

More at Mather's

JULY | AUGUST | SEPTEMBER 2018



Cheese Tasting with a Flair!
p. 8

Try something new! Join our Café Critics' Club. See page 6.

7134 W. Higgins Avenue, Chicago, IL 60656 | (773) 774.4804



mather's | more than a **café**

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MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Friday: 7:30 a.m.–8:00 p.m.

(menu available until 7:45 p.m.)

Saturday: 8:00 a.m.–3:00 p.m. (menu available until 2:45 p.m.)

FITNESS

ALL CLASSES ARE 45 MINUTES LONG

MONDAY

9:00 a.m. Yoga

Yoga is wonderful for muscle tone, strength, and flexibility. Please wear loose, comfortable clothing, bring a towel or mat, and don't eat one hour before class. *Cost \$5*

TUESDAY

9:00 a.m. Walking Club

Get out in the neighborhood, feel fantastic in the fresh air, and get the exercise you want while you chat with friends. Weather permitting, this group meets April through October. *FREE*

9:30 a.m. Muscle Movers

Get moving while increasing flexibility. Warm up and gain strength for higher energy challenges. *Cost \$3*

10:30 a.m. Prime Time Fitness

Achieve balance physically and mentally with aerobic activity aimed at improving your cardiovascular health and well-being. *Cost \$3*

11:30 a.m. Jazzercise

Jazzercise borrows moves from dance, hip-hop, yoga, Pilates, and resistance training and bundles them into one powerful hour. *Cost \$5*

WEDNESDAY

11:00 a.m. Jazzercise

See Tuesday.

6:00 p.m. Mind-Body Workout

This class blends tai chi, Qigong yoga, meditation, and relaxation to help with balance, core strength, mobility, and energy flow. *Cost \$4*

THURSDAY

9:00 a.m. Walking Club

See Tuesday.

9:00 a.m. Try Something New! Chair Yoga

Joan McGee, Instructor
Join Joan on July 12, August 9, and September 6. You'll get the benefits of yoga using a chair: improve flexibility and muscle tone. *Cost \$5*

10:00 a.m. Tai Chi

Tai chi is non-impact and will move you slowly and gently while promoting full-body strength, stamina, and flexibility. *Cost \$5*

11:00 a.m. Total Body Fit

Get energized with some vigorous cardio moves (keep that heart healthy!), build muscle strength, and tone up. *Cost \$3*

FRIDAY

9:00 a.m. Total Body Fit

See Thursday.

SATURDAY

10:00 a.m. Total Body Fit

See Thursday.

MUSIC & ENTERTAINMENT



ACOUSTIC EVENINGS

Thursdays, 6:30–7:30 p.m.

Join us for an evening of local talent. Each week we'll feature a different musician—and a unique musical experience! Come early for dinner, and keep in mind we're BYOB.

Suggested Donation \$5

Friday, July 6

6:00 p.m. Friday Night Live: Billy Blues Acoustic Duo

Enjoy modern arrangements of classic blues, rock, country, and jazz in our intimate Friday Night Live setting. *Suggested Donation \$9*

Monday, July 9

12:30–2:30 p.m.

Sub Sandwiches & Songs

Mark Dvorak, Old Town School of Music
Dine on a big sub sandwich, homemade chips, fruit salad, dessert, and a fountain drink, then enjoy a program of songs and stories for every generation. *Meal Cost \$9 Entertainment Suggested Donation \$9*

Tuesday, July 10

6:30–7:30 p.m.

Open Mic Night

We're hosting an open mic for song, poetry, comedy, and spoken word. Sign-up starts at 5:00 p.m. **FREE**

FRIDAY NIGHT LIVE

Enjoy the music of local artists in an intimate setting on select Friday nights.

If you have dinner at the Café before or after the evening's entertainment, your show ticket will entitle you to a complimentary fountain drink or coffee and a dessert with your dinner.

Friday, July 13

6:00 p.m. Friday Night Live: Irish Musician Kitty Donohoe

AllMusic called Emmy Award-winner Kitty Donohoe "a rare songwriter with tremendous range, a beautiful voice and an ability to write haunting, melodic and literate songs." *Suggested Donation \$10*

Friday, July 27

6:00 p.m. Friday Night Live: The Actors Gymnasium Presents Douglas Grew

Watch Douglas spin plates, juggle, and balance a ball on the tip of a parasol—all while standing on a rolling globe! *Suggested Donation \$9*

Friday, August 3

6:30 p.m. Friday Night Live: The Actors Gymnasium Presents Humor in Aging with Edd Fairman

This entertaining performer employs comedy, magic, improvisation, and technology. *Suggested Donation \$9*

Friday, August 10

6:00 p.m. Friday Night Live: Music of the 1940s with DJ Chris Walz

Disc jockey Chris puts his turntables to work spinning classic 78 RPM records from the Big Band era. Come and cut a rug, or just enjoy some great music. '40s apparel is encouraged! *Suggested Donation \$9*

Friday, August 17

6:00 p.m. Friday Night Live: Blues Party with Scott Madden & Special Guests

Scott and his talented group of special guests will perform delightful blues classics. *Suggested Donation \$9*

Wednesday, August 22

12:30 p.m. Rat Pack Italian Luncheon

Join us for a delicious Italian meal, and listen as Jerry Armstrong pays tribute to some legends of Vegas. *Meal Cost \$10; Suggested Entertainment Donation \$8*



**Irish Musician
Kitty Donohoe**

Friday, August 24

6:00 p.m. Friday Night Live: Chicago Folk Artist Mark Dvorak

Mark has played all over the country, and tonight he brings his special mix of traditional folk music and American songbook standards to our Café. *Suggested Donation \$9*

Friday, September 7

6:00 p.m. Friday Night Live: Karaoke with Chief Pesi & the Royale Review

Join Chief Pesi and his friends for a lively evening of singing. Bring your best smile and be a part of the fun! *Suggested Donation \$9*

Friday, September 21

6:00 p.m. Friday Night Live: Christopher Walz Bluegrass Duo

This talented duo brings stories, harmony, and some amazing flatpickin' fun as they pay homage to America with their grassroots music. *Suggested Donation \$9*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

LIFELONG LEARNING

THE GREAT COURSES—Cognitive Behavioral Therapy: Techniques for Retraining Your Brain

Saturdays, 11:30 a.m.

