

More at Mather's

APRIL | MAY | JUNE 2017



Changing the Color
of Art History, p. 4

Reserve Your Spot at Our Father's Day Jazz Brunch! See page 3.

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



mather's | more than a | **café**

Look What's Happening at Mather's!



- **Computer Classes** 3
Learn all sorts of handy technology skills, like how to use an iPad.
- **Culinary Delights** 3
Enjoy meal specials and food programs, like spicy and festive Louisiana Shrimp Creole!
- **History, Culture & More.** 4
Choose from author presentations, lectures, and more—like a visit with Chicago Treasurer Kurt Summers!
- **Health & Wellness.** 6
Sample our wellness programs—like our Food for Thought series featuring advice and samples for a healthy diet.
- **Trips.** 7
Join us for a trip to enjoy the famous chicken dinner at White Fence Farm, along with a great show!

- **Music & Entertainment.** 8
Enjoy energetic events like our popular Friday night steppers' parties.
- **How-Tos.** 9
Do it yourself—from designing your own jewelry, to working with a lawyer to draft your power of attorney.
- **Fitness.** 10
Try a unique workout, like our new Moving Easy class for those with arthritis.
- **Free Resources.** 11
Take advantage of free resources and programs—like a series on smart financial planning for retirement.
- **Ongoing Events** 12
- **April | May | June At-a-Glance** 13

MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Friday: 8:30 a.m.–4:30 p.m. (menu available until 2:45 p.m.)
 Saturday: 8:00 a.m.–2:00 p.m. (menu available until 1:15 p.m.)

COMPUTER CLASSES

ONE-DAY WORKSHOP

Cost \$15

Managing Accounts Online

Thursday, June 29, 2:00–4:00 p.m.

Learn to manage your accounts and stay secure.

TWO-DAY CLASSES

Cost \$30

Bring a friend to a two-day computer class, and get half off your cost. You pay \$15, and your friend pays \$30.

Learn How to Use an iPad

Thursdays, April 6 & 13, 2:00–4:00 p.m.

Learn the basics of using the iPad along with other features like iCloud, iTunes, Siri, and the App Store.

Computer Basics

Thursdays, April 20 & 27, 2:00–4:00 p.m.

Learn the parts of a computer, how to use a mouse, what windows are, and basic word processing techniques.

Getting Started with Facebook

Thursdays, May 4 & 11, 2:00–4:00 p.m.

Learn how to set up an account and find out about security features and ways to add photos.

Word Basics

Thursdays, May 18 & 25, 2:00–4:00 p.m.

This class will introduce you to Microsoft Word, the world's most popular word processing program. Familiarize yourself with features that can help you create documents that have impact.

E-mail Basics

Thursdays, June 1 & 8, 2:00–4:00 p.m.

Learn how to send, receive, reply to, and delete e-mails; work with attachments; and organize your contact list in Gmail.

CULINARY DELIGHTS



Father's Day Jazz Brunch
at Mather's: Scrumptious
& Sumptuous

lunch. Our meal will consist of tea sandwiches, tomato bisque, and peach nest salad (chicken salad, bread, and fruit), topped off with a dessert trio. Cost \$20 per person or \$30 per pair

Friday, May 5



Meal Special:

Kentucky Derby

Asparagus soup, Kentucky Hot Brown Sandwich, seasoned fries, and pecan pie. Cost \$8

Tuesday, June 6

12:00–1:00 p.m.

The Culinary Delighters Present: Louisiana Shrimp Creole

Surge will show you how to make this New Orleans classic that's spicy, hearty, and turns any meal into a festive occasion. Afterward, enjoy a delicious bowl of creole. Cost \$6

Sunday, June 18

1:00–3:30 p.m. Father's Day Jazz Brunch at Mather's: Scrumptious & Sumptuous

Edwin Daugherty, Saxophonist

Enjoy smooth lunchtime jazz from Chicago's own Edwin Daugherty, who has performed with musicians like Quincy Jones, Stevie Wonder, BB King, and other greats. The Sumptuous Sax will entertain you as you enjoy a scrumptious brunch of mixed grill (chicken, beef filet, and shrimp with grilled vegetables), sauces, and pie à la mode. Meal Cost \$15; Entertainment Suggested Donation \$10

Tuesday, April 11

12:00–1:00 p.m. Try Something New!

The Culinary Delighters Present: Eggs-travagant Eggs

Joe reveals the secrets of how to cook the perfect egg, whether hard-boiled, over easy, or soft-boiled, as well as how to serve them. Enjoy an open-faced egg salad sandwich on watercress and toasted pumpernickel. Cost \$5

Monday, April 24

11:00 a.m.–12:30 p.m.

Elegant Ladies' Lunch BOGO

Bring your BFF to Mather's to enjoy an intimate, small-group ladies' lunch. Preregister as a pair, and get half off the price of one

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

HISTORY, CULTURE & MORE



The Story of Harriet Tubman

Friday, April 7

1:00–2:00 p.m.

