

# More at Mather's

Mather's—More Than a Café • 33 E. 83rd Street, Chicago, IL 60619 • (773) 488.2801

JULY | AUGUST | SEPTEMBER 2009

## IN THIS ISSUE

• **Craft Workshops**  
See page 5.

• **Meet the Cool Gent:**  
**Book Signing by**  
**Herb Kent**  
See page 5.

• **Cake Decorating**  
See page 5.

• **"Driving Miss Daisy"**  
See page 6.

**COUPON**

## 30¢ OFF Any Burger

Limit one per customer. One time only.  
Discount not valid with other offers.  
Good at Mather's—More Than a Café on 83<sup>rd</sup> only. Expires July 31, 2009.

Mather LifeWays  
1603 Orrington Avenue, Suite 1800  
Evanston, IL 60201

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Evanston, IL  
Permit No. 198



## A week of fitness, fun, and personal growth

Monday, August 17–Friday, August 21, 11:00 a.m.–2:00 p.m.

Let's celebrate five years of wellness at Mather's—More Than a Café! During this special week of wellness programs, you'll participate in a variety of unique and innovative fitness classes and interesting and informative health talks, indulge in delicious and nutritious meals, and enjoy the chance to socialize and meet new friends. Don't delay! This special program will fill up!

11:00 a.m.–12:00 p.m. • Fun, New Exercise Class  
12:00–1:00 p.m. • Tasty and Healthy Lunch  
1:00–2:00 p.m. • Interesting Health Talk

**Cost: \$50 Mather Advantage Discount: \$40**

*Health discussions and lunch only (no exercise classes):* **Cost: \$40 Mather Advantage Discount: \$32**

## Put Out Your Cigarette Habit for Good

Carol Southard, Smoking Cessation Specialist, Northwestern Memorial Hospital Wellness Institute

Did you know that cigarette smoking is the most difficult addiction to overcome? According to Northwestern Memorial Hospital, at least 70% of smokers say they would like to quit but do not know how or are afraid to try. Join this informative workshop to learn how to successfully beat your smoking habit once and for all. From practical, everyday tips to assistive medications, this program will help you and your loved ones find the solution to quit. *Register in advance. Limit 24.*

**DATE: Thursday, July 9, 12:30–1:30 p.m.**  
**Suggested Donation: \$3\***

## Prime Time Sister Circle V

Get support for major lifestyle changes such as becoming more physically active, improving eating habits, or successfully managing stress. Part health education, part support group, Prime Time Sister Circle V will motivate and empower you to move beyond knowledge into sustained action for positive health changes. *Register in advance. Limit 20.*

**DATES: Orientation—Tuesday, July 28, 2:00–4:00 p.m.**  
**Workshop—Tuesdays, August 4–October 27, 2:00–4:00 p.m.**  
**Cost: \$25** (for purchase of the book, *Prime Time: The African-American Woman's Complete Guide to Midlife Health and Wellness*)

## Maxwell Street's Glory Days

Phil Ranstrom, Writer/Producer/Director

From the late 1800s until 1994, Chicago's Maxwell Street market was the home of thriving street culture for immigrants arriving in the Midwest, and many say it was the largest open-air market in the country. This detailed presentation and film screening will have you reminiscing over the good old Maxwell Street days while also informing you of its current status. *Register in advance. Limit 24.*  
**DATE: Friday, August 14, 2:15–4:15 p.m.**  
**Suggested Donation: \$6\***



## Celebrate the 5th Anniversary of Mather's—More Than a Café Chorus!

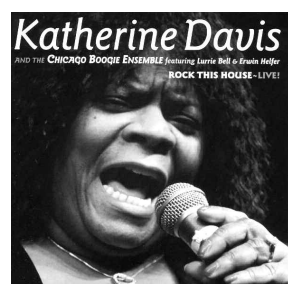
It's a celebration you can sing about! The Chorus is turning five years old this September and wants to treat you to a special anniversary performance of their best and brightest songs. While you enjoy the entertainment, you can feast on a meal of pecan crusted chicken, gingersnap sweet potatoes, green beans almondine, peach cake, and a beverage.

**Monday, September 21**

**4:00–7:00 p.m.**  
**Meal Cost: \$9+**  
**Mather Advantage Discount: \$7.20+**  
**Entertainment**  
**Suggested Donation: \$3+**

**The Final Touch Hats & Accessories**  
Purchase Fall & Winter hats  
**Friday, September 25, 10:00 a.m.–2:00 p.m.**

**Laughter Club**  
**Fridays, 10:00 a.m.**  
What soap is to the body, laughter is to the soul.



## We've Got the Blues!

Wash your blues away with a rousing musical performance of classic jazz, boogie-woogie, and spiritual tunes from one of the leading figures in Chicago's blues community, Katherine Davis, who has won acclaim for her performances around the world. You won't want to miss her afternoon showcase at the Café that proves why Chicago is home of the blues.

**DATE: Friday, August 21, 2:30–4:30 p.m. • Suggested Donation: \$10\***



**Mather's**  
More Than a Café®

# Healthy Living

## July Fitness Center Special

New members will save \$10 on a one-year Fitness Center membership during the month of July!

With this special offer, it is the perfect time to begin your physical fitness routine! Work one-on-one with our fitness staff to develop a program that fits your lifestyle! Being physically active is one of the best things you can do for yourself.

## Fitness is Fun at Mather's—More Than a Café!

### Group Exercise

*Toni Faye*

Come join the fun! Exercises start slowly and gradually progress so everyone can participate. Classes focus on cardiovascular fitness, strength training, flexibility, and balance.

