

MATHER TELEPHONE TOPICS

APRIL 2020

Pick up the phone and dial up free, fun, and interesting topics from the comfort of your home. All you need is your telephone!

SEE SOMETHING YOU'RE INTERESTED IN?

FOLLOW THESE SIMPLE STEPS FOR EACH CALL YOU'D LIKE TO JOIN:

- Register in advance by calling (888) 600.2560, or email teltopics@mather.com.
- At the time listed for the program, dial in from any phone ... and enjoy. All calls are FREE!

Facts about Kansas

Joe Cunniff, Instructor, DePaul University

Wednesday, April 1

11:00 a.m. CT

Let's explore interesting facts, trivia, and jokes about Kansas. We'll also sing songs!

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather

Thursday, April 2

11:30 a.m. CT

Here's your chance to give your opinion on specific topics you liked and didn't like, what you'd like to hear more about, or even topics you'd like to present.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, April 3, 1:00 p.m. CT

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

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Monday, April 6

12:00 p.m. CT

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

Caregiving & Creativity Chat

Sharon Smith, Possibilities Coach, Mather & Ruthe Guerry, Art Therapist

Tuesday, April 7, 11:00 a.m. CT

Caregivers and care receivers: Learn how to relieve stress through creativity exercises and get resources for self-care.

Amazing Grace

Heather Braoudakis, Vocalist

Tuesday, April 7

1:00 p.m. CT

Heather sings some favorite hymns and shares stories about what inspired this beautiful music and its impact on music history.

El Greco: Ambition & Defiance

Dave Williams, Art Institute of Chicago

Wednesday, April 8

11:00 a.m. CT

Hear the history of this expressionistic Greek artist best known for extremely elongated figures.

Game Time with Jeanne: Brain Quest Challenge

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, April 8

1:00 p.m. CT

Have fun challenging your knowledge by answering questions about English, science, social studies, math, and food fun.

A Tour of Chicago's Historic Gangster Sites

Paula Fenza, Historian

Thursday, April 9, 11:00 a.m. CT

Learn the history behind the grave-stones of some of Chicago's famous gangsters and hear stories of the city's gangster past.

Ways to Improve Foot & Ankle Mobility

Paige Corley, Certified Personal Trainer

Thursday, April 9

1:00 p.m. CT

Learn how to increase and maintain foot and ankle mobility and how important this is for balance and gait.

Simply Strong

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

Friday, April 10, 11:00 a.m. CT

Join us for a guided strength-training routine that can be done in the comfort of your home.

Storytelling with Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner

Friday, April 10

1:00 p.m. CT

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

SHARE TELEPHONE TOPICS WITH YOUR FRIENDS—THE MORE THE MERRIER!



Meditation

Monday, April 13, 12:00 p.m. CT

See April 6.

Chair Yoga

*Tom Wilkens, Yoga Instructor,
Dancing Cranes*

Monday, April 13, 2:00 p.m. CT

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

Happiness Recipe

Kate Marrs, Presenter

Tuesday, April 14, 11:00 a.m. CT

As with mixing ingredients in a recipe, we can mix certain positive elements to create a happier life.

Frankie Valli & the Four Seasons

Brian Salgado, Presenter

Tuesday, April 14, 1:00 p.m. CT

Hear about the life and career of this famous singer and listen to some of his toe-tapping tunes.

The TV Green Screen

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

Wednesday, April 15, 11:00 a.m. CT

On the 50th anniversary of Earth Day, we'll look at how TV has dealt with the environment.

Shirley Temple

Rich Lang, Media Historian

Thursday, April 16, 11:00 a.m. CT

Rich will discuss the life and career of Shirley Temple, who began her career at the age of three.

Laugh Hearty, Live Healthy

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

Friday, April 17, 11:00 a.m. CT

Laughter has physical, psychological, emotional, and spiritual benefits. Learn to leverage the power of a good laugh.

Storytelling with Megan

*Megan Wells, National Touring
Storyteller, 2016 Oracle Winner*

Friday, April 17, 1:00 p.m. CT

Hear a master storyteller read a

thought-provoking short story, followed by a discussion.

NEW! Featuring Jeanne Roppolo and Kate Marrs: Celebrating Life with a Final Party

Jeanne Roppolo & Kate Marrs, Presenters

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

We don't get to choose how or when we're going to leave. We can only decide how we're going to live. Before it's over, plan your parting party "Your Way."

Meditation

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

See April 6.

Chair Ballet Stretch

Jeanine Dent, Instructor

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

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

What's Hot in the News

Judy Lear, Activist

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

Judy recaps the past month's national issues and news events and asks for your input.

Across the Miles

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

Wednesday, April 22

2:30–3:30 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.

Preregister and get a unique call-in number.

Cycles of the Moon

*Lisa Nigro, Wellness Advocate &
Certified Caregiving Consultant*

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

Join Lisa in exploring how you may feel different at different phases of the moon. Do you feel a little "off" around the time of a full moon, or energized around a new one?

Active Adult Exercise

Paige Corley, Certified Personal Trainer

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

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

First Ladies: Florence Harding

Ricki Saady, Presenter

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

Learn the story of this First Lady, known as "the Duchess," who served from 1921 to 1923.

Storytelling with Will

*Will Casey, Theatre Department,
Columbia College Chicago*

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

Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Time for Us: Let's Chat!

*Kate Marrs, Presenter & Lisa Evans,
Mather*

Monday, April 27, 11:00 a.m. CT

Join an uplifting chat about thoughts and experiences from your world.

Chair Yoga

Monday, April 27, 2:00 p.m. CT

See April 13.

Walking, Water, Waking

Kate Marrs, Presenter

Tuesday, April 28, 11:00 a.m. CT

Learn why the "Three Ws" are the keys to our quality of life.

The Kaizen Way

*Jeanne Roppolo, Author, Storyteller
& Motivational Speaker*

Wednesday, April 29, 1:00 p.m. CT

Learn about a Japanese technique of achieving lasting success through small, steady steps.

Joan Rivers & Totie Fields

Rich Lang, Media Historian

Thursday, April 30

11:00 a.m. CT

Rich explores the lives and careers of these multitalented comedians.