Chicago's South Side

We'll screen the WTTW documentary film about the South Side of Chicago featuring Geoffrey Baer. Discover the places, people, and stories that make South Side communities so special. **FREE**

Monday, April 17

12:30–1:30 p.m. **Living Clutter-Free**

Allyson Gunter, Presenter
Do you have more stuff than space? Are you constantly looking for misplaced items? Make these concerns a part of your past and learn to enjoy the peace of living in a clutter-free environment. *Suggested Donation \$3*

Wednesday, April 19

1:00–2:30 p.m. **The Birth of Mather's Writers' Guild**

J.D. Cooper, CEO of Jazz Creations Self-Publishing, Facilitator
Gather with your fellow writers to explore the interest in a continuing writers' group where you can write your life story, and have the final creation published. **FREE**

Friday, April 21

1:00–2:00 p.m. **Changing the Color of Art History**

Pat Rose, Art Historian, Teacher & Artist
Kerry James Marshall is an African American artist who is just now receiving international recognition as an inspired chronicler of African American life. Discover his delightful storytelling imagery in this slide-show presentation. *Suggested Donation \$5*



The State of the City

Wednesday, April 26

9:30–11:30 a.m. **Book Club**

This month we'll discuss *The Art Forger* by Barbara A. Shapiro. **FREE**

Friday, April 28

1:00–2:00 p.m.

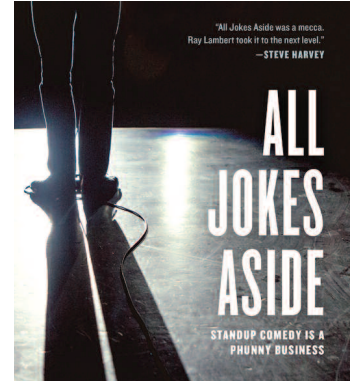
Try Something New!

The Story of Harriet Tubman
Momma Kemba, Artistic Director, American History Live
Momma Kemba keeps alive the spirit of strong black women in American history through dramatic storytelling and song. See her riveting impersonation of the great abolitionist and humanitarian Harriet Tubman. *Suggested Donation \$5*

Friday, May 5

1:00–2:00 p.m. **The State of the City**

Kurt A. Summers Jr., Treasurer, City of Chicago
Get the inside story on the city's financial situation from Chicago's treasurer. Find out what's happening with the city's four employee pension funds and the Chicago Teachers Fund, as well as Summers's plans to



All Jokes Aside

invest more in Chicago's communities. *Suggested Donation \$5*

Monday, May 8

10:00–11:30 a.m. **Caring for Your Aging Pet**

Courtney Nichole Jackson, DVM, UIC Extension Educator, Small Animal Health
In this workshop, we'll discuss the steps you can take to ensure a great quality of life for your dog or cat and some signs of aging. **FREE**

Friday, May 12

1:00–2:00 p.m. **All Jokes Aside**
Raymond Lambert, Former Owner, All Jokes Aside



AUTHOR PRESENTATION

Hear the entertaining behind-the-scenes story of a legendary black comedy club. All Jokes Aside on Chicago's South Side helped launch the careers of comedians like Chris Rock, Jamie Foxx, Mo'Nique, and many others. Get the inside story on the early careers of some of these top performers. *Suggested Donation \$5*

Monday, May 15

10:00–11:30 a.m.

We Were Never Slaves!

Hunter Havlin Adams III,
Author



AUTHOR PRESENTATION

Over the past three decades, Hunter has studied African humanism and “slavery” while researching cultural neuroscience and consciousness. Get an overview of his enlightening and empowering book, which explains why black lives don’t seem to matter to some people and what we can do about it. *Suggested Donation \$6*

Friday, May 19

1:00–2:00 p.m.

A Conversation with WVON’s Cliff Kelley

Cliff Kelley, Host,
WVON Radio

Join Cliff for a freewheeling talk about what’s happening in Chatham and around Chicago. A popular talk show host on local, national, and international affairs at WVON, Cliff is a Chicago native, an attorney, and a frequent contributor to *Chicago Tonight* on WTTW. **FREE**

Wednesday, May 24

9:00–11:00 a.m. Book Club

This month we’ll discuss *On the Street Where You Live* by Mary Higgins Clark. **FREE**

Friday, May 26

1:00–2:00 p.m. Hyde Park:

A Culture of Opportunity

Rebecca Janowitz, Author,
Culture of Opportunity:
Obama’s Chicago: The
People, Politics, and Ideas
of Hyde Park



AUTHOR PRESENTATION

Rebecca discusses the culture of Hyde Park and the way in which it has significantly shaped American politics through the careers of people who have lived and worked there—including Barack Obama. *Suggested Donation \$5*

Friday, June 2

1:00–2:00 p.m. Margaret
Burroughs & the DuSable
Museum

Perri Irmer, CEO, DuSable
Museum of African
American History

Hear how Margaret Burroughs started a small museum in her Bronzeville home and developed it into the foremost museum for African American history in the country. Find out what the museum is doing now and plans for its future. *Suggested Donation \$5*

Friday, June 9

1:00–2:00 p.m.

