

Mather's—More Than a Café

More at Mather's

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

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 7134 W. Higgins Avenue only. Expires April 30, 2012.

DON'T MISS LIST

April/May/June 2012

See calendar for full listings and descriptions.



INTERACT

Let's Go to the Hop!

Join Chicago Oldies DJ, Warren Posternak, for an evening of dancing and fun! See April 20.

Intro to the Yoga Lifestyle

This three-week workshop can set you on a new path toward physical, emotional, and spiritual fitness. See May 12.



LEARN

French Art & History Series



- Join Pamela Morton, lecturer and tour guide, live via Skype from France! She will discuss artists Cezanne and Van Gogh. See April 16.
- University of Chicago's Claire Cross will share stories of battle sites, memorials, and cultural glories. See June 11.

- Learn about Brittany's history, language, and Celtic connection in this presentation by Sherry Avila of the Irish American Heritage Center. See June 22.



Organized Crime in Chicago

The "Undisputed King of Chicago Crime Reporters," John Drummond, returns to Mather's to tell it like it is. See June 18.

TRAVEL

Switzerland

Experience snow-capped Alps and sparkling lakes in this scenic presentation. See May 17.

Amtrak Railroading Adventures

An Amtrak docent will share "tales from the ties" and tell how you can join in the fun. See June 6.



Discover Mexico City

Go on a virtual trip to Mexico and experience the vibrant colors, music, and people of Chicago's Sister City. See June 21.



ENJOY

White Elephant

Join us for some swapping, stealing, and surprises—plus lots of laughs! See April 19.



Viva Elvis: A Tribute to The King

You'll swear you've seen The King of Rock 'n' Roll performing at Mather's! See May 5.

Paris on the Prairie: Daniel Burnham

Chicago history brought to life by R.J. Lindsey. Hear about the planner and architect who made "no little plans." See June 15.



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 or call (847) 492.7714.

APRIL

Thursday, April 5,
1:00–3:00 p.m.

Ticket Sales Day for Nunsense



*The Rising Stars
Theatre Company*
Join your friends
on Mather Day,
April 22, to
see what those
controversial nuns

are up to now! Best seats
in the house!

Date: Sunday, April 22,
2:00 p.m.

Location: The Stahl Family
Theatre, 5900 W. Belmont Ave.
Cost: \$13
(this performance only)

Monday, April 2

9:00 a.m. Chair Massage

*Jackie Pacione,
Licensed Massage Therapist*
Rub out stress and pain! Pamper
yourself with a relaxing 20-minute
massage. *Cost:* \$20; *Mather
Advantage Discount:* \$16

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Matinee Movie

Tuesday, April 3

9:15 a.m. Bowling Group

Bowl with us at Irving Park
Lanes, 5708 W. Irving
Park Road, Chicago.
Free shoe rental. \$5 for
three games, payable
at the lanes. Call (773)
774.4804 for more information.

**10:30 a.m. FREE
Body Fat Screening**

**11:00 a.m. Senior Health
Insurance Program (S.H.I.P.)**

Learn how to complete Medicare
forms and settle claims with your
insurance company. Call (773)
774.4804 to make your appointment.

1:00 p.m. Crochet Class
*Suggested Donation: \$2 per class**

Wednesday, April 4

Meal Special:

Scandinavian Treat

Norwegian Spinach Soup;
Cheesy Vegetable Tart;
Svenska Kottbullar (Swedish
meatball with light gravy);
and Cloudberry Cream dessert.
Cost: \$11; *Mather Advantage
Discount:* \$8.80

**9:00 a.m. Art Class:
Compositions in Color**

Learn how to use color and
composition guidelines to create
interesting and original art with a
variety of media. *Suggested
Donation: \$8.50* per class*

1:00 p.m. Chess is Fun!

April 10



Reiki

Beth Zoeller, Reiki Healer

An ancient healing method, Reiki
is otherwise known as “hands-on
healing.” It is a natural and simple
method that allows the absorption

of more life-force energy by the receiver. It helps to
relieve pain and acute symptoms and positively affects
spiritual growth.

DATE: Tuesday, April 10, 11:30 a.m.

Cost: \$16; *Mather Advantage Discount:* \$13 per 25-minute
session. Call (773) 774.4804 for an appointment.

**1:00 p.m. IRAs: Strengths
& Weaknesses**

*Bill Hayes, Kenilworth Asset
Management*

We will discuss the best uses
for your IRA and qualified plans,
appropriate investments for your
IRAs, and tax-efficient transfers to
beneficiaries. *Cost:* **FREE**

Thursday, April 5

12:30 p.m. Social Worker

*Benita Lackajs, LCSW,
Metropolitan Family Services*
Call (773) 774.4804 to make an
appointment.

**1:30–3:00 p.m. Ticket Sales Day
for Nunsense!**

See feature above.

**2:00 p.m. Table Centerpiece
Designs: Easter
Arrangement**

*Robert Neri, Robert's
Floral Design Studio*
Learn how to make
decorative, lush
arrangements that
will liven up any room
in your home. *Payment
required in advance. All
supplies included. Suggested
Donation: \$15**

Friday, April 6

9:00 a.m. Piano Lessons: Session I

Session I lasts six weeks (April 6–
May 11) and meets once per
week. Each lesson is 30 minutes.
*Payment required in advance. Call
(773) 774.4804 for more information.
Suggested Donation: \$90**

**12:00 p.m. FREE
Blood Pressure Screening**

1:00 p.m. Happy Hour with Shirley

Forget about your cares and the
troubles of the world while Shirley
shares jokes, riddles, and funny
stories that will have you laughing
and feeling great! Feel free to pass
along humorous items that can be
included in future Happy Hours.
Cost: **FREE**

**5:00 p.m. Juliet Christensen,
Artist: Art Show Opening
Reception**

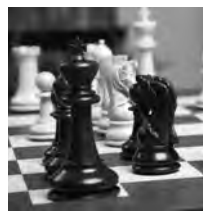
Saturday, April 7

12:00 p.m. RTA Bus Passes

Apply for or renew bus passes.
*Appointments are necessary.
Call (773) 774.4804.*

Monday, April 9

10:30 a.m. Learn to Play Chess



It's never too late
to learn to play
chess—the most
popular game
in the world!

Whether you're
totally new to the game or just
want to brush up on basic moves
and strategies, this is for you. Then
join the Chess Club for challenging
matches on Wednesday afternoons
at 1:00 pm. *Cost:* **FREE**

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Caution: Scam Ahead!



