

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!

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather LifeWays
Thursday, November 1
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, November 2 1:00 p.m. CT

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

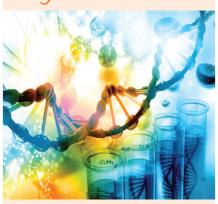
Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Monday, November 5, 12 & 19 2:00 p.m. CT

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

Gene Doctors



Kate Marrs, Presenter
Tuesday, November 6
11:00 a.m. CT

We've entered a new era in which specialized doctors can successfully target the genetic root causes of diseases and make changes to prevent them. Hear about the miracles in new genetic science.

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

Gene Doctors

Tuesday, November 6
11:00 a.m. CT
See feature left.

November Places & Things

Joe Cunniff, Instructor,
DePaul University
Wednesday, November 7
11:00 a.m. CT
Join a fun discussion about
places, events, and holidays

North Korea, Part 2

in November.

Helene Turner, Lecturer
Wednesday, November 7
1:00 p.m. CT
Learn more about North Korea's rich history and culture.

Ingrid Bergman

Rich Lang, Media Historian
Thursday, November 8
11:00 a.m. CT
Rich will discuss the life and career of one of the greatest actresses of Hollywood's golden age.

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

All programs are central time (CT).



Apple Harvest

Caryl Derenfeld, Joy Fueled Souls
Thursday, November 8
1:00 p.m. CT

Join the fun and learn about apples: their health benefits, the legend of Johnny Appleseed, and more.

Simply Strong

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

Friday, November 9 11:00 a.m. CT

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

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago Friday, November 9 1:00 p.m. CT See November 2.

The Benefits of Protein

Tuesday, November 13 11:00 a.m. CT See feature right.

Let Freedom Ring

Heather Braoudakis, Vocalist Tuesday, November 13 1:00 p.m. CT

Honor our veterans and celebrate our freedom with great American composers like George M. Cohan and Irving Berlin.

Edward Asner: Lou Grant & More

Walter Podrazik, Author,
Watching TV: Eight Decades
of American Television
Wednesday, November 14
11:00 a.m. CT
Ed Asner played his signature

role in both The Mary Tyler Moore

The Benefits of Protein



Paige Corley,
Certified Personal Trainer
Tuesday, November 13
11:00 a.m. CT

Learn why protein is so important to the aging adult and discover ways to fit it into your daily eating routine.

Show and Lou Grant, excelling at both. Learn some of the other important work he has done.

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller & Motivational Speaker Wednesday, November 14 1:00 p.m. CT

Can you unscramble the letters to name a city, state, country, continent, ocean, or planet? And how well do you know your world capitals?

Moving Along

Fabiana Glazer, Arts Educator
Thursday, November 15
11:00 a.m. CT

Some art is created to move. Learn all about kinetic art and create some yourself!

Idomeneo



Jean Joslyn, Opera Lovers Lecture Corps Thursday, November 15 1:00 p.m. CT

Learn about this profound lyrical tragedy regarded as Mozart's greatest choral opera.

Facts & Origins of Thanksgiving

Caryl Derenfeld, Joy Fueled Souls Friday, November 16 1:00 p.m. CT

Share memories about your holiday traditions and learn juicy tidbits about the original Thanksgiving.

Meat: What We Need to Know

Kate Marrs, Presenter

Tuesday, November 20 11:00 a.m. CT

We'll look at the animals we eat, the impact on our health and family farms, as well as sustainable and compassionate practices for meat production.

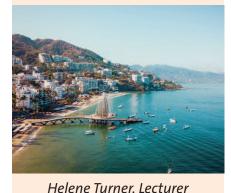
Siegfried

Neil Adelman, Opera Lovers Lecture Corps

Tuesday, November 20 1:00 p.m. CT

Siegfried is the third opera in Richard Wagner's epic Ring Cycle, in which Wagner's glorious music tells the story of a brave hero.

Puerto Vallarta



Wednesday, November 21,
11:00 a.m. CT
Let's take a tour of this
popular tourist destination.
We'll hear about tourist
delights, tropical beaches, and
the area's rich cultural history.

Puerto Vallarta

Wednesday, November 21 11:00 a.m. CT See feature above.

Forgiveness

Coach Nachi, Personal Development Coach **Wednesday, Novemb**

Wednesday, November 21 1:00 p.m. CT

Forgiveness of ourselves is a key to achieving what we want in life and enjoying our lives

Storytelling with Megan

Megan Wells, National Touring Storyteller, 2016 Oracle Winner Friday, November 23 1:00 p.m. CT Hear a master storyteller read a

thought-provoking short story,

followed by discussion.

Time for Us: Let's Chat!

Kate Marrs, Presenter & Lisa Evans, Mather LifeWays

Monday, November 26 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, November 26 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, November 27 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, November 27
1:00 p.m. CT
Judy recaps the past month's national issues and news and asks for your input.

Chair Ballet Stretch

and toning muscles.

Jeanine Dent, Instructor
Wednesday, November 28
11:00 a.m. CT
Learn stretching and strengthening techniques using ballet
positions, focusing on hip flexors,
core strength, and spinal alignment, as well as lengthening

The Jetsons

Brian Salgado, Presenter
Wednesday, November 28
1:00 p.m. CT

Relive *The Jetsons* 'comical vision of the future with elaborate robotic contraptions, aliens, and whimsical inventions.

The Carradine Family

Rich Lang, Media Historian Thursday, November 29 11:00 a.m. CT

Learn about one of the greatest families of actors of all time, including film actors John, Keith, and David Carradine.

Common Phrases

Jeanne Roppolo, Author,
Storyteller & Motivational Speaker
Thursday, November 29
1:00 p.m. CT
Jeanne will talk about the
fascinating stories behind
common phrases we use every
day. See if you can guess the
origins of some common

November Is American Diabetes Month!

expressions or slang terms.

Friday, November 30 11:00 a.m. CT See back cover.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago Friday, November 30 1:00 p.m. CT Sit back and enjoy a tale delivere

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

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Organizations interested in subscribing to the Telephone Topics program should call (888) 600.2560.

Mather LifeWays

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November Is American Diabetes Month!

Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach Friday, November 30, 11:00 a.m. CT

As we age, our risk of developing type 2 diabetes increases. Learn small yet powerful steps to reduce your risk and get the latest updates for its treatment and prevention.