Buddy Cole, Facilitator



Why is it so hard to establish healthy habits? Why do couples argue about the same issues over and over? Why do people lie awake at night, stricken with worry and anxiety? The answers to these

questions—and the path to lasting change in your life—lie in cognitive behavioral therapy, a well-tested collection of practical techniques for managing moods and modifying undesirable behaviors through self-awareness, critical analysis, and taking steps toward gradual, goal-oriented change.

Suggested Donation \$1 per session

July 7: Cognitive Behavioral Foundations/
Quantified Self-Assessment for Therapy

July 14: Setting Therapeutic Goals/Third-Wave
Cognitive Behavioral Therapy

July 21: Stress and Coping/Anxiety and Fear

July 28: Treating Depression/Anger and Rage

August 4: Advanced Cognitive Behavioral Therapy/
Positive Psychology

August 11: Healing Traumatic Injuries/
Forgiveness and Letting Go

August 18: Digging Deep and Finding Meaning/
Cognitive Behavioral Therapy and Medicine

August 25: Staying on the Wagon/Thinking Healthy:
Weight and Nutrition

September 1: Behavioral Therapy for Chemical
Addictions/Getting a Good Night's Sleep

September 8: Mastering Chronic Pain/Building and
Deepening Relationships

September 15: Constructive Conflict and Fighting Flair/
Thriving at Work through Behavioral Health

September 22: Developing Emotional Flexibility/
Finding the Best Help

Monday, July 9

6:00 p.m. A Gift of Life: Who's Writing Your Story?

Ken Bredemeier, Writer

Only you can tell the stories of love, loss, forgiveness, and change in your life. Don't leave the task of finding the truth about your life's history to someone else; take the time to write your own story. We'll show you how to go about it and different ways you can share it with your children and grandchildren.

FREE

Wednesday, July 11

1:00 p.m. Japanese Culture

Pamela Martinez, Artist

Join Pamela Martinez for a fascinating slide-show presentation covering her 13-day trip to Japan. Hear about the country's exotic culinary experiences and traditional arts, and see firsthand some of Pamela's personal collection of Japanese art objects.

Suggested Donation \$8

3:00 p.m. Trends in Today's Real Estate Market

Mike Stangel, Realtor

Mike will discuss how Chicago's real estate market has changed and how to get the most bang for your buck when you're selling your home or buying a new one. *FREE*

The Genius of Charlie Chaplin



Monday, July 16

1:30 p.m. Classic Vocalists

*Mike Delaney,
Media Historian*

Mike has assembled a collection of rarely seen videos of many of your favorite vocalists: Frank Sinatra, Bing Crosby, Peggy Lee, Louis Armstrong, Lena Horne, and others. Enjoy a few surprises, as well as an old-fashioned sing-along!
Suggested Donation \$8

Monday, July 23

1:00 p.m. Try Something New! Halim Time & Glass Museum

*Cameel Halim,
Museum Founder*

Cameel Halim and his family recently built a gorgeous five-story building in Evanston to house his collection of more than a thousand antique clocks and assorted masterpieces of stained glass. Get an introduction to the history of timepieces and a virtual tour of this fantastic museum.
Suggested Donation \$3

2:30 p.m. The Genius of Charlie Chaplin

Rich Lang, Presenter

Today, Charlie Chaplin is widely regarded as one of the greatest artists in motion-picture history. Learn more about this innovative actor, director, filmmaker, and composer.

FREE

Wednesday, July 25

12:30 p.m. Electricity: Stay Safe & Up to Date

Jack Arnold, Principal, Arnold Electric Services

Make sure your home electrical system and all your electric appliances are safe and up to date. Jack will point out potential electrical dangers homeowners often ignore and will discuss new products.

FREE

Thursday, July 26

1:00 p.m. Einstein Was Right! Gravitational Waves & Why They Matter

Shane Larson, Northwestern University & Adler Planetarium

Learn about a groundbreaking discovery from a local professor who played a significant role. Just last year, Dr. Larson and others confirmed that Einstein was right. Hear about gravitational waves in space and how they can help us unravel mysteries about our universe. **FREE**



Water Worlds

Monday, July 30

6:00 p.m. The History of Norwood Park & Jefferson Park

Richard Lindberg, Author & David Witter, Author



Rich Lindberg, the dean of Chicago historians, and popular author David Witter present a multifaceted history of the Norwood Park and Jefferson Park communities. We'll discuss tragic events in the neighborhoods' histories and explore long-forgotten favorite businesses like Lockwood Castle. *Suggested Donation \$5*

Wednesday, August 1

1:00–2:30 p.m.

Water Worlds

Jim Rowan, Naturalist, Historian & Photographer
Jim will introduce you to many of the ocean's birds, mammals, fish, and invertebrates, ending the program with gorgeous photos of coastlines and beaches

from around the world. *Suggested Donation \$8*

Monday, August 6

1:30 p.m. Phyllis Diller: Comedy Queen

Richard Buskin, Author



Phyllis Diller entertained audiences for decades with her novel material, her crazy looks, and her wild cackling laughter. Hear the story of her truly unusual life, with photos and video clips, as told to *New York Times* best-selling author Richard Buskin. *Suggested Donation \$8*

Wednesday, August 8

1:00–2:00 p.m. The Great Plains Indians

Ronnie Huss, Historian

Learn about the culture of the Great Plains Indians in the 1800s and how it was shaped by the climate, the land, and the natural resources in central North America. *Suggested Donation \$5*



The Lana Turner Scandal

Thursday, August 9

1:30–4:30 p.m. Save a Life—Learn CPR!

Claire Lenell, Assistant Café Manager & Certified CPR Instructor

Learn techniques that can help save a life in the event of an emergency. You will also receive training on the AED (automated external defibrillator) and on choking. Upon completion, you will receive your Adult CPR/AED certification. *All materials are included. Cost \$20*

Monday, August 13

1:00 p.m. The Lana Turner Scandal

Richard Babcock, Former Editor, Chicago Magazine
Sixty years ago, Johnny Stompanato, a young man from Woodstock, Illinois, was found stabbed to death in the bedroom of his lover, movie goddess Lana Turner... and the murderer was Turner's 14-year-old daughter! Richard Babcock, also from Woodstock, tells the strange story, based on his article in *Chicago* magazine. *Suggested Donation \$5*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS



**CAFÉ CRITICS' CLUB:
The Romantic
Comedy Genre:
A 4-Week Series**

Join us for this four-week series exploring the romantic comedy genre. We'll view some classics and study the conventions, plots, and formulas used to make these popular movies.