Before Jackie Robinson

Robert Pruter, Historian
Many black athletes broke sports barriers before Jackie Robinson. Robert shares the



Before Jackie Robinson

inspiring story of Isadore Channels and Tidye Pickett, Chicago pioneers of African American female achievement in tennis and basketball. **FREE**

Friday, June 16

1:00–2:00 p.m. Try Something
New! South Side Community
Development

The Reverend Dr. Leon D. Finney Jr., President & CEO,
Woodlawn Community Development Corporation
Over the past three decades, the WCDC has organized the investment of three hundred million dollars for development in Chicago’s most economically depressed neighborhoods. Hear what’s going on with economic and community development on the South Side. *Suggested Donation \$5*

Friday, June 23

1:00–2:00 p.m.

Blues in Chicago

Bill Gilmore, Blues Promoter
& Entrepreneur

The owner of B.L.U.E.S. on Halsted, the former Bill’s Blues in Evanston, and blues clubs around the country, Bill surveys the Chicago blues scene and talks about his role in promoting the blues here. Enjoy videos of some of the best performances of Chicago’s greatest blues artists. *Suggested Donation \$5*

Wednesday, June 28

9:00–11:00 a.m. Book Club

This month we’ll discuss *The Beach House* by James Patterson. **FREE**

Friday, June 30

1:00–2:00 p.m.

The Pullman Maids

Miriam Thaggert, Historian
Everyone knows about the Pullman porters and their connection to African Americans’ struggle for civil rights, but what about the black women who worked for Pullman as maids and female attendants? Miriam discusses the inspiring story of the difficulties—and liberties—of these “handmaidens” for the Pullman Car Company. *Suggested Donation \$5*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

HEALTH & WELLNESS

Boost Your Brain & Memory: An 8-Week Program



Thursday, April 6

10:00–11:00 a.m.

Boost Your Brain & Memory: An 8-Week Program

Sharon Smith, Possibilities Coach

Join us for a whole-person wellness approach to learning skills that can help you maintain and improve your memory. *Suggested Donation \$32 for 8-week series*

10:00–11:30 a.m.

Learn How to Keep a Healthy Home

Fayette Bright, US Environmental Protection Agency

Join us for expert advice on ways to maintain healthy indoor air quality, and learn about asthma trigger management, mold, and moisture control. **FREE**

10:00–11:30 a.m. Healthy You: The Human Connection

Veronica Aranda, UIC Extension Educator, Community Health

In any type of relationship, communication is vital. Join us to learn techniques to help

strengthen relationships as well as negative actions to avoid. **FREE**

Wednesday, April 12

10:00–11:00 a.m.

Try Something New! Food for Thought: Yes, You've Eaten Soy!

Sharon Smith, Possibilities Coach
Learn about the many foods that contain soy and the great health benefits of eating non-GMO organic soy products. *Suggested Donation \$6*

Thursday, April 13

10:00–11:00 a.m. Boost Your Brain & Memory, Part 2

Thursday, April 20

10:00–11:00 a.m. Boost Your Brain & Memory, Part 3

Tuesday, April 25

10:00–11:00 a.m. African American Health & Aging
Doriane Miller, MD, University of Chicago Medicine, SHARE Network
Learn about the unique

experience of aging as an African American in Chicago, with a focus on ways to maintain better health.

FREE

Thursday, April 27

10:00–11:00 a.m. Boost Your Brain & Memory, Part 4

Tuesday, May 2

9:00–11:00 a.m.

Stroke Awareness

Cedric McKoy, MSN, AGNP, University of Chicago Medicine, SHARE Network
Learn to save the life of a loved one by quickly identifying the signs of a stroke. **FREE**

Thursday, May 4

10:00–11:00 a.m. Boost Your Brain & Memory, Part 5

Wednesday, May 10

10:00–11:00 a.m. Food for Thought: The Blue Zone Diet: Live Longer & Better
Sharon Smith, Possibilities Coach

Learn about and sample some of the simple, delicious foods of the world's Blue Zones and find out how these foods increase longevity and quality of aging. *Suggested Donation \$8*

Thursday, May 11

10:00–11:00 a.m. Boost Your Brain & Memory, Part 6

Thursday, May 18

10:00–11:00 a.m. Boost Your Brain & Memory, Part 7

Thursday, May 25

10:00–11:00 a.m. Boost Your Brain & Memory, Part 8

Tuesday, June 13

9:00–10:30 a.m. Alzheimer's Disease & Dementia

Katherine Thompson, MD, University of Chicago Medicine, SHARE Network
Learn the signs and symptoms of Alzheimer's and other forms of dementia, as well as how to care for those suffering from dementia. **FREE**

Wednesday, June 14

10:00–11:30 a.m. Food for Thought for Men: Soul Food Junkies

Sharon Smith, Possibilities Coach
Join us for an insightful documentary on the history of soul food and its health effects for African Americans. We'll sample some tasty and healthy alternatives. *Suggested Donation \$7*

Monday, June 19

9:00–10:30 a.m. What's Happening to My Crown?

Demetria Hayden, Licensed Cosmetologist, Instructor & Certified Hair Practitioner
Learn why you may be losing your hair. Come for a free hair analysis and consultation, and discover ways to prevent hair loss, strengthen what you have, and get your crown back! **FREE**

TRIPS



The Shrine of Christ Passion

St. John, IN

Travel with us 35 miles outside of Chicago to a 30-acre property that's a multimedia destination. Travel the half-mile Prayer Trail, a winding pathway that begins with the Last Supper and the Garden of Gethsemane. When you step onto the Prayer Trail at the Passion, it is as though you have been transported back in time 2,000 years. Forty life-size bronze figures are artfully placed in dramatically landscaped gardens that look and feel like the Holy Land.

