

MATHER LIFEWAYS

# AgeAdvantage

JULY | AUGUST | SEPTEMBER 2019



Trip: Lake Geneva,  
Wisconsin, p. 4

## *Ways to Age Well in Edgewater with Mather LifeWays*

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*Learn how to save 17% on our remaining luncheons  
in 2019*

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## THE STORY OF MATHER LIFEWAYS IN EDGEWATER



Founded in 1941, Mather LifeWays is a non-denominational not-for-profit organization that enhances the lives of older adults by creating Ways to Age Well.<sup>SM</sup> Our program in Edgewater is the result of a shared vision of community service partners seeking to connect older adults to resources. It consists of community partnerships formed between Chicago Methodist Senior Services (CMSS), City Lit Theater, Edgewater Presbyterian Church, Bethany Retirement Community, the Heart-to-Heart program at St. Gertrude's Church, St. Andrew's Greek Orthodox Church, and CJE SeniorLife.

**To learn more about Mather LifeWays in Edgewater, contact Kathy Bavaro at (773) 769.0299 or [edgewater@matherlifeways.com](mailto:edgewater@matherlifeways.com).**

## Lunch, Entertainment, and More— Join the Celebration!

Meet new friends or bring a group—either way, each Mather LifeWays luncheon will be the party of the month! With a delicious lunch, toe-tapping live entertainment, an array of neighborhood resources, and a warm welcome for all, these events are part of what makes the Edgewater neighborhood a great place to Age Well!



**MARK YOUR CALENDAR FOR ALL OUR LUNCHEONS!**

**July 22 | August 19 | September 23 | October 28**

**(No Luncheon in November) | December 9**

## MUSIC & ENTERTAINMENT

### Monthly Luncheons

#### Barbecue and Brass

**Monday, July 22**

*Entertainment: North Shore*

*Senior Stompers*

Let's celebrate summer with a delicious meal and lively music! We'll dine on grilled hamburgers, hot dogs, roasted chicken, fresh green salad, fresh fruit, popcorn, dessert, and beverage. Enjoy foot-stompin' Dixieland tunes performed by the North Shore Senior Stompers.

**Reservations begin Tuesday, June 11 and are required by Wednesday, July 17.**

#### Breezy Beach

**Monday, August 19**

*Entertainment: Edizon Dayao*

Beach party! Let's sway to the upbeat rhythms of Edizon Dayao as he performs many danceable favorites, including contemporary line dances. Your taste buds will be dancing as well, as you enjoy a delicious lunch of roasted pork, roasted chicken, Spanish rice, steamed mixed vegetables, fresh green salad, seasonal fresh fruit, assorted rolls, dessert, and beverage.

**Reservations begin Tuesday, July 23 and are required by Wednesday, August 14.**

#### Vita Bella

**Monday, September 23**

*Entertainment: Peter Oprisko*

Immerse yourself in the romance and entertainment of Italy as you're serenaded by vocalist Peter Oprisko, performing songs from the Rat Pack era. Savor a tasty menu of Italian meatballs and sausage, cheese tortellini with marinara sauce, penne pasta primavera, fresh green salad, seasonal fresh fruit, assorted rolls, dessert, and beverages.

**Reservations begin Tuesday, August 20 and are required by Wednesday, September 18.**

### LUNCHEON DETAILS

#### RESERVATIONS REQUIRED

Please leave a message on our toll-free number (888) 600.2560, or email your name and phone number to [edgewater@matherlifeways.com](mailto:edgewater@matherlifeways.com).

**CHECK-IN:** 11:30 a.m.

**LUNCH AND PERFORMANCE:** 12:00–2:00 p.m.

#### LOCATION:

St. Andrew's Greek Orthodox Church  
5649 N. Sheridan Road, Chicago  
(Park in the **PAVED** lot.)

**COST:** \$12

\$14 for a tuna plate or veggie burger. These options must be requested upon reservation.