In the final session, Chicago film critic Ron Falzone will lead an interactive discussion of the movies we viewed and the genre. Free popcorn included!
Suggested Donation \$12 for the series

**Monday,
August 27
3:30 p.m.**

When Harry Met Sally

**Monday,
September 10
3:30 p.m.**

Divorce American Style

**Monday,
September 17
3:30 p.m.**

Up in the Air

**Monday,
September 24
5:30 p.m.**

Discussion with
Ron Falzone



Wednesday, August 15

1:00–4:00 p.m. Critic's Choice: *A Man Called Ove* by Fredrik Backman

Share your thoughts after we watch the film version of a book we've read during the month. See Café manager for details.

Thursday, August 23

**1:00 p.m. *White Like Her*
Gail Lukasik, Author**



**AUTHOR
PRESENTATION**

Gail shares the story of her mother's racial passing as a white woman, though she had black ancestry, and Gail's own struggle with racial identity. Gail's genealogical journey led her to discover a family she never knew she had. *Suggested Donation \$8*

Thursday, August 30

**1:00 p.m. The Polish Presence in Films
Joseph W. Zurawski, Author**



**AUTHOR
PRESENTATION**

Joseph Zurawski has analyzed more than 1,300



films to determine how Polish Americans and other elements of Polish culture have been depicted. Along with the lecture, enjoy some delicious Polish treats!
Suggested Donation \$5

Monday, September 10

**6:00 p.m. *Queen Elizabeth II*
Leslie Goddard, Historian**

In this illustrated lecture, Leslie explores the life of Britain's long-reigning monarch. You'll get a close-up view of her relationships with her children and her grandchildren, and get to know the Queen's spirited personality, sense of humor, and savvy intelligence.
Suggested Donation \$8

Monday, September 17

**1:30 p.m. *Cross Your Fingers: A Brief History of Superstitions*
Paula Fenza, Presenter**

Learn about the fascinating origin and history of many common superstitions in Paula's lively and fun presentation. *Suggested Donation \$3*

Wednesday, September 19

1:00–4:00 p.m. Critic's Choice: *The Man with the Golden Arm* by Nelson Algren

Monday, September 24

**1:00 p.m. Mae West
Rich Lang, Presenter**
Known for her bawdy one-liners and sizzling on-screen personality, Mae West was a versatile actress, singer, playwright, and comedian, but her life and career were not without controversy. Find out more about this multifaceted performer. *FREE*

Wednesday, September 26

**1:00–2:30 p.m. Try Something New!
The Mighty Mississippi
Jim Rowan, Naturalist, Historian & Photographer**
Take a virtual cruise down this great American waterway. Enjoy Jim's photos and stories about the sites we'll pass, including historic villages, Civil War battlefields, Indian mounds, plantations, and state parks. *Suggested Donation \$8*

FREE RESOURCES

Mondays, July 9, August 13 & September 10

**10:00–11:00 a.m. Coffee Club
Financial Advisors, Edward Jones**
Let's get to know each other
as we discuss current events,
the economy, and investing in
a relaxed setting. Bring your
family and friends—the coffee
is on us!

Wednesday, August 29

**2:00 p.m. Mather Connections
Volunteer Meeting**
Calling all current volunteers!
Let's meet at Mather's—More
Than a Café in Portage Park to
learn what's new.

Thursday, August 30

2:30 p.m. Community Safety Tips
*Annette Ruiz, Chicago Police
Department*
Community Resource Officer
Annette Ruiz will discuss what
you need to know to protect
yourself and your home in
today's world.

Thursday, September 27

**2:30–3:30 p.m. Volunteer at
Mather's—More Than a Café**
*Claire Lenell, Assistant Café
Manager & Volunteer Coordinator*
Learn about the great volunteer
opportunities Mather's—
More Than a Café has to offer!
You'll hear about the volunteer
program, the benefits of being
a volunteer, and have an oppor-
tunity to ask questions.

TRIPS



The Cher Show

Oriental Theatre, Chicago
Experience the Broadway-bound musical
about the life and career of Cherilyn
Sarkisian La Piere Bono Altman, or as her
friends call her, Cher! Reminiscent of the
Sonny & Cher Show, this live performance
will feature all of her chart-topping hits.
DATE: Wednesday, July 11,
11:30 a.m.–5:00 p.m.
Departure Location: Mather's –
7134 W. Higgins Avenue
Cost: \$75
Please pay and register by Saturday,
June 30. Cost includes admission and
transportation. Limit 25.

Halim Glass & Time Museum/ The Mather

Evanston, IL
Evanston's new museum boasts one
of the finest collections of its kind.
Admire the artistry and craftsmanship
of over 1,000 timepieces and more than
30 stained glass masterpieces from
Tiffany to Tillinghast. After a guided tour,
we'll travel to The Mather for a gourmet
lunch and a tour of Mather LifeWays
award-winning senior living community.
DATE: Thursday, August 9,
9:00 a.m.–4:00 p.m.

Departure Location: Mather's –
3235 N. Central Avenue

Cost: \$45

Please pay and register by Friday, July 27.
Cost includes transportation, lunch, and
admission. Limit 12.

Cubs vs. St. Louis Cardinals

Wrigley Field, Chicago

Join us for a fun day at the ball game
and cheer on the Cubbies as they take on
their arch-rivals. We'll take you to Wrigley
Field and back on a coach bus—your lunch,
peanuts, and Cracker Jack is up to you!

DATE: Friday, September 28,
11:00 a.m.–5:30 p.m.

Departure Location: Mather's –
7134 W. Higgins Avenue

Cost: \$90

Please pay and register by Friday,
September 7. Cost includes game ticket
and transportation only. Limit 35.

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!

*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

CULINARY DELIGHTS

Check out our
NEW summer
dinner menu!

Kids eat FREE

from the kids' menu
after 4:00 p.m. July
through September.

Offer applies to one
child age 10 and
under per adult.