DATE: Monday, April 17

Depart from Mather's: 10:30 a.m.

Approximate return to Mather's: 2:00 p.m.

Cost \$35

Please register in advance. Cost includes breakfast petit at Mather's from 9:00 to 10:00 a.m., transportation, guided tour, and club cars. Limit 29.



White Fence Farm: Motown & More

Romeoville, IL

Enjoy White Fence Farm's famous chicken dinner, then sing along to your favorite Motown hits with "Motown & More," performed by sensational vocal artist Paula Williams.

DATE: Wednesday, May 24

Depart from Mather's: 10:00 a.m.

Approximate return to Mather's: 3:30 p.m.

Cost \$70

Please register in advance. Cost includes transportation, lunch, and show. Limit 40.



DuSable Museum's Sound of History Jazz Series

Join us for an outdoor concert in style at the DuSable! Sit at Mather's VIP table as we pay honor to some jazz divas. Vocalist Terisa Griffin pays tribute to Eartha Kitt, Dinah Washington, Natalie Cole, and Anita Baker.

DATE: Wednesday, June 21

Depart from Mather's: 5:00 p.m.

Approximate return to Mather's: 9:00 p.m.

Cost \$35

Please register in advance. Cost includes transportation, VIP seating, and a food coupon. BYOB and dress for an outdoor event. Limit 20.

Join our new partner organization on a spring trip!

American Classic Tours offers a weekend at the Holland (Michigan) Tulip Festival, May 11–13.

For details and to register, call (800) 666.0358.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

MUSIC & ENTERTAINMENT

Friday, April 7

5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party

Join us for a party on the first and third Friday of every month. We'll feature fun, great music, and good times! Come to dance, or just enjoy the experience. Arrive early for dinner—we'll serve a limited menu until 8:00 p.m. *Suggested Donation \$5*

Friday, April 14

5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase

America's got talent right here at Mather's! Enjoy the acts and show your stuff. Join the emcees: Baba Griot Leonard Lucas, the spoken-word artist, and Lil Bit, the karaoke star with 50,000+ songs in her library. *Suggested Donation \$5*

Tuesday, April 18

11:00 a.m.–1:00 p.m. Music at Noon

Come in for a midday musical break! DJ Maurice will spin your favorite tunes. *FREE*

Friday, April 21

5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party



Mather's—More Than a Café Chorus Presents: Orange Blast with a Spring Fling

Friday, April 28

5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase

Friday, May 5

5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party

Monday, May 8

4:00–6:00 p.m. Mather's—More Than a Café Chorus Presents: Orange Blast with a Spring Fling

Invite your family and friends to hear our amazing chorus blast out some beautiful songs for the spring. We'll enjoy a delicious menu of orange-glazed cornish hen, green beans, mashed potatoes, and chocolate cake. *Meal Cost \$10 Entertainment Suggested Donation \$10*

Friday, May 12

5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase

Saturday, May 13

1:00–3:30 p.m. Mother-Daughter Luncheon & Pampering

Mothers, daughters—all are welcome to enjoy some smooth jazz with Bill Ruth, chair massages, a fine meal, and even a gift! We'll dine on strawberry, spinach, and almond salad; white bean kale soup; vegetables; chicken roulade; and spring berry fool. *Meal Cost \$12 Entertainment Suggested Donation \$13*

Friday, May 19

5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party

Friday, May 26

5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase

Friday, June 2

5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party

Friday, June 9

5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase

Friday, June 16

5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party

Friday, June 23

5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase

Friday, June 30

5:00–9:00 p.m. House Music at Mather's
House music is a genre of electronic dance music created by club DJs and music producers that originated in Chicago in the early 1980s. Join us for something new at the Café as our house DJ plays some great house music. You can dance or just listen! *Suggested Donation \$5*



All Friday Night Live, Mather's Got Talent, & House Music events are BYOB!

HOW-TOS



Friday, April 7

11:00 a.m.–1:00 p.m. Try Something New!

Pizza & Coloring Party

Jan Mason, Presenter

Coloring is a creative way for adults to reduce stress. This program includes all the supplies you need, plus delicious pizza to sustain you in your work. *Suggested Donation \$6*

Thursday, April 13

10:00 a.m.–2:00 p.m. AARP Sign-Up Day

Keith Cooper, AARP Representative

Sign up for the AARP driving class on April 20 and 27.

