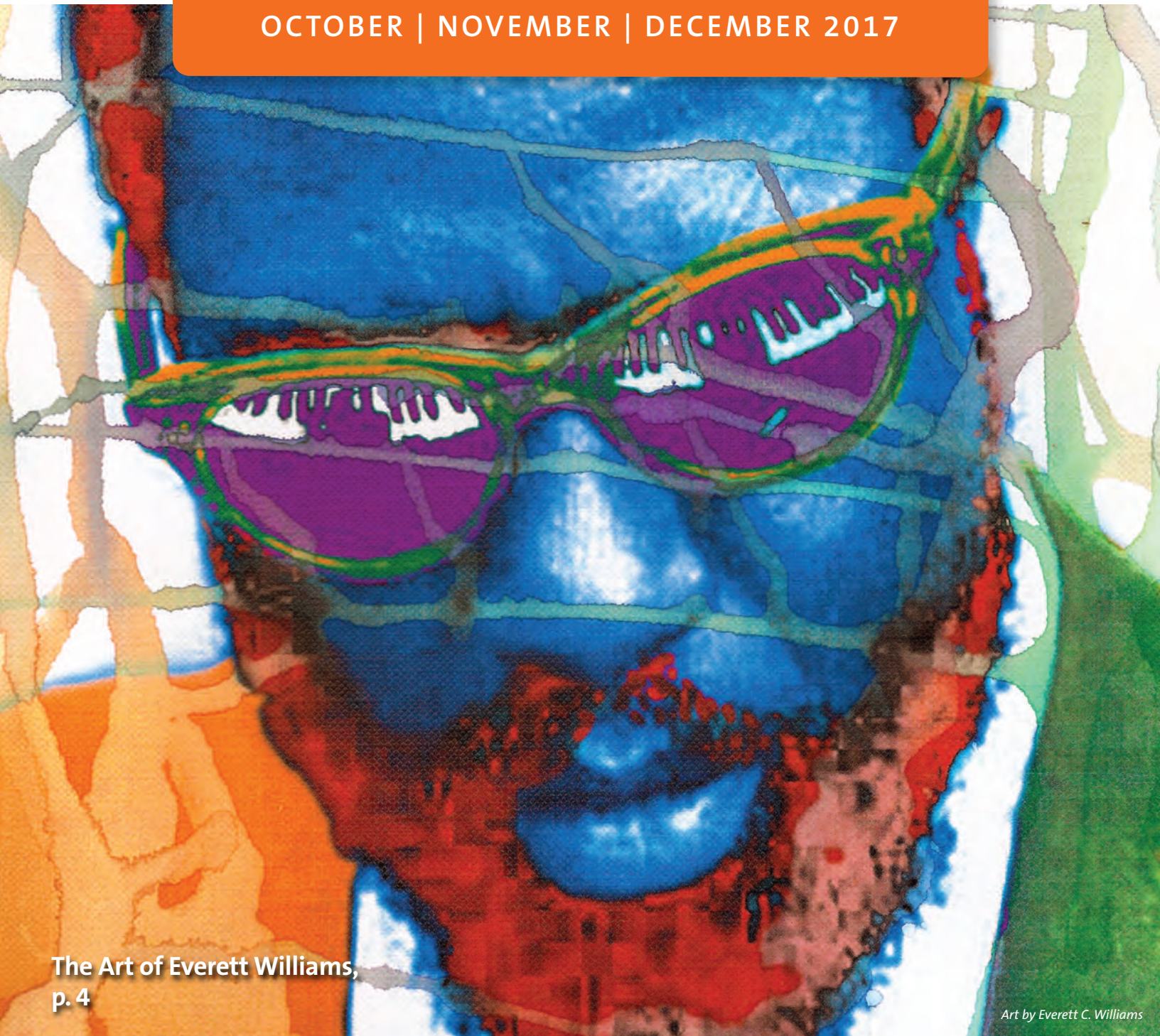


More at Mather's

OCTOBER | NOVEMBER | DECEMBER 2017



The Art of Everett Williams,
p. 4

Art by Everett C. Williams

Get festive at the Mather's—More Than a Café Annual Holiday Party! 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!



Mather's—More Than a Café Chorus will perform at our Annual Holiday Party. See page 3.

● Music & Entertainment 3

Enjoy live concerts and events, like our popular Friday night steppers' parties.

● Computer Classes 3

Learn some new technology skills, like how to get started on Facebook.

● History, Culture & More 4

Choose from author presentations, film screenings, and more—like an artist's unique view of the Great Migration!

● Health & Wellness 6

Sample our wellness programs—like our popular series on boosting your brain and memory.

● Culinary Delights 7

Enjoy meal specials and food programs, like our demo of cooking Hoppin' John, a delicious good-luck dish!

● Trips 8

Join us for a day trip to a mansion where we'll solve a murder mystery!

● How-Tos 9

Do it yourself—try designing your own jewelry in a six-week hands-on workshop.

● Fitness 10

Try a unique workout, like our Urban Chi class, offering a fun and gentle approach to tai chi.

