

More at Mather's

JULY | AUGUST | SEPTEMBER 2018

Get Your Kicks
on Route 66,
p.6



Computer issue? Phone frustrations? Stop by our Open Tech Table for help! See page 10.

3235 N. Central Avenue, Chicago, IL 60634 | (773) 205.3300



mather's | more than a | **café**

Check Out What's Happening!

- **Culinary Delights** 2
Enjoy meal specials and food programs, like our demo of Sticky, Goopy Desserts.
- **Music & Entertainment** 3
Enjoy live concerts and events, like a performance by Hugo's Elvis!
- **Fun & Games** 3
Enjoy a wealth of movie screenings and karaoke!
- **Health & Wellness** 4
Do something good for your health, like attend our free Wellness Fair.
- **Trips** 5
Join us for a trip to see the Cubs play the Cardinals at Wrigley Field!
- **Lifelong Learning** 6
Choose from author presentations, travelogues, and more—like a look at the Ziegfeld Follies.
- **Free Resources** 9
Take advantage of free resources and programs—like a monthly chat with a financial advisor.
- **Tech-Knowledge** 10
Learn all sorts of handy technology skills, like how to use an iPad.
- **Hands-On Art** 10
Get artsy in a class like seasonal flower arranging.
- **Fitness** 11
Drop into a class like the popular Worth the Weight, or try some yoga!
- **Ongoing Events** 12
- **July | August | September At-a-Glance** 13

MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Friday: 8:00 a.m.–4:00 p.m.
(menu available until 3:00 p.m.)

CULINARY DELIGHTS



Lunch Special: Mondays in July

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



Thursday, July 19 & Tuesday, August 14

Meal Special: Yay! Corn Dog Day!

All-beef hot dog fried in homemade sweet-corn batter with a glass of fresh lemonade. *Cost \$1.99*

Tuesday, July 24 & Thursday, August 30

Float Day: Delightful Ice Cream Floats

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



Lunch Special: Mondays in August

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

Monday, August 6

1:00 p.m. Try Something New! The Culinary Delighters Present: Summer Infusions

Our gardens are bursting with herbs and flowers. Join Angelita as she shows you how to use them to make a soup stock, shrubs, honey, and more. *Cost \$7*



Taco Lunch Special

Tuesday, August 28

1:00 p.m. The Culinary Delighters Present: Sticky, Goopy Desserts

Watch and taste as Ashlee makes sticky buns and sticky toffee banana pudding. Claire will join in, showing us how to make her mother's baklava. *Cost \$7*



Lunch Special: Mondays in September

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

Wednesday, September 5

2:00 p.m. Fun with Tasty Chinese Dumplings

Dong Chen, Culinary Expert
In this hands-on class, you'll learn about the history of Chinese dumplings, their many forms, two methods for folding them, and a few recipes for fillings, including a vegetarian filling. After you put together your dumplings, Dong will prepare them for you by boiling, steaming, or pan-frying them. Yum! *Cost \$5*

MUSIC & ENTERTAINMENT



Get a Real Meal Deal!

Purchase any 5 \$9 meals as part of our entertainment package and get a 6th one FREE!
Use your punch card. Don't have one? Ask the receptionist!

Wednesday, July 11

12:30–2:30 p.m. Blues, Brews & BBQ

Join us to celebrate summer by listening to Jery Rite perform some cool blues and American classic songs, while sipping on cold root beer and feasting on BBQ chicken, potato salad, and an ice cream sandwich. *Meal Cost \$9; Suggested Entertainment Donation \$5*

Wednesday, July 25

4:30–6:30 p.m. Wednesday Nights at Mather's: Jared the Juggler

Jared will wow you with this multifaceted show. Watch him juggle fire and knives, ride a unicycle, perform magic, slapstick comedy, and more. We'll dine on grilled chicken pesto, summer salad, and dessert. *Meal Cost \$9; Suggested Entertainment Donation \$5*

Wednesday, August 8

12:30–2:30 p.m. Aloha! Lunch & a Show

Experience a South Pacific Island adventure with the exciting ALOHA show featuring Hawaiian dances, the exciting drum dances of Ori Tahiti, and the fascinating Maori dances of New Zealand. Enjoy island salad, pineapple pork roast, and Hawaiian wedding cake. *Meal Cost \$9; Suggested Entertainment Donation \$5*

Wednesday, August 22

4:30–6:30 p.m. Wednesday Nights at Mather's: Hugo's Elvis

Join Hugo Colin for his dynamic tribute to the King of Rock 'n' Roll. Enjoy a delicious dinner while Hugo performs



some of Elvis's greatest gospel and rockabilly hits. We're serving summer vegetable lasagna, salad, and a sweet treat. *Meal Cost \$9; Suggested Entertainment Donation \$5*

Wednesday, September 12

12:30–2:30 p.m. Oktoberfest Luncheon Mike Knauf & Company

Get your lederhosen ready—we're celebrating Oktoberfest! Dine on German potato soup, chicken schnitzel with spätzle and red cabbage, and apple strudel while enjoying the Die Musikmeisters German Band and their rousing blend of traditional German tunes. *Meal Cost \$9.50; Suggested Entertainment Donation \$5*

Tuesday, September 18

1:00 p.m. Mather's Music Ensemble
Snack on free cookies and coffee while enjoying a performance by our talented chorus. *FREE*

Wednesday, September 26

4:30–6:30 p.m. Wednesday Nights at Mather's: John Measner, Magician Extraordinaire