Thursday, April 20

12:30–4:30 p.m. AARP Safe Driving Course, Part 1

AARP™ *Certified AARP Driver Safety Volunteer*
FOUNDATION Enroll in this two-day refresher course designed for drivers age 50 and better. *Cost \$15 for AARP members; \$20 for nonmembers. Make checks payable to AARP.*

Thursday, April 27

12:30–4:30 p.m. AARP Safe Driving Course, Part 2

Friday, April 28

12:00–2:00 p.m. Design Your Own Jewelry: A 6-Week Workshop

Madie Cannamore, Instructor

Get basic hands-on instruction for using various tools, beads, and wires to make wonderful handcrafted jewelry. Over the course of this six-week program, you will add stunning pieces to your jewelry box as you make earrings, necklaces, brooches, and bracelets. Open to all levels. *Suggested Donation \$30 for the series, \$5 per session*



Friday, May 5

12:00–2:00 p.m. Design Your Own Jewelry, Part 2

Friday, May 19

12:00–2:00 p.m. Design Your Own Jewelry, Part 3

Friday, May 26

12:00–2:00 p.m. Design Your Own Jewelry, Part 4

Friday, June 2

12:00–2:00 p.m. Design Your Own Jewelry, Part 5

Friday, June 9

12:00–2:00 p.m. Design Your Own Jewelry, Part 6

Thursday, June 15

10:00–11:00 a.m. Draft Your Power of Attorney, Part 1

Center for Disability & Elder Law

Learn what a power of attorney is all about and why it's very important for you to have one. After the presentation, sign up for a free 45-minute session with a pro bono lawyer.

Register early—space is limited! FREE

Tuesday, June 27

11:30 a.m.–2:00 p.m. Draft Your Power of Attorney Seminar, Part 2

Center for Disability & Elder Law

Those who signed up at the June 15 program can spend 45 minutes working with a pro bono lawyer on their legal documents. *FREE*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

FITNESS

ALL CLASSES ARE 50 MINUTES LONG UNLESS OTHERWISE NOTED.

10K WALKERS ORIENTATION

Wednesday, April 26

10:00–11:00 a.m.

Sharon Smith,
Possibilities Coach

Join us to learn about the 10K Walkers program and guidelines for walking to achieve weight loss and improved endurance.

Starting May 1, our group will meet on Mondays and Wednesdays and walk from 7:30 to 9:00 a.m., weather permitting. **FREE**



MONDAY

7:30 a.m. 10K Walkers

Sharon Smith, Possibilities Coach
Improve your health by starting with small changes. The group will walk every Monday and Wednesday from May 1 through October 28, weather permitting. **FREE**

10:00–11:00 a.m. Urban Chi

Wendell Williams, Instructor
Urban Chi takes a fun yet gentle approach to tai chi that will help you maintain balance, improve coordination and range of motion, and manage stress. No class on the first Monday of the month. Cost \$5.75

1:00 p.m. Group Exercise

LaGretta Ambrose, Instructor
Classes focus on cardiovascular fitness, strength training, flexibility, and balance. Cost \$4.25

TUESDAY

7:30–8:50 a.m. Worth the Weight

Sharon Smith, Possibilities Coach
Attend strength training classes two days per week to improve your everyday functioning with the use of weights and bands. Please preregister before the first class of the month. Cost \$28 per month

10:30–11:15 a.m. Try Something New! Moving Easy

LaGretta Ambrose, Instructor
If you have arthritis, join us for a unique class that will help you improve flexibility and range of motion, as well as manage joint pain without weights. Cost \$5.25 per class or \$8 for 2/week

WEDNESDAY

7:30 a.m. 10K Walkers

See Monday.

11:00 a.m. Line Dancing

Dolores “Dee” Pillow, Instructor
Learn the footwork of this popular dance. Cost \$4

12:00 p.m. Meditation & Relaxation

Sharon Smith, Possibilities Coach
An accessible approach to meditation. Simple yoga breathing techniques will be covered. Cost \$4.75

1:00 p.m. Steppers Step Out

Maurice Coes, Instructor
The moves of this popular dance are fun and easy to learn! Cost \$5.25

2:30 p.m. Men’s Strength Training

LaGretta Ambrose, Instructor
Train with a professional exercise instructor and bodybuilder. Cost \$5

THURSDAY

7:30–8:50 a.m. Worth the Weight

See Tuesday.

9:00 a.m. Tai Chi Movement

Anthony Guerrero, Instructor
Learn the low-impact and non-strenuous movements associated with the traditional tai chi “long form.” Cost \$6

10:30 a.m. African Movement & Dance

Toni Hector, Instructor
A low-impact workout designed to tone and strengthen in a structured way. Cost \$4.50

FREE RESOURCES

11:30 a.m.–12:15 p.m. Moving Easy
See Tuesday.

1:30 p.m. Belly Dancing
Dorothy Holloway, Instructor
Belly dancing is suitable for all ages and improves muscle tone, flexibility, and balance. *Cost \$4.50*

FRIDAY

9:00 a.m. Yoga
Toni Hector, Instructor
Balance the body and quiet the mind through a series of stretching postures and breathing techniques appropriate for all ability levels. Yoga develops strength, flexibility, stamina, and balance. *Cost \$6.25*

10:15 a.m. Laughter Yoga
Linda Hondras & Donna Lawrence, Instructors
Come with an open mind and leave feeling rejuvenated and refreshed. *Cost \$3.50*

11:15 a.m. Strength & Stretch
LaGretta Ambrose, Instructor
Decrease your risk of falls, boost your metabolism and energy, and relieve joint pain. Increase flexibility and strength with moderate resistance training. *Cost \$4.25*

Monday, April 3

9:00 a.m.–4:00 p.m. Volunteer Recognition Month
Today kicks off a month of thanks for Mather's volunteers, with videos featuring individuals and their Mather experiences.

