



# Telephone Topics

FEBRUARY 2019

Register in advance by calling (888) 600.2560 or emailing [teltopics@matherlifeways.com](mailto:teltopics@matherlifeways.com). At the time listed for the program, dial in from any phone. . . and enjoy. All calls are FREE!



## Facts about Alaska

Joe Cunniff, Instructor,  
DePaul University  
Wednesday, February 6  
11:00 a.m. CT

Let's take to the road and explore interesting facts, fascinating history, fun trivia, and more.

## Storytelling with Caroline

Caroline Latta, Theatre  
Department, Columbia College  
Chicago

Friday, February 1, 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, February 4, 11 & 18  
12:00 p.m. CT

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

## Send a Year-Round Valentine to Yourself

Kate Marrs, Presenter  
Tuesday, February 5

11:00 a.m. CT  
We'll explore meaningful ways to shine lovelight on ourselves every month, all year, and beyond.

## A Walk through Graceland Cemetery

Paula Fenza, Historian  
Tuesday, February 5  
1:00 p.m. CT

Graceland Cemetery is the final resting place of many of Chicago's most powerful and distinguished leaders. Enjoy a pictorial tour of some of its highlights.

## Facts about Alaska

Wednesday, February 6  
11:00 a.m. CT  
See feature left.

## Resources for Chicago's Older Adults

Tricia Mullin, Housing Opportunities  
and Maintenance for the Elderly  
(HOME)

Wednesday, February 6  
1:00 p.m. CT

Hear about affordable housing programs, moving options, and repair services available in the City of Chicago.

Register at (888) 600.2560 or [teltopics@matherlifeways.com](mailto:teltopics@matherlifeways.com)

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

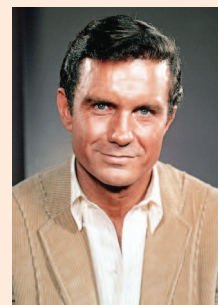
All programs are central time (CT).

## Hollywood's Golden Age: A Talk with Budd Moss

Interviewed by Ron Falzone,  
Film Department, Columbia College Chicago

**Tuesday, February 19, 1:00 p.m. CT**

Meet legendary Hollywood super-agent Budd Moss. His clients included Hollywood A-listers such as Rita Hayworth, Bette Davis, Sidney Poitier, and Cliff Robertson. Hear lively tales of old Hollywood and its stars!



### Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather LifeWays

**Thursday, February 7**

**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.

### Simply Strong

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

**Friday, February 8**

**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, February 8**

**1:00 p.m. CT**

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

### Core & Hip Stability

**Tuesday, February 12**

**11:00 a.m. CT**

See back cover.

### That's Amore!

Heather Braoudakis, Vocalist

**Tuesday, February 12**

**1:00 p.m. CT**

Heather sings of different kinds of love in songs from musical theater, Nat King Cole, George Gershwin, and the Hutton Sisters.

### Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller  
& Motivational Speaker

**Wednesday, February 13**

**1:00 p.m. CT**

We'll play a game based on *Antiques Roadshow*: Is it a cherished heirloom or an imitation found at a yard sale?

### Brigitte Bardot

Rich Lang, Media Historian

**Thursday, February 14**

**11:00 a.m. CT**

Rich will discuss the life and career of one of the great sex symbols of the '50s and '60s.

### Buddy Holly

Brian Salgado, Presenter

**Thursday, February 14**

**1:00 p.m. CT**

Join Brian as we explore the life and career of this rock-'n'-roll pioneer of the 1950s.

### Alvar Aalto

Lynette Bremer, Art &  
Architecture Historian

**Friday, February 15**

**11:00 a.m. CT**

Learn about this

Finnish architect, who designed furniture, textiles and glassware, as well as sculptures and paintings.



### Storytelling with Megan

Megan Wells, National Touring  
Storyteller, 2016 Oracle Winner

**Friday, February 15**

**1:00 p.m. CT**

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

### Lights, Camera, Action!

Kate Marrs, Presenter

**Tuesday, February 19**

**11:00 a.m. CT**

Take part in a fun activity in which we'll create action plans for doing new things, enriching ourselves, and increasing our enjoyment of life.

Visit us at [matherlifeways.com/telephonetopics](http://matherlifeways.com/telephonetopics)

### **Hollywood's Golden Age: A Talk with Budd Moss**

**Tuesday, February 19**

**1:00 p.m. CT**

See feature left.

### **TV Bingeing to the End of Winter**

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

**Wednesday, February 20**

**11:00 a.m. CT**



Tune in to learn how bingeing through seasons and series, or simply reading a book of short stories,

can be a perfect way to fight the winter blahs.

### **Hearing Loss: Causes, Diagnosis & Treatment**

*Brittany Plutchak, Pharmacist,*  
*Walgreens*

**Wednesday, February 20**

**1:00 p.m. CT**

Get expert advice and insights into hearing loss.

### **Meditation in Clay**

*Emily MacArthur, Art Therapist,*  
*Mather LifeWays*

**Thursday, February 21**

**11:00 a.m. CT**

Learn about interesting examples of pottery in art history and experience a calming guided meditation while using soft clay to create a pinch pot.

### **Edith Wilson**

*Ricki Saady, Presenter*

**Thursday, February 21**

**1:00 p.m. CT**

When Woodrow Wilson had a stroke in office, his wife became something more than just a gatekeeper. Meet the first woman who virtually served as president!

### **Fitness Facts & Fallacies**

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

**Friday, February 22**

**11:00 a.m. CT**

Join us as we debunk the most common fitness fallacies and uncover the truth once and for all!

### **Storytelling with Will**

*Will Casey, Theatre Department,*  
*Columbia College Chicago*

**Friday, February 22**

**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, February 25**

**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, February 25**

**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, February 26**

**11:00 a.m. CT**

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

### **What's Hot in the News**

*Judy Lear, Activist*

**Tuesday, February 26**

**1:00 p.m. CT**

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

### **Miniatures around the World**

*Jeanne Roppolo, Author, Storyteller*  
*& Motivational Speaker*

**Wednesday, February 27**

**1:00 p.m. CT**

Let's celebrate life's little wonders. Join us as we travel the globe discovering micro-treasures.

### **Mandy Patinkin**

*Rich Lang, Media Historian*

**Thursday, February 28**

**11:00 a.m. CT**

Hear the story of this actor and singer with Chicago roots who has starred on stage, screen, and television.

### **Chair Ballet Stretch**

*Jeanine Dent, Instructor*

**Thursday, February 28**

**1:00 p.m. CT**

Learn stretching and strengthening techniques using ballet positions, focusing on hip flexors, core strength, and spinal alignment.

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**Register today! Call (888) 600.2560 or email [teltopics@matherlifeways.com](mailto:teltopics@matherlifeways.com)**

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*Free interactive talks, exercise, and more!*

## Telephone Topics



### **Core & Hip Stability**

*Paige Corley, Certified Personal Trainer*

**Tuesday, February 12, 11:00 a.m. CT**

Learn exercises that promote stabilization and alignment—  
both essential to balance and proper gait.