

# More at Mather's

JULY | AUGUST | SEPTEMBER 2018



Like Water  
for Chocolate  
Tasting,  
p. 3

*Sign up for our 14th Annual Summer Wellness Academy! See page 7.*

33 E. 83<sup>rd</sup> Street, Chicago, IL 60619 | (773) 488.2801



**mather's** | more than a **café**

## Join Us for Sunday Brunch!

**We're open Saturday and Sunday from 9:00 a.m. to 3:00 p.m.**

We serve a brunch menu with fresh specials and Supper Club—a rotating menu of delicious entrées, each freshly prepared with a Southern flair and served with corn bread & two sides.

Bring the family and find out why we are the place to be every weekend!



## Check Out What's Happening!

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|---|---|
| <ul style="list-style-type: none"> <li> <span style="color: purple;">●</span> <b>Computer Classes</b> ..... 3<br/> <i>Learn some new technology skills, like how to use Excel.</i> </li> <li> <span style="color: pink;">●</span> <b>Culinary Delights</b> ..... 3<br/> <i>Enjoy meal specials and food programs, like our chocolate-tasting event!</i> </li> <li> <span style="color: blue;">●</span> <b>Lifelong Learning</b> ..... 4<br/> <i>Choose from author presentations, film screenings, and more—like a talk with former news anchor Robert Jordan!</i> </li> <li> <span style="color: green;">●</span> <b>Health &amp; Wellness</b> ..... 6<br/> <i>Sample our wellness programs—like our Food for Thought series.</i> </li> <li> <span style="color: orange;">●</span> <b>Music &amp; Entertainment</b> ..... 8<br/> <i>Enjoy live concerts and events, like our popular Friday night steppers' parties.</i> </li> </ul> | <ul style="list-style-type: none"> <li> <span style="color: teal;">●</span> <b>How-Tos</b> ..... 8<br/> <i>Do it yourself—learn to make a basket you can take home.</i> </li> <li> <span style="color: red;">●</span> <b>Trips</b> ..... 9<br/> <i>Join us for a day trip to the annual Long Grove Apple Fest.</i> </li> <li> <span style="color: blue;">●</span> <b>Fitness</b> ..... 10<br/> <i>Try a unique workout, like our Steppers Step Out class.</i> </li> <li> <span style="color: green;">●</span> <b>Free Resources</b> ..... 11<br/> <i>Take advantage of free resources and programs—like advice for current and would-be home owners.</i> </li> <li> <span style="color: blue;">●</span> <b>Ongoing Events</b> ..... 12                 </li> <li> <span style="color: orange;">●</span> <b>July   August   September At-a-Glance</b> ..... 13                 </li> </ul> |
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### MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Thursday: 8:30 a.m.–4:30 p.m. (menu available until 2:45 p.m.)

Friday: 8:30 a.m.–9:00 p.m. (menu available until 8:00 p.m.)

Saturday & Sunday: 9:00 a.m.–3:00 p.m. (menu available until 2:45 p.m.)



# COMPUTER CLASSES



## Smartphone Basics

Thursdays, July 12 & 19,  
2:00–4:00 p.m.

We'll learn to make calls and send text messages as well as access the internet, check email, and more. Bring your smartphone!

## Getting Started with Facebook

Thursdays, August 2 & 9,  
2:00–4:00 p.m.

Learn how to set up an account and find out about security features and ways to add photos.

## Computer Basics

Thursdays, August 16 & 23,  
2:00–4:00 p.m.

Learn the parts of a computer, how to use a mouse, what windows are, and basic word processing techniques.

## Learn Excel Basics

Thursdays, September 6 & 13,  
2:00–4:00 p.m.

Learn to use this popular spreadsheet program to manage a budget, calculate a car loan, keep an address book, etc.

## Email Basics

Thursdays, September 20 & 27,  
2:00–4:00 p.m.

Learn how to send, receive, reply to, and delete emails; work with attachments; and organize your contact list in Gmail.

# CULINARY DELIGHTS



## Lunch Special: Thursdays in July

Hearty salad featuring seasonal and local ingredients. *Cost \$5*

## Tuesday, July 3

12:30–3:00 p.m. **Star-Spangled Banner Carnival**

Let's celebrate the 4th of July with food, fun, and games with prizes! We'll lunch on ribs, coleslaw, chips, and iced tea, and ice cream bars for dessert! *Meal Cost \$8 Suggested Entertainment Donation \$5*

## Wednesday, July 25

11:30 a.m.–1:00 p.m. **The Culinary Delighters Present: Thai Green Chicken Curry**

Watch and taste as Joe details the history and preparation of this sweet and spicy dish. *Cost \$7*



## Lunch Special: Thursdays in August

Flatbread made with seasonal and local ingredients. *Cost \$5*

## Wednesday, August 1

1:00–2:30 p.m. **The Culinary Delighters Present: Tamales**

Watch Surge prepare these flavorful bundles and enjoy sampling three different kinds. *Cost \$7*

## Monday, August 6

1:30–3:00 p.m. **Celebrate National Root Beer Day!**

Raise a glass to root beer—invented in Colonial America, served at every soda fountain in America in the 1930s, and still popular today. Come celebrate this sweet drink, make a float, play a game or two, and share your root beer memories. *Cost \$3.50*



Taco Lunch Special

## Thursday, August 23

**Float Day: Delightful Ice Cream Floats**

Choose from a variety of creamy, foamy deliciousness in a glass! *Cost \$1.50*




## Lunch Special: Thursdays in September

Build-Your-Own Tacos featuring seasonal and local ingredients. *Cost \$5*

## Thursday, September 13

1:00–3:00 p.m. **Like Water for Chocolate Tasting**

*Phillip Ashley Rix, Chocolatier*  
 Celebrate National Chocolate Day with a renowned African American chocolatier via Skype. *Forbes* called Phillip Ashley Rix a “Real Life Willy Wonka” for his designer chocolates sold by luxury retailers. Learn about Phillip’s remarkable career and his divine chocolates. We’ll sample some of his creations and sip sparkling water. *Cost \$7*

## Wednesday, September 26

1:00–2:30 p.m. **The Culinary Delighters Present: Cooking with Dried Fruit**

Mary Beth will show us some delicious uses for dried fruit. We will enjoy sweet and savory samples, including roasted cauliflower with raisin vinaigrette; apricot and cranberry pan de higo; plum, date, and bacon salad; and more. *Cost \$7*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

# LIFELONG LEARNING

## Getting Your House in Order: A 3-Part Series

Thursdays, July 12–26

Invest some time in preparing for your future—including your finances as well as your home itself. **FREE**

**Thursday, July 12**

1:00–2:00 p.m. **Part 1: Financial Control**

*Shirley Griffin, Financial Advisor, Waddell & Reed, Inc.*

Learn how to strengthen your financial future, manage retirement income, and prepare for the unexpected.

