

Mather's—More Than a Café

# More at Mather's

33 E. 83rd Street, Chicago, IL 60619 • (773) 488.2801

A quarterly publication featuring exciting events, interesting programs,  
and intriguing lectures that help older adults Age Well.



Money-Saving Coupon

## \$1 OFF Sensational Seasonal Salad

Limit one per customer. One time only. Discount not valid with other offers.  
Good at Mather's—More Than a Café at 33 E. 83rd Street only. Expires April 30, 2012.

## DON'T MISS LIST

April/May/June 2012

See calendar for full listings and descriptions.

### ENJOY

#### Music Madness



- **Carazz: Caribbean Jazz**

This group of creative musicians spices up their jazz with some hot Caribbean flavor! See April 20.

- **St. Ailbe Children's Choir**

You will be blessed by the voices of these first- through eighth-graders, ages 6–13! The choir is the 1993 winner of the Quaker Oats Youth Gospel Competition. See May 18.



- **Jazzy Lunch Jam**

Come out and enjoy lunch featuring music by DJ Tree. See April 11, May 9, and June 20.

### INTERACT

#### Food for Thought: Cooking to the Max!

Learn how to shop, store, and cook food to get the maximum nutritional benefits. See June 13.



### LEARN

#### Just Stand

Join Dr. Berlean Burriss for a book signing and discussion. See April 27.

#### Get Online for Health (Go-Health)

Find out how to get reliable health information online. See May 22.



### STRENGTHEN

#### Food for Thought: Eat Better, Move More

Make small changes in your daily habits for big changes in your health! See April 11.

### TRAVEL

#### Bus Tour: The Story of Chatham

Explore the architecture, businesses, and culture of Chatham. See Trips on page 7.

#### Canal Boat & Trolley Tours

Starved Rock, Utica, IL

Enjoy lunch and an hour-long canal boat ride that will take you back to the year 1848! See Trips on page 7.



#### Epicurious Chicago!

Explore Chicago's great ethnic diversity and let your taste buds lead the way! See Trips on page 7.



#### Mather LifeWays 2nd Annual Photo Contest

It's that time again! Our 2nd annual photo contest will kick off on April 12—the birthday of our founder, Alonzo Mather! For theme and submission details, visit [www.matherlifeways.com/photocontest](http://www.matherlifeways.com/photocontest) or call (847) 492.7714.



## ONGOING PROGRAMS

### Primetime Sister Circle I & II

Drs. Marilyn Gaston and Gayle Porter created Prime Time Sister Circle (PTSC) to help women improve their lives and have a place where they can feel supported, be held accountable to their goals, and celebrate and sustain the life changes they've made. We are currently accepting participants who have completed the 12-week PTSC curriculum. Call Sharon Smith at (773) 488.2805 for more information.

**Prime Time Sister Circle I**  
Birdie Gonsoulin, Facilitator  
Meets Tuesdays,  
12:30–2:00 p.m.

**Prime Time Sister Circle II**  
Betty Robinson, Facilitator  
Meets Mondays,  
11:00 a.m.–12:30 p.m.

### Worth the Weight

Sharon Smith, Possibilities Coach, Mather LifeWays  
Only for participants in the "Worth the Weight" strength training research study. Announcements will be posted for openings in the program. Call Sharon Smith for details, (773) 488.2805. Meets Tuesdays & Thursdays, 7:45–8:50 a.m.

### Piano Lessons

Julia Whitfield or Jan Mason, Instructors  
Thirty-minute lessons for beginners and those with limited experience. Four weeks. Suggested Donation: \$25\*  
Waiting list. Meets Mondays & Tuesdays.

### Monday, April 2

**3:00–4:00 p.m. Mather's—More Than a Café Chorus**  
Julia Whitfield, Chorus Director  
Waiting List. The Chorus performs year-round concerts.

### Tuesday, April 3

**2:00–3:30 p.m. Jewelry Workshop**  
Dorothy L. Williams, Instructor  
Get basic, hands-on instructions for using various tools, beads, and wires to make handcrafted jewelry in this six-week workshop. Request a supply list upon registration. Limit 15. Suggested Donation: \$30\*

**2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org**  
Are you eligible for local and national benefits? A visiting consultant can tell you how you may qualify. By appointment only. Cost: FREE



### Wednesday, April 4

**9:00–11:00 a.m. Mather Connections Monthly Meeting**  
Find out about volunteering and its benefits. Call Eileen Gabriel-Galán at (773) 205.3300 to get involved.

**12:00–2:30 p.m. Consult with a Social Worker**  
Ayesha Ollie, LSW, Metropolitan Family Services  
A licensed social worker will be available for individual consultations. Get information and referrals to community services. Call (773) 488.2801 to make an appointment.

**12:15–2:15 p.m. Basic/Intermediate Knitting**  
Mary Blackwell, Instructor  
Learn the basics of knitting and then some in this four-session workshop. Students from previous classes can reapply. Request a supply list upon registration. Limit 20. Suggested Donation: \$30\*

### Thursday, April 5

**12:00–2:00 p.m. Learn About RTA Free Transit**  
Sign up for free rides on the RTA.

**2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club**  
Join other card sharks or enjoy the game of your choice. Scrabble and chess players may bring their own boards. Cost: \$1

**2:30–3:30 p.m. Learn to Play Bridge**  
Barbara Motley, Instructor  
In four classes, learn how to follow suit, play with a trump suit, bid, play defense, take tricks, and keep score. Limit 12. Suggested Donation: \$10\*

### Friday, April 6

**11:30 a.m.–1:30 p.m. FREE Blood Pressure Screening**  
June Shivers, RN  
Get answers to any questions you may have about your blood pressure.

### Saturday, April 7

**8:00 a.m.–1:15 p.m. Open for Breakfast and Lunch**

**10:30 a.m.–1:00 p.m. FREE Diabetes & Obesity Alert Day**  
Ollie Smith, Director, Stonebridge Diabetes Support Group and Gail Cain, Nutrition Specialist  
Find out the latest information about diabetes and obesity and learn how to make significant improvements in your health.

FOR ALL PROGRAMS please register at least one week in advance!

## APRIL 20

### Music Madness Carazz: Caribbean Jazz

This group of creative musicians spices up their jazz with some hot Caribbean flavor! Mix in a little funk, and they'll really get the place rocking! *Limit 50.*  
Date: Friday, April 20, 2:30–4:30 p.m.  
Suggested Donation: \$12\*



Wednesdays, April 11, May 9, & June 20  
11:00 a.m.–1:00 p.m.  
**JAZZY LUNCH JAM**  
Allen Roundtree, Owner, Jazzy Jam Productions  
Come out and enjoy lunch featuring music by DJ Tree.

**10:30 a.m.–1:00 p.m. FREE Blood Sugar Screening**  
Sponsored by Supreme Home Healthcare, LLC  
Diabetes is the most common disorder of the endocrine (hormone) system. Find out if you are at risk. Call (773) 488.2801 to register in advance.



