

# MATHER TELEPHONE TOPICS

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

**November 2020**

With Telephone Topics, you simply call a toll-free number at the start time of the program to listen to a wide range of interesting discussions and programs. All calls are FREE!

Two Ways to Participate:

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

**Enter Meeting ID: 386 399 7030**

## **Senior Medicare Patrol WATCH ON ZOOM**

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

Monday, November 2, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn more about what we do to protect, detect, and report Medicare fraud.

## **Meditation**

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

Monday, November 2, 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, November 2, 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.

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.

## **Tai Chi WATCH ON ZOOM**

*Lin Shook, Instructor*

Monday, November 2, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

## **Types of Medicare Fraud WATCH ON ZOOM**

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

Tuesday, November 3, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn about some of the different Medicare fraud schemes and why it is important to know about them.

## **The Benefits of Baking Soda, Part 2**

*Kate Marrs, Presenter*

Tuesday, November 3, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Kate will share more ways in which baking soda can bring surprising benefits. Keep clean and safe and learn to replace potentially hazardous chemical preparations with simple baking soda.

## **Perfectly Frank**

*Heather Braoudakis, Vocalist*

Tuesday, November 3, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Hear some of your favorite Frank Sinatra songs! Heather sings “All the Way,” “Night and Day,” “One for My Baby,” “I’ll Be Seeing You,” “My Way,” and many more!

## **Exercising the Feet for Good Posture & Balance WATCH ON ZOOM**

*Elise Foss, Personal Trainer & Dance Instructor*

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

Your feet provide your first contact with the ground, and as such, they are very important for posture and balance. Let’s talk about the feet and go through some helpful exercises.

## **Virtual Tech Explorations for Advanced Users WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, November 3, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions.

## **Facts about Minnesota**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, November 4, 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 Minnesota. We'll also sing some songs from the Great American Songbook.

## **Extreme Survivors**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, November 4, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join Jeanne to hear some extraordinary stories about everyday people. How well would you be able to adapt and survive in extreme conditions?

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, November 4, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures and movements, breathing, and meditation, used to facilitate optimal health.

## **The 1920s**

*Jim Gibbons, Presenter*

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

Historian Jim Gibbons will take you back to the era of the Roaring 1920s, a decade full of high spirits and carefree optimism that seemed to move along at a wildly fast pace.

## **Simon & Garfunkel WATCH ON ZOOM**

*Brian Salgado, Presenter*

Thursday, November 5, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Hear about the lives and careers of this folk-rock duo. One of the best-selling music groups of the 1960s, their biggest hits included "The Sound of Silence," "Mrs. Robinson," and of course "Bridge over Troubled Water."

## **Feast Your Eyes: A Celebration of Food in Art History WATCH ON ZOOM**

*Caroline Edasis, Mather*

Thursday, November 5, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn about how artists have depicted the role of food in creating feelings of togetherness. We'll also share virtual ways to use our favorite recipes to stay connected with our communities this holiday season.

## **Core and Hip Stability WATCH ON ZOOM**

*Paige Corley, Certified Personal Trainer*

Thursday, November 5, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Learn why it is so important to maintain core and hip stability, and what exercises will help you do so?

## **Growing Your Internal Mother**

*Ann Dionne, Author & Certified Life Coach*

Thursday, November 5, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn ways to accept self-love and self-respect. Nothing can stop you as long as you believe in yourself.

## **Collage Along: Play WATCH ON ZOOM**

*Heidi Parkes, Artist*

Thursday, November 5, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join us for a guided exercise and create a playful collage. Ideal materials will include a glue stick, a magazine, paper, a pen, and scissors.

## **Meditation**

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

Friday, November 6, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

## **Fit around the House WATCH ON ZOOM**

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

Friday, November 6, 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 stay functional and independent for as long as possible. Learn specific movements and exercises to perform as you go about your day that will build the repetition and consistency needed to gain lasting benefits.

## **Storytelling with Caroline**

*Caroline Latta, Theatre Department, Columbia College Chicago*

Friday, November 6, 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.

### **Attila WATCH ON ZOOM**

*Carla Thorpe, Opera Lovers Lecturer Corps*

Friday, November 6, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join us to experience the thrilling energy and patriotic fervor of Giuseppe Verdi's *Attila*. Learn how this great operatic feast quickly became an audience favorite.