**Thursday, July 19**

1:00–2:00 p.m. **Part 2: H.O.M.E Services**

*Judy Smith, Business Development Coordinator, H.O.M.E.*

Learn about services available to low-income older adults through the nonprofit H.O.M.E.

**Thursday, July 26**

1:00–2:00 p.m. **Part 3: More H.O.M.E Services**

*Judy Smith, Business Development Coordinator, H.O.M.E.*

Get more information on services ranging from home upkeep and repair to affordable intergenerational housing.



Lorraine Hansberry:  
**Sighted Eyes/Feeling Heart**

**Friday, July 6**

1:00–2:30 p.m.

Lorraine Hansberry:  
**Sighted Eyes/Feeling Heart**

Join us to watch a great documentary from the PBS American Masters series exploring the life and work of Lorraine Hansberry, author of *A Raisin in the Sun* and a key figure in the civil rights movement. **FREE**

**Friday, July 13**

1:00–2:30 p.m. **Full Circle: Race, Law & Justice**

*James D. Montgomery, Attorney*



Mr. Montgomery has devoted his career to fighting for a fair criminal justice system, desegregated Chicago public schools, fair housing, and an end to police misconduct. He will discuss his memoir and some important cases on which he worked, including some with Johnny Cochrane. **Suggested Donation \$5**



**Full Circle: Race, Law & Justice**

**Friday, July 20**

1:00–2:30 p.m.

**Harold Washington and the Civil Rights Legacy**

*Christopher Chandler, Journalist & Author*



Mayor Harold Washington's first press secretary has written a gripping account of Washington's historic campaign, his tumultuous time as mayor, the civil rights movement that preceded him, and the transformation that followed. Get an inside look at this pivotal time in Chicago history. **Suggested Donation \$5**

**Wednesday, July 25**

9:00–11:00 a.m. **Book Club**

This month we'll discuss *The Sunshine Sisters* by Jane Green. **FREE**

**Friday, July 27**

1:00–2:30 p.m. **Ida in Her Own Words**

*Michelle Duster, Author*



Hear the story of Ida B. Wells, an important pioneer in the civil rights movement and one of the founders of the NAACP, from her great-granddaughter. Michelle joins us to talk about her book and her famous relative. **Suggested Donation \$5**

**Friday, August 3**

1:00–2:30 p.m. **Murder in the News**

*Robert Jordan, Author & Former TV News Anchor, WGN*



Emmy Award-winning TV news anchor Robert Jordan gives us an inside look at the television newsroom, revealing how murder cases are selected for TV coverage and how various news outlets handle—and sometimes mishandle—the stories. **Suggested Donation \$5**

**Friday, August 10**

1:00–2:00 p.m. **Nat “King” Cole: Unforgettable**

*Mike Delaney, Media Historian*

Nathaniel Adams Coles was truly a “king” who performed with class throughout his brief life. Mike has assembled videos and fascinating biographical



**Nat "King" Cole:  
Unforgettable**

material to give us a deeper glimpse into the life of this truly unforgettable performer. *Suggested Donation \$5*

**Friday, August 17**

**1:00–2:30 p.m.**

**Try Something New!**

**Marcus Garvey & the Garvey Movement**

*Dr. Conrad Worrill, Historian, Author & Professor*

Marcus Garvey is known for establishing the Universal Negro Improvement Association (UNIA) in the 1920s and for his principles of black nationalism. Learn about Garvey's influence on the struggle for black empowerment. *Suggested Donation \$5*

**Wednesday, August 22**

**9:00–11:00 a.m. Book Club**

This month we'll discuss *The Last Black Unicorn* by Tiffany Haddish. *FREE*

**COOK COUNTY ELDER JUSTICE CENTER**

In partnership with the Cook County Elder Justice Center, we are providing information about their free seminars. Seminars are held from 12:00–1:30 p.m. at the Elder Justice Center, Richard J. Daley Center, 50 W. Washington Street, Suite 2505. Admission is free, but please call (312) 603.9233 to reserve a seat.

**July 12: Elder Abuse, Neglect & Financial Exploitation**

**July 26: Guardianship**

**August 9: Aging at Home**

**August 23: Mental Illness & Protective Care**

**September 6: Adult Day Care Services**

**September 20: Empowering Nursing Home Residents**

**12:00–2:00 p.m.**

**Book Lovers' Fair**

*Mather's—More Than a Café Book Club & Writers' Guild*

Enjoy this interactive afternoon of storytelling and discussion about the works of some local authors. *FREE*

**Friday, August 31**

**1:00–2:30 p.m. Lifting as They Climbed**

*Essence McDowell, Author*

 **AUTHOR PRESENTATION**

Essence's book charts the history of black women on Chicago's South Side. While the book includes iconic figures like Ida B. Wells and Gwendolyn Brooks, its focus is on lesser-known women who made important contributions to the city. *Suggested Donation \$5*

**Friday, September 7**

**1:00–2:00 p.m. The Divine One: Sarah Vaughn**

*Frieda Lee, Vocalist*

One of Chicago's most beloved jazz singers, Frieda Lee pays homage to the great Sarah Vaughn with clips of many of Vaughn's greatest hits. *Suggested Donation \$5*

**Fridays, September 7–21**

**1:00–2:30 p.m.**

**Music & Memory**

*Seandrea Earls, Instructor, Natural Voice Studio*

Find your authentic voice and feel empowered to pursue activities that will help you age well. Through singing, you can help improve your short- and long-term memory, obtain a happier outlook on life, improve your self-esteem, and promote relaxation.