● Free Resources 11

Take advantage of free resources and programs—like a presentation on free home improvements for older adults.

● Ongoing Events 12

● October | November | December At-a-Glance .. 13

MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Thursday: 8:30 a.m.–4:30 p.m. (menu available until 2:45 p.m.)

Friday: 8:30 a.m.–9:00 p.m. (menu available until 8:00 p.m.)

Saturday & Sunday: 9:00 a.m.–3:00 p.m. (menu available until 2:15 p.m.)

MUSIC & ENTERTAINMENT

Monday, December 11

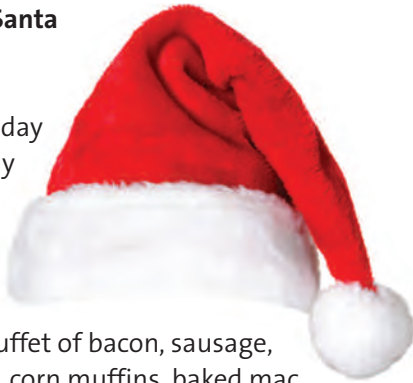
4:00–6:00 p.m. Mather's—More Than a Café Annual Holiday Party

The Mather's—More Than a Café Chorus will entertain us with songs of the season for all to sing along! We'll dine on roasted Cornish hen, wild rice pilaf, greens, cranberry sauce, corn bread, and pecan pie. *Meal Cost \$10; Entertainment Suggested Donation \$5*

Saturday, December 16

9:00–11:00 a.m. Christmas with Santa at Mather's

Choose a morning or afternoon party. Both will offer a special holiday celebration for you and your family with festive music, delicious food, and a visit from Santa. Bill Ruth will perform holiday favorites and invite you to sing along. We'll dine on a breakfast buffet of bacon, sausage, eggs, pancakes, vegetable medley, corn muffins, baked mac & cheese, mini pizza, roasted turkey, cranberry sauce, baked ham with pineapple glaze, candied sweet potatoes, assorted Mather's desserts, and Christmas punch or coffee. (No carryouts.) Take home a photo with Santa! *Meal Cost \$15; Meal Cost for Children under 12 \$7; Entertainment Suggested Donation \$5*



1:00–3:00 p.m. Christmas with Santa at Mather's

First & Third Fridays of Each Month

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

Arrive early for dinner—we'll serve a limited menu until 8:00 p.m. *Suggested Donation \$5*

Second & Fourth Fridays of Each Month

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*

COMPUTER CLASSES



Learn How to Use an iPad

TWO-DAY CLASSES

Cost \$35

Learn How to Use an iPad

Thursdays, October 5 & 12, 2:00–4:00 p.m.

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

Getting Started with Facebook

Thursdays, October 19 & 26, 2:00–4:00 p.m.

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

Computer Basics

Thursdays, November 2 & 9, 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.

Word Basics

Thursdays, November 16 & 30, 2:00–4:00 p.m.

This class will introduce you to 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, December 14 & 21, 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.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

HISTORY, CULTURE & MORE

Monday, October 9

10:30–11:30 a.m.

2018 American Classic Tours

Sheila Conroy, Vice President,
American Classic Tours

Hear about the exciting trips that American Classic Tours has planned for 2018. Each American Classic Tour integrates history, art, architecture, nature, cuisine, agriculture, industry, and entertainment. *Light refreshments served.* **FREE**

Wednesday, October 11

10:00–11:00 a.m.

Food Shopping: Fast, Fresh & Cheap

Sharon Smith,
Possibilities Coach

Learn about new shopping conveniences, lower pricing, and organic options that can lead to better health and aging. *Suggested Donation \$6*

Thursday, October 12

10:30–12:30 a.m.

Try Something New! Virtual Reality

Vivian Chazen, Manager
of Virtual Experiences,
Mather LifeWays

Let's go under the sea, fly in the sky, or visit the northern lights! Vivian will demonstrate the latest and greatest virtual reality technology, and give you a chance to try it. You've got to see it to believe it. *Suggested Donation \$5*

Friday, October 13

1:00–2:30 p.m.

Roads, Where There Are No Roads

Angela Jackson, Novelist

AUTHOR PRESENTATION

Angela presents a sequel to her acclaimed first novel, *Where I Must Go*. It tells the story of a black student at a predominantly white university immersed in the historical events unfolding around her. It is also a love story rendered in Angela's lyrical and luminous prose. *Suggested Donation \$5*

Friday, October 20

1:00–2:30 p.m.

