

MATHER TELEPHONE TOPICS

MORE PROGRAMS. NEW LOOK. NO NEED TO REGISTER IN ADVANCE.

October 2021

With Telephone Topics, you simply join by calling a toll-free phone number, or logging into a Zoom meeting, at the start time of the program. Enjoy a wide range of interesting discussions and programs—all are FREE!

TWO WAYS TO PARTICIPATE:

- 1. Call-in number: (855) 880.1246** – use this for a regular phone call. Enter Meeting ID: 386 399 7030
- 2. Join us online: zoom.us/join** – use this on your computer, tablet, or smart-phone to see the visual part of the program. Enter Meeting ID: 386 399 7030

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.

Questions about Telephone Topics? Call (888) 600.2560.

All Things Meditation

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

Friday, October 1, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

Fit around the House WATCH ON ZOOM

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

Friday, October 1, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Staying physically active is the best thing you can do to maintain functionality and independence. Learn specific movements to gain lasting benefits.

Paint with Val WATCH ON ZOOM

Val McCune, Artist/Teacher/Creative Coach

Friday, October 1, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 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.

Born for Love, Part 2

Marion Mango, Poet & Writer

Friday, October 1, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Marion reads more powerful short passages from the book *Born for Love*, in which author Leo Buscaglia turns the light of his wisdom on every facet of the priceless jewel of love.

Meditation

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

Monday, October 4, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 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, October 4, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 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, October 5, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Using the pillars of mind, body, heart, and breath, learn meditation and relaxation techniques. All levels welcome.

Wabi-Sabi Living Series, #4 WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, October 5, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Discover increased capacity for enjoying every moment of your life. Release yourself from unwanted attachments and find inner peace.

Chair Ballet Stretch WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, October 5, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Chair Exercise WATCH ON ZOOM

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

Tuesday, October 5, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Terrance leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

Tech Questions WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, October 5, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Bring any and all questions about your tech gadgets, the internet, or the basics.

What's Next from Norman Lear & Mel Brooks

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

Wednesday, October 6, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Let's take a look at the work of two remarkable forces in American comedy: Norman Lear and Mel Brooks. We'll examine past accomplishments as well as future plans. Lear is currently reimagining some of his past hits, and Brooks will launch his memoir in the fall.

Who Wants to be a Millionaire?

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, October 6, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join Jeanne as she shares tips on how to achieve financial success.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, October 6, 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.

Eva Marie Saint

Rich Lang, Media Historian

Wednesday, October 6, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Rich will discuss the life and career of Eva Marie Saint. In a career spanning over 75 years, she is best known for starring roles in two major films: Elia Kazan's *On the Waterfront* and Alfred Hitchcock's *North by Northwest*.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, October 7, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

Blue Moon

Heather Braoudakis, Vocalist

Thursday, October 7, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Enjoy a little science with your song! How many "moon" songs do you know? Heather will sing a fun and romantic selection!

Elixir of Love WATCH ON ZOOM

Carla Thorpe, Opera Lovers Lecturer Corps

Thursday, October 7, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Elixir is, without a doubt, one of opera's most heartwarming comedies. With Donizetti's delightful music, this opera will surely keep you smiling.

All Things Meditation

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

Friday, October 8, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

Simply Strong WATCH ON ZOOM

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

Friday, October 8, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, October 8, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

A Music Therapist's Stories from the Field WATCH ON ZOOM

Mia Iliopoulos, MM, MT-BC, CDP, Greater Chicago Music Therapy

Friday, October 8, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

People often wonder what actually happens in music therapy. What does it look like and how does it work? Join us to hear some real case studies from the field!

Senior Medicare Patrol: Types of Fraud WATCH ON ZOOM

Jesus Enriquez, Outreach Information Specialist, AgeOptions

Monday, October 11, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Senior Medicare Patrol with AgeOptions will discuss common types of Medicare fraud.

Meditation

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

Monday, October 11, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 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, October 11, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 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, October 12, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Using the pillars of mind, body, heart, and breath, learn meditation and relaxation techniques. All levels welcome.

Harriet Beecher Stowe WATCH ON ZOOM

Kate Marrs, Presenter

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

Kate discusses this remarkable teacher, speaker, author of 30+ books, and international celebrity, whose US best seller, *Uncle Tom's Cabin*, was outsold by only the Bible.