**Monday, April 9**  
**9:30–10:30 a.m. Body Cleansing & Nutrition**  
Dr. Joel Wallach, Youngevity Founder, and Robert Beck, Chemist, ACOG, Inc.  
Learn how you can slow down the aging process by maintaining good nutrition, taking good care of your digestive system, and exercising regularly. Dr. Wallach is well known for his work on dietary deficiencies and the use of selenium in treating cystic fibrosis. *Limit 30.*  
Cost: FREE

**3:00–4:00 p.m. Mather's—More Than a Café Chorus**  
See April 2.

**Tuesday, April 10**  
**10:15–11:15 a.m. Can Aspirin Prolong Your Life?**  
Dr. Raj Shah, Rush Alzheimer's Disease Center  
Dr. Shah will discuss the benefits and drawbacks of taking aspirin to prevent blood clots. In particular, he will discuss the results of a related study conducted at Rush.  
Cost: FREE

**2:00–3:30 p.m. Jewelry Workshop**  
See April 3.

**2:00–4:00 p.m. FREE Benefits Check-Up.org**  
See April 3.

**Wednesday, April 11**  
**9:00–10:00 a.m. Dental Care & Healthy Aging**  
Rodney A. Blaney, D.M.D., Chatham Dental  
Healthy aging includes taking care of your teeth and gums! Find out more about how your mouth-health goes hand-in-hand with your whole-body health. *Light refreshments will be served. Cost: FREE*

**10:00–11:00 a.m. Food for Thought: Eat Better, Move More**  
Sharon Smith, Possibilities Coach, Mather LifeWays  
Learn about the combined benefits of healthy eating and exercise. *Limit 24. Suggested Donation \$3\**



**11:00 a.m.–1:00 p.m. Jazzy Lunch Jam**  
See feature above.

**12:00–2:30 p.m. Consult with a Social Worker**  
See April 4.

**12:15–2:15 p.m. Basic/Intermediate Knitting**  
See April 4.

**Thursday, April 12**  
**12:00–2:00 p.m. Learn About RTA Free Transit**  
See April 5.

**2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club**  
See April 5.

**2:30–3:30 p.m. Learn to Play Bridge**  
See April 5.

**Friday, April 13**  
**11:30 a.m.–1:30 p.m. FREE Blood Pressure Screening**  
See April 6.

1:00–2:00 p.m.

**Decorating at the White House**



Jan Mason,  
Professional  
Decorator  
Jan will tell  
us the story

of her visit to the White House to help decorate for the holidays. Don't miss this chance to get the inside scoop on the White House and the First Family. Cost: **FREE**

**2:00–3:30 p.m. The African American Skin**

Dr. Tinsley & Associates, Plastic Surgery and Cosmetic Medicine  
Need a nip, tuck, or restoration? Learn about products, procedures, and comprehensive cosmetic services. *Limit 30. Suggested Donation: \$5\**

**Saturday, April 14**

8:00 a.m.–1:15 p.m.

Open for Breakfast and Lunch

**11:30 a.m.–1:00 p.m. FREE Parkinson's Support Group**

Edna Drake, Coordinator, National Parkinson's Association  
Monthly meetings for persons with Parkinson's disease and their caregivers, friends, and families. *Light refreshments served.*

**Monday, April 16**

9:30–10:30 a.m. Financial Fraud

Kathleen Bankhead, Assistant State's Attorney  
Get important information about the different kinds of common scams including identity theft, mortgage fraud, and others. *Limit 25. Cost: FREE*

3:00–4:00 p.m. Mather's—  
More Than a Café Chorus  
See April 2.

**Tuesday, April 17**

10:15 –11:15 a.m. Pros & Cons of Reverse Mortgages

James Means, Reverse Mortgage Specialist, iReverse Home Loans  
Learn the facts—find out if a reverse mortgage is right for you. A representative from the Social Security Administration will also be on-hand to provide the latest updates and answer your questions. *Limit 25. Cost: FREE*

2:00–3:30 p.m. Jewelry Workshop  
See April 3.

2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org  
See April 3.

**Wednesday, April 18**

9:30–10:30 a.m. Social Security Update

Social Security Administration Representative  
Find out the latest information regarding Social Security. Get answers to your questions from the experts. Cost: **FREE**

9:30–10:30 a.m. Mather Advantage Discount (M.A.D.) Customers Meet & Greet

For all new M.A.D. customers. Meet and visit with Mather's—

# APRIL 27



## Just Stand

Dr. Berlean Burriss, Author and Educator

When Attorney Roland Burriss was appointed Senator by Governor Rod Blagojevich, the Burriss family suddenly discovered the ugly side of politics. Finding it difficult to fight against a

political storm of false accusations, Dr. Berlean Burriss decided to set the record straight by describing what happened to her family in her book, *Just Stand*. Join Dr. Burriss for a book signing and discussion. *Limit 30.*

**Date: Friday, April 27, 1:00–2:00 p.m.**

*Suggested Donation: \$3\**

More Than a Café staff and others to learn more about how Mather's is truly More Than a Café.

12:00–2:30 p.m. Consult with a Social Worker  
See April 4.

12:15–2:15 p.m. Basic/Intermediate Knitting  
See April 4.

**Thursday, April 19**

12:00 –2:00 p.m. Learn About RTA Free Transit  
See April 5.

2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club  
See April 5.

2:30–3:30 p.m. Learn to Play Bridge  
See April 5.

**Friday, April 20**

**Meal Special: Caribbean**

- Orange and Jicama Salad
- Pickapeppa Shrimp with Mashed Plantains and Greens
- Lime Cooler Cookie

Cost: \$8.19; Mather Advantage Discount: \$6.55

11:30 a.m.–1:30 p.m. FREE Blood Pressure Screening  
See April 6.

1:00 p.m.–2:00 p.m. What's Wrong with Race?

Dorothy Roberts, Northwestern University  
Dorothy will discuss her new book, *Fatal Invention*, which deals with myths about race, the new science of race, and its impact for African Americans and health. *Suggested Donation: \$3\**

2:30–4:30 p.m. Music Madness: Carazz: Caribbean Jazz  
See feature on page 2.

**Saturday, April 21**

8:00 a.m.–1:15 p.m. Open for Breakfast and Lunch

**Monday, April 23**

9:30–10:30 a.m. Learn About the LGBT Community



Philonise Keithley, SAGE Coordinator, Center on Halsted  
Learn what's happening in the LGBT community

and get your questions answered. What is a civil union? What's the difference between lifestyle and orientation? Phil will share her experiences working with the LGBT community and what it means to be gay in the 21<sup>st</sup> century. *Limit 25. Cost: FREE*

3:00–4:00 p.m. Mather's—  
More Than a Café Chorus  
See April 2.