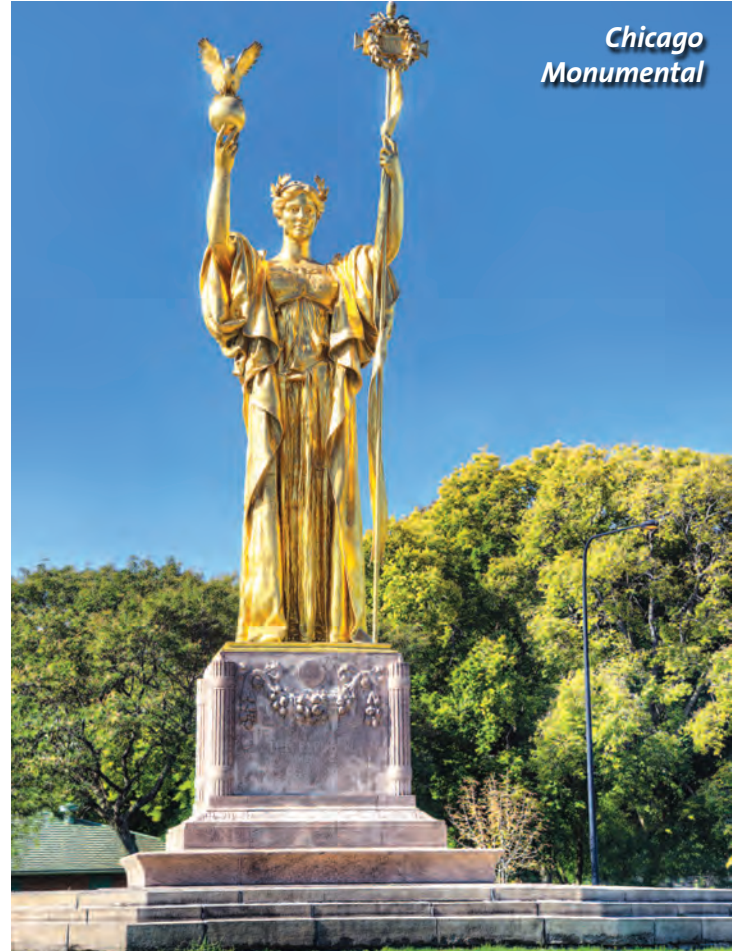
Chicago's Historic Pekin Theatre

Thomas Bauman, Retired Professor, Northwestern University
Opened in 1904, the Pekin Theatre was the first black-owned and -operated theater in Chicago and perhaps in the country. It was renowned for its all-black stock company and school for actors, an orchestra able to play ragtime and opera, and a repertoire of original musical comedies. More than a theater, it became a community center, social club, and fundraising instrument for the black community. *Suggested Donation \$5*

Wednesday, October 25

9:00–11:00 a.m.

Book Club
This month we'll discuss *Lemon City* by Elaine Meryl Brown. **FREE**



Chicago Monumental

Friday, October 27

1:00–2:30 p.m.

Operation Breadbasket: An Untold Story of the Civil Rights Movement

Rev. Martin Deppe, Author

AUTHOR PRESENTATION

Operation Breadbasket was the interfaith economic justice program that became the Rainbow PUSH Coalition. Reverend Deppe was one of this organization's founding pastors and worked closely with Jesse Jackson and Martin Luther King, Jr., to use the power of the pulpit to persuade businesses

seeking black dollars to employ their fair share of blacks. *Suggested Donation \$5*

Friday, November 3

1:00–2:30 p.m.

The Art of Everett Williams
Everett Williams, Artist
See the beautiful and thought-provoking artwork of a Chicago artist whose work deals with social issues affecting the African American community. Everett will present a slide show of his art along with some real examples and explain his modern influences. *Suggested Donation \$5*

Friday, November 10

1:00–2:30 p.m.

Chicago Monumental

Larry Broutman,
Author/Photographer



Get a deeper appreciation and understanding of how the monuments of our great city tell its story. Enjoy a slide-show presentation of Larry's photos that is a gorgeous full-color tribute to Chicago's monuments, fountains, memorials, and statues. *Suggested Donation \$5*

Wednesday, November 15

1:00–3:00 p.m. Try Something New! Acting & Writing

Victor Gullely, *A Taste of Theater*

Participants will learn to write plays based on their own life experiences, and perform them for their peers and possibly for other audiences. **FREE**

Thursday, November 16

9:30–11:30 a.m. Oils & Energy for Your Mind, Body & Soul: A 2-Part Series

Mary Ann Wilkens, *Owner of The Thyme Is Now*

Learn new ways to promote, maintain, and support a healthy lifestyle. In the first session, Mrs. Wilkens will explain the basics of essential oils, including specific applications, how to choose essential oils, and safety considerations. The second session will focus on Donna Eden Energy Medicine, the science and the art of

optimizing your energies to help your body and mind function at their best.

Suggested Donation \$18 for series or \$10 per session

Friday, November 17

1:00–2:30 p.m.

