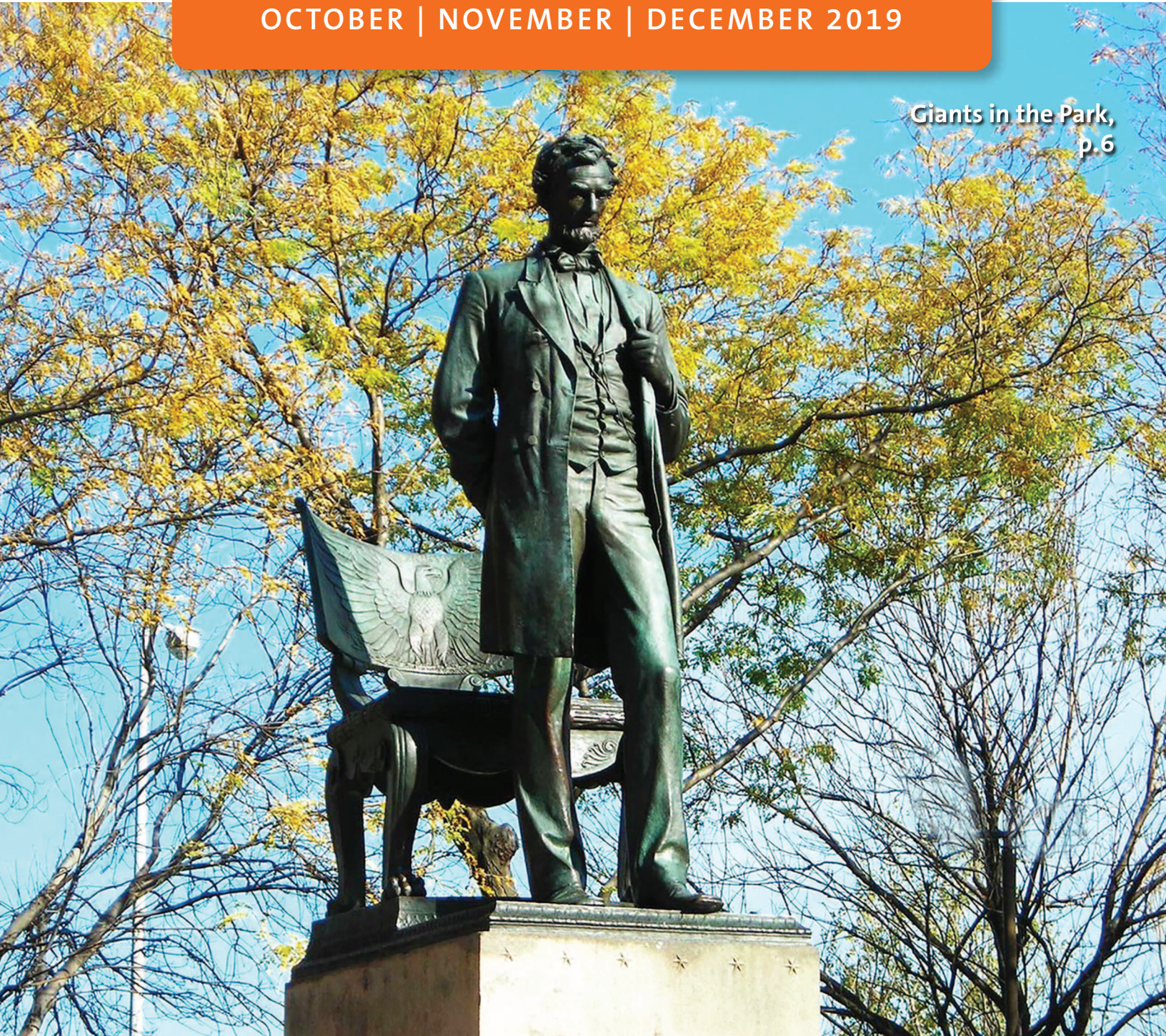


More at Mather's

OCTOBER | NOVEMBER | DECEMBER 2019

Giants in the Park,
p.6



Try FitSteps for an energetic, upbeat workout! See page 10.

7134 W. Higgins Avenue, Chicago, IL 60656 | (773) 774.4804



mather's | more than a **café**

Check Out What's Happening!



Join us for a day trip to Rockford's Anderson Japanese Gardens. See page 9.

- Health & Wellness 2
- Arts & Creativity 3
- Music & Entertainment 4
Check out Friday Night Live entertainment!
- Culinary Delights..... 5
- Lifelong Learning 6
Choose from author presentations, travelogues, and more—like a demonstration of Zen Shiatsu bodywork.
- Free Resources 8
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Drop into a class like FitSteps, or try meditation!
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MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Friday: 7:30 a.m.–8:00 p.m.
(menu available until 7:45 p.m.)

Saturday: 8:00 a.m.–3:00 p.m. (menu available until 2:45 p.m.)

HEALTH & WELLNESS

FREE Flu & Pneumonia Vaccines

Tuesday, October 1, 9:00 a.m.–2:00 p.m.

If you have a Medicare Part B card, please bring it with you. To register for an appointment, please call (888) 600.2560.

Friday, October 4

11:00 a.m. Flu & Pneumonia Prevention

Jessie Conlin, Cigna

Jessie highlights the importance of early identification of symptoms, treatment, and protecting loved ones. **FREE**



Thursday, October 10

1:00 p.m. Your Sight Matters

Kat Mueller, Prevent

Blindness Illinois

Kat will explore symptoms of age-related eye problems. **FREE**

Women & Heart Disease

Thursday, October 17

3:30 p.m. Women & Heart Disease

Randi Kant, Health Educator

Learn about risk factors, talking to your doctor, and more.

Suggested Donation \$5

Wednesday, November 6

1:00 p.m. Diabetes

Jessie Conlin, Cigna

Learn keys to preventing diabetes through lifestyle changes and medical care. **FREE**

Thursday, November 14

3:30 p.m. Diabetes: Small Steps, Big Rewards

Randi Kant, Health Educator

Learn small steps to substantially reduce your risk of type 2 diabetes. *Suggested Donation \$5*

Tuesday, November 19

6:00 p.m. Dental Health for Older Adults

Dr. Zofia Wosiek, Presenter

Dr. Wosiek will discuss topics ranging from hygiene to dentures and everything in between. **FREE**

ARTS & CREATIVITY



**Thursdays, October 10 & 24,
November 14 & December 12**

6:00–6:45 p.m. Dance Instruction

*Nikki Merchut, Momentum
Performing Arts*

Join us to learn something new—
no dance partner necessary!

Practice on your own is encour-
aged, and ballet and modern
dance classes can be modified for
those who prefer to sit in a chair.
Suggested Donation \$8 per session

October 10: Ballroom Dance

Learn the basic steps of waltz,
salsa, swing, and more. We'll
assign partners during the class.

October 24: Ballet

Dancers will learn basic skills as
we focus on grace, poise, balance,
and strength.