John Measner is a classically trained magician. He will thrill and entertain you with everything from card-and-coin magic to illusions like Houdini's famous Metamorphosis. Make this delicious dinner disappear: BBQ rib basket, coleslaw, fries, and dessert. *Meal Cost \$9; Suggested Entertainment Donation \$5*

FUN & GAMES

Fridays, July 27, August 24 & September 28

2:00 p.m. Karaoke with Claire

Tuesday, August 21

12:00 p.m. Cinema at Mather's—**More Than a Café: Made for Each Other**

Ivan Rivera, Cinema Buff
Enjoy a matinee including a classic film, cartoons, and of course, free popcorn. *FREE*

Tuesday, September 18

12:00 p.m. Cinema at Mather's—**More Than a Café: This Is the Army**

Wii Bowling

Monday, July 9, 1:00 p.m.

Wednesday, August 1, 2:30 p.m.

Monday, August 27, 2:30 p.m.

Thursday, September 6, 1:00 p.m.

Thursday, September 20, 2:30 p.m.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

HEALTH & WELLNESS

Take Charge of Your Health: A 6-Part Series

Mondays, 10:30 a.m.–1:00 p.m.

Sarah Squires-Doyle, Health Educator, CJE SeniorLife Center for Healthy Living

This six-week class will teach you about chronic disease management and how to live a healthier life. Interactive discussions led by two certified leaders will cover

- dealing with fatigue, pain, stress, and emotional problems such as depression, anger, fear, and frustration
- exercise for strength and endurance
- healthy eating
- medication
- effective communication with health care providers

Participants will create action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

Suggested Donation \$30 for the 6-week series

Monday, July 9

10:30 a.m. Informational Session

The facilitators will provide an overview of the upcoming classes, the topics covered, and the management strategies to be discussed. **FREE**

Tuesday, July 17

1:00–2:00 p.m. Informational Session

(This is a repeat of the July 9 session.)

Monday, July 30 – Session 1

Monday, August 13 – Session 2

Monday, August 20 – Session 3

Monday, August 27 – Session 4

Monday, September 10 – Session 5

Monday, September 17 – Session 6



FREE Flu Shots & Pneumonia Vaccines

Thursday, September 27, 9:00 a.m.–2:00 p.m.

Sponsored by Jewel-Osco

Get your free flu shot early in the season—and protect yourself against pneumonia with a vaccine! 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.

Tuesday, July 24

12:30 p.m. Stroke Prevention

Sandy Quintell, Therapy Director, Glen Saint Andrew
Nearly three-quarters of all strokes occur in people over 65. Come to this informative seminar to learn about the warning signs and symptoms of stroke so that you can act FAST if you or someone you know might be having a stroke. **FREE**

Tuesday, July 31

1:00 p.m. Ask an Oncologist: Your Cancer Questions Answered

Dr. Carol Westbrook, MD, PhD, Medical Oncologist, Cancer Researcher
Join Dr. Westbrook for an honest discussion about cancer. She has a wealth of practical advice to share and will answer questions many doctors won't answer and many patients won't ask. **FREE**

Thursday, August 2

1:00 p.m. New Findings in Brain Fitness

Roscoe Nicholson, Mather LifeWays Institute on Aging
Roscoe will discuss recent

neuroscience findings related to how lifestyle choices can help cognition and even reduce risk of dementia. Bring your questions about aging, the brain, and cognition.

FREE

Tuesday, September 11

12:30 p.m. Nutrition Talk

Vanita Anand, Registered Dietician, Glen Saint Andrews
As you age, your body and life change, and so does what you need to stay healthy. A registered dietician will be on hand to answer your questions. **FREE**

Friday, September 21

1:00 p.m. Building Bone, Avoiding Falls & Preventing Fractures

Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach
Though bones can weaken over time, much can be done to maximize your bone health. Discover actions you can take today to reduce your risk of falls and fractures. **Cost \$5**

CURIOS?
Attend one of these free information sessions to find out more:

TRIPS

Mather's—More Than a Café Wellness Fair

12:30–3:30 p.m.

Wednesday, September 19

Stop in our Wellness Fair for resources and information to support your physical, emotional, and financial health. Enter a raffle for some health and wellness prizes! **FREE**

- Learn about free amplified phone and CapTel devices for those with hearing loss. The Mayor's Office for People with Disabilities will discuss who is qualified.
- Get a free bone density screening from CJE Senior-Life. Screenings are done through heel ultrasounds.
- Have your blood pressure checked by our visiting nurse.
- Find resources available for those with low vision.
- Get insurance and health information from Oak Street Health.
- Discover all the services available at First Community Medical Center.
- Learn what Jewel-Osco pharmacy has to offer, including our upcoming flu shots!



Cubs vs. St. Louis Cardinals

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.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

LIFELONG LEARNING

THE GREAT COURSES Music as a Mirror of History Wednesdays, 1:00 p.m.



Rich Lang, Facilitator

In this DVD series, we'll explore how important musical works have responded to specific moments in history. Music lovers and history enthusiasts alike will be enthralled. *Suggested Donation \$1 per session*

July 11: Verdi: Nabucco (1842)

July 25: Wagner: The Ring (1876)

August 1: Dvořák: From the New World Symphony (1893)

August 8: Balakirev: Symphony No. 1 (1898)

August 15: Janacek: Piano Sonata I.X.1905 (1906)

August 22: Rimsky-Korsakov: The Golden Cockerel (1907)

August 29: Holst: Ode to Death (1919)

September 5: Berg: Wozzeck (1922)

September 12: Shostakovich: Symphony No. 13 (1962)

September 26: Copland: Symphony No. 3 (1946)

All about Pets: A 6-Part Series



Fridays, 1:00 p.m.