### **Principles of the Slow Down Diet WATCH ON ZOOM**

*Maryann Holden, Holistic Health & Lifestyle Coach, Yoga Instructor*

Friday, November 6, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Discover a new way to understand our relationship to food, focusing on quality and the possibilities of pleasure in eating in order to transform and improve our metabolism.

### **Tips to Prevent Medicare Fraud WATCH ON ZOOM**

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

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

Learn how to avoid common Medicare schemes that are prevalent in the community as well as at home.

### **Meditation**

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

Monday, November 9, 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, November 9, 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.

### **Tai Chi WATCH ON ZOOM**

*Lin Shook, Instructor*

Monday, November 9, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

## **Coloring & Conversation WATCH ON ZOOM**

*Vivian Visser, Presenter*

Tuesday, November 10, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join Vivian in a coloring club. Use any materials you have on hand. Unwind while we enjoy coloring, doodling, and friendly conversation.

## **Facts about Home Fragrances**

*Kate Marrs, Presenter*

Tuesday, November 10, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn about the health hazards of common chemical plug-in fragrance dispensers. Safe, delightful options are readily available and customizable.

## **Chair Ballet Stretch WATCH ON ZOOM**

*Jeanine Dent, Instructor*

Tuesday, November 10, 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.

## **Breathing Well to Feel Good WATCH ON ZOOM**

*Elise Foss, Personal Trainer & Dance Instructor*

Tuesday, November 10, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn ways to improve our breathing patterns in order to create better alignment and move with greater ease.

## **Virtual Tech Explorations for Beginner Users WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, November 10, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions.

## **Preplanning Information Session WATCH ON ZOOM**

*Paula Sexton, Preplanning Manager for the Neptune Society*

Wednesday, November 11, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn answers to questions about preplanning for cremation and find out why it can be beneficial for survivors. Bring your questions!

## **Let's Talk**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, November 11, 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 songs.

## **Game Time with Jeanne: Presidents**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

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

How well do you know the presidents? Join us for a game of naming the president from a brief description.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, November 11, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures and movements, breathing, and meditation, used to facilitate optimal health.

## **Errol Flynn**

*Rich Lang, Media Historian*

Wednesday, November 11, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Rich will discuss the life and career of this Australian-born film star who gained fame in Hollywood in the 1930s as the screen's premier swashbuckler.

## **The Supremes WATCH ON ZOOM**

*Brian Salgado, Presenter*

Thursday, November 12, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn the story of this wildly popular female singing group that became a top act for Motown Records in the 1960s. You'll hear great songs like “Stop! In the Name of Love,” “Where Did Our Love Go,” “You Keep Me Hangin' On,” and more!

## **Mind & Body Practices WATCH ON ZOOM**

*Jaci McCarty, Certified Meditation & Mindfulness Teacher*

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

Jaci will guide us through simple and empowering techniques using the pillars of mind, body, heart, and breath. Learn meditation, breath practices, and relaxation techniques as well as ways of connecting and tools for compassion. All levels welcome.

### **Active Adult Exercise WATCH ON ZOOM**

*Paige Corley, Certified Personal Trainer*

Thursday, November 12, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

### **Women Artists at Work WATCH ON ZOOM**

*Kit Keane, Presenter*

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

This program will honor women throughout the centuries who have been involved in art, while facing challenges due to their gender and the culture of their times.

### **The Stars & Stripes**

*Rick Pickren, Musician*

Thursday, November 12, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Sing along to America's most beloved patriotic songs: "You're a Grand Old Flag," "Yankee Doodle Dandy," "America the Beautiful," and more!

### **Meditation**

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

Friday, November 13, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

### **Simply Strong WATCH ON ZOOM**

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

Friday, November 13, 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.

### **Keeping Gratitude Top of Mind WATCH ON ZOOM**

*Deborah Hawkins, Author*

Friday, November 13, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

We know that feelings of gratitude can significantly brighten your mood. Learn tips for keeping gratitude always at the front of your mind.

### **Home Makeover Like a Designer WATCH ON ZOOM**

*Karen Carpino, Registered Interior Designer*

Friday, November 13, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn some techniques designers use to organize and rearrange home furnishings in order to make over your rooms and space.



