

MATHER TELEPHONE TOPICS

LEARN. STRETCH. LAUGH. CONNECT.

December 2021

Hello,

This is just a reminder that we are now requesting pre-registration for each of our Telephone Topics. You can register from home—or from anywhere using your computer, smartphone, or tablet. No more waiting for the schedule in the mail!

Please register in advance for each program you're interested in. You can find a link to our schedule at mather.com/telephonetopics. You can also call us toll-free at (888) 600.2560 to register or if you have questions.

With pre-registration for Telephone Topics, you'll be able to:

- Get immediate registration confirmation with all the information necessary to join programs
- Receive handouts or other materials pertaining to the topic via email
- Review topic information online in order to prepare questions in advance
- Read presenter bios
- Get email updates on any possible changes in program information or scheduling
- Receive program reminders
- Access easily clickable links to topics
- Give immediate feedback and make program suggestions

We'll continue to share the schedule via mail and email every month. If you have not been receiving our emails, please send your email address to us at contact@mather.com or give us a call at (888) 600.2560. If you don't have email, no problem; you can simply call to register for each program you're interested in.

Thank you!

Lisa Evans
Programs & Experiences Facilitator

TWO WAYS TO PARTICIPATE:

At the start time of the program, use the log-in information provided to you after pre-registration to join by calling the toll-free phone number, or logging into the Zoom meeting.

- 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.

Inner Balance Meditation WATCH ON ZOOM

Lin Shook, Instructor

Wednesday, December 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.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, December 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.

The Edgewater Beach Hotel WATCH ON ZOOM

John Holden, Author

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

The Edgewater Beach Hotel was one of the most iconic hotels in America. A unique urban resort on Chicago’s lakefront, the hotel was nationally known for its live broadcasts of Big Band music. John details the fascinating history of the hotel and provides a wealth of images in this talk based on his book.

The Importance of Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

Join Paige to learn how physical activity or exercise can improve your health, improve your muscle strength, and boost your endurance.

Creativity, Resilience & Flourishing WATCH ON ZOOM

Caroline Edasis, Mather

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

Caroline will share interesting research on how creative practices support well-being in these strange times!

All Things Meditation

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

Friday, December 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.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, December 3, 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, December 6, 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, December 6, 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, #6 WATCH ON ZOOM

Kate Marrs, Presenter

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

Discover increased capacity for enjoying each moment of your life. Create more meaningful environments, release limitations and attachments while shifting into calmer, more beneficial ways of living.

George Washington, Entrepreneur WATCH ON ZOOM

John Berlau, Author/Journalist, Senior Fellow, Competitive Enterprise Institute

Tuesday, December 7, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Beyond serving as a general and statesman, George Washington was also one of our country's first great entrepreneurs. He made important innovations in several industries and ran some successful businesses producing items such as flour and whiskey. Get a fresh perspective on our first president!

Chair Exercise WATCH ON ZOOM

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

Tuesday, December 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!

Merry Christmas from Carl Reiner & *The Dick Van Dyke Show*

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

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

Wally tells the story of the hilarious Christmas episode special on *The Dick Van Dyke Show* and a handful of other repeatable Christmas episodes from the classic 1960s sitcom.

Chicago's Hip Historian: Dilla WATCH ON ZOOM

Shermann "Dilla" Thomas, interviewed by Pat Knazze, Chair, Board of Trustees, DuSable Museum of African American History

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

Fresh from appearances around Chicagoland and on national media including "The Kelly Clarkson Show," Dilla joins us to share some of the little-known tidbits of Chicago urban history that made him a superstar on TikTok.

Tech Questions WATCH ON ZOOM

Vivian Chazen, Mather

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

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, December 8, 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.

The Harlem Honeys & Bears WATCH ON ZOOM

Janet Hunt, Rasheed Ali, Thelma Thomas & Oliver Foote

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

The Harlem Honeys & Bears is a sensational older-adult synchronized swimming team that has gained national exposure. You'll hear the story from a group of team members and their coach about how swimming together has added so much enjoyment and fulfillment to their lives. Plus, you'll get a chance to see the team in action on video.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

Paul Klee: Color Theory WATCH ON ZOOM

Casey Pax, Mather

Thursday, December 9, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Casey for an art talk on prolific German artist Paul Klee. We will look not only at how his beautiful paintings influenced the art world, but how his important writing impacted color theory and how we see the world around us!