Paul Revere Williams, Architect to the Stars

Walter D. Street III, *Architect & Board Director, AIA*

Paul Revere Williams designed nearly 3,000 buildings and became known as the "Architect to the Stars" designing mansions for Hollywood celebrities. See his fantastic and gorgeous designs, and hear about his fierce struggle for accomplishment while overcoming racial barriers. *Suggested Donation \$5*

Wednesday, November 22

9:00–11:00 a.m. Book Club

This month we'll discuss *The Emperor of Ocean Park* by Stephen L. Carter. **FREE**

Monday, November 27

1:00–2:30 p.m. Financial Planning: Health, Wealth & Money Series

Mary Ellen Drake, *Hosted by World Financial Group*

Plan your future with advice from a pro! Mary Ellen will focus first on steps for getting out of debt and securing your retirement; then on increasing your income through entrepreneurship; and wrap up by explaining indexed life insurance (IUL). *Suggested Donation \$12; \$5 per session*



Tuesday, November 28

1:00–2:30 p.m. Financial Planning Health, Wealth & Money, Part 2

Wednesday, November 29

1:00–2:30 p.m. Financial Planning Health, Wealth & Money, Part 3

Friday, December 1

1:00–2:30 p.m.

Get Your Sparkle On: Sparkling Wines for the Holidays

Bill Gilmore, *Wine Consultant*

What better way to get ready for New Year's Eve? Learn the basics about sparkling wines, including cava, prosecco, and Champagne. We'll sample five varieties as Bill explains everything you need to know about wines that create a party in your mouth! *Suggested Donation \$5*

Monday, December 4

9:30–11:30 a.m. Oils & Energy for Your Mind, Body & Soul, Part 2

Friday, December 8

1:00–2:00 p.m.

The Great Migration in Three Movements

David Anthony Geary, *Artist* David will present a stunning slide show on the Great Migration, including his own paintings and photography. He'll also share photographs of his family members who were involved in the Great Migration. *Suggested Donation \$5*

Friday, December 15

1:00–2:00 p.m. Cuba Today!

Dan Fein, *Chicago Cuba Coalition/Socialist Workers Party*

Get a firsthand account of what's happening in Cuba today. Dan has just returned from a trip to Cuba to participate in the "Footsteps of Che International Brigade." Get a deeper understanding of Cuba's current social, political, and economic situation. *Suggested Donation \$5*

Wednesday, December 27

9:00–11:00 a.m. Book Club

This month we'll discuss *Kindred* by Octavia Butler. **FREE**

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

HEALTH & WELLNESS

Boost Your Brain & Memory: An 8-Week Series



Tuesdays, October 3–November 21

10:00–11:00 a.m. Boost Your Brain & Memory: An 8-Week Series

Sharon Smith, Possibilities Coach

It is possible to improve your cognitive skills—and even decrease your risk of Alzheimer’s—through lifestyle changes. Join us and learn a research-based, holistic approach to help you maintain and improve your memory. *Suggested Donation \$32 for 8-week series*

Tuesday, October 10

1:00–2:00 p.m. Breast Cancer Awareness

Donna Lynn Schaffer, Metropolitan Chicago Breast Cancer Task Force

Donna will discuss the disparity between African American women and other women regarding diagnosis, treatment, and survival rates for breast cancer. Get valuable information about community resources available to uninsured women.

FREE

Friday, October 13

11:30 a.m.–12:30 p.m. It’s Open Enrollment— Time for an Insurance Checkup!

Michael Wills, Humana Medicare Sales Representative

Get expert suggestions on how to evaluate your plan and Humana Advantage Plans for 2018. Get insights into what you should know about changes in Social Security—some could have an impact on you! Light refreshments provided.

FREE

Stay Balanced!

3:00–3:50 p.m. Mondays, Tuesdays, or Wednesdays

Sharon Smith, Possibilities Coach

Are you concerned about maintaining or improving your balance? During a balance assessment and consultation, you’ll learn how your health impacts the risk for falling and about environmental factors that challenge us as we age. See Sharon Smith for an appointment. *Cost \$6*

Mondays, October 23 & 30

9:00 a.m.–12:00 p.m. Try Something New!

What Happened to My Crown? Consultations

Demetria Hayden, Licensed Cosmetologist, Instructor & Certified Hair Practitioner

Demetria offers one-on-one 15-minute consultations. Call (773) 776.7494 for an appointment. *Suggested Donation \$5*

Wednesday, November 8

10:00–11:00 a.m. Yams & Sweet Potatoes:

Everything You Need to Know

Sharon Smith, Possibilities Coach

A favorite holiday food has a new status as one of the healthiest foods you can eat. But did you know that benefits depend on your preparation method? *Suggested Donation \$6*

Thursday, November 9

10:00–11:00 a.m. Shingles: What Are They?

Alexandria Crumble, Pharmacist

Learn about shingles from a licensed pharmacist—what are they, and how can you avoid them? Get answers to your questions! **FREE**

Wednesday, December 13

10:00–11:00 a.m. Celebrating with Food

Sharon Smith, Possibilities Coach

Learn holiday strategies for having your cake (and mac and cheese) and eating it, too! Minimize the holiday dietary damage and still have a good time. *Suggested Donation \$6*

CULINARY DELIGHTS



**SHARE
NETWORK**

SOUTH SIDE
HEALTHY AGING
RESOURCE EXPERTS

Mather's—More Than a Café is a proud partner of the South Side Healthy Aging Resource Experts (SHARE) Network, teaming up with South Side-based health care and community organizations and the University of Chicago Medicine to promote healthy living for older adults. SHARE Network events bring older adults, caregivers, primary care providers, and medical specialists together to share knowledge and resources. Through health care workforce education and community outreach, the SHARE Network bridges the gap between geriatric specialty care and the community.

