

Mather LifeWays
1603 Orrington Avenue, Suite 1800
Evanston, IL 60201

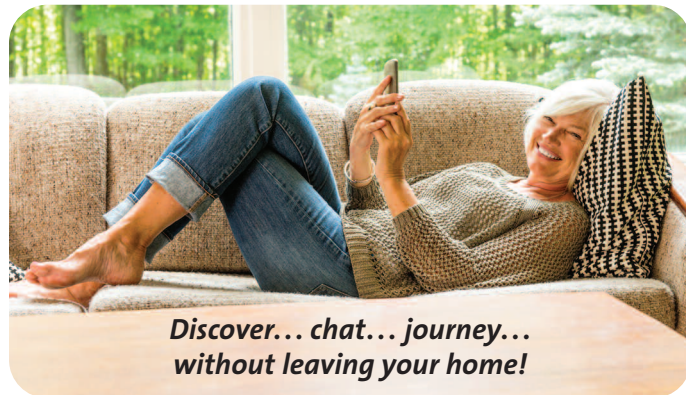
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Telephone Topics

Explore Endless Experiences at Home!

Get Connected to Possibilities



Discover... chat... journey...
without leaving your home!

- Register in advance by calling (888) 600.2560, or emailing teltopics@matherlifeways.com.
- At the time listed for the program, dial in from any phone ... and enjoy. All calls are FREE!

Share Telephone Topics with your friends—the more the merrier!



JULY 2018

Pick up the phone and dial up free, fun, and interesting topics from the comfort of your home. All you need is your telephone!



Edward Hopper

Lynette Bremer, Art & Architecture Historian
Friday, July 6, 11:00 a.m. CT
Learn about this prominent realist painter whose finely calculated renderings reflected his vision of modern life.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather LifeWays
**Monday, July 2
11:30 a.m. CT**

Here's your chance to give your opinion on specific topics you liked and didn't like, what you'd like to hear more about, or even topics you'd like to present.

Mobility & Flexibility

Paige Corley, Certified Personal Trainer
Tuesday, July 3, 11:00 a.m. CT
Learn the difference between being flexible and having good mobility. We'll also explore the

connection between functional movement and improved mobility.

Picnics & Outdoor Dining

Camille Stagg, Food & Travel Journalist, Author & Teacher
Tuesday, July 3, 1:00 p.m. CT
Camille shares delicious recipes that use fresh herbs and produce, along with some food safety tips. Time to reminisce about great family picnics!

The Power of Pets

Caryl Derenfeld, Joy Fueled Souls
Thursday, July 5, 11:00 a.m. CT
Join a discussion of the ways in which our pets give us joy.

Edward Hopper

**Friday, July 6
11:00 a.m. CT**
See feature above.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago
**Friday, July 6
1:00 p.m. CT**
Hear a master storyteller read a thought-provoking short story, followed by discussion.

Register at (888) 600.2560 or
teltopics@matherlifeways.com

Interactive talks, exercise, performances, lectures, and more

All programs are central time (CT).

Meditation

Susan Wilkens, Yoga Instructor,
Dancing Cranes

Monday, July 9, 16 & 23
2:00 p.m. CT

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Road Trips with Burma Shave

Kate Marrs, Presenter

Tuesday, July 10
11:00 a.m. CT

From the 1920s through the 1960s, roads across the US were dotted with revolutionary marketing jingles. We'll review, remember, and discuss.

Feelin' Groovy

Heather Braoudakis, Vocalist

Tuesday, July 10
1:00 p.m. CT

Heather will perform some of the grooviest songs of all decades. Hear songs from Burt Bacharach, the Mamas & the Papas, the Fifth Dimension, and more!

Facts about July

Joe Cuniff, Instructor,
DePaul University

Wednesday, July 11
11:00 a.m. CT

Join a fun discussion about July places, events, and holidays.

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller
& Motivational Speaker

Wednesday, July 11
1:00 p.m. CT

Is it possible to fill the hour with sets of matching words? Bread & butter, salt & pepper, toast & coffee. How many can you name?