### BECOME A MEMBER!

**Membership is free—just sign up at your first Mather LifeWays in Edgewater luncheon. We'll keep you informed about upcoming programs and events.**



## TRIPS

### Lake Geneva, Wisconsin

Thursday, August 8



Experience beautiful Lake Geneva! We'll dine at the Red Geranium, with your choice of Chicken Angelina, Black Angus chopped steak, or grilled citrus salmon. All entrees served with salad and appropriate side dishes (beverage included). Next, we're off to downtown Lake Geneva for shopping, strolling by the lake, or whatever you'd like! Stay ashore, or board the Grand Belle of Geneva for an ice cream social boat cruise. Guests must be able to travel on their own or bring someone to assist them.

**Check-in:** 8:45 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

**Departure:** 9:00 a.m.; **Return:** Approximately 6:45 p.m.

**Cost:** \$82 (includes lunch, boat cruise, and round-trip travel on a coach bus) or \$62 (includes lunch and round-trip travel on a coach bus)

### The Amish Country—Shipshewana, Indiana

Tuesday, September 10



Experience the calming atmosphere of nature's countryside! Choose lunch on your own or a family style lunch at the Blue Gate Restaurant, including roast beef, fried chicken, real mashed potatoes, chicken dressing, gravy, vegetables, homemade noodles, salad, homemade bread, and pie (beverage included). Take the rest of the afternoon on your own to browse the many shops in quaint downtown Shipshewana or head to the largest flea market in the Midwest! We'll provide transportation between downtown and the flea market (one trip only each way). Guests must be able to travel on their own or bring someone to assist them. Note that there may be a wait for the bus, and there are no chairs available outside the flea market while you wait.

**Check-in:** 8:00 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

**Departure:** 8:15 a.m.; **Return:** Approximately 7:00 p.m.

**Cost:** \$35 (includes round-trip travel on a coach bus; lunch is on your own) or \$55 (includes family-style lunch, gratuity, and round-trip travel on a coach bus)

### TRIP DETAILS

**To register for a trip:** Call (773) 769.1995 for more information, to receive a registration form, or to pay by credit card. Payment in full is required to confirm. **Payments are non-refundable. No exchanges.**

**Checks payable to:** Mather LifeWays

**Mail to:** Mather LifeWays, 1020 W. Bryn Mawr Avenue, Chicago, IL 60660

**Day of trip:** Parking is available at St. Andrew's Church. (Park in the **PAVED** lot.)



## Save Money & Skip the RSVPs with **ORANGE ADVANTAGE**

Join our Orange Advantage program and save a little for a rainy day. Save 17% by paying in advance for our five remaining luncheons in 2019, July through December. (There is no luncheon in November.) If you've been unable to commit to all 11 luncheons through our Express Pass program, this is your chance! Orange Advantage saves you a little money each month, plus you won't need to make a reservation for a lunch—your name will already be on the list.

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### **Cost: \$50 for five luncheons**

(July 22, August 19, September 23, October 28, and December 9)

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**Call Dave Dalton at  
(773) 769.1995 for more  
information or to pay  
by credit card.**

*Note: Orange Advantage participants will enter through our regular check-in line. Our reservation list will reflect that you paid and are part of Orange Advantage.  
No exchanges or refunds.*

## ARTS & CREATIVITY

### **East Coast Swing Dance Class**

**Tuesdays, September 17 & 24, 1:00–2:00 p.m.**

Learn some new dance steps or brush up on what you know! Join instructor Koula Quirk for a fun opportunity to exercise and meet new friends. No need to bring a partner!

**Cost:** \$4

*Payment in advance required. Space is limited. For more information or to pay by credit card, call (773) 769.1995.*

*Presented by Mather LifeWays and the Edgewater Village*

### **The History of Chicago Photography**

**Wednesday, September 25, 3:00–4:00 p.m.**

DePaul University Art History professor Mark Pohlad examines the rich history of Chicago photography from the panoramic images of the pre-fire skyline to the culturally rich imagery of Dawoud Bey.

**Cost:** **FREE**

**Reservations Required:** (773) 769.1995

*Presented by Mather LifeWays and Chicago Methodist Senior Services*

### **Art Class: Metal Tin Art**

**Thursday, September 26, 2:00–4:00 p.m.**

Artist Vivian Visser will teach you how to create and paint a beautiful piece of tin art that you can take home.