*FREE*

**Friday, September 14**

**1:00–2:30 p.m.**

**Try Something New!**

**The Current Political Scene**

*Salim Muwakkil, Journalist & Author*

Salim will talk about what's happening in politics today on a local, national, and international level. *Suggested Donation \$5*

**Friday, September 21**

**1:00–2:00 p.m. From**

**Colored to Black**

*Erin Goseer Mitchell, Author*

 **AUTHOR PRESENTATION**

Erin talks about her new book, which covers her migration from Georgia to Chicago as a young educator and newlywed and the obstacles she and her husband faced. Despite the odds stacked against them, the couple prospered here. *FREE*

**Wednesday, September 26**

**9:00–11:00 a.m. Book Club**

This month we'll discuss *An American Marriage* by Tayari Jones. *FREE*

**Friday, September 28**

**1:00–2:00 p.m. More Untold**

**& Mistold Stories of African American History**

*Roma Stewart, Former Solicitor General of Illinois*

Hear the truth about African American history as Roma shares stories that have been forgotten or mistold for centuries, some with disastrous results.

*Suggested Donation \$5*

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**



# HEALTH & WELLNESS



## ALTERNATIVE WELLNESS: A 3-PART SERIES

**Wednesday, July 11; Tuesday, August 21;  
& Tuesday, September 11, 2:00–3:00 p.m.**

*Deborah Dillion-Quantum, Reiki Master & Instructor*

This interactive program is a no-pills approach to aging gracefully and productively using complementary and alternative wellness options for self-care, well-being, and life quality. Reinvent yourself with more energy and less fatigue. Release fear and other unhealthy emotions and create mental balance. Participants will get free QRx green tea. *Please bring a golf ball to each session. Suggested Donation \$39 for series or \$15 per session*

### **Wednesday, July 11: Let Somebody Else Be Tired**

Focuses on fatigue and low energy.

### **Tuesday, August 21: Aging through Change**

Manage irritability and resistance to change.

### **Tuesday, September 11: Emotional Freedom**

Sever the burden of unhealthy emotions and be free to be happy.

### **Wednesday, July 11**

#### **10:00–11:00 a.m. Food for Thought: Best Foods for Eye Health**

*Sharon Smith, Possibilities Coach*

Learn about five nutrient-dense foods that reduce your risk for glaucoma, macular degeneration, and cataracts. *Suggested Donation \$6*

### **Tuesday, July 17**

#### **1:00–2:00 p.m. Test Your Nutrition IQ**

*Michael Wills, Humana*

Food and nutrition can be confusing. Find out the basics of calories, carbohydrates, protein, and fats. **FREE**



## **14th Annual Summer Wellness Academy: Creative Living as You Age**

### **Wednesdays, July 25 & August 15, and Thursday, August 30**

#### **1:00–2:00 p.m. Your True Blueprint:**

##### **A New Age Medical Solution**

*Winston Drain, COO, True Blue Health & Wellness*

Learn about this innovative medical solution. The comprehensive genetic/DNA test provides you with a healthy weight and diet analysis, a cancer and cardiac status report, and a personal medication profile. Plus, you'll review your results with a geneticist. Learn what this test can do for you. Bring your health insurance information—you may be able to get a free test! Choose from three dates. **FREE**

### **Mondays, July 30–August 13**

#### **11:00 a.m.–12:00 p.m. Women's Pelvic Health:**

##### **A 3-Part Series**

*Sharon Smith, Possibilities Coach*

Learn the types and causes of incontinence, treatments, and exercises that can improve your health. You will practice skills that can decrease symptoms. *Suggested Donation \$9 per session or \$21 for the 3-part series*

### **Wednesday, August 1**

#### **9:00–10:30 a.m. Try Something New! Music Movement**

*Sharon Smith, Possibilities Coach*

Try an exercise experience that incorporates rhythmic music, easy dance moves, and range of motion exercise for balance, flexibility, and brain health. We'll keep the beat with a variety of handheld percussion instruments. *Suggested Donation \$8*

## Get Your FREE Flu Shot Early!

We're offering free flu shots and pneumonia vaccines on Wednesday, September 19, courtesy of Jewel-Osco. Appointments required—so be sure to call and reserve a time slot.

If you have a Medicare Part B card, please bring it with you.

Call Mather's—More Than a Café at (888) 600.2560 to schedule your appointment.

### Wednesday, August 8

#### 10:00–11:00 a.m. Food for Thought: Farm-Raised or Wild-Caught Seafood?

Sharon Smith, Possibilities Coach

Learn how seafood is produced and which sources provide the safest product to consume. *Suggested Donation \$6*

### Monday, August 20–Friday, August 24

#### 11:00 a.m.–2:00 p.m. 14th Annual Summer Wellness Academy: Creative Living as You Age

Sharon Smith, Possibilities Coach

Explore what it means to live and age creatively as you eat delicious lunches and make new friends. Let's open our minds and talk about a creative approach to exercise, nutrition, and socializing. We'll also look at how to make creative changes in our personal space and appearance. *Cost \$65 for series*

### Wednesday, September 12

#### 10:00 a.m.–12:00 p.m. Food for Thought: Whole Grains Month

Sharon Smith, Possibilities Coach

Learn the health benefits of whole grains for nutrition, weight control, and diabetes management. *Suggested Donation \$6*

### Wednesday, September 19

#### 9:00 a.m.–2:00 p.m. Free Flu Shots & Pneumonia Vaccines

Sponsored by Jewel-Osco

Get your free flu shot early in the season! If you have a Medicare Part B card, please bring it with you. Call Mather's—More Than a Café at (888) 600.2560 to schedule your appointment.



# SHARE NETWORK

Mather's—More Than a Café is a proud partner of the South Side Healthy Aging Resource Experts (SHARE) Network, teaming up with South Side-based health care and community organizations and the University of Chicago Medicine to promote healthy living for older adults. SHARE Network events bring older adults, caregivers, primary care providers, and medical specialists together to share knowledge and resources. Through health care workforce education and community outreach, the SHARE Network bridges the gap between geriatric specialty care and the community.