*Diane Walsh, Illinois
Securities Department,
Secretary of State*
Con artists come in
all shapes and sizes,
and they usually don't come

to your front door to scam you.
Very often, innocent-looking or
-sounding radio ads, TV commer-
cials, computer banners, or people
calling you are the scammers.
This video and discussion will
help you identify and avoid fraud.
Cost: **FREE**

Tuesday, April 10

9:15 a.m. Bowling Group

See April 3.

11:30 a.m. Reiki

See feature above.

1:00 p.m. Crochet Class

See April 3.

Wednesday, April 11

**9:00 a.m. Art Class:
Compositions in Color**

See April 4.

1:00 p.m. Chess is Fun!

1:00 p.m. Matinee Movie

Thursday, April 12

12:30 p.m. Social Worker

See April 5.

1:00 p.m. What's in Your Wallet?

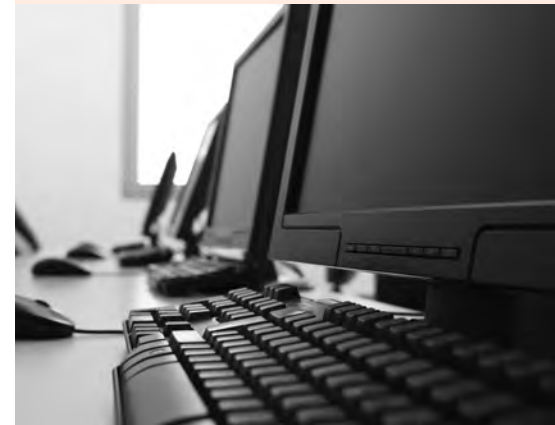
*Benita Lackajs, LCSW,
Metropolitan Family Services*
We're all guilty of carrying too much.
Find out what you should carry with
you in case of an emergency.
Cost: **FREE**

Friday, April 13

9:00 a.m. Piano Lessons

See April 6.

COMPUTER CLASSES



OFFERED EVERY MONTH

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

*Instructors: William Warmouth,
Laura Santella, & Jennifer Floyd*

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.*

*For class schedules, availability, and
prices, please call (773) 744.4804.*

Microsoft Word

Discover the many uses of this
powerful program. You will learn to
create a variety of impressive docu-
ments that will share information
and communicate your message in
an interesting and creative manner.
*Requires Levels 1–4 completion or
strong computer skills.*

DATE: Wednesday May 9–30,

10:00 a.m.–12:00 p.m.

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

Microsoft Excel

Microsoft Excel is a spreadsheet
program that features an intuitive
interface which, along with excellent
calculation and graphing tools, has
made it one of the most popular
computer applications to date. Learn
the power of this tool as well as its
home and business applications in
this intensive course. *Requires Levels
1–4 completion or strong computer
skills.*

DATE: Wednesday June 6–27,

10:00 a.m.–12:00 p.m.

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

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

Digital Photography for Beginners

4-Session Series ONLY \$35



Instructor: Sarah Taylor, BFA, Photography
Basic computer skills are helpful.

- Session 1: Camera Basics
- Session 2: Beginning to Take Pictures
- Session 3: Intermediate
- Session 4: Printing

DATE: Saturdays, 9:00–11:00 a.m.

Series I: May 5–26 • Series II: June 9–30

Cost: \$35; Mather Advantage Discount: \$28

9:00 a.m. Brainwaves Over Coffee

Grab your breakfast and stay for some really fun brain exercises, stories, and games. *Suggested Donation: \$2**

12:00 p.m. FREE

Blood Pressure Screening

12:00 p.m. Creative Writers Group

Joe Scianna, Facilitator
Have you been thinking of writing a story or starting your memoirs? Are you the next great undiscovered author? Join our Creative Writers Group and express your inner voice. *Cost: FREE*

2:00 p.m. The Science of Caring



Peggy Mason,
University of Chicago
Why do we care about other people and want to help them? The question is

simple, but the answer is complex. Peggy will discuss her fascinating research, featured on National Public Radio, and explore the roots of empathy in animals. *Cost: FREE*

Saturday, April 14

12:00–2:00 p.m.

Jewelry Making Workshop

Juliet Christensen, Artist



Create two unique pieces from a wide selection of beautiful beads or bring

your own beads and benefit from personal instruction to create your design. Learn skills and techniques to make eye-catching accessories for yourself or as gifts. *Suggested Donation: \$10* plus cost of beads and jewelry findings. Limit 5.*

Monday, April 16

9:00 a.m. Chair Massage

See April 2.

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Painters of Provence: Cezanne & Van Gogh

Pamela Morton, Lecturer and Tour Guide



Pam will join us live from Aix-en-Provence, France via Skype to discuss two

of the greatest Impressionist painters and the very different work they produced in the same beautiful area. *Suggested Donation: \$5**

Tuesday, April 17

9:15 a.m. Bowling Group

See April 3.

10:30 a.m. Fitness Screening

Beth Zoeller, Possibilities Coach, Mather LifeWays

This screening measures your physical capacity to perform normal everyday activities. It is considered a functional fitness test, as opposed to a health-related fitness test, because its purpose is to assess the physical characteristics necessary for functional mobility. *Cost: \$10; Mather Advantage Discount: \$8*

1:00 p.m. Crochet Class

See April 3.

Wednesday, April 18

9:00 a.m. Art Class: Compositions in Color

See April 4.

1:00 p.m. Chess is Fun!

1:00 p.m. Critic's Choice
If you love books and movies, then this group is for you. Share your thoughts after we watch the film version of a book we've read during the month. See Nina Kuzniak for more details.

Thursday, April 19

12:30 p.m. Social Worker

See April 5.

1:00 p.m. White Elephant

Mercy Prindes and Ida Wingereid, Facilitators

Enjoy this opportunity to re-gift items you've never used while laughing and having a great time. Please bring two new or gently-used items wrapped in newspaper. *Cost: FREE*

Friday, April 20

9:00 a.m. Piano Lessons

See April 6.

11:00 a.m.–2:00 p.m.

Mather Resource Market

Check out our selection of budget-friendly assistive products that will make your day a bit easier and more enjoyable.

12:00 p.m. FREE Blood Pressure Screening

5:00 p.m. Let's Go to the Hop!

See feature above.

Saturday, April 21

9:00 a.m. FREE Blood Sugar & Cholesterol Screening



Supreme Home Healthcare, LLC
Diabetes tends to lower "good" cholesterol levels

Friday, April 20, 5:00 p.m.