Claire Lenell, Assistant Café Manager

Explore various kinds of pets in this series. Learn about different breeds and types, care tips, and why pets make such great additions to your home—no matter which animal(s) you choose! **FREE**

July 13

All about Pets: Dogs

July 20

All about Pets: Cats

August 3

All about Pets: Rodents

August 10

All about Pets: Birds

September 7

All about Pets: Reptiles

September 14

All about Pets: Unusual Pets

Thursday, July 12

1:00 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

Thursday, July 19

1:00 p.m. Try Something New!

When Chicago Was Wild

Ben Hollis, Host/Co-Creator,

Wild Chicago on WTTW

Ben tells stories and shows clips from the revolutionary TV show *Wild Chicago*, which he co-created and hosted in the late '80s and early '90s. You'll see a vision of the city very different from what it is today. *Suggested Donation \$5*

Monday, July 30

1:00 p.m. Get Your Kicks on Route 66

John Boda, Presenter

Join us on a visual and musical journey along this famous cross-country road from Chicago to Santa Monica, California. John will show us historic pictures from various locations and will perform a song for each of the eight states along America's favorite route.

Suggested Donation \$5

Tuesday, August 7

1:00 p.m. Death Café

Sheryl Barajas, Facilitator

For most of us, death is a taboo subject. Join us for a thoughtful discussion about the end of life and share your experiences, thoughts, and fears about death in a relaxed setting over a cup of coffee or tea.

FREE

Monday, August 13

12:30 p.m. **The Beatles in Chicago**

Robert Rodriguez, Author



The author of five books about the Beatles, Robert talks about the Fab Four's many Chicago connections. Chicago was home to their first US record label, and DJ Dick Biondi was the first to play their recordings in the US. *Suggested Donation \$5*

Thursday, August 16

12:00–4:00 p.m. **AARP Safe Driving Course, Part 1**
Certified AARP Driver Safety Volunteer

AARP FOUNDATION Even the most experienced drivers can benefit from brushing up on their skills. You'll learn current rules of the road, defensive driving techniques, and ways to operate your vehicle more safely in today's increasingly challenging driving environment. Complete the full eight-hour course and receive a certificate that can be presented to your insurance agent for a possible reduction in your auto insurance premiums. *Cost \$15 for AARP members; \$20 for nonmembers. Make checks payable to AARP.*

Friday, August 17

12:00–4:00 p.m. **AARP Safe Driving Course, Part 2**



The Beatles in Chicago

Monday, August 20

1:00 p.m. **Try Something New! Find Serenity through Xi Gong**
Dong Chen, Instructor

Xi gong is an ancient Chinese approach to achieving better physical, mental, and spiritual health. It employs techniques for coordinated body movements, breathing, and meditation. Dong will lead you through some simple exercises and explain how it works. *Suggested Donation \$3*

Thursday, August 23

1:00–2:00 p.m. **Mamie Doud Eisenhower: The Hostess in Chief**
Ellie Carlson, Presenter

Ellie brings to life one of America's most beloved First Ladies. Visit with Mamie as she tells about her life in Panama and the Philippines between the World Wars and about her loving relationship with Ike, which weathered horrible

rumors and long separations. *Suggested Donation \$5*

Friday, August 24

12:00–3:00 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*

Thursday, August 30

1:00 p.m. **Introduction to Mexican Dancing**
Kaleena Valdez, Dance Instructor
Kaleena will introduce you to beautiful styles of dance that are popular in different regions of Mexico, including the Mexican polka, waltz,



Introduction to Mexican Dancing

schottisch, and redowa. She'll demonstrate the dances and show video performances. Then, with her guidance, you can try some simple steps. *Suggested Donation \$3*

Friday, August 31

2:00–3:00 p.m.
The Current State of the News Media & Politics
Julie Strauss, PhD

Join Julie as she discusses how people consume their news and how the internet has affected traditional news sources. She will also explore the impact these changes have had on our body politic and the role the press plays in our democracy. *Suggested Donation \$3*

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.



Voices from the Grave

Tuesday, September 4

1:00 p.m. Voices from the Grave

Paula Fenza, Cemetery Enthusiast

Paula is an expert on cemeteries around the world, and for this program she has put together a compilation of some unique tombstone inscriptions. Each has a story to tell about an individual.

Suggested Donation \$3

Monday, September 10

1:00–2:30 p.m. Ziegfeld Follies

John Boda, Presenter

Florenz Ziegfeld managed and produced incredible musical revues from 1907 to 1931. The productions showcased thousands of beautiful women and many comedians who went on to stardom, such as W. C. Fields, Eddie Cantor, and Will Rogers. We'll see the Follies through rare photos and John will perform some songs made famous in the shows. *Suggested Donation \$5*

Thursday, September 13

1:30 p.m. Try Something New! Introduction to Yodeling

Paul Tyler, Old Town School of Folk Music

Yodeling is used in many different styles of music, including country & western, African chants, and Scandinavian and Romanian folk songs. Paul will demonstrate the yodeling technique and play clips of examples from around the world. *Suggested Donation \$5*

Monday, September 17

1:00–2:00 p.m.

