

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

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



Free interactive talks, exercise, and more!

Telephone Topics



Just one of this month's fascinating Topics

La Bohème

Belinda Potoma, Opera Lovers Lecture Corps

Wednesday, October 24, 1:00 p.m. CT

You'll hear many glorious singers in selections from this understated opera composed by Puccini in 1896.



Telephone Topics

OCTOBER 2018

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!

Discover Colombia



Helene Turner, Lecturer
Wednesday, October 3
11:00 a.m. CT

Helene will discuss how the drug trade has had a profound influence on almost every aspect of Colombian life, sometimes in very unexpected ways.

Meditation

Susan Wilkens, Yoga Instructor,
Dancing Cranes

Monday, October 1, 8 & 15
2:00 p.m. CT

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

Finding Funds for Fun!

Kate Marrs, Presenter

Tuesday, October 2, 11:00 a.m. CT

Discover new ways to save money and turn small savings into meaningful rewards, creating more joy in your life.

Discover Colombia, Part 2

Wednesday, October 3

11:00 a.m. CT

See feature left.

The Flintstones

Brian Salgado, Presenter

Wednesday, October 3

1:00 p.m. CT

Enjoy the story of that very modern stone-age family and their neighbors the Rubbles.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather LifeWays

Thursday, October 4

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.

Storytelling with Caroline

Caroline Latta, Theatre Department,
Columbia College Chicago

Friday, October 5

1:00 p.m. CT

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

Wearable Fitness Technology

Paige Corley, Certified
Personal Trainer

Tuesday, October 9

11:00 a.m. CT

Do these devices we wear on our wrists really help us stay active? We'll discuss a variety of wearable technology devices and suggest which may be best for you.

All programs are free. All you need is your telephone!

All programs are central time (CT).



Give My Regards to Broadway

Heather Braoudakis, Vocalist
Tuesday, October 9, 1:00 p.m. CT
 Heather sings songs from historic and award-winning Broadway favorites from 42nd Street to Phantom!

Give My Regards to Broadway

Tuesday, October 9
1:00 p.m. CT
 See feature above.

All about October and More!

Joe Cuniff, Instructor, DePaul University
Wednesday, October 10
11:00 a.m. CT
 Join a fun discussion about places, events, and holidays in the month of October. Joe will also share his travel experiences and more.

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller & Motivational Speaker
Wednesday, October 10
1:00 p.m. CT
 Enjoy some interesting puzzles and problems to solve with your own creative, logical thinking.

Steve Lawrence & Eydie Gormé

Rich Lang, Media Historian
Thursday, October 11
11:00 a.m. CT
 Rich discusses the careers of Steve and Eydie, one of the most popular husband-and-wife pop vocal duos of all time.

Women Inventors, Part 3

Caryl Derenfeld, Joy Fueled Souls
Thursday, October 11
1:30 p.m. CT
 We'll explore why women were prevented from attaining patents in earlier centuries and how we honor women inventors today.

Simply Strong

Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach
Friday, October 12
11:00 a.m. CT
 Join us for a guided strength-training routine that can be done in the comfort of your home.

Storytelling with Megan



Megan Wells, National Touring Storyteller, 2016 Oracle Winner
Friday, October 12
1:00 p.m. CT
 Hear a master storyteller read a thought-provoking short story, followed by discussion.

Let's Eat Easy, New & Delish!

Kate Marris, Presenter
Tuesday, October 16
11:00 a.m. CT
 Simple, fast, and easy food prep makes dining a breeze. Kate offers preparation tips and surprising food combinations to delight your taste buds.

Small-Screen Frights & Shivers

Walter Podrazik, Author, Watching TV: Eight Decades of American Television
Wednesday, October 17
11:00 a.m. CT
 Let's look at scary storytelling on TV in specials and series from the early days till today.

The Art of Words

Fabiana Glazer, Arts Educator
Thursday, October 18
11:00 a.m. CT
 We'll learn about the use of words in the visual art world and hear about some artists who use words in their work today.

Mary Todd Lincoln

Ricki Saady, Presenter
Thursday, October 18
1:00 p.m. CT
 Learn the true story of one of the most controversial First Ladies in American history.

Storytelling with Michael

Michael Menendian, Theater Director
Friday, October 19
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 Marris, Presenter & Lisa Evans, Mather LifeWays
Monday, October 22
11:00 a.m. CT
 Join an uplifting and informational open chat about thoughts and experiences from your world.

Chair Yoga

Tom Wilkens, Yoga Instructor, Dancing Cranes



Monday, October 22 & 29
2:00 p.m. CT
 Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

North Korea

Helene Turner, Lecturer
Tuesday, October 23
11:00 a.m. CT
 Learn about North Korea's rich history, heritage, and beautiful sites.

La Bohème

Wednesday, October 24
1:00 p.m. CT
 See back cover.



Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach
Friday, October 26
11:00 a.m. CT

Learn how to be well prepared for your next doctor's visit to get the most out of your valuable time together.

Charles Bronson

Rich Lang, Media Historian
Thursday, October 25
11:00 a.m. CT
 Rich discusses the life and career of this actor who often portrayed tough guys.

Cultural Diversity

Jeanne Roppolo, Author, Storyteller & Motivational Speaker
Thursday, October 25
1:00 p.m. CT
 Broaden your understanding of our fellow human beings as we travel the world looking at various

cultural traditions and finding our common ground.

Doctor Visit? You Got This!
Friday, October 26
11:00 a.m. CT
 See feature left.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago
Friday, October 26
1:00 p.m. CT
 Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Active Adult Exercise

Paige Corley, Certified Personal Trainer
Tuesday, October 30
11:00 a.m. CT
 Try an hour of seated and standing exercises that will boost your mind and body.

Chair Ballet Stretch

Jeanine Dent, Instructor
Tuesday, October 30
1:00 p.m. CT
 Learn stretching and strengthening techniques using ballet positions, focusing on hip flexors, core strength, spinal alignment, and lengthening and toning muscles.

Fashions & Fads of the 1970s

Caryl Derenfeld, Joy Fueled Souls
Wednesday, October 31
1:30 p.m. CT
 Put on your bell bottoms and leisure suits as we discuss this era from personal and historical perspectives.

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.

Visit us at matherlifeways.com/telephonetopics

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