9:00–10:00 a.m. Mather Connections Volunteer Meeting
Join us to find out about volunteering and its benefits. Call Eileen Gabriel-Galán at (773) 205.3300.

Friday, April 14

1:00–2:00 p.m. Sexual Assault Prevention
Delores Scott, Social Worker
Learn about sexual assault prevention as it pertains to caregivers, nursing home staff, strangers, and even friends and acquaintances. Find out what you can do to protect yourself and your loved ones.

Wednesday, May 3

9:00-10:00 a.m. Fraud & Violence Targeted at Older Adults
Get important information in this session in the Cook County Elder Justice Center's Senior Enrichment Series.

Thursday, May 11

9:00-10:00 a.m. Social Security & Medicare
Get important information in this session in the Cook County Elder Justice Center's Senior Enrichment Series.

Tuesday, May 16

2:30-4:00 p.m. Keep Moving Forward!
Athletico Chatham West Physical Therapy Services
Join the pros from Athletico for information to help you get back to doing

what you love to do. Stay for a complimentary injury screen.

Thursday, May 25

9:00-10:00 a.m. Common Financial Frauds & Scams
Get important information in this session in the Cook County Elder Justice Center's Senior Enrichment Series.

Monday, June 5

9:00–11:00 a.m. 15 of the Best Retirement Strategies: A 3-Part Series
Joshua Pondexter, Insurance Professional
In this first of three sessions, learn about the results of taking Social Security benefits at the wrong time.

Thursday, June 8

1:00–2:00 p.m. Try Something New! Mah-Jongg
Susan Rashad, Instructor
Learn how to play the classic Chinese game of mah-jongg, including some basic strategies. Join the fun!

Monday, June 12

9:00–11:00 a.m. 15 of the Best Retirement Strategies, Part 2
Joshua Pondexter, Insurance Professional
In the second of these three sessions, get some tips about estate planning and living trusts. Learn how to put your finances in order in a way that benefits everyone!

Monday, June 19

9:00–11:00 a.m. 15 of the Best Retirement Strategies, Part 3
Joshua Pondexter, Insurance Professional
In the third of these three sessions, learn to set yourself up for a financially secure retirement.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

ONGOING EVENTS

BUSINESS EXPO WEEK

Mather's—More Than a Café will host a week-long business expo every month for those who would like to share information or sell their wares.

Call (773) 488.2801

to participate as a vendor/exhibitor or for more details.

Vendor cost \$30/day

Mark your calendar for the following weeks:

April 3–7, May 1–5, & June 5–9

9:30 a.m.–1:30 p.m.

MONDAY

9:00–11:00 a.m.

Red Hat Society

A support network for women to focus on friendship, sisterhood, and fun. Takes place the first Monday of each month. Membership is at capacity at this time.

11:00 a.m.–12:30 p.m.

Prime Time Sister Circle II

Currently accepting participants who have completed the 12-week PTSC curriculum. *Call Sharon Smith at (773) 488.2805 for more information.*

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

The Chorus performs year-round concerts. *Waiting list.*

FREE

MAGAZINE RELEASE DAYS!

Thursday, June 8 and Friday, June 9

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

Call (773) 488.2801 to RSVP.

TUESDAY

9:00 a.m.–12:30 p.m.

Piano Lessons

Thirty-minute lessons for beginners and those with limited experience. *No space available at this time. Check with the front desk for availability. Suggested Donation \$25 for 4 lessons*

12:00–2:30 p.m.

Consultation: Benefits Check-Up.org

Are you eligible for local and national benefits? A visiting consultant can tell you how you may qualify. *Appointment required. FREE*

12:30–2:00 p.m.

Prime Time Sister Circle I

No space available at this time. Check with the front desk for availability.

WEDNESDAY

12:00–2:00 p.m.

Senior Health Insurance Program (SHIP)

By appointment only. FREE

12:00–2:30 p.m.

Consult with a Social Worker

A licensed social worker will be available for individual consultations. Get information and referrals to community services. *Appointment required. FREE*

THURSDAY

12:00–2:00 p.m. Learn

about RTA Free Transit

Sign up for free rides on the RTA. **FREE**

2:00–4:00 p.m.

Open Bridge/Whist/Scrabble Chess Club

Join other card sharks or enjoy the game of your choice. Scrabble and chess players may bring their own boards. *Suggested Donation \$1.30*

FRIDAY

11:30 a.m.–1:30 p.m.

Blood Pressure Screening

Get your blood pressure checked each week by a registered clinician. **FREE**

Mather's Chicagoland Locations

7134 W. Higgins Avenue, Chicago, IL

3235 N. Central Avenue, Chicago, IL

33 E. 83rd Street, Chicago, IL

For information, please call (888)

600.2560.

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

Important Information

TRIPS: Full payment is due at time of registration. After the 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.