Behind the Scenes: The Real in Paranormal Reality Television

Amelia Cotter, Author & Storyteller

Join Amelia, a cast member on *The R.I.P. Files*, for a behind-the-scenes look at the making of a paranormal reality TV show. Amelia will share some of her favorite clips from *The R.I.P. Files* along with some paranormal experiences from filming the show. *Suggested Donation \$5*



Beer & Your Health: Fact or Fiction?



All about Paper Money: US, Confederate & Worldwide

Thursday, September 20

1:00 p.m. All about Paper Money: US, Confederate & Worldwide

Charles Berg, Stamp King

Learn about the history of paper money as currency and the practice of collecting banknotes. Charles will bring several historic examples, including US banknotes, nineteenth-century large notes, Civil War notes, WWII notes from Hawaii, private bank issues, and even Confederate States of America banknotes. **FREE**

Tuesday, September 25

12:30 p.m. Beer & Your Health: Fact or Fiction?

Dr. Carol Westbrook, MD, PhD

Come hear “the Beer Doctor” chat about her life experiences reflected in beer. Dr. Westbrook’s presentation is part autobiographical, part medical, part travelogue, and part cookbook, with the occasional beer review thrown in—but mostly, it is an entertaining journey through the world of craft beer. Enjoy some free samples! *Suggested Donation \$3*

FREE RESOURCES

CDEL Senior Legal Assistance Clinic

The Center for Disability & Elder Law (CDEL) provides free legal services to low-income seniors and people with disabilities throughout Cook County. Each month Mather's—More Than a Cafe in Portage Park hosts a Senior Legal Assistance Clinic, allowing prospective clients the opportunity to meet with a CDEL representative close to home. CDEL's primary areas of practice include real property, landlord/tenant, power of attorney documents, simple wills, elder financial abuse, collections defense, and simple divorces. The Clinic operates by appointment only and those interested must **call CDEL at (312) 600.6407** to complete a brief eligibility screening.

Mondays, July 16, August 20 & September 17

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!

Monday, July 16

1:00 p.m. Balance Testing & Fall Risk Information

Mike Mitarotondo, Therapy Director, GlenCrest Healthcare & Rehabilitation Center

Participate in interactive, movement-based games that can identify your risk of falling. Take an easy test that measures your balance, gait, and functional abilities.

Monday, July 23

1:00 p.m. How to Draft a Power of Attorney & Living Will, Part 1

Center for Disability & Elder Law

If you're not sure what a power of attorney or living will can do for you, this presentation explains it all in easy-to-understand language. After the presentation, sign up for a free, 45-minute session on August 14 with a pro bono lawyer.



Medicare 101

Wednesday, July 25

12:30 p.m. Financial Literacy Seminar

Floriana Battista, Branch Manager, Liberty Bank for Savings
Learn about budgeting, banks, and the golden rules of personal finances from the experts. Questions are encouraged.

Tuesday, August 14

1:00 p.m. How to Draft a Power of Attorney & Living Will, Part 2

Wednesday, August 15

2:30–3:30 p.m. Volunteer at Mather's—More Than a Café
Claire Lenell, Assistant Café Manager & Volunteer Coordinator
Interested in volunteering? Come learn about great opportunities Mather's—More Than a Café has to offer!

Wednesday, August 29

2:00 p.m. Mather Connections Volunteer Meeting

Calling all current volunteers! Let's meet at Mather's in Portage Park to learn what's new.

Monday, September 24

1:00–2:30 p.m. Medicare 101

David Wyllie, Medicare Solutions Network

Join us for this educational seminar to get you up to speed on what Medicare covers, what it doesn't, and your potential out-of-pocket exposure. We'll discuss Supplements, Advantage Plans, Part D Prescription Coverage, and cost-saving strategies.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

TECH-KNOWLEDGE

All classes \$10. Open Tech Table is free. Classes are taught by Café Manager and tech enthusiast Jeff Rose.

Thursday, July 5

10:00 a.m. Amazon.com Basics

Learn more about Amazon.com, today's modern-day department store. Discover some of the services they offer.

Thursday, July 12

10:00 a.m. The Technology Dictionary

The cloud. Hashtag. Giga-byte. This class provides a breakdown of today's most commonly used tech terms.

Thursday, August 2

10:00 a.m. Intro to Android Phones, Part 1

Learn about your Android phone, from basic features to connecting to Wi-Fi and where to find settings. *Cost \$15 for series; \$10 per class*

Thursday, August 9

10:00 a.m. Intro to Android Phones, Part 2

This class will build on the skills learned during Part 1 as we explore tips to make your phone more usable for you. *Cost \$15 for series; \$10 per class*

Thursday, August 23

10:00 a.m. iPad Basics, Part 1

Learn about your iPad, from where to find your settings to basic features and connecting to Wi-Fi. *Cost \$15 for series; \$10 per class*

Thursday, August 30

10:00 a.m. iPad Basics, Part 2

This class will build on the skills learned during Part 1 as we explore tips to make your tablet more usable for you. *Cost \$15 for series; \$10 per class*

Thursday, September 13

10:00 a.m. Uber & Lyft

Learn about what ridesharing is and how to take advantage of it. Smartphone required.

Thursday, September 27

10:00 a.m. Computer Basics

We'll cover turning on and starting your computer, as well as accessing the internet, word processing, games, and ways to perform some basic tasks.