**Tuesday, April 24**

10:15–11:15 a.m. Final Expense Life Insurance  
Michael McCarthy, Independent Insurance Agent

Final Expense life insurance is different from traditional life insurance and often more affordable. It provides those left behind with the means to pay any remaining expenses or outstanding debts. As an agent for nearly 40 years, Mike will be on-hand to answer any of your questions about existing coverage. Cost: **FREE**

2:00–3:30 p.m. Jewelry Workshop  
See April 3.

2:00–4:00 p.m. See April 3.

**Wednesday, April 25**

9:00–10:00 a.m. "Eat Better, Move More" 10K Walkers Orientation  
See Exercise Schedule, Monday.

10:00 a.m.–12:00 p.m. Bus Tour: The Story of Chatham  
See Trips on page 7.

12:00–2:30 p.m. Consult with a Social Worker  
See April 4.

12:15 –2:15 p.m. Basic/Intermediate Knitting  
See April 4.

**Thursday, April 26**

12:00–2:00 p.m. Learn About RTA Free Transit  
See April 5.

2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club  
See April 5.

2:30–3:30 p.m. Learn to Play Bridge  
See April 5.

**Friday, April 27**

10:15–11:00 a.m. Money-Smart Solutions for Older Adults  
Urban Partnership Bank

Join us for a discussion on planning your financial future and taking charge of your assets. This workshop will explain features of current Illinois estate laws and share tools to help reduce conflicts among family members and heirs. Refreshments will be served. *Limit 25. Cost: FREE*

11:30 a.m.–1:30 p.m. FREE Blood Pressure Screening  
See April 6.

1:00–2:00 p.m. Just Stand  
See feature above.

**Saturday, April 28**

8:00 a.m.–1:15 p.m. Open for Breakfast and Lunch

11:00 a.m.–2:00 p.m. GRANDFamilies Program of Chicago  
Linette Kinchen, Executive Director  
Through its Empowerment Group Network, this support group provides opportunity for grandparents to network, share, learn, and have fun together. Obtain valuable information on available resources and other supportive services.

**Monday, April 30**

3:00–4:00 p.m. Mather's—  
More Than a Café Chorus  
See April 7.

## M.A.D. PREVIEW DAYS

Tuesday, June 12 & Wednesday, June 13, ALL DAY

**More at Mather's Catalog Overview: 1:00 p.m.**

Be an early bird and get the inside scoop on all the great programs found at Mather's—More Than a Café. We'll give you the upcoming *More at Mather's* program schedule in advance so you can be the first to register!

**Call (773) 488.2801 by Friday, June 8 to R.S.V.P.**

*Preview Days are exclusively for Mather Advantage Discount (M.A.D.) customers.*

**Not M.A.D.? Ask us how you can SAVE 20% on almost everything!**

### Aging Well Celebration For Those 80- and 90-Years Young

M.A.D. customers in their 80's and 90's are invited as we celebrate you, our community history makers! Enjoy the "back in the day" music, light refreshments, and surprises. Pre-register at the front desk and get additional details.

**Date: Wednesday, May 2**  
**12:00–2:00 p.m.**  
**Cost: FREE**



#### Tuesday, May 1

**10:15–11:15 a.m.**  
**Medicare & You**  
*Mary Ellen Drake, Agent, Mutual of Omaha Insurance*  
Get the A to Z on Medicare supplements. Medicare does not cover everything, so learn how to cover all of your medical costs.  
**Cost: FREE**

**2:00–3:30 p.m. Jewelry Workshop**  
*Dorothy L. Williams, Instructor*  
Get basic, hands-on instructions for using various tools, beads, and wires to make handcrafted jewelry in this six-week workshop. Request a supply list upon registration.  
**Limit 15. Suggested Donation: \$30\***

**2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org**  
Are you eligible for local and national benefits? A visiting consultant can tell you how you may qualify.  
*By appointment only. Cost: FREE*

#### Wednesday, May 2

**9:00–11:00 a.m. Mather Connections Monthly Meeting**  
Find out about volunteering and its benefits. *Call Eileen Gabriel-Galán at (773) 205.3300 to get involved.*

**12:00–2:00 p.m. Aging Well Celebration: For Those 80- and 90-Years Young**  
*See feature above.*

**12:00–2:30 p.m. Consult with a Social Worker**  
*Ayesha Ollie, LSW, Metropolitan Family Services*  
A licensed social worker will be available for individual consultations. Get information and referrals to community services. *Call (773) 488.2801 to make an appointment.*

**12:15–2:15 p.m. Basic/Intermediate Knitting**  
*Mary Blackwell, Instructor*  
Learn the basics of knitting and then some in this four-session workshop. Students from previous classes can reapply. Request a supply list upon registration.  
**Limit 20. Suggested Donation: \$30\***

#### Thursday, May 3

**12:00–2:00 p.m. Learn About RTA Free Transit**  
Sign up for free rides on the RTA.

**2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club**  
Join other card sharks or enjoy the game of your choice. Scrabble and chess players may bring their own boards. **Cost: \$1**

**2:30–3:30 p.m. Learn to Play Bridge**  
*Barbara Motley, Instructor*  
In four classes, learn how to follow suit, play with a trump suit, bid, play defense, take tricks, and keep score.  
**Limit 12. Suggested Donation: \$10\***

#### Friday, May 4

**11:30 a.m.–1:30 p.m. FREE Blood Pressure Screening**  
*June Shivers, RN*  
Get answers to any questions you have about your blood pressure.

**1:00 p.m.–2:00 p.m. Skillet Diaries: Passing Down Family Recipes**  
*Donna Pierce, Food Editor*



The greatest recipes in the world are family recipes! As a former Test Kitchen Director for the *Chicago Tribune*, Donna will discuss passing down family recipes and why it's so important. She'll share some of her favorite family recipes, so please bring some of your favorites as well! **Limit 25. Suggested Donation: \$3\***

#### Saturday, May 5

**8:00 a.m.–1:15 p.m.**  
*Open for Breakfast and Lunch*

**10:30 a.m.–1:00 p.m. FREE Diabetes & Obesity Alert Day**  
*See April 7.*

#### Monday, May 7

**9:00–11:00 a.m. Red Hat Society**  
A support network for women to focus on friendship, sisterhood, and fun.

**4:00–6:00 p.m. Mather's—More Than a Café Chorus: Tribute to Mothers**  
*See feature on page 5.*

#### Tuesday, May 8

**10:15–11:15 a.m. The High-Tech Goose-neck Putter**



*Sam DiMatteo, Author*  
Northwest Side Café regulars Sam DiMatteo and James Borgett collaborated to write and illustrate this charming children's story about the game of golf (and life lessons to be learned from it!). Sam will recount the remarkable story of the creation of the book and read some selections. Learn how you can publish your own book! **Cost: FREE**

**2:00–3:30 p.m. Jewelry Workshop**  
*See May 1.*

**2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org**  
*See May 1.*

#### Wednesday, May 9

**9:00–10: a.m. "Eat Better, Move More" 10K Walkers Meeting**  
*See Exercise Schedule Monday.*

**10:00–11:00 a.m. Food for Thought: Eat the Rainbow**  
*Sharon Smith, Possibilities Coach, Mather LifeWays*



Learn about the benefits of eating the "colors of the rainbow" in fruits and vegetables. **Limit 24. Suggested Donation: \$3\***

**11:00 a.m.–1:00 p.m. Jazzy Lunch Jam**

*Allen Roundtree, Owner, Jazzy Jam Productions*  
Come out and enjoy lunch featuring music by DJ Tree.