**DATES:** Mondays, 1:00–2:00 p.m.

**Cost:** \$3.75

**Mather Advantage Discount:** \$3

### Tai Chi Meditation

*Paul Channic*

Using traditional Tai Chi methods, you will learn breathing techniques to relax the body, practice concentration to calm the mind, and become aware of your internal energy. Participants are in a seated position in this class.

**DATES:** Tuesdays, 9:00–10:00 a.m.

**Cost:** \$5

**Mather Advantage Discount:** \$4

### Strong & Balanced

*Sharon Smith*

Join us for a class that combines the best of flexibility, strength, and balance exercises! Appropriate for all levels, this comprehensive, full-body workout focuses on enhancing the physical capabilities that will help maximize your functional independence.

**DATES:** Tuesdays,

11:45 a.m.–12:45 p.m.

**Cost:** \$3

**Mather Advantage Discount:** \$2.40

### Men's Only Strength & Stretch

*Darrell Davis*

The benefits of consistent strength training cannot be overstated. Not only does it replace lost muscle, but it also increases metabolism, consequently reducing body fat. It also reduces your risk of type 2 diabetes, colon cancer, heart attack, stroke, low-back and arthritis pain, and even depression! Come join us for this class geared specifically for men.

**DATES:** Wednesdays, 3:30–4:30 p.m.

**Cost:** \$3

**Mather Advantage Discount:** \$2.40

### Tai Chi Movement

*Paul Channic*

Learn the movements associated with the traditional Tai Chi “long form.” All of the forms are low-impact and non-strenuous. When

combined, they form a flowing, graceful movement. This allows the practitioner to develop greater sensitivity to their own body as well as cultivate awareness of internal energy, or “Chi.”

**DATES:** Thursdays, 9:00–10:00 a.m.

**Cost:** \$5

**Mather Advantage Discount:** \$4

### Zumba Gold

*Alex Clara*

Looking to take the “work” out of working out? Zumba was made for you! It's a fun fusion of Latin and international music and dance themes that creates an exciting, easy-to-follow fitness class. Zumba Gold is based on the principle that a workout should be fun and easy.

**DATES:** Thursdays, 10:30–11:30 a.m.

**Cost:** \$3

**Mather Advantage Discount:** \$2.40

### Utility Ball Class

*LaGretta Ambrose*

Increase your strength, flexibility, and range of motion—by using a simple red rubber kickball! These seated exercises are fabulous for beginners and experienced exercisers alike. Participants are required to purchase their own ball for \$5.

**DATES:** Thursdays,  
11:30 a.m.–12:15 p.m.

**Cost:** \$3

**Mather Advantage Discount:** \$2.40

### Yoga

*Dorothy Toney*

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.

**DATES:** Fridays, 9:00–10:00 a.m.

**Cost:** \$5

**Mather Advantage Discount:** \$4

### Strength & Stretch

*LaGretta Ambrose*

What if you could decrease your risk of falls, boost your metabolism and energy, and improve joint pain? Become more flexible and get rid of muscle tension with moderate resistance training. You've got to feel it to believe it!

**DATES:** Fridays,  
11:15 a.m.–12:15 p.m.

**Cost:** \$3

**Mather Advantage Discount:** \$2.40

## Inspired: Find Your Motivation for a Richer, Fuller Life!



*Reed Engel, Director of Wellness Strategies, Mather LifeWays*

What's stopping you from achieving your life's goals? Oftentimes it's a lack of motivation, that extra push we all need to get us to take action! In this presentation,

you'll learn how being motivated can optimize your well-being. Together, we'll identify your personal sources of inspiration that will help you overcome barriers to living a life of satisfaction.

**DATE:** Tuesday, July 7, 10:00–11:00 a.m.

**Suggested Donation:** \$2\*

### 10K-A-Day Walking Group

*Sharon Smith, Mather's—*

*More Than a Café*

*Fitness Coordinator*



Summer is here—the perfect time to boost your level of

physical activity! The 10K-A-Day Walking Group meets weekly during the months of May through October (weather permitting) and is designed to help you increase your physical fitness. You'll receive the official 10K-A-Day program booklet, packed with important and useful information to help you start and stick with your walking program. Take the first step to a healthier lifestyle by joining now!

*You may choose to purchase a step counter for \$15; Mather Advantage Discount \$12.*

**DATES:** Mondays and Wednesdays, 8:00 a.m.

**Cost:** FREE

### Steppers Step Out

*Mark Kenerson, Jr.*

The moves of this popular dance are fun and easy to learn. This dance never goes out of style!

*Register in advance. Limit 20.*

**DATES:** Tuesdays, 3:00–4:30 p.m.

**Cost:** \$7.20

**Mather Advantage Discount:** \$6

### Line Dancing

*Dolores “Dee” Pillow*

Interested in learning to line dance?

In this 60-minute class, learn the basic steps and footwork of this popular dance. *Register in advance. Limit 20.*

**DATES:** Wednesdays,  
11:00 a.m.–12:00 p.m.

**Cost:** \$3.75

**Mather Advantage Discount:** \$3

### The Life You Lead...

#### The Legacy You Leave

*Erin L. McCoy, Wellness Program Specialist, Mather LifeWays*

We all want to be lovingly remembered by our family, friends, and community, but how can we begin to create a positive legacy now? In this presentation, learn how the life you lead affects the lasting impression that others have of you. Discover the positive attitudes, behaviors, and ways of communication that will lead you to become a role model for future generations.

**DATE:** Tuesday, September 15,  
10:00–11:00 a.m.

**Suggested Donation:** \$2\*

#### Resilience: Discover Your Superpower

*Kathy A. Bavaro, Associate Director, Mather Edgewater*

Be empowered to manage any situation life throws your way! Resilience plays an important role in relieving stress and helping us heal. This presentation will help you identify ways to build your resilience through resources already at your fingertips such as affirmations, prayer, and meditation that can guide you to finding hope and meaning.