November 14: Jazz Dance

This class will expand the
dancer's personality and style.

December 12: Modern Dance

We'll explore elements of
balance and shape through
longer exercises.

Fridays, October 4–25

10:30 a.m.–12:00 p.m.

Drawing for Fun 101

Eddwin Meyers, Art Instructor

Learn techniques and approaches to
rendering forms as we use pencil, pen
and ink, colored pencils, charcoal, and
more. All levels welcome. *All materials
included. Suggested Donation \$12
per class*

Fridays, October 4–25

12:30–3:30 p.m. Acrylics Art Class

Eddwin Meyers, Art Instructor

We'll explore impressionistic, symbolic,
classical, and expressive approaches
with acrylics. All levels welcome. *All
materials included. Suggested Donation
\$12 per class*

Wednesday, October 23

2:00 p.m. Flower Arranging: Halloween

Robert Neri, Robert's Floral Design Studio

Payment required in advance. *All supplies
included. Suggested Donation \$15*

**Thursdays, October 24, November 21
& December 19**

**6:30–8:00 p.m. BYOB Paint & Sip
with Val**

*Val Zucker-McCune, Owner,
Smart Art Studios*

Val will guide you through recreating
a selected piece while you enjoy your
favorite BYOB beverage. *Includes
painting supplies and canvas.
Suggested Donation \$25*

Fridays, November 1–22

10:30 a.m.–12:00 p.m.

Drawing for Fun 101



Design a Wreath

Fridays, November 1–22

12:30–3:30 p.m. Acrylics Art Class

Wednesday, November 27

**2:00 p.m. Flower Arranging:
Thanksgiving**

Fridays, December 6–27

10:30 a.m.–12:00 p.m.

Drawing for Fun 101

Fridays, December 6–27

12:30–3:30 p.m. Acrylics Art Class

Monday, December 9

1:00–3:00 p.m. Design a Wreath

Aleca Breneman, Artist

Decorate an artificial green wreath.
*All supplies included. Suggested
Donation \$15*

**3:30–5:00 p.m. Create 2 Holiday
Ornaments**

Aleca Breneman, Artist

*All supplies included. Suggested
Donation \$6*

Thursday, December 19

**2:00 p.m. Flower Arranging:
Holiday**

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS



MUSIC & ENTERTAINMENT



ACOUSTIC EVENINGS

1st & 3rd

Thursdays,

6:30–7:30 p.m.

Join us for an evening of local talent.

Each evening we'll feature a unique musical experience! Come early for dinner, and keep in mind we're BYOB.

Suggested Donation \$5

Thursday, October 3

6:30 p.m. Acoustic Evening:
Scott Madden Acoustic Blues Party!

Friday, October 4

6:00 p.m. Friday Night Live:
Octoberfest Brass Band

Enjoy popular songs of the season, including plenty of tuba! *Suggested Donation \$10*

Friday, October 11

6:00 p.m. Friday Night Live:
Music of the Andrews Sisters

Enjoy the swinging sounds and sweet harmonies of the Brio a cappella group. *Suggested Donation \$10*

Monday, October 14

6:00–7:30 p.m. Open Mic Night

All talent welcome: songs, poetry, comedy, or spoken word! Sign-up starts at 5:00 p.m. **FREE**

Thursday, October 17

6:30–7:30 p.m. Acoustic Evening: Guitarist Bill Grady

Friday, October 18

6:00 p.m. Friday Night Live:
The Magic of Plaz Garcia

Join us for dinner, when Plaz will perform tableside magic. The next half-hour will be devoted to his stage show. Bring young kids for \$5 (clown sundae included). *Suggested Donation \$10*

Friday, October 25

6:00 p.m. Friday Night Live:
Klezmer!

Jutta & the Hi-Dukes
Learn the history of Klezmer music and enjoy a performance with a mix of Western and traditional ethnic instruments. *Suggested Donation \$10*

Friday, November 1

6:00 p.m. Friday Night Live:
The Beauty of Music

Marisa Buchheit, Vocalist
Marisa, a former Miss Chicago and Miss Illinois, performs show tunes and pop standards. *Suggested Donation \$10*

Thursday, November 7

6:30–7:30 p.m. Acoustic Evening: Scott Madden Blues Party!

Monday, November 11

6:00–7:30 p.m. Open Mic Night

Friday, November 15

6:00 p.m. Friday Night Live:
Holiday Music Games

Enjoy jokes, games, and surprises with recorded and live music. *Suggested Donation \$5*

Thursday, November 21

6:30 p.m. Acoustic Evening:
Folk Singer Chris Farrell

Friday, November 22

6:00 p.m. Friday Night Live:
Dance Party Featuring Edizon Dayao

Dance the night away! Edizon will keep the music flowing, and volunteers will teach dances like the electric slide. *Suggested Donation \$10*

Thursday, December 5

6:30 p.m. Acoustic Evening:
Scott Madden Blues Party!

Friday, December 6

6:00 p.m. Friday Night Live:
Fernandez & Kimball Christmas Spanish Guitars

Join us for a night of classical, flamenco, and Latin American stylings of yuletide favorites. *Suggested Donation \$10*

Monday, December 9

6:00–7:30 p.m. Open Mic Night

Friday, December 13

6:00 p.m. Friday Night Live:
Holiday Harmonies

Enjoy songs for the holidays featuring vocalist John Eskola and pianist Pat Rusk. *Suggested Donation \$10*

Friday Night Live

Enjoy live entertainment in an intimate setting on select Friday nights.

If you have dinner at the Café before the evening's entertainment, you will receive a complimentary dessert with your dinner.

Thursday, December 19

6:30–7:30 p.m. Acoustic Evening: Amy Lowe

Friday, December 20

6:00 p.m. Friday Night Live:
Elvis Holiday Party Featuring Michael St. Angel

Elvis will be making spirits bright as Michael entertains with the songs and moves you love. *Suggested Donation \$10*

Friday, December 27

6:00 p.m. Friday Night Live:
Antonio Duca

Celebrate New Year's a bit early with this talented young star. *Suggested Donation \$10*

CULINARY DELIGHTS

October Special

Pumpkin Spice Pancakes

Flavors of fall topped with whipped cream. *Cost \$5.09*

Every Monday in October

Fried Chicken Dinner

Homemade fried chicken, cole slaw, and fries or chips. *Cost \$8.39*

Friday October 4

Slice of homemade pie \$1 with order of 4-piece fish fry



Oktoberfest Meal Special

Lentil soup, pork schnitzel, German potato salad, green beans, and apple blossom. *Cost \$10*

Wednesday, October 9

1:00–3:00 p.m. Enjoy a Taste of Love

Aleca Breneman, Presenter

Learn about Luisa Spagnoli, the nineteenth-century Italian chocolatier and creator of the Baci chocolate wrapped in a love note. Enjoy a taste of chocolate. . . and feel free to BYOB to accompany our samples. *Suggested Donation \$8*

November Special

Spiced Autumn Fruit and Nut Oatmeal Bowl

Seasonal fresh and dried fruits with almonds, walnuts, and honey drizzle. *Cost \$2.99*

Every Tuesday in November

Big Bowl Loaded Chili

All-beef chili with the works, plus a side of corn bread. *Cost \$5.69*



Enjoy a Taste of Love

Friday, November 1

Slice of homemade pie \$1 with order of 4-piece fish fry

Tuesday November 19

Thanksgiving Celebration

Roasted turkey, stuffing, mashed potatoes, green beans, soup or salad, and pie. *Cost \$10*

December Special

Eggnog French Toast with Cranberry Compote

Cost \$5.09

Every Tuesday in December

Holiday Homemade Tamale Dinner

2 homemade pork, chicken, or vegetable tamales with Mexican rice and a side salad. *Cost \$8.89*



DINNERS OF THE WORLD

Mondays, 4:00 p.m.