**12:00–2:30 p.m. Consult with a Social Worker**  
*See May 2.*

**12:15–2:15 p.m. Basic/Intermediate Knitting**  
*See May 2.*

#### Thursday, May 10

**12:00–2:00 p.m. Learn About RTA Free Transit**  
*See May 3.*

**2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club**  
*See May 3.*

**2:30–3:30 p.m. Learn to Play Bridge**  
*See May 3.*

#### Friday, May 11

**11:30 a.m.–1:30 p.m. FREE Blood Pressure Screening**  
*See May 4.*

**1:00 p.m.–2:00 p.m. The Right to Bear Arms**

*Kathleen Bankhead, Assistant State's Attorney, and Yvonne LaGronne, Law Department, City of Chicago*  
The Constitution states you have the right to possess a firearm for self-defense within your home. Learn about your rights to possess a firearm, the laws of gun registration, and the



Tuesday, May 15,  
2:00–3:30 p.m.

### From Your Camera to the Computer: Part 1



*Sharon Townsend, Instructor*  
Learn how to save photos from your camera and then transfer them to your computer without loading software. Participants should bring their cameras, cords, and flash drives. *Only 10 computers are available. Please bring your laptop if you have one, so that others may participate in the class. Part 2 is offered on Tuesday, May 22. Limit 15. Cost: \$10/session*

proper way to store your weapon. **Limit 25. Suggested Donation \$3\***

#### Saturday, May 12

**8:00 a.m.–1:15 p.m.**  
*Open for Breakfast and Lunch*

**11:30 a.m.–1:00 p.m. FREE Parkinson's Support Group**  
*See April 14.*

#### Monday, May 14

**3:00–4:00 p.m. Mather's—More Than a Café Chorus**  
*No rehearsal today.*

#### Tuesday, May 15

**10:15–11:15 a.m. Angels in My Life**  
*Mathell Givens, Author*

Mathell will provide hope and inspiration to others with her story about overcoming tremendous hardships in her life and learning how to "spiral upward"—a story she once told on *The Oprah Winfrey Show*. **Cost: FREE**



**2:00–3:30 p.m. From Your Camera to the Computer: Part 1**  
*See feature above.*

**2:00–3:30 p.m. Jewelry Workshop**  
*See May 1.*

**2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org**  
*See May 2.*

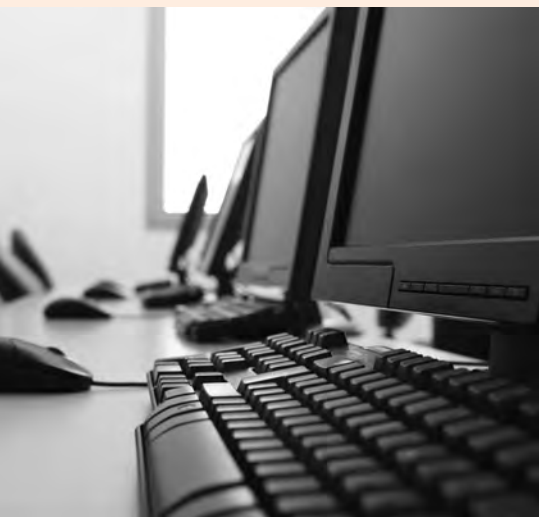
#### Wednesday, May 16

**9:00–10:00 a.m. "Eat Better, Move More" Meeting**  
*See Exercise Schedule, Monday.*

**9:30–10:30 a.m. Mather Advantage Discount (M.A.D.) Customers Meet & Greet**  
For all new M.A.D. customers. Meet and visit with Mather's—More Than a Café staff and others to learn more about how Mather's is truly More Than a Café.

FOR ALL PROGRAMS please register at least one week in advance!

# COMPUTER CLASSES



## OFFERED EVERY MONTH

Each class lasts four weeks, meeting once a week for two hours.

### LEVEL 1:

Learn how to **create a document** and **use e-mail** to contact family and friends. Get on the Internet and benefit in ways you didn't even know.

### LEVEL 2:

Next, learn to **manage your e-mail**, **organize your "e-address" book**, and **e-mail photos**. *Requires Level 1 completion and an active e-mail account.*

### LEVEL 3:

Work with images—learn **how to create greeting cards** and **mailing labels**, and get tips about **how to stay safe** and secure while online. *Requires Levels 1 and 2 completion.*

### LEVEL 4:

Learn how to **create useful spreadsheets with ease**, **send e-greeting cards**, and **save your photos** online. Research travel ideas, play your favorite tunes, and watch videos! *Requires Levels 1, 2, and 3 completion.*

### Additional Computer Classes

#### Microsoft Excel

Learn various features and functions that will assist you when using Excel, such as **tables and tabs**. *Requires Levels 1–4 completion or general computer knowledge.*

#### Microsoft PowerPoint

Learn how to **create and edit slide presentations**; insert graphics, sounds, and animation into presentations; and format presentations and slides using color backgrounds and templates. *Requires Levels 1–4 completion or general computer knowledge.*

#### Strictly Internet

Learn the **basics of using the Internet** including security, virus protection, and access via an Internet Service Provider. *Requires Levels 1–4 completion or general computer knowledge.*

*For class schedules, availability, and prices, please call (773) 488.2801*

## MAY 7

### Mather's—More Than a Café Chorus: Tribute to Mothers

*Julia Whitfield, Chorus Director*

Enjoy a special performance by the Mather's—More Than a Café Chorus as they sing songs to honor mothers. Invite your family and friends for a tasty meal of Shrimp and Fruit Salad with Watermelon and Strawberries; Spring Vegetable Fricassee over a Potato Pancake; and Lemon Cake for dessert. *Register in advance. Limit 50.*

**DATE: Monday, May 7, 4:00–6:00 p.m.**

*Cost: \$9; Mather Advantage Discount: \$7.20*



**Friday, May 18, 2:30–4:30 p.m.**

### Music Madness: St. Ailbe Children's Choir

You will be blessed by the voices of these first-through eighth-graders, ages 6–13! The choir is the 1993 winner of the Quaker Oats Youth Gospel Competition.