Fashions & Fads of the 1970s



Caryl Derenfeld, Joy Fueled Souls

Thursday, July 12
1:00 p.m. CT

Put on your bell bottoms and leisure suits as we discuss this era from a personal and historical perspective.

Elvis: The Concert Years

Rich Lang, Media Historian

Thursday, July 12
11:00 a.m. CT

Rich returns to discuss Elvis and his concert years, the fevered fans, and the ways in which they affected the King's life.

Fashions & Fads of the 1970s

Thursday, July 12, 1:00 p.m. CT
See feature above.

Simply Strong

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

Friday, July 13
11:00 a.m. CT

Join us for a guided strength-training routine that can be done in your home. Written instructions will be provided.

Storytelling with Megan

Megan Wells, National Touring
Storyteller, 2016 Oracle Winner

Friday, July 13, 1:00 p.m. CT
Hear a master storyteller read a thought-provoking short story, followed by discussion.

Settings That Bring the Stories to Life

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

Tuesday, July 17, 11:00 a.m. CT
From New York City as the heart of assorted police dramas to New Mexico as the backdrop for *Breaking Bad*, locations for television series add an extra dimension to the narratives.



Active Adult Exercise

Paige Corley, Certified
Personal Trainer

Tuesday, July 17, 1:00 p.m. CT
Paige leads a one-hour monthly session of seated and standing exercises that will boost your mind and body!

The Shape of Water

Fabiana Glazer, Arts Educator

Thursday, July 19, 11:00 a.m. CT
Come and listen to water—in art! We'll look at artists who use water as their subject matter and medium, and we'll do a little water art ourselves!

Tom & Jerry

Brian Salgado, Presenter

Thursday, July 19, 1:00 p.m. CT
Brian will talk about the classic cartoon characters in their never-ending cat-and-mouse fight.

Robert Indiana: LOVE Sculpture

Lynette Bremer, Art &
Architecture Historian



Friday, July 20
11:00 a.m. CT

Let's discuss one of the most famous artists in the pop art movement, known for his hard-edge paintings of bold, simple, iconic images with short words or numbers.

Storytelling with Megan

Friday, July 20

1:00 p.m. CT
See July 13.

What's Going on in Our World?

Kate Marrs, Presenter

Tuesday, July 24
11:00 a.m. CT

Find out what's happening in the fields of health, science, and technology, and learn how we benefit from these advances.



Chair Ballet Stretch

Wednesday, July 25

1:00 p.m. CT
See feature right.

Alan & Adam Arkin

Rich Lang, Media Historian

Thursday, July 26
11:00 a.m. CT

Rich discusses the lives and careers of these iconic father-and-son actors.

Chair Ballet Stretch



Jeanine Dent, Instructor

Wednesday, July 25
1:00 p.m. CT

Learn stretching and strengthening techniques using ballet positions. Exercises focus on hip flexors, core strength, spinal alignment, and lengthening and toning muscles.

Find Your Zen

Jeanne Roppolo, Author, Storyteller
& Motivational Speaker

Thursday, July 26
1:00 p.m. CT

Need a time-out from your busy, chaotic life? Feeling stressed? Need to recharge your batteries? Learn helpful ways to rekindle the light in your heart.

Find Your Why

Coach Nachi, Personal
Development Coach

Friday, July 27
11:00 a.m. CT

Connecting to your unique *why* is key in feeling at home with yourself. Coach Nachi taps into sources for powerful motivation and constant focus.

Storytelling with Will

Will Casey, Theatre Department,
Columbia College Chicago

Friday, July 27, 1:00 p.m. CT

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

Time for Us: Let's Chat!

Kate Marrs, Presenter & Lisa
Evans, Mather LifeWays

Monday, July 30
11:00 a.m. CT

Join a fun, uplifting, and informational open chat about thoughts and experiences from your world. Bring a friend!

Chair Yoga

Tom Wilkens, Yoga Instructor,
Dancing Cranes

Monday, July 30
2:00 p.m. CT

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

What's Hot in Politics

Judy Lear, Activist

Tuesday, July 31
1:00 p.m. CT

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

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Visit us at matherlifeways.com/telephonetopics

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