**Cost:** \$12 (includes materials)

*Payment in advance required. Space is limited. For more information or to pay by credit card, call (773) 769.1995.*

### **Art Insights—Coming in September!**

Art Insights will return in September with another great program presented by a volunteer from the Art Institute of Chicago! Interested in learning more? Contact us for the topic, date, and time—and make a reservation! This program is free. Please call (773) 769.1995 for details.

## LOCATION INFORMATION

Each program takes place in St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

## Honoring Master Chef and Friend Modestos Zografopoulos



Many of you who have attended our luncheons from our early days have known and loved Modestos. His recipes (handed down to his son Gus, who caters for us now) all included love. After lunch was served, he'd come into the gym as

we all waited to let him know how much we enjoyed the meal. When Modestos and Gus began cooking for us 17 years ago, our numbers quickly soared as word spread about the delicious food! Even after he passed the torch to Gus, you'd still find Modestos prepping food and giving feedback on the menu. He'd stop by and visit us at the luncheon, as we all became family.

Modestos began working as an electrical engineer before his work in the food business. Born in Komotini, Thraki, Greece, he traveled to Brazil and began to raise his family there, before emigrating to the US. He spoke four languages and began many successful businesses here. Yet, what defined Modestos was his love for others and love of family. He believed in sharing his gifts. That's why, even until right before his passing, he volunteered at events with Gus. And there was nothing that made him prouder than the luncheon and the work that Gus carries on. Modestos, we will miss you deeply. Your presence will always be felt through the legacy of your love. And for that, we are forever grateful.

With love and gratitude,  
Kathy Bavaro

## HEALTH & WELLNESS

### Low-Vision Friends

**Mondays, July 8, August 12, & September 9,  
10:00 a.m.**

This group provides an exchange of information, moral support, resource sharing, tricks of the trade, and solutions for people with low vision. *Meets the second Monday of each month. Call to confirm.*

**Location:** Edgewater Presbyterian Church,  
1020 W. Bryn Mawr Avenue

**Cost:** FREE

**Contact:** (773) 769.1995

### The Thin Veil

**Thursday, September 19, 1:00–3:00 p.m.**

*Kathy Bavaro*



Many of us have lost someone physically in this world yet continue to feel their spirit with us. In this program, hear about experiences with the afterlife and discover that, in spite of our culture's skepticism, these events are quite common. By honoring these special connections, we will be able to better appreciate the gift they add to our lives.

**Location:** St. Andrew's Greek Orthodox Church,  
5649 N. Sheridan Road, the President's Room.  
Park in the **PAVED** lot and use the **REAR** entrance  
between the church and the auditorium.

**Cost:** \$2

**Reservations Required:** (773) 769.1995



## LIFELONG LEARNING

### Tuesday Morning Book Club

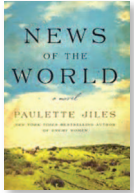
Meets the last Tuesday of the month.



*Lillian Boxfish Takes a Walk*

By Kathleen Rooney

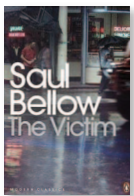
**Date:** Tuesday, July 30,  
10:00–11:30 a.m.



*News of the World*

By Paulette Jiles

**Date:** Tuesday, August 27,  
10:00–11:30 a.m.



*The Victim*

By Saul Bellow

**Date:** Tuesday, September 24,  
10:00–11:30 a.m.

**Location:** Edgewater Presbyterian Church,  
1020 W. Bryn Mawr Avenue

**Parking:** Available at St. Andrew's Church, **PAVED** lot

**Cost:** **FREE**

### Lascaux Paintings

Thursday, August 15, 1:00–2:00 p.m.



Historian Paula Fenza will take us on a virtual tour of the Lascaux Caves in southwestern France, which are

17,000 years old and feature over 600 paintings.