**DATE:** Tuesday, September 29,  
10:00–11:30 a.m.

**Suggested Donation:** \$2\*

#### Age Well Group Coaching

Do you want to see changes in your life but feel stuck or don't know where to start?

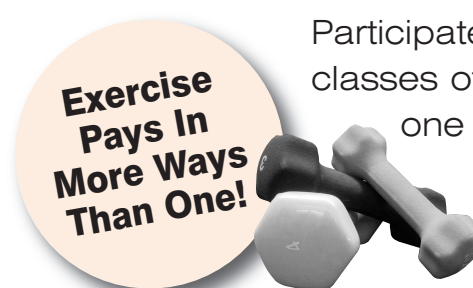
**Call Age Well Coach**

**Randi Klebanoff**

**at (773) 488.2805**

**by Friday, August 28.**

## Mather's—More Than a Café Group Exercise Club



Participate in 10 group exercise classes of any kind, and the next one you choose is FREE!

*See the receptionist for details and to obtain your card.*

**For the full schedule of weekly exercise programs, please see the chart on page 3.**

## EXERCISE SCHEDULE AT-A-GLANCE

### MONDAY

1:00 p.m. Group Exercise

### TUESDAY

9:00 a.m. Tai Chi Meditation  
11:45 a.m. Strong & Balanced

### WEDNESDAY

3:30 p.m. Men's Only  
Strength & Stretch

### THURSDAY

9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class

### FRIDAY

9:00 a.m. Yoga  
11:15 a.m. Strength & Stretch

## JULY

### Wednesday, July 1

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather Connections Meeting  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker

### Thursday, July 2

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
2:00 p.m. Open Bridge/Whist/Scrabble/  
Chess Club

### Friday, July 3

Closed—Independence Day Holiday

### Saturday, July 4

Closed—Independence Day Holiday

### Monday, July 6

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Red Hat Society  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's—More Than a Café  
Chorus

### Tuesday, July 7

7:45 a.m. Worth the Weight  
10:00 a.m. Inspired: Find Your Motivation  
for a Richer, Fuller Life!  
10:00 a.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, July 8

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather's Weight Loss  
Support Group  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker  
12:30 p.m. Stress Management

### Thursday, July 9

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
12:30 p.m. Put Out Your Cigarette  
Habit for Good  
2:00 p.m. Open Bridge/Whist/Scrabble/  
Chess Club

### Friday, July 10

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
**2:00 p.m. Trip: Cirque Shanghai  
"Bright Spirit" – Navy Pier**  
2:15 p.m. Movie of the Week

### Saturday, July 11

8:00 a.m. Open for Breakfast and Lunch  
11:30 a.m. Parkinson's Support Group

### Monday, July 13

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Men in Retirement  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's—More Than  
a Café Chorus

### Tuesday, July 14

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
10:00 a.m. Safe and Secure Investments  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, July 15

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather's Weight Loss  
Support Group  
9:30 a.m. Mather's Advantage Discount  
(M.A.D.) "Meet & Greet"  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker

### Thursday, July 16

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
12:30 p.m. Jewelry Workshop  
2:00 p.m. Open Bridge/Whist/Scrabble/  
Chess Club

### Friday, July 17

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
2:15 p.m. Movie of the Week  
2:30 p.m. The State of America's Future

### Saturday, July 18

8:00 a.m. Open for Breakfast and Lunch

### Monday, July 20

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's—More Than  
a Café Chorus

### Tuesday, July 21

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
10:00 a.m. Cake Decorating  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, July 22

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Mather's Book Club  
10:00 a.m. Mather's Resource Market  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker

### Thursday, July 23

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
12:30 p.m. Jewelry Workshop  
2:00 p.m. Open Bridge/Whist/Scrabble/  
Chess Club

### Friday, July 24

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
2:15 p.m. Movie of the Week

### Saturday, July 25

8:00 a.m. Open for Breakfast and Lunch  
10:00 a.m. GrandFamilies Program  
of Chicago

### Monday, July 27

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's—More Than  
a Café Chorus

### Tuesday, July 28

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
10:00 a.m. Home Medical Equipment  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Prime Time Sister Circle V  
– Orientation  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, July 29

Closed—Employee Meeting

### Thursday, July 30

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
12:30 p.m. Jewelry Workshop  
2:00 p.m. Open Bridge/Whist/Scrabble/  
Chess Club

### Friday, July 31

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
2:15 p.m. Movie of the Week  
2:30 p.m. In My Lifetime

## AUGUST

### Saturday, August 1

8:00 a.m. Open for Breakfast and Lunch

### Monday, August 3

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Red Hat Society  
9:30 a.m. Piano Lessons  
10:00 a.m. Marvelous Manicures  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's—More Than a Café  
Chorus

### Tuesday, August 4

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
10:00 a.m. Pearls of Wisdom  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Prime Time Sister Circle V  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, August 5

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather Connections Meeting  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker

### Thursday, August 6

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
12:30 p.m. Jewelry Workshop  
2:00 p.m. Open Bridge/Whist/Scrabble/  
Chess Club

### Friday, August 7

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
2:15 p.m. Movie of the Week  
2:30 p.m. Book Signing – *The Cool Gent:  
The Nine Lives of Radio Legend  
Herb Kent*

### Saturday, August 8

8:00 a.m. Open for Breakfast and Lunch  
11:30 a.m. Parkinson's Support Group

### Monday, August 10

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Piano Lessons  
9:30 a.m. Men In Retirement  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's—More Than  
a Café Chorus