Lunch Special: Mondays in July

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

Monday, July 30

1:00–2:30 p.m. The Culinary
Delighters Present:
Grilled Veggies

Watch and taste as José
grills up summer's best
vegetables and turns them
into a delightful main
course. Cost \$7



Lunch Special: Mondays in August

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

Wednesday, August 1

2:30–4:00 p.m. Decorating
Icebox Cookies, Session 1

Michele Hansen, Instructor
Join us for this sweet work-
shop! Master techniques for
frosting and decorating
icebox cookies. Then take
home some of your handi-
work. All supplies included.
Suggested Donation \$10



Grilled Veggies

4:30–6:00 p.m. Decorating
Icebox Cookies, Session 2
Michele Hansen, Instructor
Michele offers a repeat of
this afternoon's workshop—
but this time she invites you
to bring your grandchildren
to help decorate (ages 7 to
12) for an additional \$5
each. All supplies included.
Suggested Donation \$10

Monday, August 6

Float Day: Delightful Ice
Cream Floats

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

Wednesday, August 15

4:00–5:30 p.m. The Culinary
Delighters Present: Summer
Salad Spectacular

Learn how to prepare
cedar-planked salmon
with garnishes using fresh
greens and vegetables.
Hear how we're sourcing
produce from local
gardeners. Cost \$9

Thursday, August 16

2:30 p.m. Cheese Tasting
with a Flair!

Aleca Breneman, Instructor
BYOB and sample some
delicious cheeses and appe-
tizers with cheese expert
Aleca. Learn about origins
and pairings for each sample.
Suggested Donation \$10

Monday, August 27

1:00–2:30 p.m. The Culinary
Delighters Present:
The Hatch Green Chili

Mary Beth will demonstrate
ways to use this popular
pepper that is sweet, smoky,
and little spicy. Sample it in
breakfast shakshouka, corn
fritters, apple pie, cheese
straws, and more. Cost \$7



Lunch Special: Mondays in September

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

Wednesday, September 12

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

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

Friday, September 14

5:30–7:30 p.m. Recreating
the Blackhawk Restaurant

Bill McCrory, Assistant Café
Manager & Eric Bronsky,
Author

Join us for a reception and
lecture on the history of
Don Roth's Blackhawk.
For over 60 years, it was
a fixture on the Chicago
restaurant scene. We will
recreate signature items like
carved prime rib, and the
legendary "Spinning Salad."
Doors open at 5:00 p.m.
Remember—we are BYOB!
Cost \$30

Tuesday, September 18



Meal Special:
Oktoberfest

German potato
soup, chicken schnitzel with
spatzle and red cabbage,
and apple strudel.
Cost \$9.50

Wednesday, September 26



Meal Special:
All-You-Can-Eat
Pancakes

Dine in only. Cost \$4.99

HEALTH & WELLNESS

Tuesdays, July 10–31

8:20 a.m. Meditation & Relaxation: A 4-Week Workshop

Joany Binder, Meditation Facilitator
Join us to learn how to overcome stress, ease your mind of clutter and anxiety, and change the negatives to positives. *Suggested Donation \$20 for 4-week workshop*

Thursday, July 12

8:30 a.m. The Benefits of Exercise

Claire Lenell, Assistant Café Manager & Joan McGee, AFAA

Join us for short discussion and stay for a free Chair Yoga class! *FREE*

Tuesdays, August 7–28

8:20 a.m. Meditation & Relaxation: A 4-Week Workshop

Monday, August 13

3:00 p.m. 5 Sneaky Causes of Weight Gain

José Andrade, Humana

Learn about how people gain weight without realizing it and how to keep the pounds off! *FREE*

Thursday, August 16

1:00 p.m. Benefits of Physical Therapy

Joseph Godziszewski, PT, DPT, Athletico Physical Therapy
Physical therapy can improve strength and endurance in older adults. Working with a physical therapist can assist in pain relief while reducing risk of injury. *FREE*

Monday, August 20

1:00 p.m. Oral Hygiene Prevention
Michelle Salimbene, RDH, Northside Dental
Learn how to prevent bad breath, cavities, and gum disease as well as how to properly care for dentures and partials, and floss under bridges and around implants. *FREE*

Save the Date for a FREE Flu Shot!

On THURSDAY, OCTOBER 4,
Jewel-Osco will be giving free flu
shots and pneumonia vaccines at
Mather's—More Than a Café.
Watch for details!

Friday, August 31

1:00 p.m. Strike the Right Balance

Alison Olsen, PT, DPT, & Joseph Godziszewski, PT, DPT, Athletico Physical Therapy
Learn how to prevent falls so you can continue to live your life independently. Dress comfortably. *FREE*

Tuesdays, September 4–25

8:20 a.m. Meditation & Relaxation: A 4-Week Workshop

Monday, September 10

**1:00 p.m. Holistic Nutrition:
Eating for Mind, Body & Soul**
Anita Damodaran, MD
Learn how holistic nutrition can reduce risk for illness, boost immunity and mental clarity, and improve chronic conditions. *FREE*

Thursday, September 20

1:00–2:00 p.m. Falls—Take Control
Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach
Up to 40% of people 65+ fall each year. Learn a comprehensive approach to fall prevention that will significantly reduce your risk of falling. *Cost \$5*

Thursday, September 27

**1:00 p.m. Try Something New!
Simply Strong**
Randi Kant, MS, MPH, CHES, CPT
Build strength, balance, and flexibility in this fun, friendly class appropriate for all levels. *Suggested Donation \$5*

JUST FOR FUN



Thursday, July 12

12:30–2:00 p.m.
Mather's Family Feud
Buddy Cole & Rich Lang, Facilitators

Join us for our unique take on the popular TV game show. *Suggested Donation \$3*

Mondays, July 23, August 27 & September 24

10:30–11:30 a.m.
Sharing Life's Lessons
Shirley Thomas, Facilitator
In this journey called life, we've learned great and powerful lessons—and some funny ones. Share your experiences and learn from each other. *FREE*

Thursday, August 2

2:30–4:00 p.m.
Mather's Jeopardy!
Buddy Cole & Rich Lang, Facilitators
Come and try a unique live version of Jeopardy! *Suggested Donation \$3*

Wednesdays, August 8 & September 5

3:30–4:30 p.m. Try Something New! Mather's Trivia
Join us for a trivia game. Winners will receive a tasty treat. *Suggested Donation \$3*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

TECH- KNOWLEDGE



Learn the basics of using a Windows computer in this 4-week series. Bring your own laptop with Microsoft Office installed, or use one of ours.