### Monday, July 2

#### 2:00–3:00 p.m. African American Health & Aging

Dr. Shellie Williams, Presenter

Learn about the state of African American health care and what you can do. **FREE**

### Monday, August 6

#### 2:00–3:00 p.m. Making an Informed Decision about Medicare

Patricia A. MacClarence, LCSW, Presenter

Gain an understanding of Medicare eligibility requirements and receive an in-depth overview of the fundamental components of Medicare. **FREE**

### Wednesday, September 19

#### 10:30 a.m.–12:00 p.m. Men's Lunch and Learn: Nutritional Health for Men

Dr. Edwin McDonald, University of Chicago Physician & Chef

Join Dr. McDonald for an interactive presentation on the role of nutrition in overall wellness. Join us for a taste of healthy cooking! *Cost \$7.50*

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**

# MUSIC & ENTERTAINMENT



## Monday, September 24

### 4:00–7:00 p.m. Mather's—More Than a Café Chorus 14th Anniversary Party

Help us celebrate the success of our chorus! For 14 years, this dynamic group has performed for us and represented Mather's—More Than a Café throughout the community. Join us for this milestone performance and help us thank them for their contribution. Our celebration dinner will include smothered lemon chicken, fresh mixed vegetables, mashed potatoes, homemade corn muffins, punch, and dessert.

*Meal Cost \$10; Entertainment Suggested Donation \$5*

### First & Third Fridays of Each Month

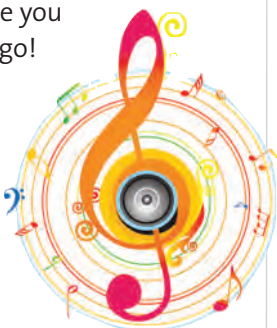
#### 5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party

Make it a dinner dance! We'll serve a full dinner menu until 8:00 p.m., including rotating specials. Order to eat in the Café while you enjoy the music, or get it to-go! *Suggested Donation \$5*

### Second & Fourth Fridays of Each Month

#### 5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase

Enjoy the acts and showcase your talents. Join the emcees: Baba Griot Leonard Lucas, the spoken-word artist, and Lil Bit, the karaoke star with 50,000+ songs in her library. America's got talent right here at Mather's! Arrive early for dinner—we'll serve a full menu until 8:00 p.m. Order to eat in the Café while you enjoy the show, or get it to-go! *Suggested Donation \$5*



# HOW-TOS



## Introduction to Macramé

### Thursdays, July 12 & 26, August 9 & 23, and September 13 & 27

11:00 a.m.–12:00 p.m.

#### Color Me Relaxed

*Sharon Smith, Possibilities Coach*  
Join us for a relaxing, mindful, and creative coloring class. *Basic supplies included. Suggested Donation \$8 per class or \$14 for 2 classes per month*

### Fridays, July 20 & August 3

#### 11:30 a.m.–1:00 p.m. Basket Coiling: A 2-Part Workshop

*Chanese Smith, Instructor, Chicago Public Library*  
Coiling is a Native American form of basket weaving based on a spiral that winds around itself. The work is done stitch by stitch and coil by coil. The craft's repetitive nature can be both relaxing and meditative. Please bring your own supplies of yarn, rope, and knitting and crochet needles and scissors. See receptionist for details. *Suggested Donation \$5 per session*

### Thursday, August 2

#### 10:00 a.m.–2:00 p.m. AARP Safe Driving Course Overview & Registration

**AARP** FOUNDATION *Keith Cooper, Certified AARP*

*Driver Safety Volunteer*

Learn about the eight-hour driving course and how it can save you money on your auto insurance.

### Thursday, August 9

#### 12:30–4:30 p.m. AARP Safe Driving Course, Part 1

*Keith Cooper, Certified AARP Driver Safety Volunteer*

Even the most experienced drivers can benefit from brushing up on their skills. This class will teach you the current rules of the road, defensive driving techniques, and ways to operate your vehicle more safely in today's increasingly challenging driving environment. *Cost \$15 for AARP members; \$20 for nonmembers. Make checks payable to AARP.*

### Thursday, August 16

#### 12:30–4:30 p.m. AARP Safe Driving Course, Part 2

### Monday, September 17 & 24

#### 9:00–10:00 a.m. Try Something New! Introduction to Macramé: A 2-Part Workshop

*Phil Arrington, Owner, Knot with Bear*

Join us for this fun crafting class and discover all the different things you can design using different macramé knots and techniques. *All supplies included. Suggested Donation \$5 per session*



# TRIPS

## ***The Greatest Love of All: The Whitney Houston Show***

*The Rosemont Theatre, Rosemont, IL*

Join us for this one-night-only blockbuster tribute show to Whitney Houston. Backed by a live band, backing vocalists, and choreographed dancers, Australian star Belinda Davids will give you goosebumps with her performance of the legendary performer's biggest hits, including "I Wanna Dance with Somebody," "How Will I Know," and many more.

**DATE: Saturday August 11**

**Depart from Mather's: 6:30 p.m.**

**Approximate return to Mather's: 10:30 p.m.**

**Cost: \$56**

*Please register in advance; space is limited.*

*Cost includes transportation and show.*

*Limit 20.*



## **Long Grove Apple Fest**

Travel to historic downtown Long Grove for the fall Apple Fest. Browse a pop-up apple orchard with dozens of local merchants offering baskets of freshly picked apples and other original products. Enjoy live music throughout the village and visit the many unique and charming boutiques, galleries, and restaurants featuring special festival deals.

**DATE: Friday, September 21**

**Depart from Mather's: 9:30 a.m.**

**Approximate return to Mather's: 4:30 p.m.**

**Cost: \$35**

*Please register in advance. Cost includes transportation and admission to the festival.*

*Limit 20.*



## **AMERICAN CLASSIC TOURS**

**July 31–August 2 (3 Days)**

**Sail from Wisconsin  
to Michigan!**

Lake Michigan  
Summer Harvest

**October 4–11 (8 Days)**

**See Autumn's Majesty!**

Autumn in  
the Adirondacks

**November 15–19 (5 Days)**

**Visit America's  
Music Showcase!**

Branson Holiday Shows

**January 22–**

**February 3, 2019 (13 Days)**

**Caribbean Cruise with  
Holland America**

Visit exciting ports-of-call!