LESSONS & LECTURES DISCLAIMER

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

ENTERTAINMENT DISCLAIMER

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

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

April | May | June At-a-Glance

APRIL

WEEKLY EVENTS

Monday

10:00 a.m. Urban Chi. 10
11:00 a.m. Prime Time Sister
Circle II. 12
1:00 p.m. Group Exercise. 10

Tuesday

7:30 a.m. Worth the Weight. . . . 10
10:30 a.m. Moving Easy. 10
12:00 p.m. Consultation:
Benefits Check-Up.org. 12

Wednesday

11:00 a.m. Line Dancing. 10
12:00 p.m. Senior Health
Insurance Program (SHIP). 12
12:00 p.m. Consult with a
Social Worker. 12
12:00 p.m. Meditation &
Relaxation. 10
1:00 p.m. Steppers Step Out. . . . 10
2:30 p.m. Men's Strength Training. . 10

Thursday

7:30 a.m. Worth the Weight. . . . 10
9:00 a.m. Tai Chi Movement. . . . 10
10:30 a.m. African Movement
& Dance. 10
11:30 a.m. Moving Easy. 10
12:00 p.m. Learn about RTA
Free Transit. 12
1:30 p.m. Belly Dancing. 10
2:00 p.m. Open Bridge/Whist/
Scrabble/Chess Club. 12

Friday

9:00 a.m. Yoga. 10
10:15 a.m. Laughter Yoga. 10
11:15 a.m. Strength & Stretch. . . 10
11:30 a.m. Blood Pressure
Screening. 12

Monday, April 3

9:00 a.m.—4:00 p.m. Volunteer
Recognition Month 11
9:00—10:00 a.m. Mather Connections
Volunteer Meeting 11

Thursday, April 6

10:00—11:00 a.m. Boost Your Brain
& Memory: An 8-Week Program 6
10:00—11:30 a.m. Learn How to
Keep a Healthy Home 6
10:00—11:30 a.m. Healthy You:
The Human Connection 6
2:00—4:00 p.m. Learn How to Use
an iPad, Part 1 3

Friday, April 7

11:00 a.m.—1:00 p.m. Pizza &
Coloring Party 9
1:00—2:00 p.m. *Chicago's South Side* . . 4
5:00—9:00 p.m. Friday Night Live
at Mather's Steppers & Line
Dance Party 8

Tuesday, April 11

12:00—1:00 p.m. The Culinary
Delighters Present: Eggs-travagant
Eggs 3

Wednesday, April 12

10:00—11:00 a.m. Food for Thought:
Yes, You've Eaten Soy! 6

Thursday, April 13

10:00—11:00 a.m. Boost Your Brain
& Memory, Part 2 6
10:00 a.m.—2:00 p.m. AARP
Sign-Up Day 9
2:00—4:00 p.m. Learn How to Use an
iPad, Part 2 3

Friday, April 14

1:00—2:00 p.m. Sexual Assault
Prevention 11
5:00—9:00 p.m. Mather's Got Talent
Open Mic Showcase 8

Monday, April 17

10:30 a.m. TRIP: The Shrine of
Christ Passion 7
12:30—1:30 p.m. Living
Clutter-Free 4

Tuesday, April 18

11:00 a.m.—1:00 p.m. Music
at Noon 8

Wednesday, April 19

1:00—2:30 p.m. The Birth of
Mather's Writers' Guild 4

Thursday, April 20

10:00—11:00 a.m. Boost Your Brain
& Memory, Part 3 6
12:30—4:30 p.m. AARP Safe Driving
Course, Part 1 9
2:00—4:00 p.m. Computer Basics,
Part 1 3

Friday, April 21

1:00—2:00 p.m. Changing the Color
of Art History 4
5:00—9:00 p.m. Friday Night Live
at Mather's Steppers & Line
Dance Party 8

Monday, April 24

11:00 a.m.—12:30 p.m. Elegant
Ladies' Lunch BOGO 3

Tuesday, April 25

10:00—11:00 a.m. African American
Health & Aging 6

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

Wednesday, April 26

9:30–11:30 a.m. Book Club	4
10:00–11:00 a.m. 10K Walkers Orientation	10

Thursday, April 27

10:00–11:00 a.m. Boost Your Brain & Memory, Part 4	6
12:30–4:30 p.m. AARP Safe Driving Course, Part 2	9
2:00–4:00 p.m. Computer Basics, Part 2	3

Friday, April 28

12:00–2:00 p.m. Design Your Own Jewelry: A 6-Week Workshop	9
1:00–2:00 p.m. The Story of Harriet Tubman	4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	8

MAY

Tuesday, May 2

9:00–11:00 a.m. Stroke Awareness ...	6
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Wednesday, May 3

9:00–10:00 a.m. Fraud & Violence Targeted at Older Adults	11
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Thursday, May 4

10:00–11:00 a.m. Boost Your Brain & Memory, Part 5	6
2:00–4:00 p.m. Getting Started with Facebook, Part 1	3

Friday, May 5

Meal Special: Kentucky Derby	3
1:00–2:00 p.m. The State of the City ..	4
12:00–2:00 p.m. Design Your Own Jewelry, Part 2	9
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party	8

Monday, May 8

10:00–11:30 a.m. Caring for Your Aging Pet	4
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4:00–6:00 p.m. Mather's—More Than a Café Chorus Presents: Orange Blast with a Spring Fling	8
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Wednesday, May 10

10:00–11:00 a.m. Food for Thought: The Blue Zone Diet: Live Longer & Better	6
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Thursday, May 11