### Tuesday, August 11

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
10:00 a.m. Opportunities in Real Estate  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Prime Time Sister Circle V  
2:00 p.m. Piano Lessons  
2:00 p.m. Benefits Check-Up.org  
3:00 p.m. Steppers Step Out

### Wednesday, August 12

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather's Weight Loss  
Support Group  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker

### Thursday, August 13

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
12:30 p.m. Jewelry Workshop  
2:00 p.m. Open Bridge/Whist/Scrabble/  
Chess Club

### Friday, August 14

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
2:15 p.m. Movie of the Week  
2:30 p.m. Maxwell Street's Glory Days

### Saturday, August 15

8:00 a.m. Open for Breakfast and Lunch

### Monday, August 17

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Piano Lessons  
10:00 a.m. Marvelous Manicures  
11:00 a.m. 5th Annual Summer  
Wellness Academy  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
2:30 p.m. Mather's Birthday Club  
3:00 p.m. Mather's—More Than  
a Café Chorus

### Tuesday, August 18

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
10:00 a.m. The Gift of Life:  
Organ/Tissue Donation

11:00 a.m. 5th Annual Summer  
Wellness Academy  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Prime Time Sister Circle V  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, August 19

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather's Weight Loss  
Support Group  
9:30 a.m. Mather Advantage Discount  
(M.A.D.) "Meet & Greet"  
11:00 a.m. 5th Annual Summer  
Wellness Academy  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker

### Thursday, August 20

7:45 a.m. Worth the Weight  
11:00 a.m. 5th Annual Summer  
Wellness Academy  
12:00 p.m. RTA Free Transit  
12:30 p.m. Jewelry Workshop  
2:00 p.m. Open Bridge/Whist/Scrabble/  
Chess Club

### Friday, August 21

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
11:00 a.m. 5th Annual Summer  
Wellness Academy  
2:15 p.m. Movie of the Week  
2:30 p.m. We've Got the Blues!

### Saturday, August 22

8:00 a.m. Open for Breakfast and Lunch  
10:00 a.m. GRANDFamilies Program  
of Chicago

### Monday, August 24

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's—More Than  
a Café Chorus

### Tuesday, August 25

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
10:00 a.m. Are You at Risk for Osteoporosis?  
1:00 p.m. Prime Time Sister Circle  
**1:30 p.m. Trip: "Driving Miss Daisy" –  
The Milk Pail, East Dundee, IL**  
2:00 p.m. Prime Time Sister Circle V  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, August 26

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Mather's Book Club  
10:00 a.m. Mather Resource Market  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker

### Thursday, August 27

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
2:00 p.m. Open Bridge/Whist/Scrabble/  
Chess Club

### Friday, August 28

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
1:00 p.m. Age Well Group  
Coaching/Orientation  
2:15 p.m. Movie of the Week  
2:30 p.m. African American Hospitality  
and Early Chicago Hotels

### Saturday, August 29

8:00 a.m. Open for Breakfast and Lunch

### Monday, August 31

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's—More Than  
a Café Chorus

## SEPTEMBER

### Tuesday, September 1

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
**1:00 p.m. Catalog Preview**  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Prime Time Sister Circle V  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

# ALWAYS AVAILABLE

For questions or to register for “Always Available” programs call (773) 488.2801.

## MONDAYS

### Marvelous Manicures

August 3, 17, and September 21,  
10:00 a.m.–1:00 p.m.

Appointments are 30 minutes in length. *Space is limited; walk-ins are accepted based on availability.*

Cost: \$10

Mather Advantage Discount: \$8

### FREE! Men in Retirement

July 13, August 10, and  
September 14, 9:30–11:00 a.m.

Join us for an open men’s discussion group. Come to eat and stay for friendly conversation about health care, world events, politics, local happenings, and sports. Dynamic speakers are also on the menu. *Register in advance.*

### FREE! Mather’s Birthday Club

August 17, 2:30–3:30 p.m.

If you are a Mather Advantage Discount (M.A.D.) participant, sign up for the bimonthly Birthday Club. Enjoy cake and ice cream while socializing with other celebrants. *Register in advance.*

## TUESDAYS

### FREE! Benefits Check-Up.org

2:00–4:00 p.m.

A consultant will help you obtain personalized information about national benefits that you might qualify for and not be aware of. *By appointment only.*

## WEDNESDAYS

### FREE! Mather’s Weight Loss Support Group

July 8, 15, 29; August 12, 19;  
and September 9, 16, 30,  
9:00–10:00 a.m.

Learn strategies for losing and/or maintaining your weight through the support of others.

### FREE! Mather Advantage Discount (M.A.D.) Customers “Meet & Greet”

July 15, August 19, and  
September 16, 9:30–10:30 a.m.

### FREE! Mather’s Book Club

July 22, August 26, and  
September 23, 9:30–11:00 a.m.

Expect to have fun, make friends, stimulate the brain cells, and meet like-minded people. *Register in advance. Limit 20.*

### Mather Resource Market

July 22, August 26, and  
September 23,  
10:00 a.m.–2:00 p.m.

We invite you to browse our vast selection of reasonably priced products that will make your life a bit easier, including weights, jumbo playing cards, large print puzzles, pill reminders, and much more.

### Social Worker

12:00–2:30 p.m.

Marilyn Roberts, MSW

A licensed clinical social worker is available for individual consultations to provide information and referrals for community services. *Call the Café to make your appointment.*

## THURSDAYS

### Regional Transportation Authority (RTA) Offers FREE Transit

Thursdays, 12:00–2:00 p.m.

Adults 65 or over living in the RTA service region are eligible for free transit on fixed routes operated by the Chicago Transit Authority (CTA), Metra, and Pace. You must complete an application and provide photographic identification. Mather’s—More Than a Café will take your photo and send it along with your application to the RTA, for processing.