**April 7–11, 2019 (5 Days)**

**Historic New Orleans!**

Explore the fascinating  
French Quarter.

**June 14–19, 2019 (6 Days)**

**Mackinac Island  
Lilac Festival!**

Step back in time at  
the Grand Hotel.

*For detailed tour itineraries*

*or to make a reservation,*

*please call American*

*Classic Tours Inc. at*

*(800) 666.0358 or*

*(847) 548.3333.*

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**

# FITNESS

ALL CLASSES ARE 50 MINUTES LONG UNLESS OTHERWISE NOTED.

## Line Dancing

Wednesdays, 11:00 a.m.

Step right up and have fun learning the footwork of popular line dances.

Dolores “Dee” Pillow will teach you the steps, and you can get a cardio workout as you practice. *Cost \$4*



## MONDAY

7:30–9:15 a.m. 10K Walkers

New walkers are always welcome! The group will walk every Monday and Wednesday, weather permitting. We'll meet at the Café and walk to Cole Park, returning to the Café by 9:15 a.m.

10:00–11:00 a.m. Urban Chi

*Wendell Williams, Instructor*  
Urban Chi takes a fun yet gentle approach to tai chi that will help you maintain balance, improve coordination and range of motion, and manage stress. No class on the first Monday of the month. *Cost \$5.75*

1:00 p.m. Group Exercise

*Cyndy Singleton, Instructor*  
Classes focus on cardiovascular fitness, strength training, flexibility, and balance. *Cost \$4.25*

## TUESDAY

7:30–8:50 a.m. Try Something New!  
Worth the Weight

*Sharon Smith, Possibilities Coach*  
Attend strength-training classes two days per week to improve your everyday functioning with the use of weights and bands. *Please preregister before the first class of the month. Cost \$28 per month*

10:30–11:15 a.m. Moving Easy

*Toni Hector, Instructor*  
If you have arthritis, join us for a unique class that will help you improve flexibility and range of motion as well as manage joint pain without weights. *Cost \$5.25 per class or \$8 for 2/week*

## WEDNESDAY

7:30–9:15 a.m. 10K Walkers

See Monday.

11:00 a.m. Try Something New!  
Line Dancing

See feature left.

12:00 p.m. Meditation & Relaxation

*Sharon Smith, Possibilities Coach*  
An accessible approach to meditation. Simple yoga breathing techniques will be covered. *Cost \$4.75*

1:00 p.m. Steppers Step Out

*Maurice Coes, Instructor*  
The moves of this popular dance are fun and easy to learn! *Cost \$5.25*

2:30 p.m. Men's Strength Training

*Toni Hector, Instructor*  
Train with a professional exercise instructor for improved daily function. *Cost \$5*

## THURSDAY

7:30–8:50 a.m. Worth the Weight

See Tuesday.

9:00 a.m. Tai Chi Movement

*Anthony Guerrero, Instructor*  
Learn the low-impact and non-strenuous movements associated with the traditional tai chi “long form.” *Cost \$6*

10:30 a.m. African Movement  
& Dance

*Toni Hector, Instructor*  
A low-impact workout designed to tone and strengthen in a structured way. *Cost \$4.50*

Ask our receptionist about our affordable Fitness Center membership!

# FREE RESOURCES



## Meditation & Relaxation

**11:30 a.m.–12:15 p.m. Moving Easy**  
See Tuesday.

### FRIDAY

#### 9:00 a.m. Balance II

*Toni Hector, Instructor*

Join us for a balance exercise class for those who want to maintain or improve their ability to function and move safely every day. *Cost \$5.25*

#### 10:15 a.m. Laughter Yoga

*Linda Hondras & Donna Lawrence, Instructors*

Come with an open mind and leave feeling rejuvenated and refreshed. *Cost \$3.50*

#### 11:15 a.m. Strength & Stretch

*Cyndi Singleton, Instructor*

Decrease your risk of falls, boost your metabolism and energy, and relieve joint pain. Increase flexibility and strength with moderate resistance training. *Cost \$4.25*

### Thursday, July 5

#### 1:00–2:30 p.m. Depression in Our Community

*Maureen Rafa, MetroSouth Medical Center, Senior Behavioral Health Center*  
Maureen will address everything about depression, from its definition and causes, to who is affected by it, to symptoms and treatments. We'll talk about stress management techniques that can help prevent it.

### Monday, July 9

#### 1:00–2:30 p.m. Home Ownership Education

*Sherman Tidwell, Managing Broker, Chicago Branch Office, Charles Rutenberg Realty*  
Learn the pros and cons of reverse mortgages, how to downsize, how to determine your home's value, and how to sell your house on your own or with an agent.

### Monday, July 16

#### 9:30–10:30 a.m. Why Can't I Breathe?

*Pamela Dominquez, UIC School of Public Health*  
Pamela will discuss asthma, the symptoms, treatment, and available services.

### Tuesday, July 24

#### 1:30–2:30 p.m. Think You Know about Identity Theft? Think Again!

*Kiela Smith, Uptown Independent Associate Business Solutions with LegalShield*  
Did you know there are seven different kinds of identity theft and fraud? Learn steps to protect yourself and receive a free 40-page guide on steps to restore your identity and limit the damage.

### Wednesday, August 29

#### 9:30–10:30 a.m. Parkinson's Disease

*Jessica Bartsch, MS in Counseling, NBCC*  
Learn more about Parkinson's disease, including how it can affect women differently than men in both symptoms and treatment. This presentation is also recommended for caregivers.

### Monday, September 24

#### 2:00–3:00 p.m. CPR for Pets

*Courtnye Nicole Jackson, DVM*  
Learn how to combat heat stroke, perform CPR, control bleeding, and other cat and dog first-aid skills.

#### 2:30–3:30 p.m. Mather's—More Than a Café Quarterly Birthday Club

Join us if your birthday is in July, August, or September!