The Auditorium Building WATCH ON ZOOM

Rolf Achilles, Art Historian

Tuesday, October 12, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Chicago's Auditorium Building, designed by Louis Sullivan and Dankmar Adler, became world-famous for its beautiful art nouveau interior design and ornamentation when it opened in 1889. Find out how the Auditorium Building became an international sensation, while remaining largely neglected in Chicago itself.

Chair Exercise WATCH ON ZOOM

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

Tuesday, October 12, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Terrance leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

Inner Balance Meditation WATCH ON ZOOM

Lin Shook, Instructor

Wednesday, October 13, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Balance body, mind, and soul with a few minutes of easy tai chi movements followed by sitting meditation.

Facts about Ohio

Joe Cunniff, Instructor, DePaul University

Wednesday, October 13, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Let's explore interesting facts, fascinating history, fun trivia, and jokes about the State of Ohio. We'll also sing some songs from the Great American Songbook.

Privacy in the Twenty-First Century, Part 2

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, October 13, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Today, the word *privacy* has a completely new meaning. Does privacy even exist anymore?

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, October 13, 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, October 14, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

Ekphrasis: Exploring Art & Poetry WATCH ON ZOOM

Caroline Edasis, Director of Creative Arts, Mather

Thursday, October 14, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Caroline to explore interactions between art and poetry through poems inspired by German Expressionism, and follow a series of simple prompts to create our own writings.

Facts on Sugar WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, October 14, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Discover the good, the bad, and the ugly about sugar, and how it affects the body.

Simply Well WATCH ON ZOOM

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

Thursday, October 14, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

We'll focus on some small, yet surprisingly powerful actions that can exert a significant effect on our overall physical and mental health.

All Things Meditation

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

Friday, October 15, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

Simply Strong WATCH ON ZOOM

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

Friday, October 15, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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

First Ladies: Edith Roosevelt

Ricki Saady, Presenter

Friday, October 15, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn more about the life of Edith Roosevelt, First Lady from 1901 to 1909. She was the second wife of her childhood companion and the 26th President, Theodore Roosevelt.

Snoopy, Sparky & Peanuts: The Life of Charles M. Schulz

Jim Gibbons, Presenter

Friday, October 15, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Historian Jim Gibbons discusses the life of Charles M. Schulz and the *Peanuts* characters.

Senior Medicare Patrol: Basics WATCH ON ZOOM

Jesus Enriquez, Outreach Information Specialist, AgeOptions

Monday, October 18, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn about the mission of the Senior Medicare Patrol program and how to protect, detect and report Medicare fraud.

Meditation

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

Monday, October 18, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 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, October 18, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 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, October 19, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Using the pillars of mind, body, heart, and breath, learn meditation and relaxation techniques. All levels welcome.

Meet America’s Good Neighbor: Mr. Fred Rogers WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, October 19, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Hear some of the touching stories about children’s television star Mr. Rogers, a man who truly loved people and was there for them in ways above and beyond.

Movement Therapy WATCH ON ZOOM

Jeanine Dent, Instructor

Tuesday, October 19, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

This structured class uses chairs for seated work and chair backs, countertops, or tables for balance exercises. The goal is to increase coordination, balance, flexibility, and strength.

Chair Exercise WATCH ON ZOOM

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

Tuesday, October 19, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Terrance leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

Tech Questions WATCH ON ZOOM

Vivian Chazen, Mather

Tuesday, October 19, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Bring any and all questions about your tech gadgets, the internet, or the basics.

Let's Talk

Joe Cunniff, Instructor, DePaul University

Wednesday, October 20, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Joe speaks “off the cuff” in a presentation that might include comedy, variety, interviews, travel stories, talk about food, fun facts, surprises, and great American songs.

Amy Vanderbilt's Etiquette—and More!

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, October 20, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Take another walk down memory lane and revisit some of our former customs and rules of etiquette. Do you perhaps remember charm school?

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, October 20, 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.

Joan Collins

Rich Lang, Media Historian

Wednesday, October 20, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Rich will discuss the life and career of this English actress, author, and columnist.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, October 21, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

While Walking WATCH ON ZOOM

Deborah Hawkins, Author

Thursday, October 21, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Deborah and explore different kinds of meditation and reflection you can do while walking.