Wednesday, October 25

9:00–10:00 a.m. Prescription Drugs & Older Adults

Dr. Tia Kostas, Assistant Professor of Medicine, University of Chicago Medicine

FREE

Monday, November 6

10:00–11:00 a.m. Living with Chronic Obstructive Pulmonary Disease

Jason Poston, MD, University of Chicago SHARE Network

FREE

Monday, December 4

10:00–11:00 a.m. Cold/Flu & Aging

Whitney Herring, PA, University of Chicago Medicine SHARE Network

FREE



Kwanzaa Celebration

Thursday, November 9

11:00 a.m.–1:00 p.m. The Culinary Delighters Present: Good Luck Southern Food

Join Surge as he prepares Hoppin' John with andouille, greens, rice, and corn bread. Learn why this dish will guarantee you luck throughout the year when you enjoy it on New Year's Day—then enjoy a bowlful! *Cost \$6*

Thursday, November 16

12:00–2:30 p.m. The Culinary Delighters Present: Thanksgiving of Gratitude & Grace Lunch

Express gratitude with family and friends over a menu of roasted turkey, dressing, cranberry sauce, green beans, whipped sweet potatoes, roll, and a selection from our dessert table. *Cost \$9.50*



Monday, November 20

Lunch Special: Jamaican Luncheon

Spiced corn soup, a jerk pulled chicken sandwich, fried plantains, and ice-cold ginger beer with Gizzada tart for dessert. *Cost \$8*



Every Friday in December, get \$1 bottomless mugs of old-fashioned stovetop hot chocolate!

Wednesday, December 6

Holiday Sweater Day. Wear your favorite holiday sweater to the Café and the Culinary Delighters will give you a free homemade Christmas cookie. (One per customer)

Thursday, December 28

11:30 a.m.–2:00 p.m. Kwanzaa Celebration

Join us as we celebrate African American cultural heritage and traditional values by observing the seven days and principles of Kwanzaa (Nguzo Saba). Our menu consists of yassa chicken, red red, jollof rice, cardamom-spiced oven-roasted potatoes, collard greens, corn bread, and bread pudding. *Meal Cost \$15; Entertainment Suggested Donation \$5*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

TRIPS



Motown the Musical!

Cadillac Palace, Chicago

This Broadway in Chicago production tells the true story of Motown founder Berry Gordy's journey from featherweight boxer to heavyweight music mogul. Barry launched the careers of Diana Ross, Michael Jackson, Smokey Robinson, and many more. Enjoy classic songs such as 'My Girl' and "Ain't No Mountain High Enough" as you experience the story behind the music.

DATE: Saturday, October 7

Depart from Mather's: 1:00 p.m.

Approximate return to Mather's:

5:00 p.m.

Cost \$55

Please register in advance. Cost includes transportation and show. Limit 30.

3-Day Trip to Branson, MO

Travel to Branson with Mather's and Regal Transportation for a special presentation of *Moses*, an amazing theatrical play that brings the story of Moses to life.

DATE: Thursday, October, 19–

Saturday, October 21 (3 days/2 nights)

Cost \$325 per person (based on double occupancy)

Cost includes transportation, hotel, one breakfast, one dinner buffet, and show. First payment of \$162.50 due by September 10, and the balance due on October 10. \$50 of your first payment

is non-refundable if cancelled.

Contact our friendly receptionist to make all payments.

Macy's Private Walnut Room Luncheon

Join us for a holiday tradition—lunch at Macy's on State Street. Dine on your choice of six entrees. After lunch, we'll have plenty of time to shop.

DATE: Monday, December 18

Depart from Mather's: 11:00 a.m.

Approximate return to Mather's: 4:30 p.m.

Cost \$55

Please pay and register by Tuesday, December 5. Choose your entrée when you register. Cost includes transportation and lunch. Limit 20.

White Fence Farm: Soulful Christmas

Romeoville, IL

Enjoy White Fence Farm's famous chicken dinner, then sing along to your favorite Christmas songs filled with heart and soul performed by sensational vocal artist Paula Williams.

DATE: Wednesday, December 13

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 30.



White Fence Farm: Soulful Christmas

American Classic Tours

Door County in the Fall

October 11–13

Door County is known as the "Cape Cod of the Midwest" with its picturesque lakeside villages, extensive shoreline, and rolling woodland. Stay at the beautiful Stone Harbor Resort on the Sturgeon Bay waterfront for two nights and enjoy a guided tour of Door County.

Nashville Country Christmas & Opryland Hotel

November 16–20

Get in the holiday spirit as we visit the Music City: Nashville, Tennessee! This tour features a four-night stay at the Opryland Hotel decorated with millions of glittering lights and a visit to the Grand Ole Opry.