Open Tech Table

Thursdays, July 5 & 12;
August 2, 9, 23 & 30;
September 6, 13 & 27,
11:00 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**

HANDS-ON ART

Mondays, July 9, August 6 & September 10

11:00 a.m. Drawing for Everyone

Val Zucker-McCune, Owner, Smart Art Studios

Anyone can learn to draw by understanding certain basic elements such as proportion, composition, value, and perspective. Individual attention will be given for every skill level. Bring a photo of a family member, pet, or landscape—and learn how to draw it. We'll have a lot of fun! *Suggested Donation \$12*

Tuesday, July 10

11:00 a.m. Flower Arranging: Bastille Day

Robert Neri, Robert's Floral Design Studio

Create beauty while you relieve stress by practicing the fine art of flower arranging. *Payment is required in advance. All supplies included. Suggested Donation \$15*

Mondays, July 16; August 20; and September 17

1:00 p.m. Try Something New! Card-Making with Carole

Carole Hays, Hand-Made Cards

You'll walk away with two or three completed cards. Different styles will be available, and the fee includes all materials. *Suggested Donation \$10*

Mondays, July 23; August 20; and September 24

11:00 a.m. Paint with Val

Val Zucker-McCune, Owner, Smart Art Studios

Val is a local artist who will teach you how to mix colors and how to choose the brush that will work best with your project. You'll take home a finished piece of art! *All supplies included. Suggested Donation \$15*

Thursday, August 9

2:30 p.m. Transform Clothespins into a Trivet

Vivian Visser, Local Artist

Try your hand at a unique and useful craft, with guidance and materials from Vivian. Take home your one-of-a-kind trivet! *All supplies included. Suggested Donation \$10*

Tuesday, August 14

11:00 a.m. Flower Arranging: A Floral Symphony

Thursday, September 6

2:30 p.m. Create Paper Flowers

Vivian Visser, Local Artist

We'll craft three gorgeous flower types you can take home, including roses and dahlias with a choice of colors. *All supplies included. Suggested Donation \$10*

Tuesday, September 11

11:00 a.m. Flower Arranging: Patriot's Day

FITNESS

ALL CLASSES ARE 45 MINUTES OR 1 HOUR LONG

Our Fitness Center is FREE.

Sign up for a free orientation. See page 12 for details.

MONDAY

9:30 a.m. Total Body Fit

This total body workout is made for those who want a little challenge. Get energized with some vigorous cardio moves, build muscle strength, and tone up. A great way to stay healthy and exercise to music! *Cost \$3*

TUESDAY

10:00 a.m. Try Something New! Chair Yoga

Sit down and do yoga! Build strength, increase flexibility, improve balance, and breathe more deeply. *Cost \$3*

11:00 a.m. Yoga

Yoga is wonderful for muscle tone, strength, and flexibility. Through breathing exercises, special poses, relaxation, and meditation, feel incredibly calm and serene. Please wear loose, comfortable clothing. Bring a towel or mat. We recommend not eating one hour before class. *Cost \$5*

WEDNESDAY

9:30 a.m. Worth the Weight

Try concentrated sessions for improving cardiovascular fitness, balance, and flexibility—increasing overall strength while having fun. *Cost \$3*

10:30 a.m. Tai Chi

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

THURSDAY

8:30 a.m. Chair Yoga

See Tuesday.

9:45 a.m. Brains & Balance

Experience an exercise class that works your body *and* your mind. We'll work on improving balance and reducing the risk of falling, plus a variety of activities to increase brain health and memory. *Cost \$5*

11:00 a.m. Fitness Plus

This well-rounded class incorporates range of motion exercises, low-impact aerobics, resistance training, and balance and flexibility movements. Routines include seated and standing exercises. *Suggested Donation \$3*

FRIDAY

9:30 a.m. Total Body Fit

See Monday.

10:30 a.m. Total Body Fit Lite

This is a total body workout designed for everyone, with seated and standing exercises. Start with some light cardio moves, then work your muscles, at your pace, to strengthen and tone. *Cost \$3*

FREE FITNESS CLASS!

Ask our receptionist for an Exercise Enthusiast Card—it allows you to earn a free fitness class of your choice after you attend 20.

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.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

ONGOING EVENTS

MONDAY

11:00 a.m. Chair Massage

Pamper yourself with a relaxing 20-minute massage. Takes place 2nd & 4th Monday of each month. *Cost \$18*

1:00 p.m. Rummikub®

Try this game that combines elements of rummy, dominoes, mah-jongg, and chess. *FREE*

2:00 p.m. Women's Discussion Group

Calling all women! Join us to discuss a variety of topics significant to women, from health to politics, and from personal to global. *FREE*

TUESDAY

9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP)

Meet with a trained counselor to get questions answered, complete Medicare forms, settle current claims, and apply for Benefits Access. *Appointment required. FREE*

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*

12:30 p.m. Pinochle

Learn or play the game. *FREE*

2:30 p.m. Mather's Music Ensemble

Singing with others fills the soul. Come fill yours with song each week. Concerts/performances are scheduled throughout the year. *FREE*

WEDNESDAY

11:00 a.m. Fitness Center Orientation

Required for anyone who wants to use the fitness center. Takes place 1st Wednesday of each month. *FREE*



Fitness Center Orientation

1:00 p.m. Social Worker

Benita Lackajs, LCSW, will be available for individual sessions. *Appointment required. FREE*