October 28: France

November 25: Thailand

December 23: Jamaica

December 30: Japan

Culinary Delighter Vee creates a meal inspired by the food of a specific country. Each evening features a complete meal with soup or salad, entrée, delicious sides, and a dessert. *Cost \$10.99 each*

Friday, December 6

Slice of homemade pie \$1 with order of 4-piece fish fry

Monday, December 9

11:30 a.m. The Culinary Delighters Present: Beet It!

Join Jose as he shows you how to use beets, and enjoy a small-plate menu of borsht, beet and goat cheese salad, roasted beet and chicken hash, and beet chocolate cake. *Cost \$8*

Thursday, December 19

Hanukkah Celebration

Russian barley soup, tarragon roasted chicken, potato latkes, beet salad, and honey almond cake. *Cost \$9*

Please note that meal specials can only be purchased on the day(s) they are available.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

LIFELONG LEARNING



The Art of *Trompe L'oeil*: It's Not What You Think!

Monday, October 14

11:00 a.m. Real Estate Program

Lorraine Farinella,
Real Estate Agent

A local expert shares what's involved in selling your home successfully in today's market. **FREE**

1:00 p.m. Still Got Her Chops!

Dorothy Olson Pauletti,
Pianist & Entertainer

At 102, pianist Dorothy Pauletti is still dazzling audiences! Well into her 90s, she still performed regularly at major Chicago venues. Dorothy will talk about her life and career, play a few selections, and lead some sing-alongs. *Suggested Donation \$5*

Tuesday, October 15

6:00 p.m. Frankenstein's Daughter

Sara Karloff, Presenter

skype Sara Karloff describes life at home with her father,

the great actor Boris Karloff. The role of Frankenstein was one of many that Karloff played in a long and distinguished career. Joining us by Skype, Sara shares film clips, interviews, and home movies. **FREE**

Wednesday, October 16

1:00–4:30 p.m. Critics' Choice: *Love & Friendship* by Whit Stillman

Share your thoughts after we watch the film version of a book we've read during the month. See café manager for details. **FREE**

Monday, October 21

1:00 p.m. The Art of *Trompe L'oeil*: It's Not What You Think!

Robert Munman, Professor Emeritus, UIC

See visually convincing examples of *trompe l'oeil* (French for "fool the eye") from ancient Rome to today. *Suggested Donation \$3*



Introduction to Zen Shiatsu

Tuesday, October 22

6:00 p.m. Learn about Islam

Dr. Sabeel Ahmed, Executive Director, Gain Peace Project

Get answers to questions about the Muslim faith.

FREE

Monday, October 28

1:00 p.m. Introduction to Zen Shiatsu

Joy Culver, Practitioner, Zen Shiatsu Chicago

Observe a Zen Shiatsu demonstration and learn the benefits of giving and receiving this therapeutic bodywork. **FREE**

Tuesday, October 29

6:00 p.m. *Giants in the Park*

Krista August, Author

AUTHOR PRESENTATION

Learn about some of Lincoln Park's statues, including the recently installed Charitas. *Suggested Donation \$8*

Tuesday, November 5

6:00 p.m. The Long Haul

Michael James, Activist, Photographer, Writer & Actor

Michael shares photos and stories from his eventful life that has included travel, acting, activism, and founding the Heartland Café. *Suggested Donation \$5*

Thursday, November 7

1:00 p.m. Nyuk! Nyuk!

Nyuk!: Son of a Stooge

Paul Howard, Presenter

skype Paul, son of Moe from the legendary Three Stooges, joins us by Skype to talk about life with dad, the history of the Stooges, and their influence on American entertainment.

FREE

Friday, November 8

6:00 p.m. All Aboard!

Megan Wells & Amy Lowe, Storytellers

National award-winning storytellers spin the tale of the construction of the



Nyuk! Nyuk! Nyuk!: Son of a Stooge




The Long, Colorful History of Chicago's Public Library

transcontinental railroad.
Suggested Donation \$9

Monday, November 11

1:00 p.m. The Art of Dressing Well

Tziporah Salamon, Fashionista

 Featured in the documentary *Advanced Style* about older women who dress with flair, Tziporah joins us by Skype to offer fashion advice.

FREE

Tuesday, November 12

6:00 p.m. Decluttering without Pain

Karen Carpino, Designer
Learn how to better organize your space, including how to give things away creatively. Suggested Donation \$5

Monday, November 18

1:00 p.m. Grow Your Mind & Heart Every Day

Robert Beezat, Author

 **AUTHOR PRESENTATION**

No matter our age, we all search for meaning and happiness. Learn practical ideas on how to make a difference. **FREE**

Wednesday, November 20

1:00–4:30 p.m. Critics' Choice: A Christmas Memory by Truman Capote

Thursday, November 21

2:00 p.m. Health Care & Your Retirement

Elizabeth Caddy, Edward Jones
FREE

Monday, November 25

1:00–3:30 p.m. Sally Field
Jenny Riddle, Performer
Jenny Riddle portrays

actress Sally Field in this inspiring presentation based on Field's memoir. Suggested Donation \$10

Tuesday, November 26

6:00 p.m. The Long, Colorful History of Chicago's Public Library

Greg Borzo, Author
Enjoy an entertaining, lavishly illustrated talk on the rich history of our library system. Suggested Donation \$8

Tuesday, December 3

6:00 p.m. History of Norwood & Jefferson Park
David Witter, Author, Oldest Chicago

 **AUTHOR PRESENTATION**

Our area is home to the oldest house in Chicago, the oldest drive-in restaurant, and many other "oldest"

landmarks. David examines these and other sites in our area that have withstood the test of time. Suggested Donation \$5

Tuesday, December 10

6:00 p.m. Age Wisely in Your Own Home
Charlotte Bishop, Principal, Creative Case Management
FREE

Tuesday, December 17

6:00 p.m. Positive Psychology: A Fascinating Perspective on Achieving Our Best
Michael Bromberg, Presenter
Michael explains a fascinating field that looks at how we can improve ourselves by examining those who are above average. **FREE**

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

THE GREAT COURSES: Secrets of Sleep Science from Dreams to Disorders

Saturdays, 11:30 a.m.