Let's Go to the Hop!

Warren Posternack, Chicago Oldies DJ
Wear your saddle shoes and bobby socks or just come as you are as we dance to the music of the 1950s and 1960s. Warren will play all of our favorite upbeat tunes as we do the Stroll, the Hand Jive, and the Madison. *Light refreshments served. Cost: \$5; Mather Advantage Discount: \$4*

and raise triglycerides and "bad" cholesterol levels, which increases the risk for heart disease and stroke. Learning how to prevent and treat abnormal cholesterol levels is an important step in maintaining optimum health. *Please register by Friday, April 13.*

Monday, April 23

10:30 a.m. Learn to Play Chess

See April 9.

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Rare Book Collecting & Appraisals

Tom Joyce, ("Dr. Rare"),
Chicago Rare Book Center



This is an introduction to book collecting and the complexities of collecting rare books. Tom Joyce ("Dr. Rare") has been a professional rare book-seller for nearly 40 years, and was the book and autograph expert on HGTV's *The Appraisal Fair*. Bring in some of your own books for appraisal. *Limit two books per person. Suggested Donation: \$5**

Tuesday, April 24

9:15 a.m. Bowling Group

See April 3.

11:30 a.m. Reiki

See feature on page 2.

1:00 p.m. Crochet Class

See April 3.

Wednesday, April 25

9:00 a.m. Art Class: Compositions in Color

See April 4.

9:00 a.m. Laughter Yoga

Sam DiMatteo, Certified Laughter Yoga Instructor



You know you feel better when you laugh, but did you know that laughter can have a positive impact on your physical health and exercise your muscles as well? This meeting will have you laughing your way to good health! *Cost: \$2; Mather Advantage Discount: \$1.60*

1:00 p.m. Chess is Fun!

Thursday, April 26

12:30 p.m. Social Worker

See April 5.

1:00 p.m. Frances Willard & the WCTU



Mary McWilliams and Janet Olson,
Frances Willard House Museum
When you hear the name Woman's

Christian Temperance Union, you may think of Prohibition and gangsters, but think again! Under President Frances Willard, the WCTU championed woman suffrage, equal pay for equal work, free kindergartens, and other major social reforms. Attend this presentation and learn more. *Suggested Donation: \$5**

Friday, April 27

9:00 a.m. Brainwaves Over Coffee

See April 13.

9:00 a.m. Piano Lessons

See April 6.

12:00 p.m. FREE Blood Pressure Screening

12:00 p.m. Creative Writers Group

See April 13.

4:30 p.m. Dinner Theatre: More Songs You've Requested

Heather Braoudakis, Soprano



This show will feature Heather's renditions of some of our favorite songs that she hasn't sung for us yet including "The Way We Were," "Someone to Watch Over Me," and "Blue Bayou." *Dinner: 4:30 p.m.; Show: 5:30 p.m.; Meal Cost: \$10+; Mather Advantage Discount: \$8+; Entertainment Suggested Donation: \$8*

Saturday, April 28

12:00 p.m. A Taste of Astrology

Kathleen Cantwell,
Astrologer

Learn a bit about how modern astrology works and how it shows up in societal trends, the news, and our individual lives. Hear about key issues we all may be dealing with in 2012 and beyond—along with thoughts on how we might approach this year positively. *Cost: FREE*



Monday, April 30

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Birthday Celebration
Join the festivities that celebrate you and enjoy a free piece of cake, too! *Cost: FREE*

Tuesday, May 1

9:15 a.m. Bowling Group
Bowl with us at Irving Park Lanes, 5708 W. Irving Park Road, Chicago. Free shoe rental. \$5 for three games, payable at the lanes. Call (773) 774.4804 for more information.

10:30 a.m. FREE Body Fat Screening

11:00 a.m. Senior Health Insurance Program (S.H.I.P.)
Learn how to complete Medicare forms and settle claims with your insurance company. Call (773) 774.4804 to make an appointment.

1:00 p.m. Crochet Class
Suggested Donation: \$2 per class*

Wednesday, May 2

9:00 a.m. Art Class: Compositions in Color
Learn how to use color and composition guidelines to create interesting and original art with a variety of media. Suggested Donation: \$8.50* per class

1:00 p.m. Chess is Fun!

1:00 p.m. Investment Outlook & Opportunities
Joe Perino, Financial Advisor, Edward Jones

This seminar will discuss current market conditions and how the political, economic, and cultural forces shaping our markets can affect you as an investor. Cost: **FREE**

Thursday, May 3

12:30 p.m. Social Worker
Benita Lackajs, LCSW, Metropolitan Family Services. Call (773) 774.4804 to make an appointment.

1:00 p.m. Titanic: The Great Lakes Connections

Joan Forsberg, Maritime Historian
In this centennial year for the Titanic, Joan will present tales from some of the 345 passengers who were headed for the Great Lakes region on her maiden voyage, along with other fascinating stories that connect the Titanic with the Great Lakes. Suggested Donation: \$8*



Friday, May 4

Meal Special: Cinco de Mayo
Corn and Roasted Poblano Pepper Soup; Chicken or Roasted Vegetable Enchiladas with Refried Beans and Rice; and Coconut and Dulce de Leche Cake. Cost: \$7.69; Mather Advantage Discount: \$6.15

9:00 a.m. Piano Lessons
See April 6.

12:00 p.m. FREE Blood Pressure Screening

1:00 p.m. Nutrition: Facts & Fiction
Dr. Cynthia Seaman, Seaman Chiropractic
Learn how to choose the best foods for your body. From shopping to preparation, food allergies to essentials for every diet, creating the best diet can be easy. Learn how to eat well while spending less time and money. Cost: **FREE**

5:00 p.m. Joe Fitzharris, Artist: Art Show Opening Reception

Saturday, May 5

9:00 a.m. Digital Photography for Beginners: 4-Session Series
See feature on page 3.

12:00 p.m. RTA Bus Passes
Apply for or renew bus passes. Appointments are necessary. Call (773) 774.4804.

2:00 p.m. Viva Elvis: A Tribute to The King
See feature above.