1:00 p.m. Crochet/Knitting Class

Learn basic to advanced crochet and knitting techniques with Connie Schulz. No experience necessary. Donations of yarn are always welcome. *Suggested Donation \$2 per class*

THURSDAY

10:45 a.m. Scrabble

Join fellow word-lovers in this classic board game. *FREE*

11:00 a.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 & 4th Thursday 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 FREE ice cream!**

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

1:00 p.m. Tea Time

Rich Lang, Discussion Facilitator
Join Rich and friends for stimulating conversation. A local historian and popular presenter at the Café, Rich leads a welcoming, nonjudgmental chat on life, personal exploration, and more. Takes place 2nd & 4th Thursday of each month. All are welcome! *FREE*

1:00 p.m. Red Hat Society

Takes place 2nd Thursday of each month.

FRIDAY

11:00 a.m.–1:00 p.m.

Blood Pressure Screening *FREE*

12:00–4:00 p.m. Dancing Fridays with "Jivan" Ivan

Ivan Rivera, our favorite DJ, will spin your favorite songs. All requests welcome. *FREE*

1:30–3:00 p.m. Café con Ovie

Join Señor Ovie for a cup of *café* to learn more about the programming at Mather's—More Than a Café or brush up on your *Español*. Takes place 3rd Friday of each month. *FREE*

July | August | September At-a-Glance

JULY

WEEKLY EVENTS

Monday

| | |
|------------------------------------|----|
| 9:30 a.m. Total Body Fit | 11 |
| 1:00 p.m. Rummikub | 12 |
| 2:00 p.m. Women's Discussion Group | 12 |

Tuesday

| | |
|--|----|
| 9:00 a.m. Senior Health Insurance Program (SHIP) | 12 |
| 9:00 a.m. Bowling Group | 12 |
| 10:00 a.m. Chair Yoga | 11 |
| 11:00 a.m. Yoga | 11 |
| 12:30 p.m. Pinochle | 12 |
| 2:30 p.m. Mather's Music Ensemble | 12 |

Wednesday

| | |
|----------------------------------|----|
| 9:30 a.m. Worth the Weight | 11 |
| 10:30 a.m. Tai Chi | 11 |
| 1:00 p.m. Social Worker | 12 |
| 1:00 p.m. Crochet/Knitting Class | 12 |

Thursday

| | |
|----------------------------|----|
| 8:30 a.m. Chair Yoga | 11 |
| 9:45 a.m. Brains & Balance | 11 |
| 10:45 a.m. Scrabble | 12 |
| 11:00 a.m. Fitness Plus | 11 |

Friday

| | |
|--|----|
| 9:30 a.m. Total Body Fit | 11 |
| 10:30 a.m. Total Body Fit Lite | 11 |
| 11:00 a.m. Blood Pressure Screening | 12 |
| 12:00 p.m. Dancing Fridays with "Jivan" Ivan | 12 |

Wednesday, July 4

CAFÉ CLOSED – Happy Independence Day!

Thursday, July 5

| | |
|---------------------------------------|----|
| 10:00 a.m. Amazon.com Basics | 10 |
| 11:00 a.m.–12:00 p.m. Open Tech Table | 10 |
| 11:00 a.m. RTA Passes | 12 |

Monday, July 9

| | |
|---|----|
| 10:30 a.m. Take Charge of Your Health: A 6-Part Series, Informational Session | 4 |
| 11:00 a.m. Drawing for Everyone | 10 |
| 11:00 a.m. Chair Massage | 12 |
| 1:00 p.m. Wii Bowling | 3 |

Tuesday, July 10

| | |
|---|----|
| 11:00 a.m. Flower Arranging: Bastille Day | 10 |
|---|----|

Wednesday, July 11

| | |
|--|----|
| TRIP: <i>The Cher Show</i> | 5 |
| 11:00 a.m. Fitness Center Orientation | 12 |
| 12:30–2:30 p.m. Blues, Brews & BBQ | 3 |
| 1:00 p.m. Great Courses: Verdi: Nabucco (1842) | 6 |

Thursday, July 12

| | |
|---|----|
| 10:00 a.m. The Technology Dictionary | 10 |
| 11:00 a.m.–12:00 p.m. Open Tech Table | 10 |
| 1:00 p.m. Red Hat Society | 12 |
| 1:00 p.m. Tea Time | 12 |
| 1:00 p.m. A Gift of Life: Who's Writing Your Story? | 6 |

Friday, July 13

| | |
|--------------------------------|---|
| 1:00 p.m. All about Pets: Dogs | 6 |
|--------------------------------|---|

Monday, July 16

| | |
|------------------------------|---|
| 10:00–11:00 a.m. Coffee Club | 9 |
|------------------------------|---|

| | |
|---|----|
| 1:00 p.m. Balance Testing & Fall Risk Information | 9 |
| 1:00 p.m. Card-Making with Carole | 10 |

Tuesday, July 17

| | |
|--|---|
| 1:00 p.m. Take Charge of Your Health: A 6-Part Series, Informational Session | 4 |
|--|---|

Wednesday, July 18

CAFÉ CLOSED – All-Employee Meeting

Thursday, July 19

| | |
|----------------------------------|---|
| Meal Special: Yay! Corn Dog Day! | 2 |
| 1:00 p.m. When Chicago Was Wild | 6 |

