

MATHER TELEPHONE TOPICS

LEARN. STRETCH. LAUGH. CONNECT.

February 2022

Please register in advance for each program that's of interest. You can find a link to our schedule at 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** – 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.

Wabi-Sabi Living Series, #9 WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, February 1, 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, February 1, 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!

A Talk with Darryl Dennard WATCH ON ZOOM

Interviewer: Pat Knazze, Chair, Board of Trustees, DuSable Museum of African American History

Wednesday, February 2, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Darryl Dennard has enjoyed a stellar career as a journalist and broadcaster. From his early work as co-host of the *Ebony-Jet Showcase* and associate editor of *Ebony Man*, Darryl has gone on to work on many other major shows, including the *Steve Harvey Show* and the *Tom Joyner Morning Show*. He currently hosts his own radio show on V103, WGCI, and Inspiration 1390.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, February 2, 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, February 3, 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.

Stiff Muscles: Symptoms, Causes & Treatments WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, February 3, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Regular exercise can help those stiff, painful muscles and joints. Join Paige as she explores ways to treat, prevent, and get relief.

Paint with Val WATCH ON ZOOM

Val McCune, Artist/Teacher/Creative Coach

Friday, February 4, 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.

All Things Meditation

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

Friday, February 4, 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, February 7, 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, February 7, 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.

Emerging Trends in Health Care WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, February 8, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Get some of the latest information on health care offerings, options on providers, and medical technologies.

Chair Exercise WATCH ON ZOOM

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

Tuesday, February 8, 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!

Playing the Dating Game on TV

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

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

As we get near to Valentine’s Day, let’s explore some of the fun ways in which the dating game has played out on television from shows like *Marty* and *The Bachelor* to the return of *Sex and the City*.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, February 9, 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 Greenest Man in Chicago: Ken Dunn

Ken Dunn, Founder, The Resource Center

Thursday, February 10, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Ken Dunn was a recycling hero in Chicago before recycling was even popular. Learn about the great contributions the Resource Center has made to the economic life of the city. Ken will discuss sustainability, recycling, creative reuse of resources, urban farming, climate change, and the future of the planet. Don't miss it!

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, February 10, 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 designed to boost mind and body!

End of Life Planning WATCH ON ZOOM

Tiffany Clements, Staff Attorney, Center for Disability and Elder Law

Friday, February 11, 9:00 a.m. CT / 11:00 a.m. CT / 12:00 p.m. ET

Join us to learn about power of attorney, wills, transfer on death instruments, and their importance.

All Things Meditation

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

Friday, February 11, 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, February 14, 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, February 14, 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.

Mind & Body Practices WATCH ON ZOOM

Jaci McCarty, Certified Meditation & Mindfulness Teacher

Tuesday, February 15, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.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.

Wabi-Sabi Living Series, #10 WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, February 15, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Customize your home environment to make it comfortable for you. Begin to think in new ways about design in order to create a space that will help improve your daily life.

Gone with the Wind WATCH ON ZOOM

Steven Frenzel, Film Historian

Wednesday, February 16, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Steven provides a wealth of information and shows clips from the epic 1939 production that was one of the most popular and successful films of all time.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, February 16, 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, February 17, 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.

Dots, Dots & More Dots! WATCH ON ZOOM

Casey Pax, Mather

Thursday, February 17, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn about the incredible life and the fantastic, colorful art of the famous Japanese abstract artist Yayoi Kusama.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

Friday, February 18, 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, February 18, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn a new meditation practice and meet challenges and get inspired.

Meditation

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

Monday, February 21, 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, February 21, 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.

Let's Take a Look at Numerology on 2/22/2022! WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, February 22, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

What can we find out through numbers? How do numbers relate to our lives? What is numerology? Are there ways to interpret information using numbers?

The Frank Lloyd Wright Home & Studio WATCH ON ZOOM

Paula Fenza, Historian

Tuesday, February 22, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join us for a spectacular presentation on the historic house and studio of Frank Lloyd Wright, the celebrated architect who developed the Prairie Style.

Tech Questions WATCH ON ZOOM

Vivian Chazen, Mather

Wednesday, February 23, 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.

A Maker of Useful Things: Eva Zeisel WATCH ON ZOOM

Rolf Achilles, Art Historian/Curator

Wednesday, February 23, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Eva Zeisel is perhaps the most influential housewares designer of the twentieth century. Her simple but elegant and beautiful designs for everyday household objects have been included in the collections of many of the world's finest art museums.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, February 24, 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, February 24, 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 designed to boost mind and body!

Simply Well WATCH ON ZOOM

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

Friday, February 25, 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 have 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, February 25, 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, February 28, 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, February 28, 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.