Buddy Cole, Facilitator

Examine groundbreaking research on the enigmatic phenomenon of sleep. *Suggested Donation \$1 per session*

October 5

Sweet Sleep—Essential for a Healthy Life & What Is Sleep?

October 12

Sleep across the Night & Sleep across the Lifespan

October 19

Who in the World Sleeps? & The Timing of Sleep

October 26

The Wheels of the Circadian Clock & The Deep Sleep of Hibernators

November 2

The Neuroanatomy and Neurochemistry of Sleep & The Neurophysiology of Sleep

November 9

Sleep Disorders—Narcolepsy & The Strange World of Dreams

November 16

Functions of Sleep—Fueling the Brain & The Timing and Function of REM Sleep

November 23

Sleep and Learning—Procedural Memory & Sleep and Declarative Memory

November 30

Sleep and Memory in Animals & Sleep and Learning Disability

December 7

When You Cannot Sleep—Insomnia & Sleep Apnea

December 14

Behavior during Sleep—Parasomnias & Sleep and the Rest of the Body

December 21

Improving Sleep & Sleep in the Future and the Future of Sleep



MEDICARE 101

Thursday, October 3
1:00 p.m.

Thursday, October 24
1:00–3:00 p.m.

Wednesday, November 13
1:00–3:00 p.m.

Monday, December 2
11:00 a.m.–1:00 p.m.

Tuesday, October 1

6:00 p.m. ClearCaptions Calling
Susan Koleff, ClearCaptions
Learn about telephone technology and find out if you're eligible for a free captions phone.

Wednesday, October 2

12:00 p.m. Volunteer at Mather's—More Than a Café
Learn about our great volunteer opportunities!

Monday, October 7

1:00 p.m. Budget-Friendly Chicago
Sharon Wotovich, Presenter
Discover free programs, interesting sites, and low-cost activities. Bring your suggestions!

Tuesday, October 8

6:00 p.m. Health Insurance Information Forum
Jasmyn Lilly, Blue Cross and Blue Shield of Illinois

Thursday, October 17

2:00 p.m. Preparing Your Estate Plan
Elizabeth Caddy, Edward Jones

Mondays, October 21 & November 11

10:30 a.m.–12:00 p.m. Medicare ABCs & More
Olivier Wasilewski, UnitedHealthcare Medicare Solutions

Tuesdays, October 22, November 19 & December 17

10:00 a.m. Roundtable Discussion
Elizabeth Caddy, Edward Jones
Let's chat about current events, the economy, and investing in a relaxed setting. The coffee is on us!

Wednesday, October 23

11:00 a.m.–2:00 p.m. Benefits Check-Up
Jessie Conlin, Cigna
Schedule a 15-minute appointment when Jessie will identify programs for which you may qualify.

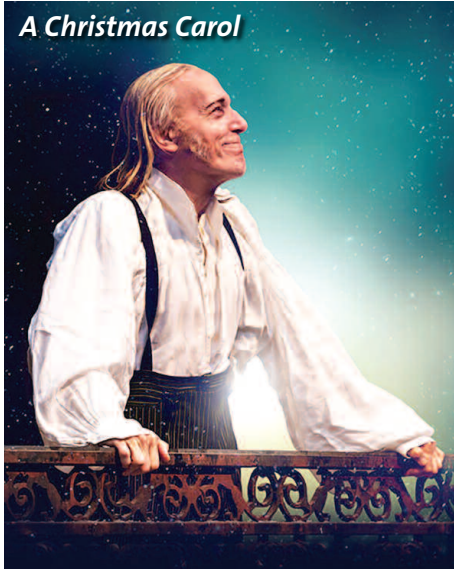
Monday, October 28

4:30–7:30 p.m. CityKey
Office of the City Clerk of Chicago
Learn about this optional government-issued ID that can serve as your library and Ventra cards—and register for yours!

Thursday, December 5

1:00–3:00 p.m. Mather Connections Volunteer Meeting
Calling all current volunteers! Learn what's new. If you want to participate in our Secret Santa exchange, please bring a wrapped gift with a value of \$5.

TRIPS



Anderson Japanese Gardens

Rockford, Illinois

Travel with us to one of North America's highest quality Japanese gardens, an extraordinarily beautiful outdoor setting to inspire the mind and energize the soul. You'll enjoy a guided tour of this 12-acre landscape of streams, waterfalls, winding pathways, and koi-filled ponds. We'll have lunch at Fresco, a restaurant renowned for its fresh, hand-crafted, organic cuisine. After lunch, enjoy more time on your own in the gardens.

DATE: Thursday, October 10,

9:00 a.m.–3:30 p.m.

Departure Location:

7134 W. Higgins Avenue

Cost: \$75

Please register by October 3.

Cost includes tour, lunch, and transportation. Limit 25.

Macy's Holiday Experience & Lunch

Each year at Macy's on State Street, a new Christmas theme comes to life, awakening the spirit of the holiday season. We'll tour the store and learn about its history of holiday traditions, get a taste of Frango Mints, and admire the two-story Great Tree in the world-famous Walnut Room. We'll also enjoy a festive lunch in Macy's Culinary Studio Holiday Room.

DATE: Thursday, December 5,

9:30 a.m.–2:30 p.m.

Departure Location:

3235 N. Central Avenue

Cost: \$70

Please register by November 21.

Cost includes tour, lunch, and transportation. Limit 25.

A Christmas Carol

Goodman Theatre

Experience once again the heart-warming story of Ebenezer Scrooge's discovery of kindness, compassion, and redemption. The Goodman has been presenting this beloved classic for more than four decades, and each year the production has something new and more amazing. You'll enjoy gorgeous sets and costumes, wonderful song-and-dance numbers, and the very finest performers in this staging of the best Christmas story ever told!

DATE: Wednesday, December 11,

10:45 a.m.–3:45 p.m.

Departure Location:

3235 N. Central Avenue

Cost: \$85

Please register by November 11.

Cost includes admission and transportation. Limit 25.

TECHNOLOGY

Classes taught by Vivian Chazen, Tech Guru. All classes are \$10.

Thursday, October 10

1:00 p.m. General Social Media

Overview

Join us for an overview of the most popular social media platforms.

Thursday, November 14

1:00 p.m. All the Phones!

Vivian will give you an overview of the latest mobile phones, so you can make an informed choice.

Thursday, December 12

1:00 p.m. Virtual Reality

Learn how virtual reality technology works, what advancements have been made in the health industry, and how it can help you.



PRIVATE TECH HELP

Thursdays, October 10,

November 14 & December 12

10:00 a.m.–12:00 p.m.