**Location:** St. Andrew's Greek Orthodox Church,  
5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

**Cost:** **FREE**

**Reservations Required:** Call (773) 769.1995

### What Is Estate Planning (and Why Do I Need It)?

Nancy Franks-Strauss, Partner, Golan Christie Taglia LLP

**Please call for date and time.**

Learn about the basics on estate planning and how to benefit from it. Nancy will cover

- planning for disability (health care issues, living wills, and health care power of attorney)
- planning for financial issues (property power of attorney and guardianship)
- planning for death (wills, probate, living trusts, and estate taxes)

**Location:** St. Andrew's Greek Orthodox Church,  
5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

**Cost:** **FREE**

**Reservations Required:** Call (773) 769.1995



**FRIDAY, JULY 12, 5:00–10:00 p.m.**

**SATURDAY, JULY 13, 3:00–11:00 p.m.**

**SUNDAY, JULY 14, 12:00–11:00 p.m.**

Enjoy fun for the whole family—including Greek food, dancers, beer and wine, music, children's activities, and a marketplace.

**Admission:** \$3 (Children 12 and younger **FREE** with adult)

**St. Andrew's Greek Orthodox Church,  
5649 N. Sheridan Road**

**For information call (773) 334.4515  
[standreworthodox.org](http://standreworthodox.org)**

### NOW MORE PARKING!

- Both sides of Sheridan Road between Hollywood and Balmoral
- Emanuel Congregation, 5959 N. Sheridan Road  
(Sat. 1:00–11:00 p.m.; Sun. 11:00 a.m.–11:00 p.m.)
- Church of Atonement, 5749 N. Kenmore  
(Sat. 2:00–11:00 p.m.; Sun. 1:00–11:00 p.m.)

## FITNESS

### Exercise—Mild & Moving

**Tuesdays, 11:00 a.m.–12:00 p.m.**

Boost your cardiovascular fitness, flexibility, and balance, all while you move to fun music, standing or sitting in a chair. A former dancer with the Juilliard School in New York, instructor Suzanne Harris is a certified physical trainer who also teaches at Galter LifeCenter. Take advantage of this great way to stay fit!

**Cost:** \$2/class

**Call (773) 769.1995 and register to try your first class free!**

### Tai Chi

**Fridays, 11:00 a.m.–12:00 p.m.**



Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing.

Why tai chi? Increased balance, stamina, flexibility, brain health, and reduced blood pressure... all are possible benefits of tai chi! Come try something new—you'll learn and practice in a supportive, compassionate environment and feel better! Please wear loose-fitting, comfortable clothing, and bring a pair of socks.

**Cost:** \$4/class

**Call (773) 769.1995 and register to try your first class free!**

### LOCATION INFORMATION

Each program takes place in St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.



**ALL PROGRAMS ARE FREE.**

**ALL YOU NEED IS YOUR TELEPHONE!**

Simply call a toll-free number to listen to a wide range of interesting discussions and programs. Dial into...

### WELLNESS PROGRAMS

Participate in live, guided chair yoga or meditation sessions to stretch your body or mind.

### DISCUSSION TOPICS

Share a piece of your mind when you join a lively discussion on sports, movies, and other topics.

### LIVE PERFORMANCES & MUSIC REVIEWS

Enjoy a live vocal performance or master storytelling session. Listen and learn about opera, early rock 'n' roll, and other musical genres that get your toes tapping.

**Call (888) 600.2560 to get a copy and get started—it's FREE!**

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



**matherlifeways®**  
Ways to Age Well



## JUST FOR FUN

### Film Series

Light refreshments will be served.

**Cost: \$2 • Reservations Required: (773) 769.1995**

**Location:** St. Andrew's Greek Orthodox Church,  
5649 N. Sheridan Road, the President's Room.  
Park in the **PAVED** lot and use the **REAR** entrance  
between the church and the auditorium.



#### **Gloria Bell** R

Julianne Moore stars as a free-spirited divorcee who spends her nights on the dance floor, joyfully letting loose. She soon finds herself thrust into an unexpected new romance, filled with the joys of budding love and the complications of dating.

**Wednesday, July 17, 1:00–3:00 p.m.**

#### **Isn't It Romantic** PG-13

Natalie (Rebel Wilson) is a New York architect who works hard to get noticed at her job. Things go from bad to weird when she gets knocked unconscious during a mugging and wakes up to find herself in an alternate universe. Always cynical about love, she discovers she's playing the leading lady in a real-life romantic comedy.

