

# MATHER TELEPHONE TOPICS

Register in advance by calling (888) 600.2560 or emailing [teltopics@mather.com](mailto:teltopics@mather.com).

At the time listed for the program, dial in from any phone . . . and enjoy. All calls are FREE!

APRIL 2020



## 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.

### 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

**Wednesday, April 8**

**11:00 a.m. CT**

See feature left.

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INTERACTIVE TALKS, EXERCISE, PERFORMANCES, LECTURES, AND MORE

*All programs are central time (CT).*



### **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**

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

See back cover.

### **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.

### **Meditation**

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

See April 6.

## **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.



### **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**

**Thursday, April 16**

**11:00 a.m. CT**

See feature above.

### **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."

## 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?



### **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**

**Thursday, April 23**

**11:00 a.m. CT**

See feature above.

### **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.

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## MATHER

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# DIAL UP FRESH TOPICS TO ENLIGHTEN YOUR DAY WITH MATHER TELEPHONE TOPICS.



## A TOUR OF CHICAGO'S HISTORIC GANGSTER SITES

*Paula Fenza, Historian*

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

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