*Light refreshments will*

*be served. Limit 50. Suggested Donation: \$5\**



**12:00–2:30 p.m. Consult with a Social Worker**

*See May 2.*

**12:15–2:15 p.m. Basic/Intermediate Knitting**

*See May 2.*

### Thursday, May 17

**12:00–2:00 p.m. Learn About RTA Free Transit**

*See May 3.*

**12:30–4:30 p.m. Older Adult Driver Safety Program – Part 1**  
*Charles Christian, Instructor AARP*

**AARP FOUNDATION** Enroll in this two-day refresher

course designed for drivers who are aged 50 and better. Learn defensive driving techniques, new traffic laws, ways to adjust driving to age-related changes, and more. Upon completion of the full course, you may qualify to receive an auto insurance discount. Part 2 is offered on Thursday, May 24. *Limit 20. Cost: \$12*

**2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club**

*See May 3.*

**2:30–3:30 p.m. Learn to Play Bridge**

*See May 3.*

### Friday, May 18

**11:30 a.m.–1:30 p.m. FREE Blood Pressure Screening**

*See May 4.*

**1:00 p.m. Jubilee Showcase**

*Steve Ordower, Documentarian*  
Jubilee Showcase was one of the top platforms to see and hear gospel music. The long-running

TV show featured the debuts of many of the music genre's leading figures. Steve will play clips and talk about the documentary he is producing about the extraordinary show his father created. *Limit 30. Suggested Donation: \$3\**

**2:30–4:30 p.m. Music Madness: St. Ailbe Children's Choir**

*See feature above.*

### Saturday, May 19

**8:00 a.m.–1:15 p.m.**

*Open for Breakfast and Lunch*

### Monday, May 21

**3:00–4:00 p.m. Mather's—More Than a Café Chorus**

*See May 7.*

### Tuesday, May 22

**10:15–11:15 a.m. Discussion: Get Online for Health (GO-Health)**  
*Cate O'Brien and John Davy, Mather LifeWays Institute on Aging*

Have you ever tried to find health information online and come up with more questions than answers? Bring a health question and we'll investigate it together and learn how to find reliable information online. We'll also provide details on a new, FREE computer course about health information being offered. *Cost: FREE*

**2:00–3:30 p.m. From Your Camera to the Computer: Part 2**

*See May 15.*

**2:00–3:30 p.m. Jewelry Workshop**

*See May 1.*

**2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org**

*See May 1.*

### Wednesday, May 23

**9:00–10:00 "Eat Better, Move More" Meeting**

*See Exercise Schedule, Monday.*

**9:30–11:00 a.m.**

#### Mather's Book Club

Have fun, make friends, stimulate the brain cells, and meet like-minded people. *Limit 20. Cost: FREE*

**12:00–2:30 p.m. Consult with a Social Worker**

*See May 2.*

**12:15–2:15 p.m.**

#### Basic/Intermediate Knitting

*See May 2.*

### Thursday, May 24

**12:00–2:00 p.m. Learn About RTA Free Transit**

*See May 3.*

**12:30–4:30 p.m. Older Adult Driver Safety Program – Part 2**

*See May 17.*

**2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club**

*See May 3.*

**2:30–3:30 p.m. Learn to Play Bridge**

*See May 3.*

### Friday, May 25

**9:00 a.m. TRIP: Canal Boat & Trolley Tours**

*See Trips on page 7.*

**11:30 a.m.–1:30 p.m.**

#### FREE Blood Pressure Screening

*See May 4.*

### Saturday, May 26

**8:00 a.m.–1:15 p.m.**

*Open for Breakfast and Lunch*

**11:00 a.m.–2:00 p.m. GRANDFamilies Program of Chicago**

*See April 28.*

### Monday, May 28

*CAFÉ CLOSED – Memorial Day!*

### Tuesday, May 29

**2:00–3:30 p.m. Jewelry Workshop**

*See May 1.*

**2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org**

*See May 1.*

### Wednesday, May 30

**9:00–10:00 a.m. "Eat Better, Move More" Meeting**

*See Exercise Schedule, Monday.*

**12:00–2:30 p.m. Consult with a Social Worker**

*See May 2.*

**12:15–2:15 p.m.**

#### Basic/Intermediate Knitting

*See May 2.*

### Thursday, May 31

**12:00–2:00 p.m. Learn About RTA Free Transit**

*See May 3.*

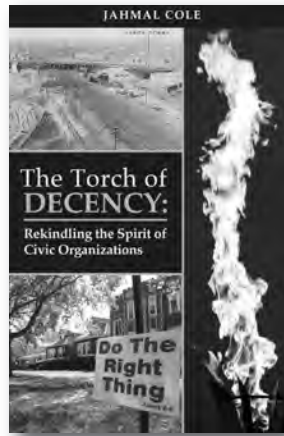
**2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club**

*See May 3.*

**2:30–3:30 p.m. Learn to Play Bridge**

*See May 3.*

### Getting Involved in Chatham



*Jahmal Cole,*  
*Author/Community Advocate*  
 Jahmal will discuss his new book about Chatham, *The Torch of Decency: Rekindling the Spirit of Civic Organizations*, and tell how you can become involved in creating a new future for the community. *Limit 25.*  
**Date:** Friday, June 15, 1:00–2:00 p.m.  
**Cost:** *FREE*

#### Friday, June 1

**11:30 a.m.–1:30 p.m.**  
**FREE Blood Pressure Screening**  
*June Shivers, RN*  
 Get answers to any questions you have about your blood pressure.

#### Saturday, June 2

**8:00 a.m.–1:15 p.m.**  
*Open for Breakfast and Lunch*

**10:30 a.m.–1:00 p.m. FREE Diabetes & Obesity Alert Day**  
*See April 7.*

**10:30 a.m.–1:00 p.m.**  
**FREE Blood Sugar Screening**



*Sponsored by Supreme Home Healthcare, LLC*  
 Diabetes is the most common

disorder of the endocrine (hormone) system. Find out if you are at risk. Call (773) 488.2801 to register in advance.

#### Monday, June 4

**9:00–11:00 a.m. Red Hat Society**  
 A support network for women to focus on friendship, sisterhood, and fun.

**3:00–4:00 p.m. Mather's—More Than a Café Chorus**  
*Julia Whitfield, Chorus Director*  
 Waiting List. Mather's Chorus performs year-round concerts.