## **Self-Massage Yoga (Abhyanga) WATCH ON ZOOM**

*Heidi Parkes, Certified Yoga Therapist*

Friday, November 13, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Heidi leads us in a self-massage workshop to improve circulation and relaxation.

## **Program in Spanish**

### **Conceptos Basicos de SMP WATCH ON ZOOM**

*Jesus Enriquez, Outreach & Information Specialist, AgeOptions*

Monday, November 16, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Obtenga informacion basica sobre el programa de proteccion de fraude de Medicare.

## **Meditation**

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

Monday, November 16, 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, November 16, 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.

## **Tai Chi WATCH ON ZOOM**

*Lin Shook, Instructor*

Monday, November 16, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

## **Angels in Our Life**

*Marion Mango, Poet & Writer*

Tuesday, November 17, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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.

## **Fun Eats with Tortillas**

*Kate Marrs, Presenter*

Tuesday, November 17, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Let's share different ways you can enjoy cooking with tortillas, using them in entrées, desserts, or snacks!

## **Movement Therapy WATCH ON ZOOM**

*Jeanine Dent, Instructor*

Tuesday, November 17, 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 through movement.

## **Music: Songs of the Seasons WATCH ON ZOOM**

*Madeline Morgan, Musician*

Tuesday, November 17, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Enjoy listening to an eclectic collection of songs of the season!

## **Virtual Tech Explorations for Advanced Users WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, November 17, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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.

## **Program in Spanish**

### **Tipos de Fraude en Medicare WATCH ON ZOOM**

*Jesus Enriquez, Outreach & Information Specialist, AgeOptions*

Wednesday, November 18, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Aprenda los diferentes tipos de estafas en Medicare y que se puede hacer para prevenirlos.

### **And Now the News—Instantly!**

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

Wednesday, November 18, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

The 1920 presidential election results on radio began our collective journey from looking at the printed page to searching the electronic airwaves for the latest bits and bites.

### **Game Time with Jeanne: Name that Movie!**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, November 18, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Are you a movie critic? How good are you? Join us for a fun game of guessing the right movie title!

### **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, November 18, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures and movements, breathing, and meditation, used to facilitate optimal health.

### **Adding New Ways to Our Holidays**

*Jeanne Roppolo & Kate Marrs, Presenters*

Wednesday, November 18, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Jeanne and Kate will inspire us with ideas to create new holiday traditions. It's a perfect time to learn new things and have fun!

### **Aretha Franklin WATCH ON ZOOM**

*Brian Salgado, Presenter*

Thursday, November 19, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Learn more about the life and career of the Queen of Soul. Hear some of Aretha's greats, including "Respect," "Chain of Fools," and many more!

### **Creative Voices: Poetry Reading Series WATCH ON ZOOM**

*Caroline Edasis, Mather*

Thursday, November 19, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

You'll enjoy a poetry reading followed by an interview with the poet. Tune in for the third installment in our series of poetry readings celebrating older adult voices!

### **Active Adult Exercise WATCH ON ZOOM**

*Paige Corley, Certified Personal Trainer*

Thursday, November 19, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

## **Herbs & Spices for the Holidays WATCH ON ZOOM**

*Lesley Peters, Instructor*

Thursday, November 19, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Join our discussion on how to stay healthier, creatively decorate your home, and share gifts during this holiday season. Plus, get tips on adding some zip to your cooking and baking during this festive time.

## **Collage Along: Gratitude WATCH ON ZOOM**

*Heidi Parkes, Artist*

Thursday, November 19, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join a guided exercise and create a collage about gratitude. Ideal materials include a glue stick, a magazine, paper, a pen, and scissors.

## **Meditation**

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

Friday, November 20, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

## **Arthritis All around Us—What We Can Do WATCH ON ZOOM**

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

Friday, November 20, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Arthritis is the leading cause of disability in this country. We'll learn the facts about arthritis; what may help prevent it; and how best to preserve joint function, mobility, and quality of life.

## **Gentle Yoga WATCH ON ZOOM**

*Jan Smith, Yoga Instructor*

Friday, November 20, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

A veteran yoga teacher leads 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.

## **First Ladies: Julia Tyler**

*Ricki Saady, Presenter*

Friday, November 20, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn about Julia Gardiner Tyler, second wife of President John Tyler.