### Open Bridge/Whist/Scrabble/Chess Club

2:00–4:30 p.m.

Whether you enjoy “running a Boston in whist” or you are a master in bridge, join us for these fun and games! Scrabble and chess players can bring their own boards and match wits with other players. Food orders taken until 3:00 p.m.

Cost: \$1

## FRIDAYS

### FREE! Blood Pressure Screening

11:00 a.m.–2:00 p.m.

June Shivers, RN

### FREE! Movie of the Week

2:15–4:30 p.m.

There’s a new movie every week! Suggestions are welcome. *To find out the movie title in advance, call (773) 488.2801.*

## SATURDAYS

### FREE! SUPPORT GROUPS

Parkinson’s

July 11, August 8, and

September 12,  
11:30 a.m.–1:00 p.m.

Join us for a monthly support group for persons with Parkinson’s Disease, their caregivers, friends, and families. Light refreshments will be served. *Register in advance.*

### GRANDFamilies Program of Chicago

July 25, August 22, and  
September 26,  
10:00 a.m.–12:00 p.m.

This group provides an opportunity for grandparents to network, share, learn, and have fun together. You can obtain valuable information on available resources and other support services. *Register in advance.*

### Wednesday, September 2

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather Connections Meeting  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker  
1:00 p.m. Catalog Preview

### Thursday, September 3

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
2:00 p.m. Open Bridge/Whist/Scrabble/Chess Club

### Friday, September 4

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
1:00 p.m. Age Well Group Coaching  
2:15 p.m. Movie of the Week

### Saturday, September 5

8:00 a.m. Open for Breakfast and Lunch  
2:00 p.m. Trip: “The Color Purple”—  
Arie Crown Theatre

### Monday, September 7

Closed—Labor Day Holiday

### Tuesday, September 8

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Prime Time Sister Circle V  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, September 9

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather’s Weight Loss Support Group  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker  
12:15 p.m. Basic Knitting

### Thursday, September 10

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
12:30 p.m. Older Adult Driver Safety Program  
2:00 p.m. Open Bridge/Whist/Scrabble/Chess Club

### Friday, September 11

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
1:00 p.m. Age Well Group Coaching  
2:15 p.m. Movie of the Week  
2:30 p.m. Black Journalism Today

### Saturday, September 12

8:00 a.m. Open for Breakfast and Lunch  
11:30 a.m. Parkinson’s Support Group

### Monday, September 14

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Piano Lessons  
9:30 a.m. Men In Retirement  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather’s—More Than a Café Chorus

### Tuesday, September 15

7:45 a.m. Worth the Weight  
10:00 a.m. The Life You Lead...  
The Legacy You Leave  
10:00 a.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Prime Time Sister Circle V  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, September 16

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather’s Weight Loss Support Group  
9:30 a.m. Mather Advantage Discount (M.A.D.) “Meet & Greet”  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker  
12:15 p.m. Basic Knitting

### Important Information

**CANCELLATIONS** – Programming may need to be cancelled if registration is not sufficient (always register 3 days prior). If cancellation occurs, you will be notified by telephone within 48 hours of the scheduled start date. If you paid by check or cash, you will receive a full refund by mail within 2–4 weeks. Credit cards will be credited.

**REFUNDS** – will be issued in full for the following:

- If Mather’s—More Than a Café cancels a program
- If Mather’s—More Than a Café can replace you with another customer’s registration

**WAIVERS** – Participants registering for any programs involving physical activity and trips/tours must read and sign the Waiver of Liability located at the bottom of the Registration Form. Participation in these activities will not be permitted until the waiver is completed.

**DISCLAIMER** – The opinions expressed by class instructors and presenters are their own and do not necessarily reflect the views of Mather’s—More Than a Café or any of its sponsoring organizations, including Mather LifeWays.

**PHOTOGRAPHY DISCLAIMER** – Mather LifeWays, along with Mather’s—More Than a Café, uses pictures of participants in its programs and special events to inform others of these opportunities. We will not use any identification in our materials. If you do not want your picture taken, please tell our photographer.

Mather’s—More Than a Café was opened by Mather LifeWays in 2000. Mather LifeWays enhances the lives of older adults by creating Ways to Age Well.<sup>SM</sup>

### Thursday, September 17

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
12:30 p.m. Older Adult Driver Safety Program  
2:00 p.m. Open Bridge/Whist/Scrabble/Chess Club

### Friday, September 18

10:00 a.m. Laughter Club  
11:00 a.m. Blood Pressure Screening  
1:00 p.m. Age Well Group Coaching  
2:15 p.m. Movie of the Week

### Saturday, September 19

8:00 a.m. Open for Breakfast and Lunch

### Monday, September 21

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Piano Lessons  
10:00 a.m. Marvelous Manicures  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
4:00 p.m. Mather’s—More Than a Café Chorus 5<sup>th</sup> Anniversary Celebration

### Tuesday, September 22

7:45 a.m. Worth the Weight  
10:00 a.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Prime Time Sister Circle V  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, September 23

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Mather’s Book Club  
10:00 a.m. Mather Resource Market  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker  
12:15 p.m. Basic Knitting

### Thursday, September 24

7:45 a.m. Worth the Weight  
12:00 p.m. RTA Free Transit  
2:00 p.m. Open Bridge/Whist/Scrabble/Chess Club

### Friday, September 25

10:00 a.m. Laughter Club  
10:00 a.m. Hats for Fall and Winter  
10:30 a.m. Trip: **UniverSoul Circus – Washington Park**  
11:00 a.m. Blood Pressure Screening  
1:00 p.m. Age Well Group Coaching  
2:15 p.m. Movie of the Week