#### Tuesday, June 5

**10:15–11:15 a.m. Take Charge of Your Own Healing!**  
*Dr. Tina Morocco-Collins, Physical Therapist, Natural Instincts Physical Therapy and Wellness Center*  
 Discover the mysteries and myths of heel spurs, low back pain, degenerative joint disease, etc. Learn how these dysfunctions progress and what can be done to avoid surgeries and medication dependence. *Limit 25. Suggested Donation: \$3\**

**2:00–3:30 p.m. Jewelry Workshop**  
*Dorothy L. Williams, Instructor*  
 Get basic, hands-on instructions for using various tools, beads, and wires to make handcrafted jewelry in this six-week workshop. Request a supply list upon registration. *Limit 15. Suggested Donation: \$30\**

**2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org**  
 Are you eligible for local and national benefits? A visiting consultant can tell you how you may qualify. By appointment only. *Cost: FREE*

**2:00–3:30 p.m. From Your Camera to the Computer: Part 1**  
*Sharon Townsend, Instructor*  
 Learn how to save photos from your camera and then transfer them to the computer without loading your software. Participants should bring their cameras, cords, and flash drives. *Only 10 computers are available. Please bring your*

*laptop if you have one, so that others may participate in the class. Part 2 is offered on Tuesday, June 12. Limit 15. Cost: \$10/session*

#### Wednesday, June 6

**9:00–11:00 a.m. Mather Connections Monthly Meeting**  
 Find out about volunteering and its benefits. Call Eileen Gabriel-Galán at (773) 205.3300 to get involved.

**12:00–2:30 p.m. Consult with a Social Worker**  
*Ayesha Ollie, LSW, Metropolitan Family Services*  
 A licensed social worker will be available for individual consultations. Get information and referrals to community services. Call (773) 488.2801 to make an appointment.

**12:15–2:15 p.m. Basic/Intermediate Knitting**  
*Mary Blackwell, Instructor*  
 Learn the basics of knitting and then some in this four-session workshop. Students from prior classes can reapply. Request a supply list upon registration. *Limit 20. Suggested Donation: \$30\**

#### Thursday, June 7

**12:00–2:00 p.m. Learn About RTA Free Transit**  
 Sign up for free rides on the RTA.

**2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club**  
 Join other card sharks or enjoy the game of your choice. Scrabble and chess players may bring their own boards. *Cost: \$1*

**2:30–3:30 p.m. Learn to Play Bridge**  
*Barbara Motley, Instructor*  
 In four classes, learn how to follow suit, play with a trump suit, bid, play defense, take tricks, and keep score. *Limit 12. Suggested Donation: \$10\**

#### Friday, June 8

**11:30 a.m.–1:30 p.m. FREE Blood Pressure Screening**  
*See June 1.*

#### Saturday, June 9

**8:00 a.m.–1:15 p.m.**  
*Open for Breakfast and Lunch*

**11:30 a.m.–1:00 p.m. FREE Parkinson's Support Group**  
*See April 14.*

#### Monday, June 11

**3:00–4:00 p.m. Mather's—More Than a Café Chorus**  
*See June 4.*

#### Tuesday, June 12

**10:15–11:15 a.m. The Hero in You!**  
*Buihe O. Madu, Executive Director, The HEROManity Project*  
 Ever wonder why it seems so hard to find the time to address the deeper things that matter to you—such as your purpose in the world? Find the answer from a man who has created a new philosophy about heroism in modern life.  
*Cost: FREE*

**8:30 a.m.–3:00 p.m. More at Mather's PREVIEW DAYS**  
*See page 3.*

**1:00–2:00 p.m. Mather's Catalog Overview**

**2:00–3:30 p.m. Jewelry Workshop**  
*See June 5.*

**2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org**  
*See June 5.*

**2:00–3:30 p.m. From Your Camera to the Computer: Part 2**  
*See June 5.*

#### Wednesday, June 13

**9:00–10:00 a.m. "Eat Better, Move More" Meeting**  
*See Exercise Schedule, Monday.*

**8:30 a.m.–3:00 p.m. More at Mather's PREVIEW DAYS**  
*See page 3.*

**9:30–10:30 a.m. Mather Advantage Discount (M.A.D.) Customers Meet & Greet**  
 For all new M.A.D. customers. Meet and visit with Mather's—More Than a Café staff and others to learn more about how Mather's is truly More Than a Café.

**10:00–11:00 a.m. Food for Thought: Cooking to the Max!**  
*Sharon Smith, Possibilities Coach, Mather LifeWays*  
 Learn how to shop, store, and cook food to get the maximum nutritional benefits. *Limit 24. Suggested Donation: \$3\**

**12:00–2:30 p.m. Consult with a Social Worker**  
*See June 6.*

**12:15–2:15 p.m. Basic/Intermediate Knitting**  
*See June 6.*

**1:00–2:00 p.m. Mather's Catalog Overview**

#### Thursday, June 14

**12:00–2:00 p.m. Learn About RTA Free Transit**  
*See June 7.*

**2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club**  
*See June 7.*

**2:30–3:30 p.m. Learn to Play Bridge**  
*See June 7.*

#### Friday, June 15

**11:30 a.m.–1:30 p.m. FREE Blood Pressure Screening**  
*See June 1.*

**1:00–2:00 p.m. Getting Involved in Chatham**  
*See feature above.*

#### Saturday, June 16

**8:00 a.m.–1:15 p.m.**  
*Open for Breakfast and Lunch*

#### Monday, June 18

**9:30–10:30 a.m. Does Your IRA Belong to the IRS?**  
*Allen Thomas, Financial Advisor, Autumn Financial, Inc.*  
 Learn how to maximize your IRA investment and avoid paying excessive taxes. *Cost: FREE*

**2:30–3:30 p.m. Mather's—More Than a Café Quarterly Birthday Club**  
 Mather Advantage Discount (M.A.D.) members—sign up for the quarterly Birthday Club to celebrate April, May, and June birthdays. Enjoy refreshments and socializing with other celebrants. *Cost: FREE*

**3:00–4:00 p.m. Mather's—More Than a Café Chorus**  
*See June 4.*

#### Tuesday, June 19

**10:15–11:15 a.m. A New Concept for Foot Care**  
*Perry Brown, Business Development Manager, Center for Podiatric Medicine*  
 Discover alternative methods to keep feet healthy and learn how home health care can be cost-effective. *Suggested Donation: \$3\**

**2:00–3:30 p.m. Jewelry Workshop**  
*See June 5.*

**2:00–4:00 p.m. FREE Consultation: Benefits Check-Up.org**  
*See June 5.*

#### Wednesday, June 20

**9:00–10:00 a.m. "Eat Better, Move More" Meeting**  
*See Exercise Schedule, Monday.*  
 Expect to have fun, make friends, stimulate the brain cells, and meet like-minded people. *Limit 20. Cost: FREE*

FOR ALL PROGRAMS please register at least one week in advance!

# Trips

Friday, June 29, 1:00 p.m.



## Father Clements: A Life of Service & Perseverance

Father George Clements will join us to talk about his remarkable career and the issues of social justice for which he has tirelessly fought. Much has happened in the years since a Hollywood movie, *The Father*

*Clements Story*, was produced about his life in 1987. *Limit 30.*  
*Suggested Donation: \$3\**

11:00 a.m.–1:00 p.m.