Friday, July 20

| | |
|--------------------------------|----|
| 1:00 p.m. All about Pets: Cats | 6 |
| 1:30–3:00 p.m. Café con Ovie | 12 |

Monday, July 23

| | |
|--|----|
| 11:00 a.m. Chair Massage | 12 |
| 11:00 a.m. Paint with Val | 10 |
| 1:00 p.m. How to Draft a Power of Attorney & Living Will, Part 1 | 9 |

Tuesday, July 24

| | |
|--|---|
| Float Day: Delightful Ice Cream Floats | 2 |
| 12:30 p.m. Stroke Prevention | 4 |

Wednesday, July 25

| | |
|--|---|
| 1:00 p.m. Great Courses: Wagner: The Ring (1876) | 6 |
| 12:30 p.m. Financial Literacy Seminar | 9 |
| 4:30–6:30 p.m. Wednesday Nights at Mather's: Jared the Juggler | 3 |

Thursday, July 26

| | |
|-----------------------|----|
| 11:00 a.m. RTA Passes | 12 |
| 1:00 p.m. Tea Time | 12 |

Friday, July 27

| | |
|-------------------------------|---|
| 2:00 p.m. Karaoke with Claire | 3 |
|-------------------------------|---|

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

Monday, July 30

10:30 a.m.–1:00 p.m. Take Charge of Your Health, Session 1 4
 1:00 p.m. Get Your Kicks on Route 66 . . . 6

Tuesday, July 31

1:00 p.m. Ask an Oncologist: Your Cancer Questions Answered 4

AUGUST**Wednesday, August 1**

11:00 a.m. Fitness Center Orientation 12
 1:00 p.m. Great Courses: Dvořák: From the New World Symphony (1893). 6
 2:30 p.m. Wii Bowling 3

Thursday, August 2

10:00 a.m. Intro to Android Phones, Part 1 10
 11:00 a.m.–12:00 p.m. Open Tech Table 10
 11:00 a.m. RTA Passes 12
 1:00 p.m. New Findings in Brain Fitness 4

Friday, August 3

1:00 p.m. All about Pets: Rodents. 6

Monday, August 6

1:00 p.m. The Culinary Delighters Present: Summer Infusions 2
 11:00 a.m. Drawing for Everyone. 10

Tuesday, August 7

1:00 p.m. Death Café 6

Wednesday, August 8

12:30–2:30 p.m. Aloha! Lunch & a Show. 3
 1:00 p.m. Great Courses: Balakirev: Symphony No. 1 (1898) 6

Thursday, August 9

TRIP: Halim Glass & Time Museum/ The Mather 5
 10:00 a.m. Intro to Android Phones, Part 2 10
 11:00 a.m.–12:00 p.m. Open Tech Table 10
 1:00 p.m. Tea Time 12
 1:00 p.m. Red Hat Society. 12

2:30 p.m. Transform Clothespins into a Trivet 10

Friday, August 10

1:00 p.m. All about Pets: Birds. 6

Monday, August 13

10:30 a.m. Take Charge of Your Health, Session 2. 4
 11:00 a.m. Chair Massage 12
 12:30 p.m. The Beatles in Chicago. 7

Tuesday, August 14

Meal Special: Yay! Corn Dog Day!. 2
 11:00 a.m. Flower Arranging: A Floral Symphony 10
 1:00 p.m. How to Draft a Power of Attorney & Living Will, Part 2 9

Wednesday, August 15

1:00 p.m. Great Courses: Janacek: Piano Sonata I.X.1905 (1906). 6
 2:30–3:30 p.m. Volunteer at Mather's—More Than a Café. 9

Thursday, August 16

12:00–4:00 p.m. AARP Safe Driving Course, Part 1 7

Friday, August 17

12:00–4:00 p.m. AARP Safe Driving Course, Part 2 7
 1:30–3:00 p.m. Café con Ovie. 12

Monday, August 20

10:00–11:00 a.m. Coffee Club. 9
 10:30 a.m.–1:00 p.m. Take Charge of Your Health, Session 3. 4
 11:00 a.m. Paint with Val 10
 1:00 p.m. Find Serenity through *Xi Gong* 7
 1:00 p.m. Card-Making with Carole. . . 10

Tuesday, August 21

12:00 p.m. Cinema at Mather's—More Than a Café: *Made for Each Other* 3

Wednesday, August 22

1:00 p.m. Great Courses: Rimsky-Korsakov: The Golden Cockerel (1907). . 6
 4:30–6:30 p.m. Wednesday Nights at Mather's: Hugo's Elvis. 3

Thursday, August 23

10:00 a.m. iPad Basics, Part 1 10

11:00 a.m.–12:00 p.m. Open Tech Table 10
 11:00 a.m. RTA Passes 12
 1:00 p.m. Tea Time 12
 1:00–2:00 p.m. Mamie Doud Eisenhower: The Hostess in Chief 7

Friday, August 24

12:00–3:00 p.m. Save a Life—Learn CPR! 7
 2:00 p.m. Karaoke with Claire 3

Monday, August 27

10:30 a.m.–1:00 p.m. Take Charge of Your Health, Session 4. 4
 11:00 a.m. Chair Massage 12
 2:30 p.m. Wii Bowling 3

Tuesday, August 28

1:00 p.m. The Culinary Delighters Present: Sticky, Goopy Desserts 2

Wednesday, August 29

1:00 p.m. Great Courses: Holst: Ode to Death (1919). 6
 2:00 p.m. Mather Connections Volunteer Meeting 9

Thursday, August 30

Float Day: Delightful Ice Cream Floats 2
 10:00 a.m. iPad Basics, Part 2 10
 11:00 a.m.–12:00 p.m. Open Tech Table 10
 1:00 p.m. Introduction to Mexican Dancing. 7

Friday, August 31

2:00–3:00 p.m. The Current State of the News Media & Politics 7

SEPTEMBER**Monday, September 3**

CAFÉ CLOSED – Happy Labor Day!