Monday, May 7

9:00 a.m. Chair Massage
Jackie Pacione, Licensed Massage Therapist
Rub out stress and pain! Pamper yourself with a relaxing 20-minute massage. Cost: \$20; Mather Advantage Discount: \$16

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Places to Age Well: Mather LifeWays Residences
Gina Paris, Mather LifeWays, Residency Advisor

Mather LifeWays residences are communities where quality service and creating Ways to Age WellSM are the main priority of our experienced professionals. We offer an array of services from independent to assisted living to memory support. Join us to learn more about the various communities that Mather LifeWays owns and operates. Cost: **FREE**



Tuesday, May 8

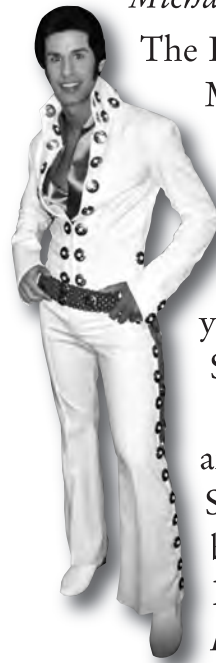
9:15 a.m. Bowling Group
See May 1.

11:30 a.m. Reiki
Beth Zoeller, Reiki Healer
An ancient healing method, Reiki is otherwise known as "hands-on healing." It is a natural and simple method that allows the absorption of more life-force energy by the receiver. It helps to relieve pain and acute symptoms and positively affects spiritual growth. Cost: \$16; Mather Advantage Discount: \$13 per 25-minutes session. Call (773) 774.4804 for an appointment.

May 5

Viva Elvis: A Tribute to The King

Michael St. Angel, Elvis Impersonator



The King is alive and well and returning to Mather's! Crowd favorite Michael St. Angel recreates Elvis' hip-shaking moves, energized song interpretations, and uninhibited style in this high-energy show! You'll swoon at "Can't Help Falling in Love," dance in your seat to "Hound Dog," and leave "All Shook Up!" Your performance package includes our Southern Spectacular meal: Herb and Spice Oven-fried Chicken; Southern Slaw; Smothered Greens; Macaroni and Cheese; a biscuit; and Red Velvet Cake for dessert!

DATE: Saturday, May 5, 2:00 p.m.

Lunch: 2:00 p.m.; Show: 3:00 p.m.;

Meal Cost: \$10+; Mather Advantage Discount: \$8+
Entertainment Suggested Donation: \$10

1:00 p.m. Crochet Class
See May 1.

Wednesday, May 9

9:00 a.m. Art Class: Compositions in Color
See May 2.

1:00 p.m. Chess is Fun!

2:00 p.m. Table Centerpiece Designs: Mother's Day Arrangement
Robert Neri, Robert's Floral Design Studio
Learn how to make decorative, lush arrangements that will liven up any room in your home. Payment required in advance. All supplies included. Suggested Donation: \$15*



Thursday, May 10

12:30 p.m. Social Worker
See May 3.

1:00 p.m. Humor as Medicine

Benita Lackajs, LCSW, Metropolitan Family Services
It's been proven that laughter and humor heal and help us in the aging process. Learn the facts and find out how humor can help you. Cost: **FREE**

Friday, May 11

9:00 a.m. Piano Lessons
See April 6.

9:00 a.m. Brainwaves Over Coffee
Grab your breakfast and stay for some really fun brain exercises, stories, and games. Suggested Donation: \$2*

12:00 p.m. FREE Blood Pressure Screening

12:00 p.m. Creative Writers Group
Joe Scianna, Facilitator
Have you been thinking of writing a story or starting your memoirs? Are you the next great undiscovered author? Join our Creative Writers Group and express your inner voice. Cost: **FREE**

4:30 p.m. Dinner Theatre: Silver Rose Music



Barbara Silverman and Steve Rosen, Old Town School of Folk Music
Barb returns with Steve Rosen

on banjo and mandolin for another program of classic American music. They'll sing and play folk songs, country classics, and tunes from the swing era. Barbara will also provide more incredible percussion work on her tricked-out washboard! Dinner: 4:30 p.m.; Show: 5:30 p.m.; Meal Cost: \$10+; Mather Advantage Discount: \$8+; Entertainment Suggested Donation: \$8
Co-sponsored by Senior Suites of Jefferson Park.

Senior Suites
CHICAGO

Saturday, May 12

9:00 a.m. Digital Photography for Beginners: 4-Session Series
See feature on page 3.

12:00 p.m. Introduction to the Yoga Lifestyle: A 3-Week Workshop
See feature on page 5.

Monday, May 14

10:30 a.m. Learn to Play Chess
It's never too late to learn to play chess—the most popular game in the world! Whether you're totally new to the game or just want to brush up on basic moves and strategies, this is for you. Then join the Chess Club for challenging matches on Wednesday afternoons at 1:00 p.m. Cost: **FREE**

1:00 p.m. Pinochle/Scrabble

1:00 p.m. A Panorama of Chicago Bowling
J. R. Schmidt ("Dr. Jake"), Historian
Everything you wanted to know about Chicago bowling—and more! Learn about famous Chicago

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

**FREE
3-Week
Yoga
Workshop**

Saturdays,
May 12, 19, & 26,
12:00 p.m.

**Introduction
to the Yoga
Lifestyle**

Judith Kettenbeil, Instructor

Judith was introduced to yoga at age 55 and would like to share the gift of peace for your mind, body, and spirit.

Each discussion will be followed by a short yoga class.

**Week 1: The Physical
Benefits of Yoga**

Improve your posture, range of motion, strength, and foot health! Yoga can also help restore flexibility and joint mobility; increase lung capacity; improve respiratory health; and more.

**Week 2: The Emotional
Benefits of Yoga**

Yoga can help you feel peaceful, stir positive emotions to come to the surface, and improve concentration.

**Week 3: The Spiritual
Benefits of Yoga**

Build awareness of your body, feelings, and the world around you. This session will bring together everything learned in the first two weeks —interdependence between mind, body, and spirit.

bowlers, see photos of old bowling alleys, advertising, and hear bowling stories. A columnist on bowling and a competitor for 44 years in the ABC nationals, "Dr. Jake" is an expert! *Suggested Donation: \$5**

Tuesday, May 15

9:15 a.m. Bowling Group
See May 1.

10:30 a.m. Fitness Screening
Beth Zoeller, Possibilities Coach, Mather LifeWays

This screening measures your physical capacity to perform normal everyday activities. It is considered a functional fitness test, as opposed to a health-related fitness test, because of its purpose of assessing the physical characteristics needed for functional mobility. *Cost: \$10; Mather Advantage Discount: \$8*

1:00 p.m. Crochet Class
See May 1.



Thursday, May 31, 1:00 p.m.