August 4: Computer Introduction

August 11: Word Processing Basics

August 18: Excel

August 25: Computer Storage & Organization

All classes \$10; Open Tech Table is free.

Thursday, August 2

1:00–2:00 p.m. All about Smartphones!

Get an overview of the latest smartphones so you can make an informed choice.

Thursday, August 23

2:30–3:30 p.m. Email Basics

We'll walk through the benefits of email and learn the differences between a Gmail and Yahoo! email account.

Thursday, September 6

1:00–2:00 p.m. Get to Know Your iPhone

Bring your Apple iPhone and we'll walk through setup, apps, messaging, calls, and photos.

Saturday, September 29

12:30–1:30 p.m. Get to Know Your Android Phone

Bring your Android phone, and we'll walk through setup, apps, messaging, calls, and photos.

OPEN TECH TABLE

**Thursdays, July 12; August 16, 23 & 30;
September 6, 13 & 27, 10:00 a.m.–12:00 p.m.**

Get answers to all your tech questions in a one-on-one session. First-come, first-served. BYOD—Bring Your Own Device! **FREE**

ART & CREATIVITY



Fridays, July 6–27

10:30 a.m.–12:00 p.m. Drawing for Fun 101: A 4-Week Class

Kelly L. Burns, Art Therapist

Bring out your artistic talent in a fun class. All skill levels welcome. *Cost \$12 per class or \$45 for the 4-week series*

Fridays, July 6–27

12:30–3:30 p.m. Acrylics Art Class: A 4-Week Class

Kelly L. Burns, Art Therapist

Explore how to paint in the versatile medium of acrylics as we learn different techniques. All skill levels welcome. *Cost \$12 per class or \$45 for the 4-week series*

Friday, July 20

2:00 p.m. Try Something New!

DIY Beaded Tassel Necklace

Aleca Breneman, Instructor

Create your own beaded tassel for a necklace. Tassel supplies will be provided, but please bring your own chain or cord. *Suggested Donation \$5*

Fridays, July 20, August 31 & September 28

6:00–8:00 p.m. BYOB Paint & Sip with Val

Val Zucker-McCune, Owner, Smart Art Studios

6:00 to 6:30 p.m. is a pre-party, followed by painting. Val will guide you through recreating a

selected piece while you enjoy your favorite BYOB beverage. *Includes painting supplies and canvas. Suggested Donation \$25*

Wednesday, July 25

2:00 p.m. Flower Arranging: Summertime Blossoms

Robert Neri, Robert's Floral Design Studio

Payment required in advance.

All supplies included. Suggested Donation \$15

Fridays, August 3–24

10:30 a.m.–12:00 p.m. Drawing for Fun 101: A 4-Week Class

Fridays, August 3–24

12:30–3:30 p.m. Acrylics Art Class: A 4-Week Class

Wednesday, August 15

2:00–3:30 p.m. Flower Arranging: End of Summer Beauty

Fridays, September 7–28

10:30 a.m.–12:00 p.m. Drawing for Fun 101: A 4-Week Class

Fridays, September 7–28

12:30–3:30 p.m. Acrylics Art Class: A 4-Week Class

Thursday, September 13

2:00 p.m. DIY Personalized Bookmark/Book Exchange

Aleca Breneman, Historian

Learn a little history and then create three bookmarks. Bring a book to participate in our free book exchange! *All supplies included. Suggested Donation \$5*

Thursday, September 20

2:30 p.m. Flower Arranging: Welcome, Autumn!

ONGOING EVENTS

ALL ONGOING EVENTS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED.

Jam Session



MONDAY

10:30 a.m.–12:00 p.m.
Learn to Play Chess
Takes place 1st & 3rd
Monday of each month.

FREE

11:00 a.m.–1:00 p.m.
Chair Massage
Takes place 1st & 3rd
Monday of each month.
Cost \$18 for 20 minutes

3:30–5:00 p.m. Jam Session
Bring your musical instru-
ment. Meet other musicians
and make music together!
Takes place 1st & 3rd
Monday of each month.
The Jammers will also meet
on September 18. **FREE**

**5:30–7:30 p.m. Watercolor
Painting**
Learn to use color and apply
composition guidelines to
create original paintings.
Basic supplies needed:
watercolor paints, paper,
and brushes. Takes place
1st & 3rd Monday of each
month. *Suggested Donation
\$8.50 per class*

TUESDAY

9:00 a.m. Bowling Group
Bowl with us at Brunswick
Zone, 7333 N. Milwaukee
Avenue, Niles. Free shoe
rental. *Cost \$8 for three
games, payable at the lanes*

**9:00 a.m.–2:00 p.m. Senior
Health Insurance Program
(SHIP)**
Learn how to complete
Medicare forms and settle
claims with your insurance
company. Takes place 2nd &
4th Tuesday of each month.
*Call (773) 774.4804 to make
an appointment.*

1:00–3:00 p.m. Chess Is Fun!
Drop-ins at all skill levels are
welcome. **FREE**

**1:00–3:00 p.m. Try Something
New! Crochet Class**
Suggested Donation \$2

1:00 p.m. News & Views
Explore the world through
discussions and readings.
We'll introduce a new topic
each time. Takes place 4th
Tuesday of each month.
FREE

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.

3:30 p.m. Cat Tales Club
Share your fascination with
cats, learn some history, and
trade cat stories. Takes place
2nd & 4th Tuesday of each
month. **FREE**

WEDNESDAY

**8:45–10:45 a.m. Art Class:
Watercolor Painting**
See Monday for description.
Meets every Wednesday.

**1:00–3:00 p.m. Coupon &
Rebate Exchange Club**
Trade deals, tips, and shop-
ping experiences in a fun
setting. Bring any circulars,
mailers, or internet deals.
Takes place 4th Wednesday
of each month. **FREE**

THURSDAY

12:30–3:30 p.m.
Social Worker
Make an appointment for
individual sessions. **FREE**

FRIDAY

**12:00 p.m. Creative
Writers' Group**
Have you been thinking of
writing a story or starting

your memoirs? Join our
Creative Writers' Group
and express your inner voice.
Takes place 2nd & 4th Friday
of each month. **FREE**

**1:00 p.m. Brainwaves
Over Coffee**
Try fun brain exercises, stories,
and games. Takes place 1st
& 3rd Friday of each month.
Suggested Donation \$2