### Saturday, September 26

8:00 a.m. Open for Breakfast and Lunch  
10:00 a.m. GrandFamilies Program of Chicago

### Monday, September 28

8:00 a.m. 10K-A-Day Walking Group  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
2:00 p.m. Piano Lessons  
2:30 p.m. African American Hospitality and Early Chicago Hotels  
3:00 p.m. Mather’s—More Than a Café Chorus

### Tuesday, September 29

7:45 a.m. Worth the Weight  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Resilience: Discover Your Superpower  
10:00 a.m. Piano Lessons  
11:45 a.m. Strong & Balanced  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Prime Time Sister Circle V  
2:00 p.m. Benefits Check-Up.org  
2:00 p.m. Piano Lessons  
3:00 p.m. Steppers Step Out

### Wednesday, September 30

8:00 a.m. 10K-A-Day Walking Group  
9:00 a.m. Mather’s Weight Loss Support Group  
11:00 a.m. Line Dancing  
12:00 p.m. Social Worker  
12:15 p.m. Basic Knitting

### Mather’s Chicagoland Locations

33 E. 83rd Street, Chicago, IL  
7134 W. Higgins Avenue, Chicago, IL  
3235 N. Central Avenue, Chicago, IL

Call Mather LifeWays Info Plus at 1 (888) 600.2560 for information.

### Disclaimers

Mather’s—More Than a Café requires membership for all fitness programs in order to comply with a City of Chicago ruling. There is no charge, no paperwork to fill out, and no ID card/badge. Simply sign up for free at the front desk. At any time if you do not wish to be enrolled, please contact the Café Manager. (This is separate and distinct from the Mather Advantage Discount program.)

\* In order to comply with a City of Chicago ruling, Mather’s—More Than a Café Lessons and Lectures, other than computer classes and fitness programs, do not require a fee. We hope you will make the suggested donation so we can continue to bring high quality programs to Mather’s—More Than a Café. Any donations are purely voluntary and can even be deducted from your income taxes!

+ Entertainment is available to all customers regardless of meal purchase. We hope you will make the voluntary suggested donation so we may continue to bring high quality programs to Mather’s—More Than a Café. 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 Theater Menu and/or meals.

**NOTARY PUBLIC. Call the Café for additional information.**

# COMPUTER CLASSES

All classes are four weeks and meet once a week for two hours. Classes are offered every month. Each class is a prerequisite for the next level. Class Levels 1–4 must be taken in order; class levels 5–7 can be taken in any order. *Limit: 9/session.*

*On Tuesday, June 30, the State of Illinois grant\* will expire and fees for computer class levels 1–4 will return to their regular price. To register now and for more information, call the Café at (773) 488.2801.*

## Level 1 Computer Class:

Learn the parts of the computer and how to create documents by using Microsoft Word.

## Level 2 Computer Class:

Increase your Microsoft Word abilities.

## Level 3 Computer Class:

Work with clip art and images, and create flyers.

## Level 4 Computer Class:

Customize your Microsoft Windows environment. Create greeting cards, banners, and letterhead.

\*The State of Illinois Department of Commerce and Economic Opportunity has graciously awarded Mather's—More Than a Café funding to "Bridge the Digital Divide." This will allow us to reduce computer class fees for Levels 1–4 to \$10 per level. This will continue until funds are depleted. Once funds are depleted we will return to regular fee schedules pertaining to both customers and Mather Advantage Discount participants.

## Additional Computer Classes

### Level 5 Computer Class:

Microsoft Excel, including tables and tabs.

### Level 6 Computer Class:

PowerPoint, including slide presentations with graphics, sounds, and animation.

### Level 7 Computer Class:

Strictly Internet, where you'll learn the basics including how to access the Internet, security, and virus protection.

**Levels 5–7 Cost: \$48**

**Mather Advantage Discount: \$40**

### Level 1: Mondays

11:00 a.m.–1:00 p.m. and 2:00–4:00 p.m.  
7/27–8/17, 8/24–9/21, 9/28–10/19

### Level 1: Saturdays

10:00 a.m.–12:00 p.m.  
7/11–8/1, 8/8–8/29, 9/5–9/26

### Level 2: Wednesdays

2:30–4:30 p.m.  
7/22–8/19, 8/26–9/16, 9/23–10/14

### Level 2: Saturdays

12:00–2:00 p.m.  
7/11–8/1, 8/8–8/29, 9/5–9/26

### Level 3: Thursdays

2:00–4:00 p.m.  
7/23–8/13, 8/20–9/10, 9/17–10/8

### Level 3: Fridays

2:00–4:00 p.m.  
7/31–8/21, 8/28–9/18, 9/25–10/16

### Level 4: Thursdays

11:00 a.m.–1:00 p.m.  
7/23–8/13, 8/20–9/10, 9/17–10/8

### Level 4: Fridays

11:00 a.m.–1:00 p.m.  
7/31–8/21, 8/28–9/18, 9/25–10/16

### Level 5: Wednesdays

11:30 a.m.–1:30 p.m., 9/16–10/7

### Level 6: Wednesdays

11:30 a.m.–1:30 p.m., 7/22–8/19

### Level 7: Wednesdays

11:30 a.m.–1:30 p.m., 8/19–9/9

**No class on Wednesday, July 29 or Monday, September 7**

# Lessons & Lectures

## Older Adult Driver Safety Program

*Charles Christian, AARP*

Enroll in this two-day refresher course designed especially for drivers over age 50. Learn defensive driving techniques, new traffic laws, rules of the road, and much more. Find out how to adjust your driving to age-related changes, such as vision, hearing, and reaction time. Get answers to today's driving challenges! Upon completion of the full course, you may receive an auto insurance discount. *Advance registration required. Limit 20.*

**DATES: Thursdays, September 10 and 17, 12:30–4:30 p.m.**

**Suggested Donation: \$12\***

## Cake Decorating



*Lyndellya Franco, Assistant Cook, Mather's—More Than a Café*

Using the butter crème method, you will get hands-on experience in decorating cakes with roses, balloons, borders, and handwriting, customized and personalized for any occasion.