Sign up for a 30-minute appointment to get answers, lessons, and hands-on help with your electronic device. BYOD—Bring Your Own Device! *Suggested Donation \$5 per 30 minutes*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

JUST FOR FUN



Holiday Cookie Exchange

Wednesday, October 30

1:00–2:30 p.m. Drop and Swap

Nancy Jensen, Facilitator
Bring one new or gently used, non-perishable, clean item to swap for another item. You must be able to transport items on your own. Register at the front desk. **FREE**

Thursday, October 31

3:00–7:00 p.m.

Halloween Party!

Join us for a costume contest, candy, drawings, and fun! **FREE**

Wednesday, December 11

1:00 p.m. White Elephant

Aleca Breneman, Organizer
Bring two new items wrapped in newspaper. **FREE**

Monday, December 23

1:00–2:30 p.m. Holiday Cookie Exchange

Whip up a double batch of your favorite treats and bring copies of your recipe to share. **FREE**

FITNESS

BEGINNERS ALWAYS WELCOME. ALL CLASSES ARE 45 OR 60 MINUTES LONG.



MONDAY

9:00 a.m. Yoga

Please wear loose, comfortable clothing, bring a towel or mat, and don't eat one hour before class. **Cost \$5**

TUESDAY

8:20 a.m. Meditation

Learn how to overcome stress, ease your mind of clutter and anxiety, and change the negatives to positives. **Cost \$5**

9:30 a.m. Core Balance & More

Have fun using resistance bands and exercise balls to achieve better balance, a stronger core, and flexibility through range of motion exercises. All fitness levels welcome. **Cost \$3**

10:30 a.m. Cardio Burst

Low-impact movements will improve balance and build core and upper body strength and cardio endurance. All fitness levels welcome. **Cost \$3**

11:30 a.m. FitSteps

FitSteps is an energetic, upbeat dance fitness class designed to give real, measurable results. Suitable for all abilities. **Cost \$5**

WEDNESDAY

10:00 a.m. POUND® Fitness

This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels. **Cost \$5**

11:00 a.m. Cardio Dance

Dance to upbeat music while building cardiovascular fitness, strength, and flexibility. **Cost \$5**

6:00 p.m. Mind-Body Workout

This class blends tai chi, Qigong yoga, meditation, and relaxation to help with balance, core strength, mobility, and energy flow. **Cost \$5**

THURSDAY

9:00 a.m. Chair Yoga

Enjoy the benefits of yoga using seated and standing poses to help increase flexibility, balance, and energy. **Cost \$5**

10:00 a.m. Tai Chi

Tai chi is non-impact and will move you slowly and gently while promoting full-body strength, stamina, and flexibility. **Cost \$5**

11:00 a.m. Total Body Fit

Get energized with some vigorous cardio moves, build muscle strength, and tone up. **Cost \$3**

FRIDAY

9:00 a.m. Total Body Fit

See Thursday.

SATURDAY

10:00 a.m. Total Body Fit

See Thursday.

ONGOING EVENTS

ALL ONGOING EVENTS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED.

MAGAZINE RELEASE PARTY!

FRIDAY, DECEMBER 6

Join us on December 6 to see the
NEXT *More at Mather's* magazine.

Register for an event in January,
February, or March 2020, and
enter to win a **FREE TRIP in 2020!**

Note: you must register on-site and pay in full by December 13.

MONDAY

**10:30 a.m.–12:00 p.m. Learn to
Play Chess**

JUST FOR FUN

Takes place 1st & 3rd Monday of each
month. **FREE**

11:00 a.m.–1:00 p.m. Chair Massage
HEALTH & WELLNESS

Takes place 1st & 3rd Monday of each
month. *Cost \$18 for 20 minutes*

1:00 p.m. Reminisce with Rich!

JUST FOR FUN

Keep your memory sharp and relive
the good ol' days with friends. Takes
place 1st Monday of each month. **FREE**

1:30–3:30 p.m. Art Class:

Watercolor Painting

ARTS & CREATIVITY

Basic supplies needed: watercolor paints,
paper, and brushes. Meets every Monday.
Suggested Donation \$8.50 per class

4:00–5:30 p.m. Jam Session

MUSIC & ENTERTAINMENT

Meet other musicians and make
music together! Takes place 1st & 3rd
Monday of each month. **FREE**

TUESDAY

9:00 a.m. Bowling Group

JUST FOR FUN

Bowl with us at Classic Bowl,
8530 Waukegan Road, Morton Grove.
Free shoe rental. *Cost \$8 for three
games, payable at the lanes*

**9:00 a.m.–2:00 p.m. Senior Health
Insurance Program (SHIP)**

FREE RESOURCES

Learn how to complete Medicare forms
and settle claims with your insurance
company. Takes place 2nd & 4th Tuesday
of each month. *Call (773) 774.4804 to
make an appointment.*

1:00–3:00 p.m. Chess Is Fun!

JUST FOR FUN

Drop-ins at all skill levels are welcome.
FREE

1:00–3:00 p.m. Crochet Class

ARTS & CREATIVITY

Suggested Donation \$2

1:00 p.m. News & Views

JUST FOR FUN

Explore the world through discussions
and readings. Takes place 4th Tuesday
of each month. **FREE**

3:30 p.m. Cat Tales Club

JUST FOR FUN

Share your fascination with cats. Takes
place 2nd Tuesday of each month. **FREE**

WEDNESDAY

**1:00–3:00 p.m. Coupon & Rebate
Exchange Club**

FREE RESOURCES

Takes place 4th Wednesday of each
month. **FREE**

THURSDAY

9:00 a.m. Bowling Group

JUST FOR FUN

See Tuesday.

12:30–3:30 p.m. Social Worker

FREE RESOURCES

Call (773) 774.4804 to make an
appointment. **FREE**

FRIDAY

12:00 p.m. Creative Writers' Group

ARTS & CREATIVITY

Takes place 2nd & 4th Friday of each
month. **FREE**

1:00 p.m. Brain Games

JUST FOR FUN

Takes place 1st & 3rd Friday of each
month. *Suggested Donation \$2*

**1:30–3:30 p.m. Blood Pressure
Screening**

HEALTH & WELLNESS

FREE

SATURDAY

11:30 a.m. Ukulele Club

MUSIC & ENTERTAINMENT

Suggested Donation \$5

12:00–1:30 p.m. RTA Passes

FREE RESOURCES

Apply for or renew your reduced
fare cards, subject to pre-approval.
For a free RTA pass, please call
(773) 774.4804 to make an appoint-
ment. Takes place 1st Saturday of
each month. **FREE**

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

October | November | December At-a-Glance

OCTOBER

WEEKLY EVENTS

Monday

9:00 a.m. Yoga 10
 1:30–3:30 p.m. Art Class:
 Watercolor Painting 11

Tuesday

8:20 a.m. Meditation 10
 9:00 a.m. Bowling Group 11
 9:30 a.m. Core Balance
 & More 10
 10:30 a.m. Cardio Burst 10
 11:30 a.m. Fit Steps 10
 1:00 p.m. Crochet Class 11
 1:00 p.m. Chess Is Fun! 11