The World's Columbian Exposition of 1893

Michael Corcoran, Historian, Tour Guide, and Stand-up Comic

Michael provides a virtual tour of both the Exposition and the Midway, featuring hundreds of images and fascinating stories about the fair that changed Chicago and the world. You will be perfectly prepared for this presentation if you've read *The Devil in the White City*. *Suggested Donation: \$8**

Wednesday, May 16

**9:00 a.m. Art Class:
Compositions in Color**
See May 2.

1:00 p.m. Chess is Fun!

1:00 p.m. Critic's Choice
If you love books and movies, then this group is for you. Share your thoughts after we watch the film version of a book we've read during the month. *See Nina Kuzniak for more details.*

Thursday, May 17

12:30 p.m. Social Worker
See May 3.

1:00 p.m. Switzerland

Joe Cunniff, DePaul University
Switzerland combines the best of all its neighbors: Germany, Italy, and France. Joe will take us on a virtual trip to this beautiful country that includes the snow-capped Alps, sparkling clean lakes, and meadows full of wildflowers. *Light refreshments served. Suggested Donation: \$8**

Friday, May 18

**9:00 a.m. Piano Lessons:
Session II**
Session II lasts six weeks (May 18 –June 22) and meets once per week. Each lesson is 30 minutes. *Payment required in advance. Call (773) 774.4804 for more information. Suggested Donation: \$90**

**11:00 a.m.–2:00 p.m.
Mather Resource Market**
Check out our selection of budget-friendly assistive products that will make your day a bit easier and more enjoyable.

**12:00 p.m. FREE
Blood Pressure Screening**

**4:30 p.m. Dinner Theatre:
Singing Rodgers &
Hammerstein**

*John Eskola, Vocalist;
Pat Rusk, Keyboard*
Our entertaining cabaret duo presents another enchanted evening with songs from the masters of the Broadway musical, featuring the music from *Oklahoma*, *The King and I*, *South Pacific*, and *The Sound of Music*. *Dinner: 4:30 p.m.; Show: 5:30 p.m.; Meal Cost: \$10+; Mather Advantage Discount: \$8+; Entertainment Suggested Donation: \$8*

Saturday, May 19

**9:00 a.m. Digital Photography
for Beginners: 4-Session Series**
See feature on page 3.

**12:00 p.m. Introduction to the Yoga
Lifestyle: A 3-Week Workshop**
See feature on left.

Monday, May 21

9:00 a.m. Chair Massage
See May 7.

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Son of Sacagawea
Paula Fenza, Mather LifeWays Institute on Aging

Jean Baptiste Charbonneau was the son of Sacagawea, famous for helping guide the Lewis and Clark expedition. Hear the lesser-known story of this amazing man who played his own important part in exploring and settling the West. *Suggested Donation: \$5**

Tuesday, May 22

9:15 a.m. Bowling Group
See May 1.

11:30 a.m. Reiki
See May 8.

1:00 p.m. Crochet Class
See May 1.

Wednesday, May 23

**9:00 a.m. Art Class:
Compositions in Color**
See May 2.

1:00 p.m. Chess is Fun!

Thursday, May 24

12:30 p.m. Social Worker
See May 3.

**1:00 p.m. How to Choose the
Right Doctor**

Phil Bashook, UIC, and Harvey Dershin, Consultant
Choosing a doctor can be a confusing process, but a wealth of information is now available on the Internet. With more than 30 years combined experience in hospital administration and physician certification, Phil and Harvey will provide practical advice. *Cost: FREE*

Friday, May 25

9:00 a.m. Piano Lessons
See May 18.

9:00 a.m. Brainwaves Over Coffee
See May 11.

12:00 p.m. Creative Writers Group
See May 11.

**12:00 p.m. FREE
Blood Pressure Screening**

**1:00 p.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 been left with more questions than answers? Bring a health question and we'll investigate it together and learn how to find credible information online. We'll also provide details on a new FREE computer course being offered. *Cost: FREE*

**4:30 p.m. Dinner Theatre:
Laughlin & Son**

*Chris & Charlie Laughlin,
Guitarists*

Our extraordinary father-and-son duo always has a few surprises in store. Join us for an evening of beautiful guitar music and discover some pieces you've likely never heard before.

Dinner: 4:30 p.m.; Show: 5:30 p.m.; Meal Cost: \$10+; Mather Advantage Discount: 8+; Entertainment Suggested Donation: \$8

Saturday, May 26

**9:00 a.m. Digital Photography
for Beginners: 4-Session Series**
See feature on page 3.

**12:00 p.m. Introduction to the Yoga
Lifestyle: A 3-Week Workshop**
See feature on left.

Monday, May 28

10:30 a.m. Learn to Play Chess
See May 14.

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Birthday Celebration
Join the festivities that celebrate you and enjoy a free piece of cake, too! *Cost: FREE*

Tuesday, May 29

9:15 a.m. Bowling Group
See May 1.

1:00 p.m. Crochet Class
See May 1.

Wednesday, May 30

**9:00 a.m. Art Class:
Compositions in Color**
See May 2.

1:00 p.m. Chess is Fun!

1:00 p.m. Laughter Yoga
Sam DiMatteo, Certified Laughter Yoga Instructor

You know you feel better when you laugh, but did you know that laughter can have a positive impact on your physical health and exercise your muscles as well? This meeting will have you laughing your way to good health! *Cost: \$2; Mather Advantage Discount: \$1.60*

1:00 p.m. Invest in Yourself
John Pankau, Attorney-at-Law
Learn what your will and testament can and can't do for you and your estate plan; what a living trust is (and whether you need one); and the difference between both. *Cost: FREE*

Thursday, May 31

12:30 p.m. Social Worker
See May 3.

**1:00 p.m. The World's
Columbian Exposition of 1893**
See feature above.

JUNE

June is National American Dessert Days!

Celebrate with the following homemade desserts!

- June 1: Hazelnut Cake**
 - June 6: Applesauce Cake**
 - June 12: Peanut Butter Cookies**
 - June 14: Strawberry Shortcake**
 - June 18: Tart Cherry Cobbler**
 - June 21: Peaches and Cream**
 - June 26: Chocolate Pudding**
 - June 29: Ice Cream Soda**
- Prices will vary. Available all day!

Friday, June 1

TRIP: AWE Camp
See Trips on page 8.

9:00 a.m. Piano Lessons
See May 18.

12:00 p.m. FREE
Blood Pressure Screening

4:30 p.m. Dinner Theatre:
Songs of Warmth: A Summer Concert
See feature above.