You will get a cupcake to decorate and eat (with coffee) and another to decorate and take home.

**DATE: Tuesday, July 21, 10:00–11:30 a.m.**

**Suggested Donation: \$5\***

## CRAFT WORKSHOPS

### Jewelry Workshop

*Madie Cannamore, Mather Advantage Discount Participant*

Have you thought about making your own jewelry? Get basic, hands-on instruction for using various tools, beads, and wires to make wonderful handcrafted jewelry. Over the course of this six-week workshop, you'll add stunning pieces to your jewelry box as you make earrings, necklaces, brooches, and bracelets. *Request a supply list upon registration. Register in advance. Limit 15.*

**DATES: Thursdays, July 16–August 20, 12:30–2:00 p.m.**

**Suggested Donation: \$30\***

### Basic Knitting

*Mary Blackwell, Mather Advantage Discount Participant*

To knit, you only need to learn two stitches—knit and purl. Learn these basics plus other pattern stitches such as cable and ribbing in this workshop. Also, learn how to bind off to prevent your stitches from unraveling and finish edges neatly. Step-by-step directions will be provided. *Request a supply list upon registration. Register in advance. Limit 20.*

**DATES: Wednesdays, September 9–30, 12:15–2:15 p.m.**

**Suggested Donation: \$30\***

## Special Events



### Meet the Cool Gent: Book Signing by Herb Kent

*Author of The Cool Gent: The Nine Lives of Radio Legend Herb Kent*

Known as the Cool Gent, the King of the Dusties, and the Mayor of Bronzeville, Herb Kent is one of radio's most illustrious and legendary stars. This program will cover his fascinating autobiography, black music, culture, and personalities from the 1950s to today. *Register in advance. Limit 50.*

**DATE: Friday, August 7, 2:30–4:00 p.m. • Suggested Donation: \$3\***

### The State of America's Future

*Timuel Black, Author/Educator/Community Activist*

Timuel Black has a long and distinguished history as an advocate for social justice and is still active in the independent political arena. He joins us to speak about the current political situation and what he views as the failures in government in recent political history. Topics will include the financial crisis, the Iraq war, the struggling health care system, and the weakened pension system. He'll also have suggestions for new directions for the future of America. *Register in advance.*

**DATE: Friday, July 17, 2:30–4:00 p.m.**

**Suggested Donation: \$5\***

### In My Lifetime



*Dr. Haki Madhubuti,*

*Poet/Educator/Author/Publisher*

Dr. Haki Madhubuti reflects on his lifetime in art and politics. He will read his poetry and talk about the importance of art and arts education for young people. Dr. Madhubuti has been one of the most popular writers in the black aesthetic movement since the mid-1960s. He is the founder of the Third World Press and co-founder of the Institute of Positive Education, a charter school for black children in Chicago. *Register in advance.*

**DATE: Friday, July 31, 2:30–4:00 p.m.**

**Suggested Donation: \$5\***

### African American Hospitality and Early Chicago Hotels

*William R. Host and Brooke Anne Portman, Authors*

The black community has had a major impact on the hospitality and hotel industry in Chicago, beginning all the way back with DuSable's trading post in the late 1700s. In this slide presentation, Bill Host and Brooke Portmann, authors of "Early Chicago Hotels," tell the story of African American hospitality in Chicago, from the founding of the city in 1833 to the Jazz Age. *Register in advance.*

**DATE: Friday, August 28, 2:30–4:00 p.m.**

**Suggested Donation: \$5\***

### Black Journalism Today



*Monroe Anderson,*

*Journalist/Columnist/Reporter/*

*Editor/Talk Show Host*

Veteran journalist Monroe Anderson joins us to talk about his career and the state of black journalism in the city of Chicago and beyond. Monroe has held positions including reporter for the *Chicago Tribune*, editor of *Ebony*, *Savoy*, and *N'Digo* magazines, and director of community affairs and host of "Common Ground" on CBS2 Chicago. *Register in advance.*

**DATE: Friday, September 11, 2:30–4:00 p.m.**

**Suggested Donation: \$5\***

# Trips



## Cirque Shanghai "Bright Star" — Navy Pier, Chicago

Though the acts may vary from year to year, this circus always includes amazing acts and physical feats. Don't miss this year's all-new

show, a spectacular production that has already been enjoyed by over 1,500 groups. *Travel via minibus. Register in advance. Limit 20.*

**DATE: Friday, July 10**

**Bus Departs Café: 12:30 p.m. • Show time: 2:00 p.m.**

**Cost: \$31.40 Mather Advantage Discount: \$25.10**

## "Driving Miss Daisy" — The Milk Pail, East Dundee, IL



DRIVING MISS DAISY

Winner of the 1988 Pulitzer Prize and the Outer Critics Circle Award for Best Off-Broadway Play, this warm-hearted story about the relationship between an aging, white southern Jewish liberal and a proud, but soft-spoken black man, continues to win hearts of all ages. The cost covers the show,

travel via motorcoach, and tax, tip, and gratuity for a delicious lunch. Your meal will include a garden salad with raspberry vinaigrette or ranch dressing, famous Milk Pail biscuits and butter, old fashioned baked chicken breast, hot mashed potatoes, juicy green beans, homemade pumpkin pie, and coffee or tea. A cash bar will also be available. *Travel via motorcoach. Register in advance. Limit 42.*