## BUSINESS EXPO WEEK

Mather's—More Than a Café hosts a week-long business expo every month for those who would like to share information or sell their wares. *Call (773) 488.2801 to participate as a vendor/exhibitor or for more details. Vendor cost \$30/day*

Mark your calendar for the following weeks:

**July 2–6, August 6–10, September 4–7,  
9:30 a.m.–1:30 p.m.**

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**



# ONGOING EVENTS

## MAGAZINE RELEASE DAY!

**FRIDAY,  
SEPTEMBER 7**

Join us on September 7 to see the NEXT *More at Mather's* magazine. Register for an event in October, November, or December, and get a **FREE cookie, tea, or coffee!**

*Note: you must register on-site and pay in full on September 7 to receive incentive. One item per customer.*

## MONDAY

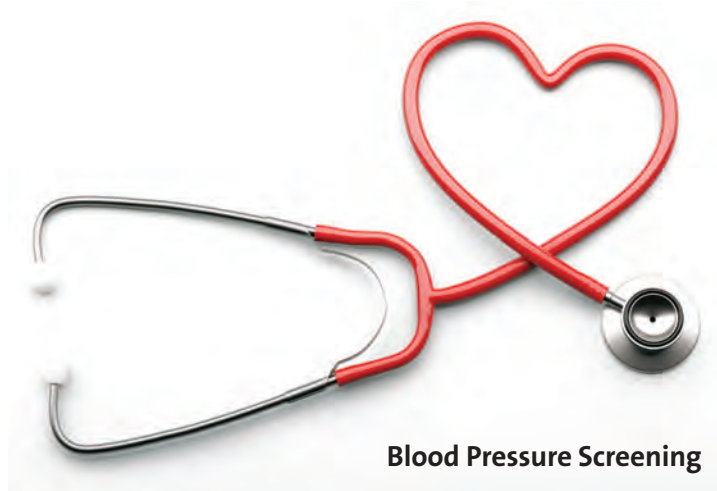
**9:00–11:00 a.m.  
Red Hat Society**

A support network for women to focus on friendship, sisterhood, and fun. Takes place the first Monday of each month. *Membership is at capacity at this time.*

**11:00 a.m.–12:30 p.m.  
Prime Time Sister Circle II**

Currently accepting participants who have completed the 12-week PTSC curriculum. Call Sharon Smith at (773) 488.2805 for more information.

**3:00–4:00 p.m. Mather's—  
More Than a Café Chorus**  
The Chorus performs year-round concerts. *Waiting list. FREE*



**Blood Pressure Screening**

## TUESDAY

**9:00 a.m.–12:30 p.m.**

### Piano Lessons

Thirty-minute lessons for beginners and those with limited experience. *No space available at this time. Check with the front desk for availability. Suggested Donation \$25 for 4 lessons*

**12:00–2:30 p.m.**

### Consultation: Benefits Check-Up.org

Are you eligible for local and national benefits? A visiting consultant can tell you how you may qualify. *Appointment required. FREE*

**12:30–2:00 p.m.**

**Prime Time Sister Circle I**  
*No space available at this time. Check with the front desk for availability.*

## WEDNESDAY

**12:00–2:00 p.m.**

### Senior Health Insurance Program (SHIP)

*By appointment only. FREE*

**12:00–2:30 p.m. Consult  
with a Social Worker**

A licensed social worker will be available for individual consultations. Get information and referrals to community services. *Appointment required. FREE*

## THURSDAY

**12:00–2:00 p.m. Learn  
about RTA Free Transit**

Sign up for free rides on the RTA. *FREE*

**2:00–4:00 p.m. Open Bridge/  
Whist/Scrabble/Chess Club**

Join other card sharks or enjoy the game of your choice. Scrabble and chess players may bring their own boards. *Suggested Donation \$1.30*

## FRIDAY

**11:30 a.m.–1:30 p.m.  
Blood Pressure Screening**

Get your blood pressure checked each week by a registered clinician. *FREE*

## Mather's Chicagoland Locations

**7134 W. Higgins Avenue, Chicago, IL**

**3235 N. Central Avenue, Chicago, IL**

**33 E. 83<sup>rd</sup> Street, Chicago, IL**

**For information, please call**

**(888) 600.2560.**

Mather LifeWays opened Mather's—More Than a Café in 2000. Mather LifeWays enhances the lives of older adults by creating Ways to Age Well.<sup>SM</sup>

### Important Information

**TRIP DEPOSITS:** Full trip payment is due at time of registration to reserve your place. If you cancel your reservation and we are able to sell your ticket, we can refund your money in full or you can apply your payment towards another event in 2018. No refunds will be issued unless your reservation can be replaced.

**WAIVERS:** Participants registering for any programs involving physical activity and trips/tours must sign the Waiver of Liability available at the Café prior to participation.

**SPECIAL ACCOMMODATION:** When registering for an event, please notify the Café of any special accommodations needed.

### Disclaimers

**GENERAL DISCLAIMER:** The opinions expressed by presenters are their own and do not reflect the views of Mather LifeWays or any of the sponsoring organizations.

**PHOTOGRAPHY DISCLAIMER:** Mather's uses pictures of events and participants to inform others about these opportunities. Some pictures may be used on our Facebook page. If you do not want your picture taken, please tell our photographer.

### HEALTHY LIVING DISCLAIMER

Mather's—More Than a Café implemented a members-only process for all its fitness programs in order to comply with City of Chicago licensing rules. Mather's fitness programs will be available only to Mather's members. There is no charge for this membership, no paperwork for you to complete, and no ID card or badge. The next time you check in with the Café receptionist, simply confirm your fitness membership. If you are a new visitor, please sign up for this free membership at the front desk. At any time if you do not wish to be enrolled, please contact the Café Manager or receptionist.

### LESSONS & LECTURES DISCLAIMER

In order to comply with City of Chicago licensing rules, lessons and lectures other than computer classes and fitness programs will have a suggested donation. We hope you will make the suggested voluntary donations so we may continue to bring high-quality programs to Mather's. Any donations are purely voluntary and can even be deducted from your income taxes!

### ENTERTAINMENT DISCLAIMER

Entertainment is available to all customers regardless of meal purchase. We hope you will make the suggested donation so we may continue to bring high-quality programs to Mather's. Any donations are purely voluntary and can even be deducted from your income taxes! Mather's—More Than a Café does reserve the right to reserve seating for those customers purchasing meals.