### Jazzy Lunch Jam

Allen Roundtree, Owner,  
Jazzy Jam Productions  
Come out and enjoy lunch  
featuring music by DJ Tree.

12:00–2:30 p.m. Consult with  
a Social Worker

See June 6.

12:15–2:15 p.m.

### Basic/Intermediate Knitting

See June 6.

## Thursday, June 21

12:00–2:00 p.m. Learn About  
RTA Free Transit

See June 7.

2:00–4:00 p.m. Open Bridge/  
Whist/Scrabble/Chess Club

See June 7.

2:30–3:30 p.m. Learn to Play Bridge  
See June 7.

## Friday, June 22

1:00–2:00 p.m. The Buffalo Soldiers  
George Bailey, Columbia College

The Buffalo Soldiers were the first  
peace-time all-black regiments in  
the U.S. Army. George will tell their  
fascinating story, play guitar, and  
sing some of their songs from the  
Civil War era and beyond.  
*Suggested Donation: \$3\**

## Saturday, June 23

8:00 a.m.–1:15 p.m.

Open for Breakfast and Lunch

11:00 a.m.–2:00 p.m.

### GRANDFamilies Program of Chicago

See April 28.

## Monday, June 25

9:30–10:30 a.m. Home Security  
& Safety

James Handley, Owner,  
ABC Engineering

Find out what you can do to improve  
your safety at home. James will  
provide a checklist to make the inside  
of your home safe and secure.

*Cost: FREE*

3:00–4:00 p.m. Mather's—  
More Than a Café Chorus

See June 4.

## Tuesday, June 26

10:15–11:15 a.m. Protecting &  
Maximizing Retirement Accounts

Laurie Samuels, Attorney at  
Law/Retirement Counselor

Learn how to effectively protect  
your 401(k) from losses, create

retirement funds that last a lifetime,  
and more. *Light refreshments  
served. Cost: FREE*

2:00–3:30 p.m. Jewelry Workshop  
See June 5.

2:00–4:00 p.m. FREE Consultation:  
Benefits Check-Up.org

See June 5.

## Wednesday, June 27

9:00–10:00 a.m. “Eat Better,  
Move More” Meeting

See Exercise Schedule, Monday.

12:00–2:30 p.m. Consult with  
a Social Worker

See June 6.

12:15–2:15 p.m.

### Basic/Intermediate Knitting

See June 6.

## Thursday, June 28

10:00 a.m. TRIP:  
Epicurious Chicago!

See feature to right.

12:00–2:00 p.m. Learn About  
RTA Free Transit

See June 7.

2:00–4:00 p.m. Open Bridge/  
Whist/Scrabble/Chess Club

See June 7.

2:30–3:30 p.m. Learn to Play Bridge  
See June 7.

## Friday, June 29

11:30 a.m.–1:30 p.m.

### FREE Blood Pressure Screening

See June 1.

1:00 p.m. Father Clements:  
A Life of Service & Perseverance

See feature above.

## Saturday, June 30

8:00 a.m.–1:15 p.m.

Open for Breakfast and Lunch

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

Mather's—More Than a Café is a vital  
part of Mather LifeWays, a 70-year-young,  
not-for-profit organization that creates  
innovative Ways to Age Well™ for older  
adults. The programs and events you  
participate in truly exemplify ways you  
Age Well, and we want to continue  
offering you high-quality events, classes,  
and services. Will you consider a  
small gift to Mather LifeWays?

Your tax-deductible donation—no matter  
the amount—is greatly appreciated and  
extremely valuable in furthering our efforts.  
Contributions can be accepted at each  
Mather's—More Than a Café location.  
*Give today!*

## Bus Tour: The Story of Chatham



Our neighborhood is full of  
history! Join us for a two-hour  
coach bus tour to explore the  
architecture, businesses, and  
culture of Chatham. *Produced  
in partnership with the Chicago*

*Architecture Foundation. Limit 40.*

DATE: Wednesday, April 25, 10:00 a.m.–12:00 p.m.

Bus Departs: 10:00 a.m.

Cost: \$12.50; Mather Advantage Discount: \$10

*Cost includes transportation and tour guide. Please pay  
and register by Monday, April 9.*

## Canal Boat & Trolley Tours

Starved Rock, Utica, IL

Start off with a delicious  
hot lunch buffet in the rustic  
dining room at Starved Rock  
Lodge. Next, your trolley  
will take you on a relaxing  
ride on a Canal Boat where



you'll be whisked back in time to the year 1848! Period-  
costumed tour guides will take you on a one-hour mule-  
pulled canal boat ride for you to enjoy the beautiful scenic  
view and relaxing atmosphere. The tour will finish with  
a final stop at the Lock 16 Visitor Center. Each passenger  
will receive a commemorative souvenir. *Limit 25.*

DATE: Friday, May 25, 9:00 a.m.–5:30 p.m.

Bus Departs: 9:00 a.m.

Cost: \$75; Mather Advantage Discount: \$60

*Cost includes transportation, lunch, boat, and trolley tours.  
Some walking is involved, so please wear comfortable  
shoes. Please pay and register by Monday, April 30.*

## Epicurious Chicago!

Accenting Chicago Tours



Explore Chicago's great ethnic diversity and  
let your taste buds lead the way! On this  
progressive “dine-around” you'll stop for  
a course at an authentic local restaurant in  
each neighborhood! *Limit 25.*

DATE: Thursday, June 28, 10:00 a.m.–4:30 p.m.

Bus Departs: 10:00 a.m.; Cost: \$70

Mather Advantage Discount: \$56

*Cost includes transportation, tour guide, and food. Some  
walking is involved, so please wear comfortable shoes.  
Please pay and register by Monday, June 4.*

## Crowns

The Goodman Theatre, Chicago, IL

When Chicago-born Yolanda  
relocates to the South after the  
death of her brother, she finds  
strength in the tales of the wise  
women who surround her—and  
the powerful rituals connected to their dazzling hats.



Fusing the music of the South with rich story-telling and  
abundant “hattitude,” *Crowns* is a jubilant celebration  
of song, dance, cultural history, and glamorous  
headwear! *Limit 40.*

DATE: Thursday, July 26, 1:00–5:00 p.m.

Showtime: 2:00 p.m.; Cost: \$80

Mather Advantage Discount: \$64

*Cost includes transportation and ticket to the show only.  
Please pay and register by Friday, June 29.*

*Additional programs/events may be added, but not confirmed at  
the time of printing. Call (773) 488.2801 for updated information.*

## BUSINESS EXPO WEEK



Mather's—More Than a Café will host a week-long business expo every month for those who would like to share information or sell their wares. Call (773) 488.2801 to participate as a vendor/exhibitor or for more details.

Cost: \$30/day

Mark your calendar for the following weeks:

April 23–27

March 14–18

June 18–22

9:30 a.m.–1:30 p.m.