Saturday, June 2

12:00 p.m. RTA Bus Passes
Apply for or renew bus passes. Appointments are necessary. Call (773) 774.4804.

Monday, June 4

9:00 a.m. Chair Massage
Jackie Pacione,
Licensed Massage Therapist
Rub out stress and pain! Pamper yourself with a relaxing 20-minute massage. Cost: \$20; Mather Advantage Discount: \$16

1:00 p.m. Pinochle/Scrabble

1:00 p.m. The Tragedy of Bataan
Jan Thompson,
Documentary Filmmaker
This is an opportunity to see a unique documentary film about the infamous Bataan Death March. Learn about Jan's 20-year saga to meet and interview survivors of this tragic event. The film tells the story through their voices and words. Suggested Donation: \$5*



Tuesday, June 5

9:15 a.m. Bowling Group
Bowl with us at Irving Park Lanes, 5708 W. Irving Park Road, Chicago. Free shoe rental. \$5 for three games, payable at the lanes. Call (773) 774.4804 for more information.

10:30 a.m. FREE
Body Fat Screening

June 1



Dinner Theatre Songs of Warmth: A Summer Concert

Marisa Buchheit, Vocalist

Marisa is an exciting young soprano beginning to make her mark on the Chicago scene. Join her for an evening of popular songs and operatic favorites perfect for a summer's evening. Selections from Debussy, Rossini, Gershwin, and Rodgers & Hammerstein will be among the featured selections.

DATE: Friday, June 1, 4:30 p.m.
Dinner: 4:30 p.m.; Show: 5:30 p.m.
Meal Cost: \$10+; Mather Advantage Discount: \$8+
Entertainment Suggested Donation: \$8

11:00 a.m. Senior Health Insurance Program (S.H.I.P)
Learn how to complete Medicare forms and settle claims with your insurance company. Call (773) 774.4804 to make an appointment.

1:00 p.m. Crochet Class
Suggested Donation: \$2 per class*

Wednesday, June 6

9:00 a.m. Art Class: Compositions in Color
Learn how to use color and composition guidelines to create interesting and original art with a variety of media. Suggested Donation: \$8.50* per class

1:00 p.m. Chess is Fun!

1:00 p.m. Amtrak Railroading Adventures
James G. Carr,
Retired Amtrak Docent
Hear fascinating stories from James' years of experience as a docent on Amtrak's Texas Eagle—winding from the land of Lincoln through the Ozarks to the piney woods of East Texas. Learn how you, too, can join this lucky crew and experience railroading adventures of your own! Cost: FREE

Thursday, June 7

12:30 p.m. Social Worker
Benita Lackajs, LCSW,
Metropolitan Family Services.
Call (773) 774.4804 to make an appointment.

1:00 p.m. Summer Safety
Benita Lackajs, LCSW,
Metropolitan Family Services
Learn about hot weather safety as well as crime prevention tips that will keep you safe while you enjoy the season. Cost: FREE

Friday, June 8 M.A.D. Preview Day

9:00 a.m. Piano Lessons
See May 18.

9:00 a.m. Brainwaves Over Coffee
Grab your breakfast and stay for some really fun brain exercises,

stories, and games. Suggested Donation: \$2*

12:00 p.m. FREE
Blood Pressure Screening

12:00 p.m. Creative Writers Group
Joe Scianna, Facilitator
Have you been thinking of writing a story or starting your memoirs? Are you the next great undiscovered author? Join our Creative Writers Group and express your inner voice. Cost: FREE

4:30 p.m. Dinner Theatre: Feelin' Groovy
Heather Braoudakis, Soprano
Which decade was the grooviest? The 1960s, man! Groove along with music from Burt Bacharach, the Mamas & the Papas, Fifth Dimension, Simon & Garfunkel, and many more! Dinner: 4:30 p.m.; Show: 5:30 p.m.; Meal Cost: \$10+; Mather Advantage Discount: \$8+; Entertainment Suggested Donation: \$8

Saturday, June 9

9:00 a.m. Digital Photography for Beginners: 4-Session Series
See feature on page 3.

12:00 p.m. Mather Connections Meeting

Monday, June 11

10:30 a.m. Learn to Play Chess
It's never too late to learn to play chess—the most popular game in the world! Whether you're totally new to the game or just want to brush up on basic moves and strategies, this is for you. Then join the Chess Club for challenging matches on Wednesday afternoons at 1:00 p.m. Cost: FREE

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Normandy, France: Battles & Treasures
Claire Cross, University of Chicago
Claire will discuss WWII battle sites and memorials, and explore the spectacular scenery and cultural attractions of Normandy and Brittany. You will see the master-

piece Bayeux Tapestry; the moving Museum for Peace; English, American, and German cemeteries; glorious Mont St. Michel; Medieval Dinan; and lovely Honfleur. Suggested Donation: \$8*

Tuesday, June 12

9:15 a.m. Bowling Group
See June 5.

11:30 a.m. Reiki
Beth Zoeller, Reiki Healer
An ancient healing method, Reiki is otherwise known as "hands-on healing." It is a natural and simple method that allows the absorption of more life-force energy by the receiver. It helps to relieve pain and acute symptoms and positively affects spiritual growth. Cost: \$16; Mather Advantage Discount: \$13 per 25-minute session
Call (773) 774.4804 for an appointment.

1:00 p.m. Crochet Class
See June 5.

Wednesday, June 13

9:00 a.m. Art Class: Compositions in Color
See June 6.

9:30 a.m. TRIP: Driehaus Museum (Higgins)
See Trips on page 8.

1:00 p.m. Chess is Fun!

2:00 p.m. Table Centerpiece Designs: Summer Fun



Robert Neri, Robert's Floral Design Studio
Learn how to make decorative, lush arrangements that will liven up any room in your home. Payment required in advance. All supplies included. Suggested Donation: \$15*

Thursday, June 14

12:30 p.m. Social Worker
See June 7.

1:00 p.m. Flag Day Celebration
Caryl Derenfeld, LearnEd Conversations



Hear the story behind the creation of the American flag, its design evolution, and how the holiday of Flag Day—celebrated every June 14—came into being. Enjoy some patriotic fun with song and games as well as a gift for each attendee. Feel free to bring your flag mementos to share with the group. Suggested Donation: \$8*

Friday, June 15

9:00 a.m. Piano Lessons
See May 18.

11:00 a.m.–2:00 p.m. Mather Resource Market
Check out our selection of budget-friendly assistive products that will make your day a bit easier and more enjoyable.