**Mather LifeWays is committed to helping the Earth Age Well. Please recycle.**

# July | August | September At-a-Glance

## WEEKLY EVENTS

### Monday

7:30 a.m. 10K Walkers.....	10
10:00 a.m. Urban Chi.....	10
11:00 a.m. Prime Time Sister Circle II.....	12
1:00 p.m. Group Exercise.....	10

### Tuesday

7:30 a.m. Worth the Weight.....	10
10:30 a.m. Moving Easy.....	10
12:00 p.m. Consultation: Benefits Check-Up.org.....	12

### Wednesday

7:30 a.m. 10K Walkers.....	10
11:00 a.m. Line Dancing.....	10
12:00 p.m. Senior Health Insurance Program (SHIP).....	12
12:00 p.m. Consult with a Social Worker.....	12
12:00 p.m. Meditation & Relaxation.....	10
1:00 p.m. Steppers Step Out.....	10
2:30 p.m. Men's Strength Training..	10

### Thursday

7:30 a.m. Worth the Weight.....	10
9:00 a.m. Tai Chi Movement.....	10
10:30 a.m. African Movement & Dance.....	10
11:30 a.m. Moving Easy.....	11
12:00 p.m. Learn about RTA Free Transit.....	12
2:00 p.m. Open Bridge/Whist/ Scrabble/Chess Club.....	12

### Friday

9:00 a.m. Balance II.....	11
10:15 a.m. Laughter Yoga.....	11
11:15 a.m. Strength & Stretch...	11
11:30 a.m. Blood Pressure Screening.....	12

## JULY

### Monday, July 2

2:00–3:00 p.m. African American Health & Aging.....	7
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### Tuesday, July 3

12:30–3:00 p.m. Star-Spangled Banner Carnival.....	3
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### Wednesday, July 4

**CAFÉ CLOSED – Happy Independence Day!**

### Thursday, July 5

1:00–2:30 p.m. Depression in Our Community.....	11
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### Friday, July 6

1:00–2:30 p.m. Lorraine Hansberry: Sighted Eyes/Feeling Heart.....	4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party.....	8

### Monday, July 9

1:00–2:30 p.m. Home Ownership Education.....	11
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### Wednesday, July 11

10:00–11:00 a.m. Food for Thought: Best Foods for Eye Health.....	6
2:00–3:00 p.m. Alternative Wellness: A 3-Part Series.....	6

### Thursday, July 12

11:00 a.m.–12:00 p.m. Color Me Relaxed.....	8
1:00–2:00 p.m. Getting Your House in Order: A 3-Part Series.....	4
2:00–4:00 p.m. Smartphone Basics, Part 1.....	3

### Friday, July 13

1:00–2:30 p.m. <i>Full Circle: Race, Law &amp; Justice</i> .....	4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase.....	8

### Monday, July 16

9:30–10:30 a.m. Why Can't I Breathe?.....	11
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### Tuesday, July 17

1:00–2:00 p.m. Test Your Nutrition IQ..	6
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### Wednesday, July 18

**CAFÉ CLOSED – All-Employee Meeting**

### Thursday, July 19

1:00–2:00 p.m. Getting Your House in Order, Part 2.....	4
2:00–4:00 p.m. Smartphone Basics, Part 2.....	3

### Friday, July 20

11:30 a.m.–1:00 p.m. Basket Coiling, Session 1.....	8
1:00–2:30 p.m. <i>Harold Washington and the Civil Rights Legacy</i> .....	4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party.....	8

### Tuesday, July 24

1:30–2:30 p.m. Think You Know about Identity Theft? Think Again!..	11
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### Wednesday, July 25

9:00–11:00 a.m. Book Club.....	4
11:30 a.m.–1:00 p.m. The Culinary Delighters Present: Thai Green Chicken Curry.....	3
1:00–2:00 p.m. Your True Blueprint: A New Age Medical Solution.....	6

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

### Thursday, July 26

11:00 a.m.–12:00 p.m. Color Me Relaxed	8
1:00–2:00 p.m. Getting Your House in Order, Part 3	4

### Friday, July 27

1:00–2:30 p.m. <i>Ida in Her Own Words</i>	4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	8

### Monday, July 30

11:00 a.m.–12:00 p.m. Women's Pelvic Health: A 3-Part Series	6
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## AUGUST

### Wednesday, August 1

9:00–10:30 a.m. Music Movement	6
1:00–2:30 p.m. The Culinary Delighters Present: Tamales	3

### Thursday, August 2

10:00 a.m.–2:00 p.m. AARP Safe Driving Course Overview & Registration	8
2:00–4:00 p.m. Getting Started with Facebook, Part 1	3

### Friday, August 3

11:30 a.m.–1:00 p.m. Basket Coiling, Session 2	8
1:00–2:30 p.m. <i>Murder in the News</i>	4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party	8

### Monday, August 6

11:00 a.m.–12:00 p.m. Women's Pelvic Health, Part 2	6
1:30–3:00 p.m. Celebrate National Root Beer Day!	3
2:00–3:00 p.m. Making an Informed Decision about Medicare	7

### Wednesday, August 8

10:00–11:00 a.m. Food for Thought: Farm-Raised or Wild-Caught Seafood?	7
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### Thursday, August 9

11:00 a.m.–12:00 p.m. Color Me Relaxed	8
12:30–4:30 p.m. AARP Safe Driving Course, Part 1	8
2:00–4:00 p.m. Getting Started with Facebook, Part 2	3

### Friday, August 10

1:00–2:00 p.m. Nat "King" Cole: Unforgettable	5
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	8

### Saturday, August 11

TRIP: <i>The Greatest Love of All: The Whitney Houston Show</i>	9
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### Monday, August 13

11:00 a.m.–12:00 p.m. Women's Pelvic Health, Part 3	6
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### Wednesday, August 15

1:00–3:00 p.m. Your True Blueprint: A New Age Medical Solution	6
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### Thursday, August 16

12:30–4:30 p.m. AARP Safe Driving Course, Part 2	8
2:00–4:00 p.m. Computer Basics, Part 1	3

### Friday, August 17

1:00–2:30 p.m. Marcus Garvey & the Garvey Movement	5
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party	8

### Monday, August 20

11:00 a.m.–2:00 p.m. 14th Annual Summer Wellness Academy, Day 1	7
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### Tuesday, August 21