## **Thanksgiving Traditions**

*Caryl Derenfeld, Joy Fueled Souls*

Friday, November 20, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

We'll discuss personal traditions for the holiday and compare the first Thanksgiving celebration with contemporary celebrations and today's feast in the time of COVID.

## **Cancer Nutrition 101, Part 2 WATCH ON ZOOM**

*Kelli Mitchell, Community Relations Manager, Wellness House*

Monday, November 23, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join us as we talk about how to nourish your body and focus on healthy eating. It is not necessary to have attended the first discussion in order to join! Wellness House envisions a community in which all people affected by cancer are able to continue to thrive.

## **Meditation**

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

Monday, November 23, 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, November 23, 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.

## **Tai Chi WATCH ON ZOOM**

*Lin Shook, Instructor*

Monday, November 23, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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

## **Coloring & Conversation WATCH ON ZOOM**

*Vivian Visser, Presenter*

Tuesday, November 24, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Join Vivian in a coloring club. Use any materials you have on hand. Unwind while we enjoy coloring, doodling, and friendly conversation.

## **Simple Pleasures**

*Kate Marrs, Presenter*

Tuesday, November 24, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Come prepared to share whatever simple things delight you and create joy for you. We'll talk about how to discover more ways to experience joy and happiness in our lives.

## **What's Hot in the News**

*Judy Lear, Activist*

Tuesday, November 24, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

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

## **Exercise: The All-Natural Prescription for Better Health WATCH ON ZOOM**

*Terrance Walless, Doctor of Physical Therapy, Board-Certified Geriatric Clinical Specialist*

Tuesday, November 24, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Research shows that exercise can be as effective as medication in some cases. Learn about the powerful effects of exercise for preventing and treating chronic disease and for empowering you to live a longer and healthier life.

## **Virtual Tech Explorations for Beginner Users WATCH ON ZOOM**

*Vivian Chazen, Mather*

Tuesday, November 24, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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.

## **Poetry**

*Marion Mango, Poet & Writer*

Wednesday, November 25, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

Poetry can inspire, challenge, console, inform, or help heal both body and soul. Join us to just listen or feel free to share poetry that you have written or that you admire.

## **Travel Stories: Adventures in New York City**

*Joe Cunniff, Instructor, DePaul University*

Wednesday, November 25, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Travel to the Big Apple virtually with Joe as he shares experiences, places to eat, attractions, history and more!

## **Live in a Better Way**

*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*

Wednesday, November 25, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Jeanne will discuss one of her favorite books: *Live in a Better Way: Reflections on Truth, Love & Happiness* by the Dalai Lama. Also, hear some real-life stories.

## **Qi Gong WATCH ON ZOOM**

*Tom Wilkens, Yoga Instructor, Dancing Cranes*

Wednesday, November 25, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures and movements, breathing, and meditation, used to facilitate optimal health.

## **Olivia De Havilland**

*Rich Lang, Media Historian*

Wednesday, November 25, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Rich will discuss the life and career of this British-American actress who had a major cinematic career from 1925 to 1988 and who recently passed away at the age of 104.

## **Meditation**

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

Friday, November 27, 7:30 a.m. PT / 9:30 a.m. CT / 10:30 a.m. ET

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

## **Simply Strong WATCH ON ZOOM**

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

Friday, November 27, 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 Will**

*Will Casey, Theatre Department, Columbia College Chicago*

Friday, November 27, 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 a discussion about the story.

## **Time for Us: Let's Chat!**

*Kate Marrs, Presenter & Lisa Evans, Mather*

Friday, November 27, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

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



## **Origami: Paper Folding WATCH ON ZOOM**

*Heidi Parkes, Artist*

Friday, November 27, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

Join a guided exercise and create a work of folded paper. Ideal materials include a few pieces of paper—ideally, square paper, but computer paper or magazine paper will work.

## **Food Additives, Part 3**

*Jan Smith, Yoga Instructor*

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

Learn more about what is in your food and beverages that could be affecting your health. What additives should be avoided, and what do they do, anyway?

## **Meditation**

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

Monday, November 30, 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, November 30, 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.

## **Tai Chi WATCH ON ZOOM**

*Lin Shook, Instructor*

Monday, November 30, 2:00 p.m. PT / 4:00 p.m. CT / 5:00 p.m. ET

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