### Mather's Chicagoland Locations

33 E. 83<sup>rd</sup> Street, Chicago, IL

7134 W. Higgins Avenue, Chicago, IL

3235 N. Central Avenue, Chicago, IL

For information, please call 1 (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.<sup>SM</sup>

### 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 2011. 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. (This is separate and distinct from the Mather Advantage Discount (M.A.D.) program.)

### LESSONS & LECTURES DISCLAIMER

\* In order to comply with City of Chicago licensing rules, lessons and lectures other than computer classes and fitness programs will no longer have a fee. 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 the Dinner Theatre Menu and/or meals.

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



# Fitness at Mather's

## EXERCISE SCHEDULE

All classes are 50 minutes unless otherwise noted.

### MONDAY

#### 7:30–9:30 a.m. “Eat Better, Move More” 10K Walkers

Sharon Smith, Possibilities Coach, Mather LifeWays

Make small changes in your daily habits for big changes in your health with walking and nutrition. Join us on Wednesday, April 25, at 9:00 a.m. for the orientation. Walk on Mondays and Wednesdays, April 30–October 31 from 7:30 to 9:00 a.m. (weather permitting). The “Eat Better, Move More” (EBMM) nutrition program will follow walking every Wednesday from 9:00 to 10:00 a.m. until July 11. EBMM will focus on ways to improve your food choices while increasing your activity one step at a time. A pedometer is required. You may purchase one for \$15 (Mather Advantage Discount is \$12). Cost: **FREE**

#### 8:30 a.m. Zumba

(not held on first Monday of each month)

Terra Murray, Certified Zumba Instructor

Zumba is the exercise class that feels like a party! Zumba is based on Latin and Caribbean rhythms and modified dance moves that result in increased endurance and a revved-up metabolism. Terra will modify instruction according to your ability. Limit 15. Cost: \$5; Mather Advantage Discount: \$4.

#### 1:00 p.m. Group Exercise

LaGretta Ambrose, Instructor

Classes focus on cardiovascular fitness, strength training, flexibility, and balance. Limit 17. Cost: \$3.75/session; Mather Advantage Discount: \$3/session.

### TUESDAY

#### 9:00 a.m. Tai Chi Meditation

Paul Channic, Instructor

Learn breathing techniques to relax the body, practice concentration to calm the mind, and become aware of your internal energy. Participants remain seated for this class. Limit 20. Cost: \$5; Mather Advantage Discount: \$4.

#### 11:45 a.m. Strong & Balanced

Sharon Smith, Instructor

Get the best of flexibility, strength, and balance exercises! Appropriate for all levels. Full-body workout focuses on enhancing the physical capabilities that will help maximize your functional independence. Limit 15. Cost: \$3.25; Mather Advantage Discount: \$2.45.

### WEDNESDAY

#### 7:30–9:00 a.m. “Eat Better, Move More” 10K Walkers

See Monday.

#### 11:00 a.m. Line Dancing

Dolores “Dee” Pillow, Instructor

Learn the basic steps and footwork of this popular dance. Limit 20. Cost: \$3.75; Mather Advantage Discount: \$3.

#### 12:00 p.m. Meditation and Relaxation

Sharon Smith, Possibilities Coach

A weekly program that offers an accessible approach to meditation. Simple yoga breathing techniques will be covered. Limit 15. Cost: \$5; Mather Advantage Discount: \$4.

#### 1:00 p.m. Steppers Step Out

Maurice Coes, Instructor

The moves of this popular dance are fun and easy to learn, and never go out of style! Limit 20. Cost: \$5.25; Mather Advantage Discount: \$4.25.

#### 2:30 p.m. Men's Strength Training

LaGretta Ambrose, Instructor

Train with a professional exercise instructor and body builder. Strength training builds muscles to support

joints, improves balance and mobility, and allows you to Age Well to continue to live independently. Limit 20. Cost: \$4.25; Mather Advantage Discount: \$3.40.

### THURSDAY

#### 9:00 a.m. Tai Chi Movement

Paul Channic, Instructor

Learn the low-impact and non-strenuous movements associated with the traditional Tai Chi “long form.” When combined, they form a flowing, graceful movement—allowing you to develop greater sensitivity to your body and become aware of your internal energy, or Chi. Limit 15. Cost: \$5; Mather Advantage Discount: \$4.

#### 10:30 a.m. African Movement & Dance

Nakia Ocean, Instructor

A low-impact workout is designed to tone and strengthen in a structured way. Enjoy movement in various styles of dance from West Africa, the Caribbean Islands, and South America. Limit 15. Cost: \$4; Mather Advantage Discount: \$3.20.

#### 11:30 a.m.–12:15 p.m. Utility Ball Class

LaGretta Ambrose, Instructor

With easy-to-follow seated exercises, a red rubber kickball is all you need to boost your strength, flexibility, and range of motion. Exercise at your own pace. A ball is required. You may purchase one for \$5. Limit 20. Cost: \$3.25; Mather Advantage Discount: \$2.60.

#### 12:00–1:30 p.m. Sharon's Exercise Tips & Tweaks

Sharon Smith, Possibilities Coach, Mather Lifeways

Have you been exercising in the Fitness Center but the results have slowed down? Maybe a few minutes of Tips & Tweaks can put you back on the road to the results you want. You may schedule a 30-minute appointment on Thursdays in the Fitness Center with Sharon. Appointments available between 12:00–1:30 p.m. Sign-up sheet will be posted in the Fitness Center. Cost: \$10; Mather Advantage Discount: \$8.

#### 1:30 p.m. Belly Dancing

Dorothy Holloway, Instructor

Belly dancing is suitable for all ages and improves muscle tone, flexibility, and strength. Enhance your overall wellness—body, mind, and spirit. Limit 12. Cost: \$5; Mather Advantage Discount: \$4.

### FRIDAY

#### 9:00 a.m. Yoga

Dorothy Toney, Instructor

Balance the body and quiet the mind through a series of stretching postures and breathing techniques appropriate for all ability levels. Yoga develops strength, flexibility, stamina, and balance. Limit 12. Cost: \$5.25; Mather Advantage Discount: \$4.20.

#### 10:15 a.m. Laughter Yoga

Linda Hondras, Donna Lawrence, and Ruthie Marshall, Instructors

Laughter is sure to cure what ails you and lift your spirits. Come with an open mind and leave feeling rejuvenated and refreshed. No class on Friday, April 27. Limit 24. Cost: \$3.25; Mather Advantage Discount: \$2.60.

#### 11:15 a.m. Strength & Stretch

LaGretta Ambrose, Instructor

Decrease your risk of falls, boost your metabolism and energy, and relieve joint pain. Become more flexible and banish muscle tension with moderate resistance training. Limit 17. Cost: \$3.25; Mather Advantage Discount: \$2.60.