

NOVEMBER 2018



Telephone Topics



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 in November.

North Korea, Part 2

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 strength-training 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.

Visit us at matherlifeways.com/telephonetopics

Puerto Vallarta



Helene Turner, Lecturer

**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, 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

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 and toning muscles.

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 expressions or slang terms.

November Is American Diabetes Month!

**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 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.

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

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Free interactive talks, exercise, and more!

Telephone Topics

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.