Angels in Our Lives

Marion Mango, Poet & Writer

Thursday, October 21, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Marion shares some stories, and welcomes your own, about how angels are present in our lives.

All Things Meditation

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

Friday, October 22, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

Simply Strong WATCH ON ZOOM

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

Friday, October 22, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

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

Heartwarming Songs of Love WATCH ON ZOOM

Madeline Morgan, Musician

Friday, October 22, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Hear a collection of songs expressing love and happiness that will leave you with a warm, fuzzy feeling, including "Comes Love," "I See Your Face Before Me," and "Taking a Chance on Love."

Money Smart for Older Adults WATCH ON ZOOM

Jamie Farrell, Aging and Disability Rights Coordinator, AgeOptions

Monday, October 25, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

The Money Smart for Older Adults Program aims to raise awareness among older adults and their caregivers on how to prevent older adult financial exploitation. The program, which encourages advance planning and informed financial decision-making, was developed jointly by the Federal Deposit Insurance Corporation (FDIC) and the Bureau of Consumer Financial Protection.

Meditation

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

Monday, October 25, 10:00 a.m. PT / 12:00 p.m. CT / 1:00 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, October 25, 12:00 p.m. PT / 2:00 p.m. CT / 3:00 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, October 26, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Using the pillars of mind, body, heart, and breath, learn meditation and relaxation techniques. All levels welcome.

Dennis the Menace WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, October 26, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Dennis was based on the life of a real boy! The son of cartoonist Hank Ketcham’s golf buddy inspired the cartoon strip’s name and some of the humor. Hear some of this boy’s real-life stories that eventually got into the funnies.

Our Oldest Actor: Mike Nussbaum WATCH ON ZOOM

Interviewed by Jonathan Abarbanel, Theater Critic & Professor, UIC

Tuesday, October 26, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

In 2019, Chicago actor Mike Nussbaum was listed in Actors Equity as America's oldest working professional actor! Hear the story of Mike's major work as an actor in many of David Mamet's plays as well as his work in films such as *Field of Dreams*, *House of Games*, *Fatal Attraction*, and *Men in Black*.

Chair Exercise WATCH ON ZOOM

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

Tuesday, October 26, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Terrance leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

Inner Balance Meditation WATCH ON ZOOM

Lin Shook, Instructor

Wednesday, October 27, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Balance body, mind, and soul with a few minutes of easy tai chi movements followed by sitting meditation.

Travel Stories: Adventure from Dublin to Chicago

Joe Cunniff, Instructor, DePaul University

Wednesday, October 27, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Travel with Joe as he shares more fun adventures and attractions along his travel journeys.

Ghostly Tales from the Heartland of America

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, October 27, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Jeanne will thrill us with a collection of spooky stories about events that happened in the Midwest. Grab a blanket and hope a monster doesn't grab your feet!

Across the Miles WATCH ON ZOOM

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

Wednesday, October 27, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join participants from other telephone programs across the US and Canada to share stories about life in our different locations.

Note that this program has unique login instructions:

To join online: https://agora.covia.org/conference/Across_the_Miles_/en

To join by phone: (877) 237.9339, code 89

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, October 27, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 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, October 28, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

Famous English Storybook Painters WATCH ON ZOOM

Casey Pax, Mather

Thursday, October 28, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

From Peter Rabbit to Winnie the Pooh, English illustrators and storytellers have had a profound influence on young readers for generations. Casey explores illustration as an art form and discusses how images can tell a story.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, October 28, 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 monthly session of seated and standing exercises that will boost your mind and body!

Your Turn: Feedback on Telephone Topics WATCH ON ZOOM

Lisa Evans, Mather

Thursday, October 28, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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.

All Things Meditation

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

Friday, October 29, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.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.

Trick or Treat & Autumn Mix WATCH ON ZOOM

Amy Lowe, Singer/Songwriter/Storyteller

Friday, October 29, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Amy Lowe will sing Halloween songs along with other musical treats and a story or two that will make you jump!

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

Friday, October 29, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

Time for Us: Let's Chat! WATCH ON ZOOM

Kate Marrs, Presenter & Lisa Evans, Mather

Friday, October 29, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join Kate and Lisa to explore your own ideas, experiences, considerations, and questions. You're invited for some uplifting, meaningful conversation time together.