12:00 p.m. FREE
Blood Pressure Screening

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



Monday, June 18, 1:00 p.m.
Organized Crime in Chicago

John Drummond, Former WBBM-TV Reporter
 The “Undisputed King of Chicago Crime Reporters,” John Drummond returns to tell it like it is. John worked in the trenches and reported on crime for more than forty years. Get it straight from the “Bulldog.” *Cost: FREE*

1:00 p.m. Don't Slow Me Down with that Calculator!

Cliff Petrak, Teacher Emeritus, Author
 Learn to master a multitude of little-known, short-cut computational techniques. You'll soon leave your calculator-dependent friends in the dust. *Cost: FREE*

4:30 p.m. Dinner Theatre: Daniel Burnham: Make No Little Plans

R.J. Lindsey, Living History Impersonator
 In another of his brilliant impersonations, R.J. brings to life the famed architect. “Mr. Burnham” will narrate a slide program detailing the Chicago Fire, the World’s Columbian Exhibition, the Chicago Plan, and his many innovative buildings. A selection of original 1893 World’s Fair souvenirs will be displayed.
Dinner: 4:30 p.m.; Show: 5:30 p.m.; Meal Cost: \$10+; Mather Advantage Discount: \$8+; Entertainment Suggested Donation: \$8

Saturday, June 16

9:00 a.m. Digital Photography for Beginners: 4-Session Series
See feature on page 3.

12:00 p.m. The 5 Elements of Emotional Health
Vera Kulezic, LAc, Accubalance Wellness Center LLC
 In traditional Chinese medicine, emotions and physical health are intimately connected. Learn how emotions are related to body systems and how to balance the five Yin organs' energy to regulate the emotional Chi flow. *Cost: FREE*

Monday, June 18

9:00 a.m. Chair Massage
See June 4.

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Organized Crime in Chicago
See feature above.

Tuesday, June 19

9:15 a.m. Bowling Group
See June 5.

10:30 a.m. Fitness Screening
 This screening measures your physical capacity to perform normal everyday activities. It is considered a functional fitness test, as opposed to a health-related fitness test, because its purpose is to assess the physical characteristics necessary for functional mobility. *Cost: \$10; Mather Advantage Discount: \$8*

1:00 p.m. Crochet Class
See June 5.

Wednesday, June 20

9:00 a.m. Art Class: Compositions in Color
See June 6.

1:00 p.m. Chess is Fun!

1:00 p.m. Critic's Choice
 If you love books and movies then this group is for you. Share your thoughts after we watch the film version of a book we've read during the month. *See Nina Kuzniak for more details.*

Thursday, June 21

12:30 p.m. Social Worker
See June 7.

1:00 p.m. Discover Mexico City
Joe Cunniff, DePaul University
 Mexico City is a vast mosaic of colors and cultures. One of Chicago's Sister Cities, it is alive with music and food and beautiful art and architecture. Joe will show a film and share his own stories about one of the great cities of the world. *Light refreshments served. Suggested Donation: \$8**

Friday, June 22

9:00 a.m. Piano Lessons
See May 18.

Friday, June 29, 4:30 p.m.

Dinner Theatre: See the USA



Kat Litrenta (as "Johnnie the Sailor")

Kat will take us on a musical tour of this great land of ours through cities and states across America from sea to shining sea! *Dinner: 4:30 p.m.;*

Show: 5:30 p.m.; Meal Cost: \$10+; Mather Advantage Discount: \$8+; Entertainment Suggested Donation: \$8

9:00 a.m. Brainwaves Over Coffee
See June 8.

12:00 p.m. FREE Blood Pressure Screening

12:00 p.m. Creative Writers Group
See June 8.

3:00 p.m. The Celtic Nations, Part I: Brittany
Sherry Avila, Docent, Irish American Heritage Center

This six-part series will explore the Celtic Nations of Brittany, Cornwall, Ireland, the Isle of Man, Scotland, and Wales. Learn what makes a Celtic Nation, who conquered Brittany, who migrated there, and what influence Celts have had. *Suggested Donation: \$5**

Saturday, June 23

9:00 a.m. Digital Photography for Beginners: 4-Session Series
See feature on page 3.

12:00 p.m. Acupuncture Works!
Cynthia Love, LAc
 Try a 10-minute acupuncture session. Acupuncture treatments can be used for physical tension; muscle, bone, or joint pain; or problems with posture. They also have a profound effect on the mind and body. *Please register by Friday, June 15. Cost: FREE*

Monday, June 25

10:30 a.m. Learn to Play Chess
See June 11.

1:00 p.m. Pinochle/Scrabble

1:00 p.m. Birthday Celebration
 Join the festivities that celebrate you and enjoy a free piece of cake, too! *Cost: FREE*

1:00 p.m. The Life of Puccini
Babs Lieberman, Lyric Opera Lecturer
 Puccini is perhaps the most beloved and popular opera composer of all time. Babs will play highlights from his great works and discuss the life that was almost as tragic as the stories on which his operas were based. *Suggested Donation: \$8**

Tuesday, June 26

9:15 a.m. Bowling Group
See June 5.

11:30 a.m. Reiki
See June 12.

1:00 p.m. Crochet Class
See June 5.

Wednesday, June 27

9:00 a.m. Art Class: Compositions in Color
See June 6.

1:00 p.m. Chess is Fun!

1:00 p.m. Laughter Yoga
Sam DiMatteo, Certified Laughter Yoga Instructor
 You know you feel better when you laugh, but did you know that laughter can have a positive impact on your physical health and exercise your muscles as well? This meeting will have you laughing your way to good health! *Cost: \$2; Mather Advantage Discount: \$1.60*

Thursday, June 28

12:30 p.m. Social Worker
See June 7.

1:00 p.m. Sudoku for Beginners
Sam DiMatteo
 Sudoku is a very simple logic-based game played mainly with numbers. It's fun. It's challenging. It's addictive! Learn the basics and discover why Sudoku is so popular! *Cost: FREE*

Friday, June 29

12:00 p.m. FREE Blood Pressure Screening

4:30 p.m. Dinner Theatre: See the USA
See feature above.

Saturday, June 30

9:00 a.m. Digital Photography for Beginners: 4-Session Series
See feature on page 3.

