

MATHER TELEPHONE TOPICS

July 20–24, 2020

With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. No need to register in advance! All calls are FREE!

Dial our call-in number at the start time of the program and then enter the Meeting ID.

NOTE: If calling from your home phone in Mather Place, dial 8 first.

Call-in number: (855) 880.1246 or join us online: zoom.us/join

Enter Meeting ID when prompted: 386 399 7030#

Draw-Along

Heidi Parkes, Presenter

Monday, July 20, 9:30 a.m. CT

Each week, join us for a guided exercise in creating art together. Ideal materials include any kind of paper and something to draw with, such as a pen, pencil, or marker.

Meditation

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

Monday, July 20, 12:00 p.m. CT

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Chair Yoga VIDEO AVAILABLE

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, July 20, 2:00 p.m. CT

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

Tai Chi VIDEO AVAILABLE

Lin Shook, Instructor

Monday, July 20, 4:00 p.m. CT

Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.



Change: The Inevitable Gift

Kate Marrs, Presenter

Tuesday, July 21, 11:00 a.m. CT

The ever-present consistent quality in life is change. We will look at the benefits of change and ways to discover them.

Chair Ballet Stretch

Jeanine Dent, Instructor

Tuesday, July 21, 1:00 p.m. CT

Learn stretching and strengthening techniques using ballet positions and focusing on hip flexors, core strength, and spinal alignment.

Cardio & Strength Fitness VIDEO AVAILABLE

Suzanne Harris, Instructor

Tuesday, July 21, 2:30 p.m. CT

Join us for alternating simple cardio programs for 30 minutes and 10 minutes of upper- and lower-body strength exercises. Squats and lunges can be done at your level, including simple upper-body work. Modifications are welcome!

Virtual Tech Explorations VIDEO AVAILABLE

Vivian Chazen, Mather

Tuesday, July 21, 4:00 p.m. CT

This is the perfect time to learn about technology! Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

Angels in Our Life

Marion Mango, Poet & Writer

Wednesday, July 22, 9:30 a.m. CT

Marion will share stories that show how angels are in our lives without us even knowing it. You are welcome to share your experiences, too.

Christmas in July

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

Wednesday, July 22, 11:00 a.m. CT

Learn why some seasonal media offerings work year-round, from *It's a Wonderful Life* to WKRP's "Turkeys Away" episode.

Across the Miles

Amber Carroll, Director, Covia, Well Connected, San Francisco

Wednesday, July 22, 2:30 p.m. CT

Join participants in other telephone programs across the US and Canada to share stories and talk about life in our different locations. **Note that this program uses a unique call-in number:** call (888) 974.9888 and use meeting ID 788 788 7778.

Senior Medicare Patrol VIDEO AVAILABLE

Miranda Davis, Senior Medicare Patrol Outreach Specialist & Jesus Enriquez, Outreach & Information Specialist, AgeOptions

Thursday, July 23, 9:30 a.m. CT

Learn about the Senior Medicare Patrol and how they work to prevent Medicare fraud and abuse.

Joan Rivers & Totie Fields VIDEO AVAILABLE

Brian Salgado, Presenter

Thursday, July 23, 11:00 a.m. CT

Brian explores the lives and careers of these multitalented, pioneering female comedians.

Active Adult Exercise VIDEO AVAILABLE

Paige Corley, Certified Personal Trainer

Thursday, July 23, 1:00 p.m. CT

Join Paige as she leads us for a 45-minute session of seated and standing exercises that will boost your mind and body!

Travel: Southwest France

Larissa Rolley, Presenter

Thursday, July 23, 2:30 p.m. CT

Discover the outstanding food, history, prehistoric cave art, and beautiful villages of southwestern France.

Meditation

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

Friday, July 24, 9:30 a.m. CT

Join us for guided meditation to reduce stress, increase resilience, and promote inner calm.

Traditional Irish Folk Songs

Rick Pickren, Musician

Friday, July 24, 11:00 a.m. CT

Sing along as Rick plays guitar and sings favorites like “Danny Boy,” “When Irish Eyes Are Smilin’,” and “The Wild Rover.”

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, July 24, 1:00 p.m. CT

Hear a master storyteller read a thought-provoking short story, followed by discussion.

Fabulous Fiber VIDEO AVAILABLE

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

Friday, July 24, 2:30 p.m. CT

Considered to be the most important of all vital nutrients, fiber has many important benefits. Learn about the fabulousness of fiber as well as how to get the recommended amount into your diet—something that only 3% of us accomplish!