**For pricing or details, contact
American Classic Tours
at (800) 666.0358**

HOW-TOS

Thursday, October 5

10:00 a.m.–2:00 p.m. AARP Safe Driving Course Overview & Registration

Keith Cooper, Certified AARP Driver Safety Volunteer



Learn about the eight-hour driving course and how it can save you money on your auto insurance.

Thursday, October 12

10:00 a.m.–2:00 p.m.

AARP Safe Driving Course, Part 1

Keith Cooper, Certified AARP Driver Safety Volunteer

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, October 19

10:00 a.m.–2:00 p.m. AARP Safe Driving Course, Part 2

Friday, October 20

11:00 a.m.–1:00 p.m. Design Your Own Jewelry 6-Week Workshop: Safety Pin Jewelry

Madie Cannamore, Instructor

Get hands-on instruction and learn to use various tools, wires, buttons, safety pins, and other everyday items to make handcrafted jewelry. In this six-week workshop, you'll acquire the skills to design and create stunning pieces to add to your jewelry collection or make as holiday gifts. Open to all levels. *Suggested Donation \$30 for the 6-week series or \$5 per session*

Friday, October 27

11:00 a.m.–1:00 p.m. Design Your Own Jewelry: Button Jewelry

Wednesday, November 1

1:00–3:00 p.m. Learning to Draw with Rhythm

Barry Bruner, Art Teacher

Learn basic drawing skills! We'll focus on drawing simple objects and human figures with the use of lines, shading, and color. To develop rhythm and movement in our drawing, we'll listen to jazz, rhythm and blues, and classical music while we work. Students should bring their own art supplies. *FREE*

Friday, November 10

11:00 a.m.–1:00 p.m. Design Your Own Jewelry: Jacob's Ladder Bracelets

Friday, November 17

11:00 a.m.–1:00 p.m. Design Your Own Jewelry: Daisy Weaving

Tuesday, December 5

1:30–3:30 p.m. Jan's Holiday Craft Corner, Part 1

Jan Mason, Instructor

Jan will assist you with creating a Christmas wreath and ornaments. These can be used as special holiday gifts. *All supplies included. Suggested Donation \$18 for both sessions; \$10 per session*

Friday, December 8

11:00 a.m.–1:00 p.m. Try Something New! Design Your Own Jewelry: Angel Doll

Tuesday, December 12

1:30–3:30 p.m. Jan's Holiday Craft Corner, Part 2

Friday, December 15

11:00 a.m.–1:00 p.m. Design Your Own Jewelry: Christmas Earrings



Mather's in Chatham Writers' Guild

Monday, October 9

9:00–10:00 p.m. Writers' Guild Workshop Sign-Up

J. D. Cooper, Presenter

Sign up to be part of Mather's first workshop for aspiring writers. We'll work together under J. D.'s guidance to craft our work and learn steps to get published! Sign up for the two-session workshop and receive the e-book *12 Financial Benefits of Writing*, plus a raffle ticket for a chance to win a laptop or tablet. *FREE*

Thursday, October 26

9:00–11:00 a.m. Writers' Guild Workshop, Session 1

Let's take steps to becoming writers. J.D., a professional in the publishing industry, shares insights into unleashing your words, wisdom, and wealth. *Suggested Donation \$35 for session 1*

Monday, December 11

9:00–11:00 a.m. Writers' Guild Workshop, Session 2

Get practical steps for how to get your work published. *Suggested Donation \$35 for session 2*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

FITNESS

ALL CLASSES ARE 50 MINUTES LONG UNLESS OTHERWISE NOTED.

MONDAY

7:30 a.m. 10K Walkers

Sharon Smith, Possibilities Coach

The group walks 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. 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.



Worth the Weight

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. Try Something New!

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*

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. Try Something New!

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*

Ask our receptionist about our affordable Fitness Center membership!

FREE RESOURCES



Cook County Elder Justice Center Series

12:00–1:30 p.m.

The following programs are offered free at the Cook County Elder Justice Center, located in the Richard J. Daley Center downtown. Call (312) 603.9233 for details and registration.

Thursday, October 12 Everything You Want to Know about Guardianship

Thursday, October 26 Dissolution of Marriage in Later Life: Physical & Financial Considerations

Thursday, November 2 Empowering Nursing Home Residents

Thursday, November 16 Domestic Violence against Seniors

Friday, December 8 Driving Tips for Active Older Adults

Monday, October 2

10:00–11:00 a.m.

Preparing for the Financial Worries of a Critical Illness

Stanley Turner, Manager, Voluntary Benefits, Family Heritage Life

Participants will learn about risk factors for cancer, heart attack, strokes, and serious injuries, as well as how to deal with the financial devastation these conditions can cause.

Wednesday, October 4

10:00–11:30 a.m.

Safety Session: Conceal & Carry

Eddie Jones, Allpoints Security and Detective, Inc. Have you or a family member considered conceal and carry? This program will provide details on the approved Illinois State Police curriculum. The overview will include firearms safety, proper handling, and the fundamentals of marksmanship. *No weapons, please.*

Thursday, October 5

10:00–11:00 a.m.

