

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

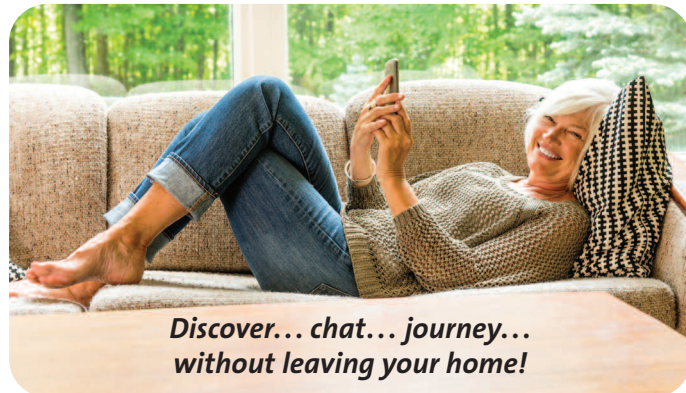
Non-Profit Org.
U.S. Postage
PAID
Evanston, IL
Permit No. 198



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!



Telephone Topics



SEPTEMBER 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!

The Chihuly Museum



Lynette Bremer, Art & Architecture Historian
Friday, September 7
11:00 a.m. CT

Take a virtual tour of this fabulous museum in Tacoma, Washington, which features breathtaking blown-glass creations of the great artist.

To Your Health

Kate Marrs, Presenter
Tuesday, September 4
11:00 a.m. CT

Keep informed on ideas, solutions, and information in health and easy-to-implement healthy living choices.

September Facts

Joe Cunniff, Instructor,
DePaul University
Wednesday, September 5
11:00 a.m. CT

Join a fun discussion about places, events, and holidays in September.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather LifeWays
Thursday, September 6
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.

Danny Kaye

Rich Lang, Media Historian
Thursday, September 6
1:00 p.m. CT
Rich discusses the life and career

of this entertainer who made film classics such as *White Christmas*, *Hans Christian Andersen*, and *The Secret Life of Walter Mitty*.

The Chihuly Museum
Friday, September 7
11:00 a.m. CT
See feature left.

Storytelling with Caroline
Caroline Latta, Theatre Department, Columbia College Chicago
Friday, September 7
1:00 p.m. CT

Hear a master storyteller read a thought-provoking short story, followed by discussion.

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes
Monday, September 10 & 17
2:00 p.m. CT

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

Interactive talks, exercise, performances, lectures, and more

All programs are central time (CT).

The Eating & Exercise Connection

Paige Corley, Certified Personal Trainer

**Tuesday, September 11
11:00 a.m. CT**

Learn about the importance of healthy eating and how it greatly impacts your success in exercise.

An Hour at the Opera

**Tuesday, September 11
1:00 p.m. CT**

See feature right.

The Sport of Sports

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

**Wednesday, September 12
11:00 a.m. CT**

As the baseball playoffs approach, let's talk about how the media makes us feel as if we're sports experts—even though we're not!

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

**Wednesday, September 12
1:00 p.m. CT**

Be the first to create a word with the letters provided. Can you compose more words than the other participants?

Women Inventors, Part 2

Caryl Derenfeld, Joy Fueled Souls

**Thursday, September 13
1:00 p.m. CT**

We'll explore why women were prevented from attaining patents in earlier centuries and how we honor women inventors today.

An Hour at the Opera



Heather Braoudakis, Vocalist
**Tuesday, September 11
1:00 p.m. CT**

Transport yourself to the opera house as Heather sings arias from *Carmen*, *Porgy & Bess*, *La Bohème*, the works of Gilbert & Sullivan, and more.

Simply Strong

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

**Friday, September 14
11:00 a.m. CT**

Join us for a guided strength-training routine that can be done in the comfort of your home.

Time for Us: Let's Chat!

Kate Marrs, Presenter & Lisa Evans, Mather LifeWays

**Monday, September 17
11:00 a.m. CT**

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

What's Going on in Our World?

Kate Marrs, Presenter

**Tuesday, September 18
11:00 a.m. CT**

We'll discuss news about health, science, and technology, and the ways in which we might benefit.

Chair Ballet Stretch

Jeanine Dent, Instructor

**Tuesday, September 18
1:00 p.m. CT**

Learn stretching and strengthening techniques using various

ballet positions, focusing on hip flexors, core strength, and spinal alignment, as well as lengthening and toning muscles.

Mickey Mouse

Brian Salgado, Presenter

**Thursday, September 19
1:00 p.m. CT**

Hear about the mascot of the Walt Disney Company and one of the most recognizable characters in the world.

Origami: The Art of Paper Folding, Part 2



Fabiana Glazer, Arts Educator
**Thursday, September 20
11:00 a.m. CT**

Fabiana will talk more about the history and endless possibilities of origami art. Material will be provided to make a simple design.

Amelia Earhart



Ricki Saady, Presenter
**Thursday, September 20
1:00 p.m. CT**

Discover the story of Amelia Earhart, the first female aviator to fly solo across the Atlantic.

Amelia Earhart

**Thursday, September 20
1:00 p.m. CT**

See feature above.

Edward Hopper

Lynette Bremer, Art & Architecture Historian

**Friday, September 21
11:00 a.m. CT**

Learn about this prominent realist painter whose finely calculated renderings reflected his vision of modern life.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

**Friday, September 21
1:00 p.m. CT**

Hear a master storyteller read a thought-provoking short story, followed by discussion.

Chair Yoga

Tom Wilkens, Yoga Instructor, Dancing Cranes

**Monday, September 24
2:00 p.m. CT**

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

Active Adult Exercise

Paige Corley, Certified Personal Trainer

**Tuesday, September 25
11:00 a.m. CT**

Try an hour of seated and standing exercises that will boost your mind and body.

What's Hot in Politics

Judy Lear, Activist

**Tuesday, September 25
1:00 p.m. CT**

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

More Tips for a Better Brain!



Jan Smith, Yoga & Nutrition Coach

**Wednesday,
September 26
1:00 p.m. CT**

We'll discuss the latest information on improving your

brain—even as you continue to age!

Bing Crosby

Rich Lang, Media Historian

**Thursday, September 27
11:00 a.m. CT**

Rich will discuss the life and career of this entertainment icon, including his smooth singing style that influenced many other male singers.

Helpful Hints

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

**Thursday, September 27
1:00 p.m. CT**

Learn tricks, tips, and shortcuts to solving household problems. Discover ways to make cooking, cleaning, and entertaining fun, fast, and easy.

September Is Healthy Aging Month

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

**Friday, September 28
11:00 a.m. CT**

We'll take stock, rejuvenate, and find inspiration as we get started on positive steps that impact all areas of our health.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

**Friday, September 28
1:00 p.m. CT**

Enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Visit us at matherlifeways.com/telephonetopics

Register today! Call (888) 600.2560 or email teltopics@matherlifeways.com

This publication, in part or in its entirety, may not be distributed in any manner without the prior written consent of Mather LifeWays. Organizations interested in subscribing to the Telephone Topics program should call (888) 600.2560.