



Telephone Topics

JULY 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!*

Meditation

*Susan Wilkens, Yoga Instructor,
Dancing Cranes*

**Monday, July 1, 8 & 15
12:00 p.m. CT**

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

Caregiving & Creativity Chat

Tuesday, July 2, 11:00 a.m. CT
See back cover.

Let Freedom Ring

Heather Braoudakis, Vocalist
Tuesday, July 2, 1:00 p.m. CT
Celebrate our freedom and heritage with Heather’s renditions of great American composers like George M. Cohan and Irving Berlin.

America’s Freedom Foundation

Kate Marrs, Presenter
**Tuesday, July 3
1:00 p.m. CT**
Review our nation’s most precious documents: the Declaration of Independence and the US



Fred Astaire & Ginger Rogers

Rich Lang, Media Historian
Friday, July 5, 11:00 a.m. CT
Rich will discuss the lives and careers of these iconic dance partners.

Constitution. We’ll honor our founders and reaffirm our values.

Fred Astaire & Ginger Rogers

Friday, July 5, 11:00 a.m. CT
See feature above.

Storytelling with Caroline

*Caroline Latta, Theatre Department,
Columbia College Chicago*
Friday, July 5, 1:00 p.m. CT
Hear a master storyteller read a thought-provoking short story, followed by discussion.

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Maintaining a Healthy Diet

*Paige Corley, Certified
Personal Trainer*
**Tuesday, July 9
11:00 a.m. CT**

Learn basics of good nutrition and ways to navigate a path to healthy eating in today’s complex food landscape.

What Are Captioned Phones?

Susie Koleff, ClearCaptions
Tuesday, July 9, 1:00 p.m. CT
Are you experiencing any form of hearing loss? You may qualify to receive a free ClearCaptions phone, which provides real-time captioning.

Interactive talks, exercise, performances, lectures, and more

All programs are central time (CT).

Facts about Colorado

Joe Cunniff, Instructor,
DePaul University

Wednesday, July 10

11:00 a.m. CT

Let's explore interesting facts, fascinating history, fun trivia, and more about Colorado.

Game Time with Jeanne: Movie Trivia

Jeanne Roppolo, Author, Storyteller
& Motivational Speaker

Wednesday, July 10

1:00 p.m. CT

How well do you know your movie trivia? We'll play several guessing games involving film titles, child stars, Western stars, and screen detectives.

Turning Neighbors into Friends

Meli Glenn, Klaatch, COO,
Co-Founder

Thursday, July 11, 18 & 25

11:00 a.m. CT

Broaden your social circle and make connections. Learn how you can get to know others who share your passions, interests, and experiences.

Simply Strong

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

Friday, July 12, 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 Megan

Megan Wells, National Touring
Storyteller, 2016 Oracle Winner

Friday, July 12, 1:00 p.m. CT

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



The Beach Boys

Brian Salgado, Presenter

Thursday, July 18

1:00 p.m. CT

Hear about the lives and careers of the country's most popular surf band.

America's Freedom Foundation: Amendments

Kate Marrs, Presenter

Tuesday, July 16, 11:00 a.m. CT

To date, 27 amendments to the US Constitution have been approved, six have been disapproved, and thousands have been suggested. Join us for a discussion about these amendments.

Seeing Woodstock—From a More Comfortable Place

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

Wednesday, July 17

11:00 a.m. CT

The media enabled us to experience Woodstock without the crowds, mud, and traffic hassles! Wally explores the media coverage of the great event.

The Record Den: Summer Songs of the '50s

Ivan Rivera, Disc Jockey, Record
Collector & Music Historian

Wednesday, July 17

1:00 p.m. CT

Ivan will play a lively collection of songs for summer, including favorites by Elvis Presley, Neil Sedaka, Buddy Holly, Little Richard, Patsy Kline, and more!

The Beach Boys

Thursday, July 18, 1:00 p.m. CT

See feature left.

Joan Crawford

Rich Lang, Media Historian



**Friday, July 19,
11:00 a.m. CT**

Learn about the life and career of this movie star, who was one of the highest

paid women in the United States.

Storytelling with Michael

Michael Menendian,
Theater Director

Friday, July 19

1:00 p.m. CT

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

Chair Yoga

Tom Wilkens, Yoga Instructor,
Dancing Cranes

Monday, July 22 & 29

12:00 p.m. CT

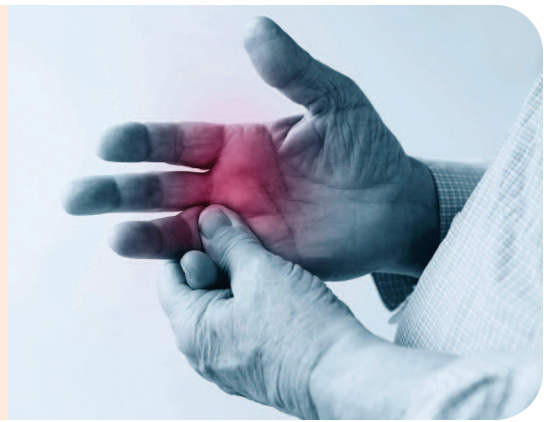
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Arthritis All around Us: What Can We Do

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

Friday, July 26, 11:00 a.m. CT

Learn the facts about arthritis, what may help prevent the disease, and how best to preserve joint function, mobility, and quality of life.



What's Hot in the News

Judy Lear, Activist

Tuesday, July 23, 1:00 p.m. CT

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

Chair Ballet Stretch

Jeanine Dent, Instructor

Wednesday, July 24

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

Amber Carroll, Director, Covia, Well Connected, San Francisco

Wednesday, July 24

2:30 p.m. CT

Join participants in other telephone programs across the US and Canada to share stories and talk about life in our different locations. **Preregister for a unique call-in number.**

Arthritis All around Us: What We Can Do

Friday, July 26, 11:00 a.m. CT

See feature above.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

Friday, July 26, 1:00 p.m. CT

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

Time for Us: Let's Chat!

Kate Marrs, Presenter & Lisa Evans, Mather LifeWays

Monday, July 29, 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, July 30

11:00 a.m. CT

Try 45 minutes of seated and standing exercises that will boost your mind and body.

Therapy for Healthy Aging

Terri McHugh & Eddie Meyer, North Shore Senior Options

Tuesday, July 30

1:00 p.m. CT

Hear about elements of healthy aging and common challenges faced by older adults. Learn how

these challenges can result in symptoms of depression and anxiety, and how therapy can help.

Early Radio & Technology

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



Wednesday, July 31

11:00 a.m. CT

Learn about how radio broadcasting got its start and where it stands today.

Grandma Goes to Illinois

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, July 31

1:00 p.m. CT

Join Grandma Jeanne as she explores Illinois's ancient sites, spiritual shrines, places where Bigfoot-like creatures have been seen, and unusual attractions such as an Amish amusement park.

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

Mather LifeWays

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Explore Endless Experiences at Home!

Telephone Topics



Caregiving & Creativity Chat

Sharon Smith, Mather LifeWays & Ruthe Guerry, Art Therapist

Tuesday, July 2, 11:00 a.m. CT

Caregivers, express your feelings and decompress in a safe space. Learn how to relieve stress through creativity exercises, and get resources for better self-care.