**1:30–3:30 p.m. Blood
Pressure Screening**
FREE

SATURDAY

**10:00 a.m. Learn to Play
Pinochle**
Join us and discover physical,
mental, and social benefits
of playing cards. **FREE**

12:00–1:30 p.m. RTA Passes
Apply for or renew your
reduced fare cards, subject
to pre-approval. (Mather's—
More Than a Café provides
processing only.) Takes place
1st Saturday of each month.
FREE

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

July | August | September At-a-Glance

WEEKLY EVENTS

Monday

9:00 a.m. Yoga 2

Tuesday

9:00 a.m. Walking Club..... 2

9:00 a.m. Bowling Group..... 11

9:30 a.m. Muscle Movers 2

10:30 a.m. Prime Time

Fitness 2

11:30 a.m. Jazzercise..... 2

1:00 p.m. Crochet Class 11

1:00 p.m. Chess Is Fun! 11

Wednesday

8:45 a.m. Art Class:

Watercolor Painting 11

11:00 a.m. Jazzercise..... 2

6:00 p.m. Mind-Body Workout .. 2

Thursday

9:00 a.m. Walking Club..... 2

10:00 a.m. Tai Chi 2

11:00 a.m. Total Body Fit 2

12:30 p.m. Social Worker..... 11

6:30 p.m. Acoustic Evenings 3

Friday

9:00 a.m. Total Body Fit..... 2

1:30 p.m. Blood Pressure

Screening 11

Saturday

10:00 a.m. Total Body Fit 2

10:00 a.m. Learn to Play

Pinochle..... 11

JULY

Monday, July 2

10:30 a.m. Learn to Play Chess..... 11

11:00 a.m.–1:00 p.m. Chair Massage. . 11

3:30–5:00 p.m. Jam Session 11

5:30–7:30 p.m. Watercolor Painting . . 11

Wednesday, July 4

CAFÉ CLOSED – Happy Independence Day!

Friday, July 6

10:30 a.m.–12:00 p.m. Drawing for

Fun 101: A 4-Week Class. 10

12:30–3:30 p.m. Acrylics Art Class:

A 4-Week Class..... 10

1:00 p.m. Brainwaves Over Coffee.... 11

6:00 p.m. Friday Night Live:

Billy Blues Acoustic Duo..... 3

Saturday, July 7

11:30 a.m. The Great Courses—

Cognitive Behavioral Therapy 4

12:00–1:30 p.m. RTA Bus Passes 11

Monday, July 9

10:00–11:00 a.m. Coffee Club..... 7

12:30–2:30 p.m. Sub Sandwiches

& Songs 3

6:00 p.m. A Gift of Life: Who's Writing

Your Story?..... 4

Tuesday, July 10

8:20 a.m. Meditation & Relaxation:

A 4-Week Workshop 9

9:00 a.m.–2:00 p.m. Senior Health

Insurance Program (SHIP)..... 11

3:30 p.m. Cat Tales Club 11

6:30–7:30 p.m. Open Mic Night..... 3

Wednesday, July 11

TRIP: *The Cher Show* 7

1:00 p.m. Japanese Culture 4

3:00 p.m. Trends in Today's Real

Estate Market 4

Thursday, July 12

8:30 a.m. The Benefits of Exercise 9

9:00 a.m. Chair Yoga..... 2

10:00 a.m.–12:00 p.m. Open Tech

Table 10

12:30–2:00 p.m. Mather's

Family Feud 9

Friday, July 13

10:30 a.m.–12:00 p.m. Drawing for

Fun 101, Week 2. 10

12:00 p.m. Creative Writers' Group. . . 11

12:30–3:30 p.m. Acrylics Art Class,

Week 2 10

6:00 p.m. Friday Night Live:

Irish Musician Kitty Donohoe 3

Saturday, July 14

11:30 a.m. The Great Courses—

Cognitive Behavioral Therapy 4

Monday, July 16

10:30 a.m. Learn to Play Chess..... 11

11:00 a.m.–1:00 p.m. Chair Massage. . 11

1:30 p.m. Classic Vocalists 4

3:30–5:00 p.m. Jam Session 11

5:30–7:30 p.m. Watercolor Painting. . 11

Tuesday, July 17

8:20 a.m. Meditation & Relaxation,

Week 2. 9

Wednesday, July 18

CAFÉ CLOSED – All-Employee Meeting

Friday, July 20

10:30 a.m.–12:00 p.m. Drawing for

Fun 101, Week 3. 10

12:30–3:30 p.m. Acrylics Art Class,

Week 3 10

1:00 p.m. Brainwaves Over Coffee.... 11

2:00 p.m. DIY Beaded Tassel

Necklace..... 10

6:00–8:00 p.m. BYOB Paint & Sip

with Val..... 10

Saturday, July 21

11:30 a.m. The Great Courses—

Cognitive Behavioral Therapy 4

Monday, July 23

10:30–11:30 a.m. Sharing Life's

Lessons 9

1:00 p.m. Halim Time & Glass

Museum 4

2:30 p.m. The Genius of Charlie

Chaplin 5

Tuesday, July 24

8:20 a.m. Meditation & Relaxation,

Week 3..... 9

9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP).....	11
1:00 p.m. News & Views	11
3:30 p.m. Cat Tales Club	11

Wednesday, July 25

12:30 p.m. Electricity: Stay Safe & Up to Date	5
1:00–3:00 p.m. Coupon & Rebate Exchange Club	11
2:00 p.m. Flower Arranging: Summertime Blossoms.....	10

Thursday, July 26

1:00 p.m. Einstein Was Right! Gravitational Waves & Why They Matter	5
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Friday, July 27

10:30 a.m.–12:00 p.m. Drawing for Fun 101, Week 4.	10
12:00 p.m. Creative Writers’ Group... ..	11
12:30–3:30 p.m. Acrylics Art Class, Week 4	10
6:00 p.m. Friday Night Live: The Actors Gymnasium Presents Douglas Grew... ..	3

Saturday, July 28

11:30 a.m. The Great Courses—Cognitive Behavioral Therapy	4
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Monday, July 30

1:00–2:30 p.m. The Culinary Delighters Present: Grilled Veggies	8
6:00 p.m. The History of Norwood Park & Jefferson Park	5

Tuesday, July 31

8:20 a.m. Meditation & Relaxation, Week 4.....	9
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AUGUST