**Wednesday, July 24, 1:00–2:30 p.m.**

#### **Stan & Ollie** PG



Laurel and Hardy, the world's most famous comedy duo, attempt to reignite their film careers as they embark on what becomes their swan song—a grueling theater tour of post-war Britain.

**Wednesday, August 14, 1:00–2:45 p.m.**

#### **Best of Enemies** PG-13



This is the true story of the unlikely relationship between Ann Atwater, an outspoken civil rights activist, and C.P. Ellis, a local Ku Klux Klan leader. During the racially charged summer of 1971, Atwater and Ellis co-chair a summit on the desegregation of schools in Durham, North Carolina.

**Wednesday, August 28, 1:00–3:15 p.m.**

#### **Amazing Grace** G

This documentary presents the live recording of Aretha Franklin's album *Amazing Grace* at the New Bethel Baptist Church in Los Angeles in 1972.

**Wednesday, September 11, 1:00–2:30 p.m.**

#### **Poms** PG-13



Diane Keaton stars in this uplifting comedy about a group of women who form a cheerleading squad at their retirement community, proving you're never too old to "bring it!"

**Wednesday, September 18,  
1:00–2:30 p.m.**

# COMMUNITY CONNECTIONS

Programs are held at the address(es) listed in the headings unless otherwise noted.

## BERGER PARK

6205 N. SHERIDAN ROAD, (773) 761.0376

*Classes begin June 24 and continue through August 19.  
Call for more specific information. Classes, dates, and  
prices are subject to change.*

### Tap

Participants will learn basic tap steps and exercises, as well as floor work and rhythm games, leading up to a recital at the end of the season.

**Dates:** Tuesdays, 9:00–10:00 a.m.

**Cost:** FREE

### Bridge

Enjoy an afternoon playing bridge while meeting new friends, strengthening card playing skills, and sharpening your mind.

**Dates:** Tuesdays and Thursdays, 12:00–3:00 p.m.

**Cost:** FREE

## CJE SENIORLIFE

**A Non-Denominational Social Service Agency**

3003 W. TOUHY AVENUE, (773) 508.1000

CJE SeniorLife's Shalom Bus is in your neighborhood.  
Call (773) 508.1000 for more information or to apply.

### HEART-TO-HEART

Serving homebound older adults in the Edgewater community. Volunteers provide friendly visits, reassuring phone calls, light shopping assistance, escorts to appointments, and transportation.  
Call (773) 973.5464 if you need assistance or would like to become a volunteer.

## OAK STREET HEALTH – EDGEWATER

1541 W. DEVON AVENUE, (773) 250.5222

### Simply Strong



Staying physically active is one of the most important things you can do to maintain your health and independence.

This class focuses on improving strength, balance, and flexibility—increasing your ability

to carry out daily activities as well as reducing your risk of falling. The last 15 minutes of each class is dedicated to a lively and informative wellness discussion.

**Dates:** Tuesdays, 10:00–11:00 a.m.

**Cost:** FREE

## NORTHSIDE COMMUNITY RESOURCES

1530 W. MORSE AVENUE, (773) 338.7722, EXT. 21

### Senior Home Repair Program

You're eligible for FREE repairs if you meet income limit restrictions, are at least 60, and a Chicago resident. Types of repairs include safety improvements, security improvements, and accessibility improvements. Contractors are licensed and bonded. This program is sponsored by the City of Chicago Department of Planning and Development. For more information, call (773) 338.7722, ext. 21.

### THE LENDING CLOSET

St. Gertrude's maintains a lending closet for medical equipment that people frequently request. Call (773) 973.5464 to see if they have what you need.

## BETHANY RETIREMENT COMMUNITY

4950 N. ASHLAND AVENUE, (773) 989.1501

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### Music & Movement with Kaitlyn

This program brings together aerobics and a variety of music to create an energy-boosting exercise class that's easily done sitting or standing.

**Date:** Thursdays, 9:00–10:00 a.m.

**Location:** 4950 N. Ashland Avenue, in the auditorium

**Parking:** Available in the outdoor lot at the corner of Winnemac Avenue and Paulina Street

**Cost:** FREE

**Reservations Required:** (773) 989.1501

### Mental Fitness



Learn ways you can strengthen your cognitive abilities with fun demonstrations of brain-stimulating games, plus great educational handouts to take home.

