

# MATHER TELEPHONE TOPICS

## LEARN. STRETCH. LAUGH. CONNECT.

January 2022

Please register in advance for each program that's of interest. You can find a link to our schedule at [mather.com/telephonetopics](http://mather.com/telephonetopics) or call (888) 600.2560.

### 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](https://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.

### **Meditation**

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

Monday, January 3, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 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, January 3, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

## **Wabi-Sabi Living Series, #7 WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, January 4, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Increase your capacity for enjoying every moment of life. Release yourself from unwanted attachments while discovering better ways of living.

## **Chair Exercise WATCH ON ZOOM**

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

Tuesday, January 4, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Terrance leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

## **Dignity & Emotional Maturity**

*Ann Dionne, Author & Certified Life Coach*

Wednesday, January 5, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn more about your emotional age and how to preserve your dignity.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, January 5, 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, January 6, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.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, January 6, 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!

## **The Importance of Foot Health WATCH ON ZOOM**

*Dr. Alice Cisneros, Podiatry Specialist*

Friday, January 7, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Dr. Cisneros will join us to provide some basic tips for maintaining healthy feet and getting proper care and treatment.

## **All Things Meditation**

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

Friday, January 7, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.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.

## **Meditation**

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

Monday, January 10, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 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, January 10, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

## **Apple Cider Vinegar for Health, Cooking & Household, Part 2 WATCH ON ZOOM**

*Kate Marrs, Presenter*

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

Learn some simple steps to create a healthy lifestyle. Discover the beneficial use of apple cider vinegar for cooking and for better health.

## **Chair Exercise WATCH ON ZOOM**

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

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

Terrance leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

## **Dave, Studs & Ollie**

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

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

The Chicago School of Television had great national impact on the new medium of television in the 1950s with shows like Dave Garroway's early musical variety show, *Garroway at Large*, and Studs Terkel's improvised theatrical program, *Stud's Place*, along with children's shows like *Kukla, Fran, and Ollie*. The Chicago School's hallmark was its relaxed, conversational, improvised, and unscripted approach to television programming.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, January 12, 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.

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

*Lin Shook, Instructor*

Thursday, January 13, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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

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

*Paige Corley, Certified Personal Trainer*

Thursday, January 13, 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!

## **Cannabis Access in Illinois WATCH ON ZOOM**

*Kirsten Velasco, Patient Advocate & Author*

Friday, January 14, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Tightly regulated cannabis is now available in Illinois to all adults over 21 and provided to more than 150,000 registered medical cannabis patients. This compelling, relevant program will cover questions and concerns about cannabis, including some specifics of the laws, business and employment opportunities, tax revenue allocations, and wellness strategies.

## **All Things Meditation**

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

Friday, January 14, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.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.

## **Meditation**

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

Monday, January 17, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 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, January 17, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

## **Wabi-Sabi Living Series, #8 WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, January 18, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Customize your home environment to make it meaningful and relevant to you. Begin to think about your home environment in a whole new way.

## **To Fast or Not WATCH ON ZOOM**

*Joan Davis, RN*

Tuesday, January 18, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Is fasting in order to lose weight a dieting plan based on real scientific research, or is it just the latest nutritional scam? Joan answers questions such as: Is fasting safe? How do I get my nutrients? Will fasting help me live longer? Learn the science behind fasting so you can confidently answer these questions, then determine if this approach is appropriate for your specific needs. Potential health benefits and possible hazards will be analyzed.

## **The Son of *Father Knows Best***

*Billy Gray, Actor*

Wednesday, January 19, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Return to the ideal American family of the 1950s as depicted in the TV sitcom *Father Knows Best*. We'll get the scoop from Bud Anderson himself, actor Billy Gray, talking about what it was like to work on perhaps the most popular and influential TV show of its time, as well as what he's been up to since then.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, January 19, 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, January 20, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.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, January 20, 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!

## **Simply Well WATCH ON ZOOM**

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

Friday, January 21, 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.

## **All Things Meditation**

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

Friday, January 21, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.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.

## **Meditation**

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

Monday, January 24, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 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, January 24, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

## **Sustaining New Beginnings for Desired Results in 2022 WATCH ON ZOOM**

*Kate Marrs, Presenter*

Tuesday, January 25, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

What will you choose to highlight in your life experience for the new year? Discover ideas for getting what you truly want.



## **Mary Cassatt: An Iconic American Impressionist    WATCH ON ZOOM**

*Dave Williams, Volunteer*

Tuesday, January 25, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

We'll examine a few paintings by Mary Cassatt and several other Impressionist painters as well as some by old masters. We'll discover connections among these paintings in the correspondence produced by Cassatt, her family, and her fellow artists. Excerpts from their personal letters provide many insightful details about the lives of this *fin de siècle* group.

## **Tech Questions    WATCH ON ZOOM**

*Vivian Chazen, Mather*

Wednesday, January 26, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 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.

## **The Life of Charles Dickens**

*Jim Gibbons, Historian*

Wednesday, January 26, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Jim will discuss the life of this English writer and social critic. He created some of the world's best-known fictional characters and is regarded by many as the greatest novelist of the Victorian era.

## **Gentle Yoga    WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Thursday, January 27, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.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.

## **The World of Miniature Art    WATCH ON ZOOM**

*Casey Pax, Mather*

Thursday, January 27, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join Casey for a talk about the world of miniature art—from doll houses to tiny people putting golf balls on a microchip! We'll explore all things small as we look at the world of art on a very different scale.

## **Storytelling with Will**

*Will Casey, Theatre Department, Columbia College Chicago*

Friday, January 28, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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

## **All Things Meditation**

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

Friday, January 28, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.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.

## **Meditation**

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

Monday, January 31, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 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, January 31, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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