12:00 p.m. Senior Living Myths & Facts
Andrea Donovan, President, Andrea Donovan Senior Living Advisors
 Andrea has toured and analyzed over 350 senior communities in the Chicago area. Her evaluations include cost, method of payment, level of care, staffing, location, and much more. This presentation can help you choose the right option for yourself or a loved one. *Cost: FREE*

M.A.D. PREVIEW DAY
FRIDAY, JUNE 8, All Day

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) 774.4804 to R.S.V.P.

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

Preview Day is exclusively for Mather Advantage Discount (M.A.D.) customers.

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!*

Trips

AWE Camp: Art Writing Experience *Unplug. Relax. Create.*



Art and writing experiences, campfires, hikes, meditation, a pontoon boat ride, unstructured time, and plenty of camaraderie will be offered this weekend but you will create the experience that you need most.

Awaken your senses, recharge your batteries, fill your journal or sketchbook, take pictures, and enjoy the support of others as we unplug, relax, and create.

Date: Friday, June 1–Sunday, June 3

Friday Check-In: 3:00 p.m.; **Sunday Check-Out:** 11:00 a.m.

Location: Wonderland Conference Center, Camp Lake, WI

(Approximately one hour north of Chicago)

Cost: Early Bird Price (until April 30): \$189

Regular Price: \$199; **Single supplement:** Add \$30

Cost includes lodging, meals, experiences, and all camp activities. Transportation not included.



Driehaus Museum: Chicago's Own American Palace

Participate in a self-guided tour of the 19th Century Samuel M. Nickerson Marble Palace. Located just steps

away from Chicago's Magnificent Mile, the Museum immerses visitors in Gilded Age-era decorative arts, design, and architecture—all in a historically significant setting.

DATE: Wednesday, June 13, 9:30 a.m.–3:30 p.m.

Location: Mather's—7134 W. Higgins Avenue

Cost: \$55; **Mather Advantage Discount:** \$44

Please pay and register by Wednesday, May 9. Cost includes transportation and admission to the museum only. Lunch is on your own. Groups will be dropped off at Water Tower Place for either lunch or shopping. Please wear comfortable shoes. Limit 40.

Return times are approximate. Customers attending trips departing from Mather's on Central should park at the Belmont Central Parking Garage (3140 N. Central Avenue) then proceed to Mather's to check-in.

UPCOMING TRIPS

- Sanfilippo Estate – Barrington, IL
- Carillon Bells Concert, Chicago Botanic Garden – Glencoe, IL
- Windy City Snack Attack Tour – Chicago, IL

Call (773) 774.4804 for more information.

Mather's Chicagoland Locations

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

For information, please call 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.™

Important Information

TRIP DEPOSITS: You may reserve your place for a trip by making a \$25 deposit. Full payment is due by the trip cut-off date. If you cancel the reservation before the trip deadline, your \$25 can be applied in full to another trip. Or, you may receive a \$20 cash refund.

After a trip deadline has passed, no refunds will be issued unless your reservation can be filled.

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 the Earth Age Well. Please recycle. ♻️

Fitness at Mather's



EXERCISE SCHEDULE

All classes are 45–55 minutes long and are led by trained, professional instructors.

MONDAY

9:00 a.m. Walking Club

Get out in the neighborhood, feel fantastic in the fresh air, and get the exercise you want while you chat with friends. Weather permitting, this group meets year-round. **Cost:** FREE

9:00 a.m. Yoga

Yoga is wonderful for muscle tone, strength, and flexibility. Through breathing exercises, special poses, relaxation, and meditation, you'll also feel incredibly calm and serene. *Please wear loose, comfortable clothing. Bring a towel or mat. Don't eat one hour before class.* **Cost:** \$5.60; **Mather Advantage Discount:** \$4.50

11:15 a.m. Total Body Fit Lite

This is a total body workout made for everyone! Seated and standing exercises. Start with some cardio moves (to get your heart rate going), then work your muscles at your pace (strengthen and tone). A great way to stay healthy to fun, upbeat music! **Cost:** \$3.25; **Mather Advantage Discount:** \$2.50

TUESDAY

9:00 a.m. Core & More

Tighten and tone your back, abs, hips, thighs, and buns to build core strength. *Please bring a towel or mat.* **Cost:** \$3.25; **Mather Advantage Discount:** \$2.50

10:00 a.m. Total Body Fit Lite

See Monday.

11:15 a.m. Line Dancing

Kick up your heels and get ready for a good time! Twist, turn, and “do-si-do” your way to new friends and good exercise. **Cost:** \$3.25; **Mather Advantage Discount:** \$2.60

WEDNESDAY

9:00 a.m. Walking Club

See Monday.

11:00 a.m. Jazzercise

Jazzercise borrows moves from dance, hip-hop, yoga, Pilates, and resistance training and bundles them into one powerful hour. Get a cardiovascular workout while building strength. Jazzercise is a welcoming and non-competitive

environment—the moves are simple enough for everyone. **Cost:** \$5.60; **Mather Advantage Discount:** \$4.50

THURSDAY

9:00 a.m. Reduce, Relief, Range

This class is designed for anyone wanting to reduce pain, get relief, and/or increase range of motion. Whether you want to stay limber to prevent pain, improve joint function, or just reduce pain and stiffness—this is a great way to maintain and improve your mobility. *Approved by the Arthritis Foundation.* **Cost:** \$3.25; **Mather Advantage Discount:** \$2.50

10:00 a.m. Tai Chi

Tai Chi is non-impact and will move you slowly and gently while promoting full-body strength, stamina, and flexibility. **Cost:** \$5.60; **Mather Advantage Discount:** \$4.50

11:00 a.m. Total Body Fit

This total body workout is made for those who want a little challenge. Get energized with some vigorous cardio moves (keep that heart healthy!), build muscle strength, and tone up. A great way to stay healthy to fun, upbeat music! **Cost:** \$3.25; **Mather Advantage Discount:** \$2.50

FRIDAY

9:00 a.m. Walking Club

See Monday.

10:30 a.m. Total Body Fit

See Thursday.

SATURDAY

9:30 a.m. Cardio & More

A 30-minute, high-energy, low-impact aerobic workout followed by light toning, abdominal exercises, and stretching. *Bring a towel or mat for floor work.* **Cost:** \$5.60; **Mather Advantage Discount:** \$4.50

10:30 a.m. Strength & Stretch

Decrease joint pain and your risk of falls by doing some moderate (not too strenuous!) resistance training. With the use of dumbbells, tubes, and your own body weight, you can boost your metabolism and strengthen your muscles. **Cost:** \$3.25; **Mather Advantage Discount:** \$2.50