Wednesday, August 1

1:00–2:30 p.m. Water Worlds	5
2:30–4:00 p.m. Decorating Icebox Cookies, Session 1	8
4:30–6:00 p.m. Decorating Icebox Cookies, Session 2	8

Thursday, August 2

1:00–2:00 p.m. All about Smartphones!.....	10
2:30–4:00 p.m. Mather’s Jeopardy!	9

Friday, August 3

10:30 a.m.–12:00 p.m. Drawing for Fun 101: A 4-Week Class.	10
12:30–3:30 p.m. Acrylics Art Class: A 4-Week Class.....	10
1:00 p.m. Brainwaves Over Coffee... ..	11
6:30 p.m. Friday Night Live: The Humor in Aging	3

Saturday, August 4

11:30 a.m. The Great Courses—Cognitive Behavioral Therapy	4
12:00–1:30 p.m. RTA Bus Passes	11
12:30–1:30 p.m. Computer Basics: Computer Introduction.....	10

Monday, August 6

Float Day: Delightful Ice Cream Floats. . .	8
10:30 a.m. Learn to Play Chess	11
11:00 a.m.–1:00 p.m. Chair Massage. . .	11
1:30 p.m. Phyllis Diller: Comedy Queen	5
3:30–5:00 p.m. Jam Session.....	11
5:30–7:30 p.m. Watercolor Painting. . .	11

Tuesday, August 7

8:20 a.m. Meditation & Relaxation: A 4-Week Workshop	9
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Wednesday, August 8

1:00–2:00 p.m. The Great Plains Indians.....	5
3:30–4:30 p.m. Mather’s Trivia	9

Thursday, August 9

TRIP: Halim Glass & Time Museum/The Mather	7
9:00 a.m. Chair Yoga.....	2
1:30–4:30 p.m. Save a Life—Learn CPR!	5

Friday, August 10

10:30 a.m.–12:00 p.m. Drawing for Fun 101, Week 2.....	10
12:00 p.m. Creative Writers’ Group... ..	11
12:30–3:30 p.m. Acrylics Art Class, Week 2	10
6:00 p.m. Friday Night Live: Music of the 1940s with DJ Chris Walz.....	3

Saturday, August 11

11:30 a.m. The Great Courses—Cognitive Behavioral Therapy	4
12:30–1:30 p.m. Computer Basics: Word Processing Basics.....	10

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.SM

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

Monday, August 13
 10:00–11:00 a.m. Coffee Club 7
 1:00 p.m. The Lana Turner Scandal 5
 3:00 p.m. 5 Sneaky Causes of
 Weight Gain. 9

Tuesday, August 14
 8:20 a.m. Meditation & Relaxation,
 Week 2. 9
 9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 3:30 p.m. Cat Tales Club 11

Wednesday, August 15
 1:00–4:00 p.m. Critic’s Choice: *A Man
 Called Ove* by Fredrik Backman 6
 2:00–3:30 p.m. Flower Arranging:
 End of Summer Beauty 10
 4:00–5:30 p.m. The Culinary Delighters
 Present: Summer Salad Spectacular. . . . 8

Thursday, August 16
 10:00 a.m.–12:00 p.m. Open Tech
 Table 10
 1:00 p.m. Benefits of Physical Therapy. . 9
 2:30 p.m. Cheese Tasting with a Flair! . . 8

Friday, August 17
 10:30 a.m.–12:00 p.m. Drawing for
 Fun 101, Week 3. 10
 12:30–3:30 p.m. Acrylics Art Class,
 Week 3 10
 1:00 p.m. Brainwaves Over Coffee. . . . 11
 6:00 p.m. Friday Night Live: Blues
 Party with Scott Madden &
 Special Guests. 3

Saturday, August 18
 11:30 a.m. The Great Courses—
 Cognitive Behavioral Therapy 4
 12:30–1:30 p.m. Computer Basics:
 Excel. 10

Monday, August 20
 10:30 a.m. Learn to Play Chess 11
 11:00 a.m.–1:00 p.m. Chair Massage . 11
 1:00 p.m. Oral Hygiene Prevention . . . 9
 3:30–5:00 p.m. Jam Session 11
 5:30–7:30 p.m. Watercolor Painting. . 11

Tuesday, August 21
 8:20 a.m. Meditation & Relaxation,
 Week 3. 9

Wednesday, August 22
 12:30 p.m. Rat Pack Italian Luncheon. . . 3

1:00–3:00 p.m. Coupon & Rebate
 Exchange Club 11

Thursday, August 23
 10:00 a.m.–12:00 p.m. Open Tech
 Table 10
 1:00 p.m. *White Like Her* 6
 2:30–3:30 p.m. Email Basics 10

Friday, August 24
 10:30 a.m.–12:00 p.m. Drawing for
 Fun 101, Week 4. 10
 12:00 p.m. Creative Writers’ Group. . . 11
 12:30–3:30 p.m. Acrylics Art Class,
 Week 4 10
 6:00 p.m. Friday Night Live: Chicago
 Folk Artist Mark Dvorak 3

Saturday, August 25
 11:30 a.m. The Great Courses—
 Cognitive Behavioral Therapy 4
 12:30–1:30 p.m. Computer Basics:
 Computer Storage & Organization . . . 10

Monday, August 27
 10:30–11:30 a.m. Sharing Life’s
 Lessons 9
 1:00–2:30 p.m. The Culinary Delighters
 Present: The Hatch Green Chili 8
 3:30 p.m. Café Critics’ Club:
 The Romantic Comedy Genre:
 A 4-Week Series 6

Tuesday, August 28
 8:20 a.m. Meditation & Relaxation,
 Week 4. 9
 9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 1:00 p.m. News & Views 11
 3:30 p.m. Cat Tales Club 11

Wednesday, August 29
 2:00 p.m. Mather Connections
 Volunteer Meeting 7

Thursday, August 30
 10:00 a.m.–12:00 p.m. Open Tech
 Table 10
 1:00 p.m. The Polish Presence
 in Films 6
 2:30 p.m. Community Safety Tips 7

Friday, August 31
 1:00 p.m. Strike the Right Balance 9
 6:00–8:00 p.m. BYOB Paint & Sip
 with Val. 10

SEPTEMBER

Saturday, September 1
 11:30 a.m. The Great Courses—
 Cognitive Behavioral Therapy 4
 12:00–1:30 p.m. RTA Bus Passes 11

Monday, September 3
CAFÉ CLOSED – Happy Labor Day!