11:00 a.m.–2:00 p.m. 14th Annual Summer Wellness Academy, Day 2	7
2:00–3:00 p.m. Alternative Wellness, Part 2	6

### Wednesday, August 22

9:00–11:00 a.m. Book Club	5
11:00 a.m.–2:00 p.m. 14th Annual Summer Wellness Academy, Day 3	7
12:00–2:00 p.m. Book Lovers' Fair	5

### Thursday, August 23

Float Day: Delightful Ice Cream Floats	3
11:00 a.m.–12:00 p.m. Color Me Relaxed	8
11:00 a.m.–2:00 p.m. 14th Annual Summer Wellness Academy, Day 4	7
2:00–4:00 p.m. Computer Basics, Part 2	3

### Friday, August 24

11:00 a.m.–2:00 p.m. 14th Annual Summer Wellness Academy, Day 5	7
7:50–9:00 p.m. Mather's Got Talent Open Mic Showcase	8

### Wednesday, August 29

9:30–10:30 a.m. Parkinson's Disease	11
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### Thursday, August 30

1:00–2:00 p.m. Your True Blueprint: A New Age Medical Solution	6
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### Friday, August 31

*The Café will be closed this evening for a private event.*

1:00–2:30 p.m. <i>Lifting as They Climbed</i>	5
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## SEPTEMBER

### Monday, September 3

**CAFÉ CLOSED – Happy Labor Day!**

### Thursday, September 6

2:00–4:00 p.m. Learn Excel Basics,  
Part 1 . . . . . 3

### Friday, September 7

**Magazine Release Day!**

1:00–2:00 p.m. The Divine One:  
Sarah Vaughn . . . . . 5

1:00–2:30 p.m. Music & Memory,  
Session 1 . . . . . 5

5:00–9:00 p.m. Friday Night Live  
at Mather’s Steppers & Line  
Dance Party . . . . . 8

### Tuesday, September 11

2:00–3:00 p.m. Alternative Wellness,  
Part 3 . . . . . 6

### Wednesday, September 12

10:00 a.m.–12:00 p.m. Food for  
Thought: Whole Grains Month. . . . . 7

### Thursday, September 13

11:00 a.m.–12:00 p.m. Color Me  
Relaxed . . . . . 8

1:00–3:00 p.m. Like Water for  
Chocolate Tasting . . . . . 3

2:00–4:00 p.m. Learn Excel Basics,  
Part 2 . . . . . 3

### Friday, September 14

1:00–2:30 p.m. The Current Political  
Scene . . . . . 5

1:00–2:30 p.m. Music & Memory,  
Session 2 . . . . . 5

5:00–9:00 p.m. Mather’s Got Talent  
Open Mic Showcase . . . . . 8

### Monday, September 17

9:00–10:00 a.m. Introduction to  
Macramé: A 2-Part Workshop . . . . . 8

### Wednesday, September 19

9:00 a.m.–2:00 p.m. Free Flu Shots  
& Pneumonia Vaccines . . . . . 7

10:30 a.m.–12:00 p.m. Men’s Lunch  
and Learn: Nutritional Health  
for Men . . . . . 7

### Thursday, September 20

2:00–4:00 p.m. Email Basics, Part 1 . . . 3

### Friday, September 21

TRIP: Long Grove Apple Fest . . . . . 9

1:00–2:00 p.m. *From Colored to  
Black* . . . . . 5

1:00–2:30 p.m. Music & Memory,  
Session 3 . . . . . 5

5:00–9:00 p.m. Friday Night Live  
at Mather’s Steppers & Line  
Dance Party . . . . . 8

### Monday, September 24

9:00–10:00 a.m. Introduction to  
Macramé, Part 2 . . . . . 8

2:00–3:00 p.m. CPR for Pets . . . . . 11

2:30–3:30 p.m. Mather’s—More Than  
a Café Quarterly Birthday Club . . . . . 11

4:00–7:00 p.m. Mather’s—More Than  
a Café Chorus 14th Anniversary  
Party . . . . . 8

### Wednesday, September 26

9:00–11:00 a.m. Book Club . . . . . 5

1:00–2:30 p.m. The Culinary  
Delighters Present: Cooking with  
Dried Fruit . . . . . 3

### Thursday, September 27

11:00 a.m.–12:00 p.m. Color Me  
Relaxed . . . . . 8

2:00–4:00 p.m. Email Basics,  
Part 2 . . . . . 3

### Friday, September 28

1:00–2:00 p.m. More Untold &  
Mistold Stories of African American  
History . . . . . 5

5:00–9:00 p.m. Mather’s Got Talent  
Open Mic Showcase . . . . . 8

## Thank you for being a part of Mather’s— More Than a Café

Mather’s—More Than a Café customers tell us they love the sense of community, well-being, and exploration they experience at our locations. The Cafés are a part of Mather LifeWays— a unique, non-denominational not-for-profit organization founded more than 75 years ago and dedicated to developing and implementing Ways to Age Well.<sup>SM</sup>

We are looking to the kindness and caring of people like you to help us continue to provide our quality (and fun!) lessons, lectures, and entertainment. Please join our family of donors with a gift of \$25, \$50, \$100, or any amount that is right for you. You’ll see your generosity at work every time you walk through our door.

Your tax-deductible gift can be made in person at any Mather’s—More Than a Café, or by mail to:

Mather Possibilities  
1603 Orrington Avenue  
Suite 1800  
Evanston, IL 60201

*Please make your check payable to Mather Possibilities and indicate “Café” on the memo line.*

**PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS**

# Celebrate Our Chorus!

## Mather's—More Than a Café Chorus 14th Anniversary Party

**MONDAY, SEPTEMBER 24  
FROM 4:00 TO 7:00 P.M.**

Help us celebrate our chorus! For 14 years, this dynamic group has performed for us and represented Mather's—More Than a Café throughout the community.

Join us for this milestone performance and help us thank them for their contribution.

Our celebration dinner will include smothered lemon chicken, fresh mixed vegetables, mashed potatoes, homemade corn muffins, punch, and dessert.

*Meal Cost \$10; Entertainment Suggested Donation \$5*