Small Accessible Repairs for Seniors (SARFS)

Bobbi Ball, Partnership in Community Building, Inc. Learn about a program that provides minor repairs and home improvements for older adults so they can remain in their homes. SARFS is for older adults in Chicago who earn no more



Small Accessible Repairs for Seniors (SARFS)

than 80% of the area's median income, are at least 60, and own or rent in a one- to four-unit building.

Friday, October 27

9:00–10:30 a.m.

Caring for the Caregiver

Deacon George, FCN, Trinity United Church of Christ Family Caregivers Support Learn the basics of giving care for a loved one, what makes a “good caregiver,” and how to make decisions when the care needed is more than you can provide.

Thursday, November 2

1:00–3:00 p.m.

Physical Therapy: An Interactive Seminar

Athletico Physical Therapy Chatham West Get information from a licensed physical therapist on physical therapy, fitness, exercise, the human body, nutrition, pain, and disabilities. You can even arrange for a free personal screening/consultation at the clinic.

Wednesday, November 8

1:00–2:30 p.m.

Better Balance & Falls Prevention Screening

Bill Healey, PT, Ed D, GCS, Department of Physical Therapy and Human Movements Sciences, Northwestern University Come in for a simple balance test and a consultation with a physical therapist. *Please register at the front desk.*

Wednesday, December 6

9:00–10:00 a.m.

Mather's Connections Volunteer Meeting

Join us to find out about volunteering and its benefits. Call (773) 448.2801.

Monday, December 18

2:30–3:00 p.m. Mather's—More Than a Café Quarterly Birthday Recognition

This party is for Café customers with birthdays in October, November, or December. Enjoy refreshments and socializing with other celebrants! *Please register in advance.*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

ONGOING EVENTS

MAGAZINE RELEASE DAY!

Friday, December 8

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!

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

BUSINESS EXPO WEEK



Mather's—More Than a Café hosts 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:
October 4–6; November 6–10; December 4–8

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.

October | November | December At-a-Glance

WEEKLY EVENTS

Monday

7:30 a.m. 10K Walkers (through October)	10
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

7:30 a.m. 10K Walkers (through October)	10
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

OCTOBER

Monday, October 2

10:00–11:00 a.m. Preparing for the Financial Worries of a Critical Illness	11
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Tuesday, October 3

10:00–11:00 a.m. Boost Your Brain & Memory: An 8-Week Series	6
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Wednesday, October 4

10:00–11:30 a.m. Safety Session: Conceal & Carry	11
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Thursday, October 5

10:00–11:00 a.m. Small Accessible Repairs for Seniors (SARFS)	11
10:00 a.m.–2:00 p.m. AARP Safe Driving Course Overview & Registration	9
2:00–4:00 p.m. Learn How to Use an iPad, Part 1	3

Friday, October 6

5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party	3
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Saturday, October 7

TRIP: <i>Motown the Musical!</i>	8
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Monday, October 9

9:00–10:00 p.m. Writer's Guild Workshop Sign-Up	9
10:30–11:30 a.m. 2018 American Classic Tours	4

Tuesday, October 10

10:00–11:00 a.m. Boost Your Brain & Memory, Part 2	6
1:00–2:00 p.m. Breast Cancer Awareness	6

Wednesday, October 11

10:00–11:00 a.m. Food Shopping: Fast, Fresh & Cheap	4
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Thursday, October 12

10:00 a.m.–2:00 p.m. AARP Safe Driving Course, Part 1	9
10:30 a.m.–12:30 p.m. Virtual Reality	4
12:00–1:30 p.m. Cook County Elder Justice Center: Everything You Want to Know about Guardianship	11
2:00–4:00 p.m. Learn How to Use an iPad, Part 2	3

Friday, October 13

11:30 a.m.–12:30 p.m. It's Open Enrollment—Time for an Insurance Check-up	6
1:00–2:30 p.m. <i>Roads, Where There Are No Roads</i>	4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase	3

Tuesday, October 17

10:00–11:00 a.m. Boost Your Brain & Memory, Part 3	6
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Thursday, October 19

TRIP: 3-Day Trip to Branson, MO	8
10:00 a.m.–2:00 p.m. AARP Safe Driving Course, Part 2	9
2:00–4:00 p.m. Getting Started with Facebook, Part 1	3

Friday, October 20

11:00 a.m.–1:00 p.m. Design Your Own Jewelry 6-Week Workshop: Safety Pin Jewelry	9
1:00–2:30 p.m. Chicago's Historic Pekin Theatre	4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party	3

Monday, October 23

9:00 a.m.–12:00 p.m. What Happened to My Crown? Consultations	6
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PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

Tuesday, October 24

10:00–11:00 a.m. Boost Your Brain & Memory, Part 4. 6

Wednesday, October 25

9:00–10:00 a.m. Prescription Drugs & Older Adults 7
9:00–11:00 a.m. Book Club 4

Thursday, October 26

9:00–11:00 a.m. Writer’s Guild Workshop, Session 1 9
12:00–1:30 p.m. Cook County Elder Justice Center: Dissolution of Marriage in Later Life: Physical & Financial Considerations 11
2:00–4:00 p.m. Getting Started with Facebook, Part 2 3

