jaci will guide us through simple and empowering techniques using the pillars of mind, body, heart, and breath. Learn meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

Apple Cider Vinegar for Health, Cooking & Household WATCH ON ZOOM

Kate Marrs, Presenter

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

Replace harsh, harmful chemicals with apple cider vinegar and even white vinegar. Discover the beneficial uses of vinegar for cooking and health.

Tech Questions WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, November 9, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Have a question about your tech gadgets, the internet, or the basics? Join our tech program to get your questions answered or learn from others.

Chair Exercise WATCH ON ZOOM

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

Tuesday, November 9, 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!

Travel Stories: Prague

Joe Cunniff, Instructor, DePaul University

Wednesday, November 10, 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.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, November 10, 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, November 11, 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.

Musings of an Improvised Life WATCH ON ZOOM

Lorelei Joy Goldman, MA, Trainer, Educator & Psychodramatist

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

Hear some of the heartwarming and heartbreaking stories from Lorelei's life that may stir remembrances of your own family interactions, joys, sorrows, loves, and loss. You may draw inspiration from some of her coping strategies involving creativity and the arts.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, November 11, 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!

All Things Meditation

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

Friday, November 12, 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.

Paint with Val WATCH ON ZOOM

Val McCune, Artist/Teacher/Creative Coach

Friday, November 12, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 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.

The Sacred Way: The Story of the Battle of Verdun WATCH ON ZOOM

Paula Fenza, Historian

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

The Battle of Verdun was the longest and deadliest battle of World War I. This is the story of the events, the commanders who led the battle, and its importance as a turning point in WWI.

Meditation

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

Monday, November 15, 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, November 15, 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.

Life-Changing Science of Spontaneous Healing WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, November 16, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Kate will share information from Dr. Rediger’s guidebook for healing and the prevention of diseases. Learn how we can improve our diet to strengthen our immune system.

The Five Wishes WATCH ON ZOOM

Maureen Burns, Community Health Worker, JourneyCare

Tuesday, November 16, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Chair Exercise WATCH ON ZOOM

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

Tuesday, November 16, 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!

Inner Balance Meditation WATCH ON ZOOM

Lin Shook, Instructor

Wednesday, November 17, 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.

Registering Online for Telephone Topics—Learn Here!

Vivian Chazen, Mather

Wednesday, November 17, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Beginning November 1, we're requesting people to register in advance for each program they want to attend. Learn how to register online, create an account, activate your profile, view schedules, and more!

Ernie Kovacs

Rich Lang, Media Historian

Wednesday, November 17, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Rich will discuss the life and career of Ernie Kovacs, a comedian, actor, and writer known for his signature bushy moustache, ever-present cigar, and wildly irreverent manner.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, November 17, 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, November 18, 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.

Songs for the Seasons

Heather Braoudakis, Vocalist

Thursday, November 18, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Heather for a delightful arrangement of songs for the seasons, like “Autumn in New York,” “Summer Wind,” “Younger Than Springtime,” and “Stormy Weather.”

Pizza Party! WATCH ON ZOOM

Steve Dolinsky, Author/Food Critic

Thursday, November 18, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join us for a fun virtual pizza party hosted by popular Chicago food reporter and critic Steve Dolinsky. Get the low-down on all the best pizza places in the city, get answers to your questions, and enter a drawing for a free copy of Steve’s book. Register soon, and find out how to “taste test” three of Steve’s favorite pizzas before the program!

Florencia en el Amazonas WATCH ON ZOOM

Belinda Potoma, Opera Lovers Lecturer Corps

Thursday, November 18, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Florencia Grimaldi, a famous opera soprano, returns to her homeland to sing at the opera house in Manaus. Wings of love flutter silently within the heart of an Amazon rainforest.

All Things Meditation

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

Friday, November 19, 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, November 19, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

We’ll focus on some small yet surprisingly strong actions that can exert a powerful effect on our overall physical and mental health.

First Ladies: Harriet Lane

Ricki Saady, Presenter

Friday, November 19, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Harriet Lane acted as First Lady of the United States during the administration of her uncle, lifelong bachelor President James Buchanan, from 1857 to 1861.

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

Kate Marrs, Presenter & Lisa Evans, Mather

Friday, November 19, 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.

Meditation

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

Monday, November 22, 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, November 22, 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.

More on How We Are Kept in the Dark by Media Pundits WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, November 23, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn more about what we're intentionally not told about what we want and need to know by those paid to mislead us about the truth of important topics affecting us all.

Angels in Our Lives

Marion Mango, Poet & Writer

Tuesday, November 23, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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

Tech Questions WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, November 23, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Have a question about your tech gadgets, the internet, or the basics? Join our tech program to get your questions answered or learn from others.

Game Time with Jeanne: Personality Tests

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, November 24, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, November 24, 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.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

Friday, November 26, 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.

Meditation

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

Monday, November 29, 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, November 29, 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.

Our Individual Impact: For Yourself and Others WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, November 30, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Become aware of how our thoughts, words, choices, solutions, actions, and perspectives influence others and determine our own outcomes. Explore techniques for effective living.

Secret Daughter WATCH ON ZOOM

June Cross, Author/Documentary Filmmaker

Tuesday, November 30, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Hear the compelling story of how June learned to “walk the line” between the white world and the black as a biracial child rejected by her mother. She has told this story previously for the PBS series *Frontline* as well as for the celebrated radio program “The Moth.”

Chair Exercise WATCH ON ZOOM

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

Tuesday, November 30, 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!