



Telephone Topics

Happy
New
Year!

JANUARY 2019

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!

New Year's Traditions & Resolutions

Wednesday, January 2
1:00 p.m. CT
See feature right.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather LifeWays
Thursday, January 3
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.

Robert Indiana: LOVE Sculpture

Lynette Bremer, Art &
Architecture Historian
Friday, January 4
11:00 a.m. CT

Let's discuss a famous artist in the pop art movement known for his hard-edge paintings consisting of bold, iconic images along with words or numbers.



New Year's Traditions & Resolutions

Caryl Derenfeld, Joy Fueled Souls
Wednesday, January 2
1:00 p.m. CT

People around the world celebrate the coming of a New Year. Let's explore these traditions and find ways to reset this month.

Storytelling with Caroline

Caroline Latta, Theatre
Department, Columbia
College Chicago
Friday, January 4
1:00 p.m. CT

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

NEW TIME! Meditation

Susan Wilkens, Yoga Instructor,
Dancing Cranes
Monday, January 7, 14 & 21
12:00 p.m. CT

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

Synchronicity: What Is That?

Kate Marrs, Presenter
Tuesday, January 8
11:00 a.m. CT

Synchronicity is a time in which things seem to come together in a meaningful way. We'll look at ways we can benefit from this phenomenon.

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

All programs are central time (CT).



Younger Than Springtime: France Nuyen

Interviewed by Ron Falzone,
Film Department, Columbia
College Chicago

Thursday, January 17
1:00 p.m. CT

Enjoy some “happy talk”
with actress France Nuyen,
who burst onto the screen as
the young Polynesian beauty
in 1958’s *South Pacific*.

Regards to Broadway

Heather Braoudakis, Vocalist

Tuesday, January 8
1:00 p.m. CT

Hear Heather’s rendition of
Broadway favorites from *Showboat*
to *Phantom*, *My Fair Lady* to *Cats*.

On the Road to Florida

Joe Cunniff, Instructor,
DePaul University

Wednesday, January 9
11:00 a.m. CT

Join a discussion of fun facts
about the Sunshine State.

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller
& Motivational Speaker

Wednesday, January 9
1:00 p.m. CT

Urban myth or truth? This game
will test your pop-culture savvy.

Kim Novak

Rich Lang, Media Historian

Thursday, January 10
11:00 a.m. CT

Rich will discuss the life and career
of this beautiful and talented
film and television actress.

Best Foods for Your Brain

Jan Smith, Yoga & Nutrition Coach

Thursday, January 10
1:00 p.m. CT

Jan discusses the ways in which
specific foods contribute to
brain power.

Simply Strong

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

Friday, January 11
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 Michael

Michael Menendian,
Theater Director

Friday, January 11
1:00 p.m. CT

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

Maintaining Good Posture

Paige Corley, Certified
Personal Trainer

Tuesday, January 15
11:00 a.m. CT

Find out why maintaining good

posture can contribute to overall
health. Start your New Year
straight and strong!

Supplements for Older Adults

Brittany Plutchak, Pharmacist,
Walgreens

Tuesday, January 15
1:00 p.m. CT

Let’s look at a few of the
supplements older adults
should be taking.

The Second Season

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

Wednesday, January 16
11:00 a.m. CT

Starting with *Batman* as a new
series premiering in January,
ABC changed how the networks
regarded the TV year.

Color Your Way through Art History

Caroline Edasis, Director of
Creative Arts, Mather LifeWays

Thursday, January 17
11:00 a.m. CT

Learn how various artists
approach color in their work
and experience the relaxation
of coloring your version of a
famous painting.

Younger Than Springtime: France Nuyen

Thursday, January 17
1:00 p.m. CT

See feature left.

Martha Washington

Ricki Saady, Presenter

Friday, January 18

11:00 a.m. CT

Learn something new about our
first First Lady.



Across the Miles

Heather Drounin, Edmonton,
Canada, Southside Senior
Centre Without Walls

Wednesday, January 23
2:30 p.m. CT

Join participants in telephone programs across the US and Canada to share stories and talk about life in our different locations.

Storytelling with Megan

Megan Wells, National Touring
Storyteller, 2016 Oracle Winner

Friday, January 18
1:00 p.m. CT

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

Hope: What It Means for Our Lives

Kate Marrs, Presenter

Tuesday, January 22
11:00 a.m. CT

We'll discuss the role hope plays in our lives, including creating a foundation of empowerment.

Chair Ballet Stretch

Jeanine Dent, Instructor

Wednesday, January 23
11:00 a.m. CT
Learn stretching and strengthening techniques using ballet positions, focusing on hip flexors, core strength, and spinal alignment.

Across the Miles

Wednesday, January 23
2:30 p.m. CT
See feature left.

Henry Fonda

Rich Lang, Media Historian

Thursday, January 24
11:00 a.m. CT
Rich discusses the life of this iconic film and stage actor.

Tom & Jerry

Brian Salgado, Presenter

Thursday, January 24
1:00 p.m. CT
Join a fun discussion about this long-running cartoon series.

Why Does a Walnut Look Like a Brain?

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

Friday, January 25
11:00 a.m. CT
Many healthy whole foods resemble the organs they benefit. Is Mother Nature trying to tell us something?

Storytelling with Will

Will Casey, Theatre Department,
Columbia College Chicago

Friday, January 25
1:00 p.m. CT
Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

NEW TIME! Chair Yoga

Tom Wilkens, Yoga Instructor,
Dancing Cranes

Monday, January 28
12:00 p.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

NEW TIME! Time for Us: Let's Chat!

Kate Marrs, Presenter &
Lisa Evans, Mather LifeWays

Monday, January 28
2:00 p.m. CT
Join an uplifting and informational open chat about thoughts and experiences from your world.

Active Adult Exercise

Paige Corley, Certified
Personal Trainer

Tuesday, January 29
11:00 a.m. CT
Try an hour of seated and standing exercises that will boost your mind and body.

Are You a Bibliophile?

Jeanne Roppolo, Author, Storyteller
& Motivational Speaker

Wednesday, January 30
1:00 p.m. CT
Share your favorite titles and authors and learn about new ones.

Ukiyo-e: The Art of Japan

Pat Rose, Artist, Teacher &
Art Historian

Thursday, January 31
11:00 a.m. CT
See back cover.

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

Mather LifeWays

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Free interactive talks, exercise, and more!

Telephone Topics



Ukiyo-e: The Art of Japan

Thursday, January 31, 11:00 a.m. CT

Learn about this elegant Japanese art that reflects positive thinking and beautiful images.