Wednesday

10:00 a.m. POUND® Fitness... 10
 11:00 a.m. Cardio Dance 10
 6:00 p.m. Mind-Body
 Workout 10

Thursday

9:00 a.m. Bowling Group 10
 9:00 a.m. Chair Yoga 10
 10:00 a.m. Tai Chi 10
 11:00 a.m. Total Body Fit 10
 12:30 p.m. Social Worker 11

Friday

9:00 a.m. Total Body Fit 10
 1:30 p.m. Blood Pressure
 Screening 11

Saturday

10:00 a.m. Total Body Fit 10
 11:30 a.m. Ukulele Club 11

OCTOBER SPECIAL:

Pumpkin Spice Pancakes

EVERY MONDAY IN OCTOBER:

Fried Chicken Dinner

Tuesday, October 1

9:00 a.m.–2:00 p.m. FREE Flu Shots
 & Pneumonia Vaccines 2
 6:00 p.m. ClearCaptions Calling 8

Wednesday, October 2

12:00 p.m. Volunteer at Mather's—
 More Than a Café 8

Thursday, October 3

1:00 p.m. Medicare 101 8
 6:30 p.m. Acoustic Evening: Scott
 Madden Acoustic Blues Party! 4

Friday, October 4

OKTOBERFEST MEAL SPECIAL
\$1 slice of pie with fish fry

10:30 a.m.–12:00 p.m. Drawing for
 Fun 101 3
 11:00 a.m. Flu & Pneumonia
 Prevention 2
 12:30–3:30 p.m. Acrylics Art Class... 3
 1:00 p.m. Brain Games 11
 6:00 p.m. Friday Night Live:
 Oktoberfest Brass Band 4

Saturday, October 5

11:30 a.m. The Great Courses:
 Secrets of Sleep Science 8
 12:00–1:30 p.m. RTA Passes 11

Monday, October 7

10:30 a.m. Learn to Play Chess 11
 11:00 a.m.–1:00 p.m. Chair Massage... 11
 1:00 p.m. Reminisce with Rich! 11
 1:00 p.m. Budget-Friendly Chicago... 8
 4:00–5:30 p.m. Jam Session 11

Tuesday, October 8

9:00 a.m.–2:00 p.m. Health Insurance
 Program (SHIP) 11
 3:30 p.m. Cat Tales Club 11
 6:00 p.m. Health Insurance
 Information Forum 8

Wednesday, October 9

1:00–3:00 p.m. Enjoy a Taste
 of Love 5

Thursday, October 10

TRIP: Anderson Japanese Gardens... 9
 10:00 a.m.–12:00 p.m. Private Tech
 Help 9
 1:00 p.m. General Social Media
 Overview 9
 1:00 p.m. Your Sight Matters 2
 6:00 p.m. Dance Instruction:
 Ballroom Dance 3

Friday, October 11

10:30 a.m.–12:00 p.m. Drawing for
 Fun 101 3
 12:30–3:30 p.m. Acrylics Art Class... 3
 12:00 p.m. Creative Writers' Group... 11
 6:00 p.m. Friday Night Live: Music
 of the Andrews Sisters 4

Saturday, October 12

11:30 a.m. The Great Courses:
 Secrets of Sleep Science 8

Monday, October 14

11:00 a.m. Real Estate Program 6
 1:00 p.m. Still Got Her Chops! 6
 6:00–7:30 p.m. Open Mic Night 4

Tuesday, October 15

6:00 p.m. Frankenstein's Daughter ... 6

Wednesday, October 16

1:00–4:30 p.m. Critics' Choice:
Love & Friendship 6

Thursday, October 17

2:00 p.m. Preparing Your Estate Plan... 8
 3:30 p.m. Women & Heart Disease... 2
 6:30–7:30 p.m. Acoustic Evening:
 Guitarist Bill Grady 4

Friday, October 18

10:30 a.m.–12:00 p.m. Drawing for
 Fun 101 3
 12:30–3:30 p.m. Acrylics Art Class... 3
 1:00 p.m. Brain Games 11
 6:00 p.m. Friday Night Live: The Magic
 of Plaz Garcia 4

Saturday, October 19
 11:30 a.m. The Great Courses:
 Secrets of Sleep Science. 8

Monday, October 21
 10:30 a.m. Learn to Play Chess 11
 10:30 a.m.–12:00 p.m. Medicare
 ABCs & More 8
 11:00 a.m.–1:00 p.m. Chair Massage. . 11
 1:00 p.m. The Art of *Trompe L'oeil*:
 It's Not What You Think! 6
 4:00–5:30 p.m. Jam Session 11

Tuesday, October 22
 9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 10:00 a.m. Roundtable Discussion. . . . 8
 1:00 p.m. News & Views 11
 6:00 p.m. Learn about Islam. 6

Wednesday, October 23
 11:00 a.m.–2:00 p.m. Benefits
 Check-Up. 8
 1:00–3:00 p.m. Coupon & Rebate
 Exchange Club 11
 2:00 p.m. Flower Arranging:
 Halloween 3

Thursday, October 24
 1:00–3:00 p.m. Medicare 101 8
 6:00 p.m. Dance Instruction: Ballet . . 3
 6:30–8:00 p.m. BYOB Paint & Sip
 with Val 3

Friday, October 25
 10:30 a.m.–12:00 p.m. Drawing for
 Fun 101 3
 12:00 p.m. Creative Writers' Group. . 11
 12:30–3:30 p.m. Acrylics Art Class. . . . 3
 6:00 p.m. Friday Night Live:
 Klezmer! 4

Saturday, October 26
 11:30 a.m. The Great Courses:
 Secrets of Sleep Science. 8

Monday, October 28
 1:00 p.m. Introduction to Zen
 Shiatsu. 6
 4:00 p.m. Dinners of the World:
 France 5
 4:30–7:30 p.m. CityKey 8

Tuesday, October 29
 6:00 p.m. *Giants in the Park* 6

Wednesday, October 30
 1:00–2:30 p.m. Drop and Swap 10

Thursday, October 31
 3:00–7:00 p.m. Halloween Party! . . . 10

NOVEMBER
**NOVEMBER SPECIAL: Spiced Autumn
 Fruit and Nut Oatmeal Bowl**
EVERY TUESDAY IN NOVEMBER:
Big Bowl Loaded Chili

Friday, November 1
\$1 slice of pie with fish fry
 10:30 a.m.–12:00 p.m. Drawing for
 Fun 101 3
 12:30–3:30 p.m. Acrylics Art Class. . . . 3
 1:00 p.m. Brain Games 11
 6:00 p.m. Friday Night Live:
 The Beauty of Music. 4