**DATE: Tuesday, August 25**

**Bus Departs 9:30 a.m. • Lunch 12:00 p.m. • Showtime 1:30 p.m.**

**Cost: \$60.60 Mather Advantage Discount: \$48.45**

## "The Color Purple" — Arie Crown Theatre, Chicago



Set to a joyous score featuring jazz, ragtime, gospel, and blues, *The Color Purple* is a story of hope, a testament to the healing power of love, and a celebration of life. *Register in advance. Limit 30.*

**DATE: Saturday, September 5**

**Bus Departs: 12:45 p.m. • Show time: 2:00 p.m.**

**Cost: \$123.90 Mather Advantage Discount: \$99.10**

## UniverSoul Circus — Washington Park, Chicago

The UniverSoul Circus plays to packed houses from coast to coast. Famous acts include clowns, trapeze artists, motorcycle and bicycle daredevils, break dancing, magical illusions, stilt walkers, Caribbean limbo dancers, and tricks from dogs, lions, tigers, and elephants. Come join us under the big top at this uplifting show that promotes audience participation. *Register in advance. Limit 40.*

**DATE: Friday, September 25**

**Bus Departs 9:30 a.m. • Showtime 10:30 a.m.**

**Cost: \$21.15 Mather Advantage Discount: \$16.90**

## Proposed Coming Events:

- Tribute to Nat King Cole
- "Ma Rainey's Black Bottom"

*Additional programs/events may be added at intervals when not confirmed at the time of printing. Please call the Café at (773) 488.2801 for an update.*

Exclusively for M.A.D. Customers!

## CATALOG PREVIEW

**Tuesday, September 1 and Wednesday, September 2, 1:00 p.m.**

**Mather's—More Than a Café at 33 E. 83rd Street**

Be an early bird! Get the inside scoop on the programs found in *More at Mather's*. We'll give you an advance copy of the catalog and offer early registration so you can pay and sign up before everyone else.

**R.S.V.P. by Friday, August 28 by calling (773) 488.2801**

*Don't miss out. Space is limited.*

*Not a M.A.D. customer? See the Café receptionist to join.*

## MATHER

## CONNECTIONS

Volunteering is rewarding, interesting, and fun! To get involved, contact Eileen Gabriel-Galán at (773) 205.3308. Our monthly Mather Connections Meetings are held on the first Wednesdays of each month at 9:00 a.m.

# FREE Lectures

*Please register in advance for all programs. Limit 24.*

## General Interest

### The Gift of Life:

#### Organ/Tissue Donation

 *Vikki Tulcus, Secretary of State's Office, Organ/Tissue Donor Program*

Throughout Illinois and our nation, thousands of people are waiting for lifesaving organ and tissue transplants that will improve their quality of life. Learn about how you can give the gift of life by being an organ/tissue donor.

**DATE: Tuesday, August 18, 10:00–11:00 a.m.**

## Financial

### Safe and Secure Investments

*Laurie Samuels, Esq., Abednego Financial, Inc.*



Are you losing money on your investments? Join us in this informational seminar to learn about hot

financial topics including how to safely invest buyouts and rolling over a 401(k) or IRA. *Refreshments will be served.*

**DATE: Tuesday, July 14, 10:00–11:00 a.m.**

### Pearls of Wisdom

*Orema J. Roark, MassMutual Financial Group*

Join us to learn of investment products and services, and receive guidance to help you structure your retirement strategy. Look forward to your financial future with more confidence.

**DATE: Tuesday, August 4, 10:00–11:00 a.m.**

### Opportunities in Real Estate

*Pierre Dunagan, Loan Officer, Pan American Mortgage*

This company can offer the assistance you need to help with all of your mortgage needs, whether you are buying or selling. Find out how fast, easy, and enjoyable the process can be while taking advantage of low interest rates.

**DATE: Tuesday, August 11, 10:00–11:00 a.m.**

## Health

### Stress Management

*Dr. Frank Vaught, Jr. & Dr. John G. Artis, Crestwood Chiropractic & Rehab*

Learn powerful ideas to reduce stress in today's world. This seminar will give you great skills to use throughout your lifetime. Learn the benefits of chiropractic for stress reduction.

**DATE: Wednesday, July 8, 12:30–1:30 p.m.**

### Home Medical Equipment

*Michael Smith, Doctor's Choice*

Join this seminar to learn about the various medical products and supplies that you can purchase and have delivered to your door. The agency works with your medical insurance provider to determine payment and ensure that your medical needs are met.

**DATE: Tuesday, July 28, 10:00–11:00 a.m.**

### Are You at Risk for Osteoporosis?



*Dr. John Acquaye-Awah, M.D., CCD, Osteoporosis & Wellness Centre, KWEKU Medical Clinic*

Learn how aging, hormonal changes, diet, medication, and exercise habits can influence bone density. Also learn what medications may help build up bones and reduce the risk of hip, wrist, and spine fractures.

**DATE: Tuesday, September 22, 10:00–11:00 a.m.**

### Nintendo's "Wii"

Get a workout and improve

**wii** cognitive brain function

at the same time by playing video games! Get together with your friends to play tennis, baseball, or bowling today!

**DATES: Thursdays, 2:00–4:30 p.m.**

## Got Summer Projects? Call Mather LifeWays Info Plus!

You're one FREE call away from finding painters, landscapers, plumbers, contractors and more! **Call toll-free 1 (888) 600.2560** or e-mail [infoplus@matherlifeways.com](mailto:infoplus@matherlifeways.com)

 Ways to Age Well

## FRIDAY CATFISH FRY



Cornmeal-crusted catfish nuggets fried crisp on the outside, tender on the inside. Served with soup and your choice of side salad or fries.

**Dinner: \$8.39 Mather Advantage Discount: \$6.71**