TRIP: Holland (Michigan) Tulip Festival	7
9:00–10:00 a.m. Social Security & Medicare	11
10:00–11:00 a.m. Boost Your Brain & Memory, Part 6	6
2:00–4:00 p.m. Getting Started with Facebook, Part 2	3

Friday, May 12

1:00–2:00 p.m. <i>All Jokes Aside</i>	4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	8

Saturday, May 13

CAFÉ CLOSED AT NOON

1:00–3:30 p.m. Mother-Daughter Luncheon & Pampering	8
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Monday, May 15

10:00–11:30 a.m. <i>We Were Never Slaves!</i>	5
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Tuesday, May 16

2:30–4:00 p.m. Keep Moving Forward!	11
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Thursday, May 18

10:00–11:00 a.m. Boost Your Brain & Memory, Part 7	6
2:00–4:00 p.m. Word Basics, Part 1	3

Friday, May 19

12:00–2:00 p.m. Design Your Own Jewelry, Part 3	9
1:00–2:00 p.m. A Conversation with WVON's Cliff Kelley	5

ATTENTION, BUSINESS PROFESSIONALS!

New Café Business Networking Event

Join us to share business opportunities with other business professionals over a continental breakfast.

**WEDNESDAYS APRIL 5, MAY 3, AND JUNE 7
8:30–10:00 a.m.**

5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party	8
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Wednesday, May 24

9:00–11:00 a.m. Book Club	4
10:00 a.m.–3:30 p.m. TRIP: White Fence Farm: <i>Motown & More</i>	7

Thursday, May 25

9:00–10:00 a.m. Common Financial Frauds & Scams	11
10:00–11:00 a.m. Boost Your Brain & Memory, Part 8	6
2:00–4:00 p.m. Word Basics, Part 2	3

Friday, May 26

12:00–2:00 p.m. Design Your Own Jewelry, Part 4	9
1:00–2:00 p.m. Hyde Park: A Culture of Opportunity	5
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	8

Monday, May 29

CAFÉ CLOSED – Happy Memorial Day!

JUNE

Thursday, June 1

2:00–4:00 p.m. E-mail Basics, Part 1	3
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Friday, June 2

12:00–2:00 p.m. Design Your Own Jewelry, Part 5 9
 1:00–2:00 p.m. Margaret Burroughs & the DuSable Museum 5
 5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 8

Monday, June 5

9:00–11:00 a.m. 15 of the Best Retirement Strategies: A 3-Part Series 11

Tuesday, June 6

12:00–1:00 p.m. The Culinary Delighters Present: Louisiana Shrimp Creole 3

Thursday, June 8**Magazine Release Day!**

1:00–2:00 p.m. Mah-Jongg 11
 2:00–4:00 p.m. E-mail Basics, Part 2 3

Friday, June 9**Magazine Release Day!**

12:00–2:00 p.m. Design Your Own Jewelry, Part 6 9
 1:00–2:00 p.m. Before Jackie Robinson 5
 5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 8

Monday, June 12

9:00–11:00 a.m. 15 of the Best Retirement Strategies, Part 2 11

Tuesday, June 13

9:00–10:30 a.m. Alzheimer's Disease & Dementia 6

Wednesday, June 14

10:00–11:30 a.m. Food for Thought for Men: Soul Food Junkies 6

Thursday, June 15

10:00–11:00 a.m. Draft Your Power of Attorney, Part 1 9

Friday, June 16

1:00–2:00 p.m. South Side Community Development 5
 5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 8

Sunday, June 18

1:00–3:30 p.m. Father's Day Jazz Brunch at Mather's: Scrumptious & Sumptuous 3

Monday, June 19

9:00–10:30 a.m. What's Happening to My Crown? 6
 9:00–11:00 a.m. 15 of the Best Retirement Strategies, Part 3 11

Wednesday, June 21

TRIP: 5:00–9:00 p.m. DuSable Museum's Sound of History Jazz Series 7

Friday, June 23

1:00–2:00 p.m. Blues in Chicago 5
 5:00–8:00 p.m. Mather's Got Talent Open Mic Showcase 8

Tuesday, June 27

11:30 a.m.–2:00 p.m. Draft Your Power of Attorney Seminar, Part 2 9

Wednesday, June 28

9:00–11:00 a.m. Book Club 5

Thursday, June 29

2:00–4:00 p.m. Managing Accounts Online 3

Friday, June 30

1:00–2:00 p.m. The Pullman Maids ... 5
 5:00–9:00 p.m. House Music at Mather's 8

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

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

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

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

Mather Possibilities
 1603 Orrington Avenue
 Suite 1800
 Evanston, IL 60201

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

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS



ways to #agewell
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2 Ways to Age Well

Age Well at Mather's

Stop in to learn something new, explore your creative side, work out, or just get together and have fun. Here are some irresistible Ways to Age Well:

- Choose from presentations, classes, and trips designed with you in mind.
- A range of how-to programs so you can try something new. Knowledge is power!
- A focus on your wellness, from lectures to fun fitness classes to healthy cooking demos.

Browse this magazine, choose the programs you're interested in, and register today!



mather's | more than a | **café**