Saturday, November 2
 11:30 a.m. The Great Courses:
 Secrets of Sleep Science. 8
 12:00 p.m. RTA Passes 11

Monday, November 4
 10:30 a.m. Learn to Play Chess 11
 11:00 a.m.–1:00 p.m. Chair Massage. . 11
 1:00 p.m. Reminisce with Rich! 11
 4:00–5:30 p.m. Jam Session 11

Tuesday, November 5
 6:00 p.m. The Long Haul 6

Wednesday, November 6
 1:00 p.m. Diabetes. 2

Thursday, November 7
 1:00 p.m. Nyuk! Nyuk! Nyuk!:
 Son of a Stooge. 6
 6:30–7:30 p.m. Acoustic Evening:
 Scott Madden Blues Party! 4

Friday, November 8
 10:30 a.m.–12:00 p.m. Drawing for
 Fun 101 3
 12:00 p.m. Creative Writers' Group. . 11

**Thank you for being
 a part of Mather's—
 More Than a Café**

Mather's—More Than a Café customers tell us they love the sense of community, well-being, and exploration they experience at our locations. The Cafés are a part of Mather LifeWays— a unique, non-denominational not-for-profit organization founded more than 75 years ago and dedicated to developing and implementing Ways to Age Well.SM

We are looking to the kindness and caring of people like you to help us continue to provide our quality (and fun!) lessons, lectures, and entertainment. Please join our family of donors with a gift of \$25, \$50, \$100, or any amount that is right for you. You'll see your generosity at work every time you walk through our door.

Your tax-deductible gift can be made in person at any Mather's—More Than a Café, or by mail to:

Mather Possibilities
 1603 Orrington Avenue
 Suite 1800
 Evanston, IL 60201

Please make your check payable to Mather Possibilities and indicate "Café" on the memo line.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

Friday, November 8

12:30–3:30 p.m. Acrylics Art Class... 3
 6:00 p.m. All Aboard! 6

Saturday, November 9

11:30 a.m. The Great Courses:
 Secrets of Sleep Science. 8

Monday, November 11

10:30 a.m.–12:00 p.m. Medicare
 ABCs & More 8
 1:00 p.m. The Art of Dressing Well... 7
 6:00–7:30 p.m. Open Mic Night 4

Tuesday, November 12

9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 3:30 p.m. Cat Tales Club 11
 6:00 p.m. Decluttering without Pain.. 7

Wednesday, November 13

1:00–3:00 p.m. Medicare 101 8

Thursday, November 14

10:00 a.m.–12:00 p.m. Private Tech
 Help 9
 1:00 p.m. All the Phones! 9
 3:30 p.m. Diabetes: Small Steps,
 Big Rewards 2
 6:00 p.m. Dance Instruction:
 Jazz Dance 3

Friday, November 15

10:30 a.m.–12:00 p.m. Drawing for
 Fun 101 3
 12:30–3:30 p.m. Acrylics Art Class... 3
 1:00 p.m. Brain Games 11
 6:00 p.m. Friday Night Live:
 Holiday Music Games..... 4

Saturday, November 16

11:30 a.m. The Great Courses:
 Secrets of Sleep Science. 8

Monday, November 18

10:30 a.m. Learn to Play Chess 11
 11:00 a.m.–1:00 p.m. Chair Massage. . 11
 1:00 p.m. Grow Your Mind & Heart
 Every Day 7
 4:00–5:30 p.m. Jam Session 11

Tuesday, November 19

Thanksgiving Celebration Meal Special
 10:00 a.m. Roundtable Discussion... 8

6:00 p.m. Dental Health for Older
 Adults..... 2

Wednesday, November 20

1:00–4:30 p.m. Critics' Choice:
A Christmas Memory by Truman
 Capote 7

Thursday, November 21

2:00 p.m. Health Care & Your
 Retirement 7
 6:30 p.m. Acoustic Evenings: Folk
 Singer Chris Farrell. 4
 6:30–8:00 p.m. BYOB Paint & Sip
 with Val 3

Friday, November 22

10:30 a.m.–12:00 p.m. Drawing for
 Fun 101 3
 12:30–3:30 p.m. Acrylics Art Class... 3
 12:00 p.m. Creative Writers' Group. . 11
 6:00 p.m. Friday Night Live: DJ &
 Live Music Dance Party Featuring
 Edizon Dayao..... 4

Saturday, November 23

11:30 a.m. The Great Courses:
 Secrets of Sleep Science. 8

Monday, November 25

1:00–3:30 p.m. Sally Field 7
 4:00 p.m. Dinners of the World:
 Thailand 5

Tuesday, November 26

9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 1:00 p.m. News & Views 11
 6:00 p.m. The Long, Colorful History
 of Chicago's Public Library 7

Wednesday, November 27

1:00–3:00 p.m. Coupon & Rebate
 Exchange Club 11
 2:00 p.m. Flower Arranging:
 Thanksgiving..... 3

Thursday, November 28

CAFÉ CLOSED—Happy Thanksgiving!

Friday, November 29

CAFÉ CLOSED—Happy Shopping!

Saturday, November 30

11:30 a.m. The Great Courses:
 Secrets of Sleep Science..... 8

DECEMBER

**DECEMBER SPECIAL: Eggnog French
 Toast with Cranberry Compote**
EVERY TUESDAY IN DECEMBER:
Holiday Homemade Tamale Dinner

Monday, December 2

10:30 a.m. Learn to Play Chess 11
 11:00 a.m.–1:00 p.m. Chair Massage. . 11
 11:00 a.m.–1:00 p.m. Medicare 101 . . 8
 1:00 p.m. Reminisce with Rich!..... 11
 4:00–5:30 p.m. Jam Session 11

Tuesday, December 3

6:00 p.m. History of Norwood &
 Jefferson Park 7

Wednesday, December 4

CAFÉ CLOSED—All-Employee Meeting

Thursday, December 5

TRIP: Macy's Holiday Experience
 and Lunch..... 9
 1:00–3:00 p.m. Mather Connections
 Volunteer Meeting 8
 6:30 p.m. Acoustic Evening:
 Scott Madden Blues Party!..... 4

Friday, December 6

Magazine Release Party!
\$1 Slice of pie with fish fry
 10:30 a.m.–12:00 p.m. Drawing for
 Fun 101 3
 12:30–3:30 p.m. Acrylics Art Class... 3
 1:00 p.m. Brain Games 11
 6:00 p.m. Friday Night Live:
 Fernandez & Kimball Christmas
 Spanish Guitars 4

Saturday, December 7

11:30 a.m. The Great Courses:
 Secrets of Sleep Science. 8
 12:00–1:30 p.m. RTA Passes..... 11

Monday, December 9

11:30 a.m. The Culinary Delighters
 Present: Beet It! 5
 1:00–3:00 p.m. Design a Wreath 3