Tuesday, September 4

1:00 p.m. Voices from the Grave. 8

Wednesday, September 5

11:00 a.m. Fitness Center Orientation 12
 1:00 p.m. Great Courses: Berg: Wozzeck (1922) 6

2:00 p.m. Fun with Tasty Chinese
Dumplings 2

Thursday, September 6

11:00 a.m.–12:00 p.m. Open Tech
Table 10
11:00 a.m. RTA Passes 12
1:00 p.m. Wii Bowling 3
2:30 p.m. Create Paper Flowers 10

Friday, September 7

Magazine Release Day!

1:00 p.m. All about Pets: Reptiles..... 6

Monday, September 10

10:30 a.m.–1:00 p.m. Take Charge
of Your Health, Session 5..... 4
11:00 a.m. Drawing for Everyone..... 10
11:00 a.m. Chair Massage 12
1:00–2:30 p.m. Ziegfeld Follies 8

Tuesday, September 11

11:00 a.m. Flower Arranging:
Patriot’s Day 10
12:30 p.m. Nutrition Talk..... 4

Wednesday, September 12

12:30–2:30 p.m. Oktoberfest
Luncheon 3
1:00 p.m. Great Courses: Shostakovich:
Symphony No. 13 (1962)..... 6

Thursday, September 13

10:00 a.m. Uber & Lyft..... 10
11:00 a.m.–12:00 p.m. Open Tech
Table 10
1:30 p.m. Introduction to Yodeling 8
1:00 p.m. Tea Time 12
1:00 p.m. Red Hat Society..... 12

Friday, September 14

1:00 p.m. All about Pets:
Unusual Pets..... 6

Monday, September 17

10:00–11:00 a.m. Coffee Club..... 9
10:30 a.m.–1:00 p.m. Take Charge
of Your Health, Session 6..... 4
1:00 p.m. Card-Making with Carole... 10
1:00–2:00 p.m. Behind the Scenes:
The *Real* in Paranormal Reality
Television 8

Tuesday, September 18

12:00 p.m. Cinema at Mather’s—
More Than a Cafe: *This Is the Army* ... 3
1:00 p.m. Mather’s Music Ensemble... 3

Wednesday, September 19

12:30–3:30 p.m. Mather’s—
More Than a Café Wellness Fair 5

Thursday, September 20

1:00 p.m. All about Paper Money:
US, Confederate & Worldwide 8
2:30 p.m. Wii Bowling 3

Friday, September 21

1:00 p.m. Building Bone, Avoiding
Falls & Preventing Fractures..... 4
2:00–3:00 p.m. Café con Ovie..... 12

Monday, September 24

11:00 a.m. Paint with Val 10
11:00 a.m. Chair Massage 12
1:00–2:30 p.m. Medicare 101 9

Tuesday, September 25

12:30 p.m. Beer & Your Health:
Fact or Fiction? 8

Wednesday, September 26

1:00 p.m. Great Courses: Copland:
Symphony No. 3 (1946) 6
4:30–6:30 p.m. Wednesday Nights
at Mather’s: John Measner, Magician
Extraordinaire 3

Thursday, September 27

9:00 a.m.–2:00 p.m. Free Flu Shots
& Pneumonia Vaccines 4
10:00 a.m. Computer Basics 10
11:00 a.m.–12:00 p.m. Open Tech
Table 10
11:00 a.m. RTA Passes 12
1:00 p.m. Tea Time 12

Friday, September 28

TRIP: Cubs vs. St. Louis Cardinals 5
2:00 p.m. Karaoke with Claire 3

***For general questions or input,
contact Café manager Jeff Rose
at (773) 205.3307 or
jrose@matherlifeways.com.***

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 membership-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.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

Learn to Live Well with a Chronic Illness

TAKE CHARGE OF YOUR HEALTH: A 6-PART SERIES

**Mondays, July 30, August 13–27, and September 10 & 17,
10:30 a.m.–1:00 p.m.**

*Sarah Squires-Doyle, Health Educator,
CJE SeniorLife Center for Healthy Living*

Let's explore chronic disease management and how to live a healthier life. Designed by Stanford University for those living with diabetes, arthritis, high blood pressure, heart disease, asthma, COPD, and other chronic conditions, this evidence-based series is based on interactive discussions led by two certified leaders.

You'll also create an action plan, share experiences, and help each other solve problems you encounter in creating and carrying out your self-management program. The sessions will cover

- dealing with fatigue, pain, stress, and emotional problems such as depression, anger, fear, and frustration
- exercise for strength and endurance
- healthy eating
- medication
- effective communication with health care providers

Suggested Donation \$30 for the 6-week series



CURIOUS?
***Attend one of these
free information
sessions to find
out more:***

**MONDAY, JULY 9
at 10:30 a.m. or
TUESDAY, JULY 17
at 1:00 p.m.**

The facilitators will provide an overview of the upcoming classes, the topics covered, and the management strategies to be discussed.