All Things Meditation

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

Friday, December 10, 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.

Tiffany WATCH ON ZOOM

Rolf Achilles, Art Historian/Curator

Friday, December 10, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Discover the fabulous world of Tiffany glass! American artist and designer Louis Comfort Tiffany worked in the decorative arts and created extraordinary creations in stained glass. Rolf Achilles, a former instructor at the School of the Art Institute, is a founder and curator of the Smith Museum of Stained-Glass Windows, formerly housed at Navy Pier.

Songs of Christmas Window Shopping WATCH ON ZOOM

Madeline Morgan, Musician

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

Hear a collection of favorite holiday songs: “The Christmas Songs,” “Hark! The Herald Angels Sing,” “Silver Bells,” “Joy to the World,” and more!

Meditation

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

Monday, December 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, December 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.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, December 14, 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.

Pizza Reimagined Deliciously WATCH ON ZOOM

Kate Marrs, Presenter

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

Enjoy some delightful ideas for both savory and sweet pizzas. Discover how pizza can be served in some surprising combinations as an appetizer, an entrée, and even a dessert. Don't miss these inspired ways to eat pizza.

Tech Questions WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, December 14, 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, December 14, 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, December 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.

Paint with Val WATCH ON ZOOM

Val McCune, Artist/Teacher/Creative Coach

Wednesday, December 15, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 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.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, December 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.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, December 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.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, December 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 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, December 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, December 17, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

We'll focus on some small, yet surprisingly significant actions that can exert a powerful effect on our overall physical and mental health. Join Randi every month and learn something new or something that may reinforce what you have heard before.

First Ladies: Lucy Hayes

Ricki Saady, Presenter

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

Lucy Hayes served as first lady of the United States from 1877 to 1881. Hayes was the first First Lady to have a college degree.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

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

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

Inner Balance Meditation WATCH ON ZOOM

Lin Shook, Instructor

Monday, December 20, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 p.m. ET

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

Self-Reliance & Connection

Ann Dionne, Author & Certified Life Coach

Monday, December 20, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 p.m. ET

Join Ann for a program that gives you the power to take control over your life, provides motivation from within, and explains why we need each other to be independent.

More Benefits from Almonds! WATCH ON ZOOM

Kate Marrs, Presenter

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

We'll look more deeply into even more benefits and uses of almonds in all of their forms, whether soaked, toasted, or roasted or used as oil, butter, or flour. These delicious treats can nurture us in many ways beyond their use for body, skin, and hair.

Chair Exercise WATCH ON ZOOM

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

Tuesday, December 21, 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: Helsinki, Finland

Joe Cunniff, Instructor, DePaul University

Wednesday, December 22, 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.

Robert Blake

Rich Lang, Media Historian

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

Rich will discuss the life and career of Robert Blake, who is known for his starring roles in films such as *In Cold Blood* and the television series *Baretta*.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, December 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.

Childhood Christmas

Heather Braoudakis, Vocalist

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

Reminisce about your favorite childhood holiday traditions, childhood songs, and their histories, including "I Saw Mommy Kissing Santa Claus," "I Want a Hippopotamus for Christmas," and many others!

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

Meditation

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

Monday, December 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, December 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.

Stories In, Around, and Through Us WATCH ON ZOOM

Kate Marrs, Presenter

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

We all have many stories to tell based on our experiences in life. With just a few key starters, we can often recall precious memories. Surprise yourself in an exploration of your own life stories and discover new ways to make use of them.

Seven Stories of Christmas Love

Marion Mango, Poet & Writer

Tuesday, December 28, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Marion reads from Leo Buscaglia’s book *Seven Stories of Christmas Love*, an excellent collection of the author’s personal experiences, all related with his signature sense of love.

Acts of Kindness

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

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

Join Jeanne to hear some true, heart-warming stories of kindness that demonstrate the life-changing power of a single selfless act.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, December 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.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, December 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.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

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

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

Kate Marrs, Presenter & Lisa Evans, Mather

Thursday, December 30, 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.

All Things Meditation

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

Friday, December 31, 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.