3:30–5:00 p.m. Create 2 Holiday Ornaments.....	3
6:00–7:30 p.m. Open Mic Night.....	4
Tuesday, December 10	
9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP).....	11
3:30 p.m. Cat Tales Club.....	11
6:00 p.m. Age Wisely in Your Own Home.....	7
Wednesday, December 11	
TRIP: <i>A Christmas Carol</i>	9
1:00 p.m. White Elephant.....	10
3:00 p.m. The Culinary Delighters Present:.....	5
Thursday, December 12	
10:00 a.m.–12:00 p.m. Private Tech Help.....	9
1:00 p.m. Virtual Reality.....	9
6:00 p.m. Dance Instruction: Modern Dance.....	3
Friday, December 13	
10:30 a.m.–12:00 p.m. Drawing for Fun 101.....	3
12:00 p.m. Creative Writers' Group.....	11
12:30–3:30 p.m. Acrylics Art Class.....	3
6:00 p.m. Friday Night Live: Holiday Harmonies.....	4
Saturday, December 14	
11:30 a.m. The Great Courses: Secrets of Sleep Science.....	8
Monday, December 16	
10:30 a.m. Learn to Play Chess.....	11
11:00 a.m.–1:00 p.m. Chair Massage.....	11
4:00–5:30 p.m. Jam Session.....	11
Tuesday, December 17	
10:00 a.m. Roundtable Discussion.....	8
6:00 p.m. Positive Psychology: A Fascinating Perspective on Achieving Our Best.....	7
Thursday, December 19	
<i>Hanukkah Celebration Meal Special</i>	
2:00–4:00 p.m. Flower Arranging: Holiday.....	3

6:30–7:30 p.m. Acoustic Evening: Amy Lowe.....	4
6:30–8:00 p.m. BYOB Paint & Sip with Val.....	3

Friday, December 20	
10:30 a.m.–12:00 p.m. Drawing for Fun 101.....	3
12:30–3:30 p.m. Acrylics Art Class.....	3
1:00 p.m. Brain Games.....	11
6:00 p.m. Friday Night Live: Elvis Holiday Party Featuring Michael St. Angel.....	4

Saturday, December 21	
11:30 a.m. The Great Courses: Secrets of Sleep Science.....	8

Monday, December 23	
1:00–2:30 p.m. Holiday Cookie Exchange.....	10
4:00 p.m. Dinners of the World: Jamaica.....	5

Tuesday, December 24
CAFÉ CLOSED—Happy Holidays!

Wednesday, December 25
CAFÉ CLOSED—Happy Holidays!

Friday, December 27	
10:30 a.m.–12:00 p.m. Drawing for Fun 101.....	3
12:00 p.m. Creative Writers' Group.....	11
12:30–3:30 p.m. Acrylics Art Class.....	3
6:00 p.m. Friday Night Live: Antonio Duca.....	4

Monday, December 30	
4:00 p.m. Dinners of the World: Japan.....	5

Tuesday, December 31
CAFÉ CLOSED—Happy New Year!

Mather's Chicagoland Locations

7134 W. Higgins Avenue, Chicago, IL

3235 N. Central Avenue, Chicago, IL

33 E. 83rd Street, Chicago, IL

For information, please call (888) 600.2560.

Mather LifeWays opened Mather's—More Than a Café in 2000. Mather LifeWays enhances the lives of older adults by creating Ways to Age Well.SM

Important Information

TRIP DEPOSITS: Full trip payment is due at time of registration to reserve your place. If you cancel your reservation and we are able to sell your ticket, we can refund your money in full or you can apply your payment towards another event in 2019. No refunds will be issued unless your reservation can be replaced.

WAIVERS: Participants registering for any programs involving physical activity and trips/tours must sign the Waiver of Liability available at the Café prior to participation.

SPECIAL ACCOMMODATION: When registering for an event, please notify the Café of any special accommodations needed.

Disclaimers

GENERAL DISCLAIMER: The opinions expressed by presenters are their own and do not reflect the views of Mather LifeWays or any of the sponsoring organizations.

PHOTOGRAPHY DISCLAIMER: Mather's uses pictures of events and participants to inform others about these opportunities. Some pictures may be used on our Facebook page. If you do not want your picture taken, please tell our photographer.

HEALTHY LIVING DISCLAIMER

Mather's—More Than a Café implemented a members-only process for all its fitness programs in order to comply with City of Chicago licensing rules. Mather's fitness programs will be available only to Mather's members. There is no charge for this membership, no paperwork for you to complete, and no ID card or badge. The next time you check in with the Café receptionist, simply confirm your fitness membership. If you are a new visitor, please sign up for this free membership at the front desk. At any time if you do not wish to be enrolled, please contact the Café Manager or receptionist.

LESSONS & LECTURES DISCLAIMER

In order to comply with City of Chicago licensing rules, lessons and lectures other than computer classes and fitness programs will have a suggested donation. We hope you will make the suggested voluntary donations so we may continue to bring high-quality programs to Mather's. Any donations are purely voluntary and can even be deducted from your income taxes!

ENTERTAINMENT DISCLAIMER

Entertainment is available to all customers regardless of meal purchase. We hope you will make the suggested donation so we may continue to bring high-quality programs to Mather's. Any donations are purely voluntary and can even be deducted from your income taxes! Mather's—More Than a Café does reserve the right to reserve seating for those customers purchasing meals.

Mather LifeWays is committed to helping the Earth Age Well. Please recycle.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

DISCOVER MORE FROM DREAMS



THE GREAT COURSES: Secrets of Sleep Science from Dreams to Disorders

Saturdays, 11:30 a.m.

Examine groundbreaking research on the enigmatic phenomenon of sleep as we experience one of the acclaimed Great Courses DVD series along with facilitated discussion. Mark your calendar for this series, or select the dates or topics that work best for you. Each one is only \$1, and offers a wealth of facts and thought-provoking ideas.

OCTOBER 5

Sweet Sleep—Essential for a Healthy Life & What Is Sleep?

OCTOBER 12

Sleep across the Night & Sleep across the Lifespan

OCTOBER 19

Who in the World Sleeps? & The Timing of Sleep

OCTOBER 26

The Wheels of the Circadian Clock & The Deep Sleep of Hibernators

NOVEMBER 2

The Neuroanatomy and Neurochemistry of Sleep & The Neurophysiology of Sleep

NOVEMBER 9

Sleep Disorders—Narcolepsy & The Strange World of Dreams

NOVEMBER 16

Functions of Sleep—Fueling the Brain & The Timing and Function of REM Sleep

NOVEMBER 23

Sleep and Learning—Procedural Memory & Sleep and Declarative Memory

NOVEMBER 30

Sleep and Memory in Animals & Sleep and Learning Disability

DECEMBER 7

When You Cannot Sleep—Insomnia & Sleep Apnea

DECEMBER 14

Behavior during Sleep—Parasomnias & Sleep and the Rest of the Body

DECEMBER 21

Improving Sleep & Sleep in the Future and the Future of Sleep