Tuesday, September 4
 8:20 a.m. Meditation & Relaxation:
 A 4-Week Workshop 9

Wednesday, September 5
 3:30–4:30 p.m. Mather’s Trivia 9

Thursday, September 6
 9:00 a.m. Chair Yoga 2
 10:00 a.m.–12:00 p.m. Open Tech
 Table 10
 1:00–2:00 p.m. Get to Know
 Your iPhone 10

Friday, September 7
Magazine Release Day!
 10:30 a.m.–12:00 p.m. Drawing for
 Fun 101: A 4-Week Class. 10
 12:30–3:30 p.m. Acrylics Art Class:
 A 4-Week Class. 10
 1:00 p.m. Brainwaves Over Coffee. . . . 11
 6:00 p.m. Friday Night Live: Karaoke
 with Chief Pesi & the Royale Review. . . 3

Saturday, September 8
 11:30 a.m. The Great Courses—
 Cognitive Behavioral Therapy 4

Monday, September 10
 10:00–11:00 a.m. Coffee Club. 7
 1:00 p.m. Holistic Nutrition: Eating for
 Mind, Body & Soul. 9
 3:30 p.m. Café Critics’ Club, Week 2:
Divorce American Style 6
 6:00 p.m. Queen Elizabeth II 6

Tuesday, September 11
 8:20 a.m. Meditation & Relaxation,
 Week 2. 9
 9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 3:30 p.m. Cat Tales Club 11
 6:30–7:30 p.m. Open Mic 3

Wednesday, September 12
 1:00–2:00 p.m. The Culinary Delighters
 Present: Cooking with Dried Fruit 8

Thursday, September 13

10:00 a.m.–12:00 p.m. Open Tech
Table 10
2:00 p.m. DIY Personalized Bookmark/
Book Exchange..... 10

Friday, September 14

*The Café will close at 3:30 p.m. and
reopen at 5:00 p.m.*

10:30 a.m.–12:00 p.m. Drawing for
Fun 101, Week 2..... 10
12:00 p.m. Creative Writers' Group... 11
12:30–3:30 p.m. Acrylics Art Class,
Week 2 10
5:30–7:30 p.m. Recreating the
Blackhawk Restaurant 8

Saturday, September 15

11:30 a.m. The Great Courses—
Cognitive Behavioral Therapy 4

Monday, September 17

10:30 a.m. Learn to Play Chess 11
11:00 a.m.–1:00 p.m. Chair Massage... 11
1:30 p.m. Cross Your Fingers: A Brief
History of Superstitions..... 6
3:30 p.m. Café Critics' Club, Week 3:
Up in the Air..... 6
5:30–7:30 p.m. Watercolor Painting... 11

Tuesday, September 18

Meal Special: Oktoberfest 8
8:20 a.m. Meditation & Relaxation,
Week 3..... 9
3:30–5:00 p.m. Jam Session 11

Wednesday, September 19

1:00–4:00 p.m. Critic's Choice:
The Man with the Golden Arm
by Nelson Algren 6

Thursday, September 20

1:00–2:00 p.m. Falls—Take Control.... 9
2:30 p.m. Flower Arranging:
Welcome, Autumn! 10

Friday, September 21

10:30 a.m.–12:00 p.m. Drawing for
Fun 101, Week 3..... 10
12:30–3:30 p.m. Acrylics Art Class,
Week 3 10
1:00 p.m. Brainwaves Over Coffee... 11

6:00 p.m. Friday Night Live:
Christopher Walz Bluegrass Duo 3

Saturday, September 22

11:30 a.m. The Great Courses—
Cognitive Behavioral Therapy..... 4

Monday, September 24

10:30–11:30 a.m. Sharing Life's
Lessons 9
1:00 p.m. Mae West 6
5:30 p.m. Café Critics' Club, Week 4 ... 6

Tuesday, September 25

8:20 a.m. Meditation & Relaxation,
Week 4..... 9
9:00 a.m.–2:00 p.m. Senior Health
Insurance Program (SHIP)..... 11
1:00 p.m. News & Views 11
3:30 p.m. Cat Tales Club 11

Wednesday, September 26

Meal Special: All-You-Can-Eat
Pancakes 8
1:00–2:30 p.m. The Mighty
Mississippi 6
1:00–3:00 p.m. Coupon & Rebate
Exchange Club 11

Thursday, September 27

10:00 a.m.–12:00 p.m. Open Tech
Table 10
1:00 p.m. Simply Strong 9
2:30–3:30 p.m. Volunteer at
Mather's—More Than a Café..... 7

Friday, September 28

TRIP: Cubs vs. St. Louis Cardinals 7
10:30 a.m.–12:00 p.m. Drawing for
Fun 101, Week 4..... 10
12:00 p.m. Creative Writers' Group... 11
12:30–3:30 p.m. Acrylics Art Class,
Week 4 10
6:00–8:00 p.m. BYOB Paint & Sip
with Val..... 10

Saturday, September 29

12:30–1:30 p.m. Get to Know Your
Android Phone 10

Mather's Chicagoland Locations

7134 W. Higgins Avenue, Chicago, IL

3235 N. Central Avenue, Chicago, IL

33 E. 83rd 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.SM

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.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

Friday Night Live

Enjoy the music of local artists
in an intimate setting on select
Friday nights. See page 3 for
event details and pricing.

FRIDAY, JULY 6

Billy Blues Acoustic Duo

FRIDAY, JULY 13

Irish Musician Kitty Donohoe

FRIDAY, JULY 27

The Actors Gymnasium
Presents Douglas Grew

FRIDAY, AUGUST 3

The Actors Gymnasium
Presents Humor in Aging
with Edd Fairman

FRIDAY, AUGUST 10

Music of the 1940s with
DJ Chris Walz

FRIDAY, AUGUST 17

Blues Party with Scott
Madden & Special Guests

FRIDAY, AUGUST 24

Chicago Folk Artist
Mark Dvorak

FRIDAY, SEPTEMBER 7

Karaoke with Chief Pesí &
the Royale Review

FRIDAY, SEPTEMBER 21

Christopher Walz
Bluegrass Duo



mather's | more than a | café