**Date:** Fridays, 9:30 a.m.

**Location:** 4950 N. Ashland Avenue, in the auditorium

**Parking:** Available in the outdoor lot at the corner of Winnemac Avenue and Paulina Street

**Cost:** FREE

**Reservations Required:** (773) 989.1501

# CITY LIT

LITERATE ★ THEATER

### MEET CITY LIT THEATER

We are proud to partner with our close neighbor, City Lit. (They are on the second floor of the Edgewater Presbyterian Church!) City Lit is a not-for-profit theater company founded in 1979, and is devoted to stage adaptations of literary material. Their mission includes making live theater accessible through low ticket prices. They also offer a \$4 senior discount on all shows. For more information, visit [citylit.org](http://citylit.org).

## CHICAGO METHODIST SENIOR SERVICES

The Most Extensive Senior Services Network  
on Chicago's North Side • [cmsschicago.org](http://cmsschicago.org)  
1415 W. FOSTER AVENUE • (773) 769.5500

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*Classes will take place at Winwood Apartments, 1406 W. Winona. Reserve a spot by calling (773) 769.9000 or emailing [computerservices@cmsschicago.org](mailto:computerservices@cmsschicago.org). Classes are \$12 with a reservation, \$15 without a reservation.*

### Basic Computer Tips



Don't think you are the only one who has questions. If you haven't used a computer in a long time or never used a computer, this class is for you. Learn how to use

the mouse, get current computer terminology, and hear funny computer tips.

**Date:** Tuesday, July 9, 1:30–3:00 p.m.

### Word Processing

If you want to write a book, essay, or even a letter, this is for you. Microsoft Word, Libre Office, and Apple Pages are all word processors and we take a look at their common format, style, and print features.

**Date:** Tuesday, July 16, 10:30 a.m.–12:00 p.m.

### Interested in Ancestry?

We look at genealogy sites and software, comparing features and prices to help you select a good starting point for exploring your family history.

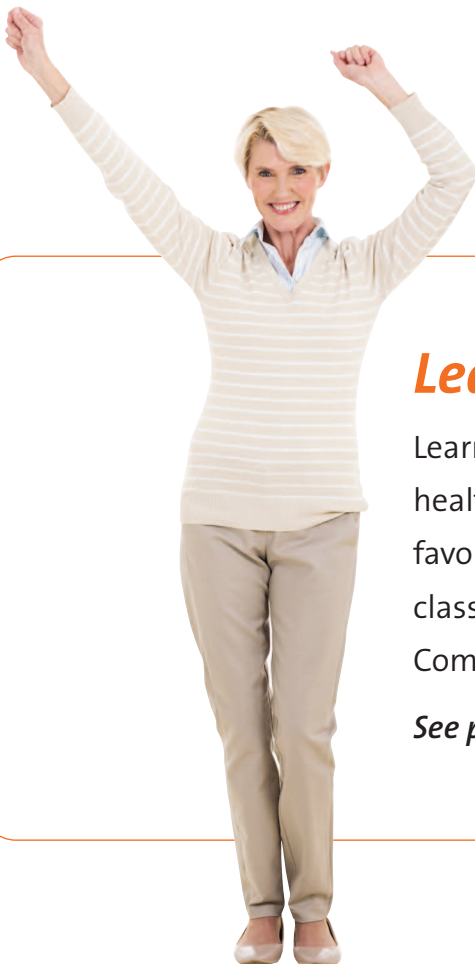
**Date:** Thursday, July 25, 1:30–3:00 p.m.

### Shopping for a New Computer

We look at features, prices, and options to help you select a computer that will do what you want at a price you want to pay. If you have a computer with Windows 7, PLEASE join us—it's time to get a new PC!

**Date:** Tuesday, July 30, 10:30 a.m.–12:00 p.m.





## ***Learn to Dance—It's Good for You!***

Learning new dance steps has multiple benefits for your health, as well as being a fun and social hobby! Join our favorite neighborhood dance instructor Koula Quirk for a class in the lively East Coast Swing style of dance.

Come alone or bring a friend!

***See page 5 for details.***