MOTHER TELEPHONE TOPICS

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

MEDITATION
Susan Wilkens, Yoga Instructor, Dancing Cranes
Monday, March 2, 9, 16 & 23
12:00 p.m. CT
Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Meditation
Monday, March 2, 9, 16 & 23
12:00 p.m. CT
See feature left.

Brain Health Revisited
Lisa Nigro, Wellness Advocate & Certified Caregiving Consultant
Tuesday, March 3
1:00 p.m. CT
Discover more of the latest research on ways to improve our brain function.

Facts about Iowa
Joe Cunniff, Instructor, DePaul University
Wednesday, March 4
11:00 a.m. CT
Let’s explore interesting facts, fun trivia, and jokes about the State of Iowa. We’ll also sing some songs from the Great American Songbook.

Your Turn: Feedback on Telephone Topics
Lisa Evans, Mather
Thursday, March 5
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.

Songs You’ve Requested
Heather Braoudakis, Vocalist
Thursday, March 5
1:00 p.m. CT
Heather sings a collection of your favorites from the ’30s through the ’70s, including great songs by artists like Andy Williams, the Beatles, the Carpenters, and many more!

Storytelling with Caroline
Caroline Latta, Theatre Department, Columbia College Chicago
Friday, March 6
1:00 p.m. CT
Hear a master storyteller read a thought-provoking short story, followed by discussion.

MARCH 2020
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INTERACTIVE TALKS, EXERCISE, PERFORMANCES, LECTURES, AND MORE

All programs are central time (CT).
Chair Yoga
Tom Wilkens, Yoga Instructor,
Dancing Cranes
Monday, March 9 & 23
2:00 p.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Inspiration from the Resale Store
Kate Marrs, Presenter
Tuesday, March 10
11:00 a.m. CT
We’ll look at surprise discoveries we can make at the resale shop, even in the artworks aisle.

Chair Yoga
Tom Wilkens, Yoga Instructor,
Dancing Cranes
Monday, March 9 & 23
2:00 p.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Inspiration from the Resale Store
Kate Marrs, Presenter
Tuesday, March 10
11:00 a.m. CT
We’ll look at surprise discoveries we can make at the resale shop, even in the artworks aisle.

ST. PATRICK’S DAY & IRELAND
Caryl Derenfeld, Joy Fueled Souls
Tuesday, March 17
11:00 a.m. CT
Join a festive discussion on traditions and legends of St. Patrick’s Day and enjoy a virtual tour through Ireland.

Caregiving & Creativity Chat
Sharon Smith, Possibilities Coach,
Mather & Ruthe Guerry,
Art Therapist
Tuesday, March 10
1:00 p.m. CT
Caregivers and care receivers: Learn how to relieve stress through creativity exercises and get resources for better self-care.

Armchair Travel: TV as Your Exotic Escape
Walter Podrazik, Author,
Watching TV: Eight Decades of American Television
Wednesday, March 11
11:00 a.m. CT
We’ll look at adventure series, some shot on location, such as Magnum and Hawaii Five-0, as well as real-life exploration shows such as Around the World in 80 Days.

Game Time with Jeanne: Movie Trivia
Jeanne Roppolo, Author, Storyteller & Motivational Speaker
Wednesday, March 11
1:00 p.m. CT
Have fun challenging your knowledge by guessing the actors, directors, release date, and synopsis for selected films.

Judy Garland
Rich Lang, Media Historian
Thursday, March 12
11:00 a.m. CT
Hear about one of the brightest, most tragic movie stars of Hollywood’s Golden Era.

Hip Health & Mobility
Paige Corley, Certified Personal Trainer
Thursday, March 12
1:00 p.m. CT
Learn why proper body mechanics and pelvic strength are so important in maintaining mobility.

Simply Strong
Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach
Friday, March 13
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 JoAnn
JoAnn Montemurro, Storyteller
Friday, March 13
1:00 p.m. CT
Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Saint Patrick’s Day & Ireland
Tuesday, March 17
11:00 a.m. CT
See feature left.

Chair Ballet Stretch
Jeanine Dent, Instructor
Tuesday, March 17
1:00 p.m. CT
Learn stretching and strengthening techniques using ballet positions, focusing on hip flexors, core strength, and spinal alignment.

Brenda Lee
Brian Salgado, Presenter
Wednesday, March 18
11:00 a.m. CT
Hear about the life, career, and music of one of the most popular artists of the 1960s.

VISIT US AT MATHER.COM/TELEPHONETOPICS
Paintings That Changed the World
Thursday, March 19
11:00 a.m. CT
See back cover.

The Little Rascals Revisited
Sidney Kibrick, Actor
Thursday, March 19
1:00 p.m. CT
Hear, straight from the source, the story of Our Gang or Little Rascals. Sidney Kibrick, who played “Da Woim,” the sidekick of Butch the bully, will be interviewed by Ron Falzone, associate professor in Cinema & Television Arts at Columbia College Chicago.

Healthy Eating on a Budget
Friday, March 20
11:00 a.m. CT
See feature above.

Storytelling with Megan
Megan Wells, National Touring Storyteller, 2016 Oracle Winner
Thursday, March 26
1:00 p.m. CT
Hear a master storyteller read a thought-provoking short story, followed by a discussion.

Choosing Joy
Kate Marrs, Presenter
Tuesday, March 24
11:00 a.m. CT
We have choices in how we spend our energy and time. Amid all that life presents us, peace and joy can help bring us through.

Who Are You, Really?
Jeanne Roppolo, Author, Storyteller & Motivational Speaker
Wednesday, March 25
1:00 p.m. CT
How daring are you? Are you a people person or a wallflower? Discover ways of gaining insight into your own personality.

Bette Davis
Rich Lang, Media Historian
Thursday, March 26
11:00 a.m. CT
Join a talk about one of the greatest actresses in Hollywood history. Bette’s career spanned 60 years and 100 acting credits!

Active Adult Exercise
Paige Corley, Certified Personal Trainer
Thursday, March 26
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.

Helen Taft
Ricki Saady, Presenter
Friday, March 27
11:00 a.m. CT
Learn the story of this First Lady who published her memoirs, owned and drove a car, and supported women’s suffrage.

Storytelling with Will
Will Casey, Theatre Department, Columbia College Chicago
Friday, March 27, 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, March 30
11:00 a.m. CT
Join an uplifting chat about thoughts and experiences from your world.

Feisty Females: Women of our Time
Caryl Derenfeld, Joy Fueled Souls
Tuesday, March 31
1:00 p.m. CT
We’ll discuss women from the late twentieth and early twenty-first centuries who have made an impact.

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PAINTINGS THAT CHANGED THE WORLD

Casey Pax, Art Therapist, Mather
Thursday, March 19, 11:00 a.m. CT
Discover how art goes beyond style and technique to affecting the world and challenging what we believe is right and true.
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.

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.

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”!

El Greco: Ambition & Defiance
Dave Williams, Art Institute of Chicago
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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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.