Friday, October 27

9:00–10:30 a.m. Caring for the Caregiver 11
11:00 a.m.–1:00 p.m. Design Your Own Jewelry: Button Jewelry 9
1:00–2:30 p.m. *Operation Breadbasket: An Untold Story of the Civil Rights Movement* 4
5:00–9:00 p.m. Mather’s Got Talent Open Mic Showcase 3

Monday, October 30

9:00 a.m.–12:00 p.m. What Happened to My Crown? Consultations 6

Tuesday, October 31

10:00–11:00 a.m. Boost Your Brain & Memory, Part 5. 6

NOVEMBER

Wednesday, November 1

1:00–3:00 p.m. Learning to Draw with Rhythm 9

Thursday, November 2

12:00–1:30 p.m. Cook County Elder Justice Center: Empowering Nursing Home Residents 11
1:00–3:00 p.m. Physical Therapy: An Interactive Seminar 11
2:00–4:00 p.m. Computer Basics, Part 1 3

Friday, November 3

1:00–2:30 p.m. The Art of Everett Williams. 4
5:00–9:00 p.m. Friday Night Live at Mather’s Steppers & Line Dance Party . . . 3

Monday, November 6

10:00–11:00 a.m. Living with Chronic Obstructive Pulmonary Disease. 7

Tuesday, November 7

1:30–2:30 p.m. Boost Your Brain & Memory, Part 6. 6

Wednesday, November 8

10:00–11:00 a.m. Yams & Sweet Potatoes: Everything You Need to Know. 6
1:00–2:30 p.m. Better Balance & Falls Prevention Screening. 11

Thursday, November 9

10:00–11:00 a.m. Shingles: What Are They? 6
11:00 a.m.–1:00 p.m. The Culinary Delighters Present: Good Luck Southern Food 7
2:00–4:00 p.m. Computer Basics, Part 2 3

Friday, November 10

11:00 a.m.–1:00 p.m. Design Your Own Jewelry: Jacob’s Ladder Bracelets 9
1:00–2:30 p.m. *Chicago Monumental* 5
5:00–9:00 p.m. Mather’s Got Talent Open Mic Showcase 3

Tuesday, November 14

1:30–2:30 p.m. Boost Your Brain & Memory, Part 7. 6

Wednesday, November 15

1:00–3:00 p.m. Acting & Writing. 5

Thursday, November 16

9:30–11:30 a.m. Oils & Energy for Your Mind, Body & Soul: A 2-Part Series 5
12:00–1:30 p.m. Cook County Elder Justice Center: Domestic Violence against Seniors 11

12:00–2:30 p.m. The Culinary Delighters Present: Thanksgiving of Gratitude & Grace Lunch 7
2:00–4:00 p.m. Word Basics, Part 1 3

Friday, November 17

11:00 a.m.–1:00 p.m. Design Your Own Jewelry: Daisy Weaving. 9
1:00–2:30 p.m. Paul Revere Williams, Architect to the Stars 5
5:00–9:00 p.m. Friday Night Live at Mather’s Steppers & Line Dance Party . . . 3

Monday, November 20

Lunch Special: Jamaican Luncheon 7

Tuesday, November 21

1:30–2:30 p.m. Boost Your Brain & Memory, Part 8. 6

Wednesday, November 22

9:00–11:00 a.m. Book Club 5

Thursday, November 23

CAFÉ CLOSED – Happy Thanksgiving!

Friday, November 24

CAFÉ CLOSED – Happy Shopping Day!

Monday, November 27

1:00–2:30 p.m. Financial Planning: Health, Wealth & Money Series 5

Tuesday, November 28

1:00–2:30 p.m. Financial Planning Health, Wealth & Money, Part 2. 5

Wednesday, November 29

1:00–2:30 p.m. Financial Planning Health, Wealth & Money, Part 3. 5

Thursday, November 30

2:00–4:00 p.m. Word Basics, Part 2 3

DECEMBER

Every Friday in December, get \$1 bottomless mugs of old-fashioned stovetop hot chocolate.

Friday, December 1

1:00–2:30 p.m. Get Your Sparkle On: Sparkling Wines for the Holidays 5
5:00–9:00 p.m. Friday Night Live at Mather’s Steppers & Line Dance Party . . . 3

Monday, December 4

9:30–11:30 a.m. Oils & Energy for Your Mind, Body & Soul, Part 2 5
10:00–11:00 a.m. Cold/Flu & Aging 7

Tuesday, December 5

1:30–3:00 p.m. Jan’s Holiday Craft Corner, Part 1 9

Wednesday, December 6

Holiday Sweater Day

Wear your favorite holiday sweater get a free Christmas cookie. (One per customer)

9:00–10:00 a.m. Mather’s Connections Volunteer Meeting 11

Thursday, December 7

CAFÉ CLOSED – All-Employee Meeting

Friday, December 8

Magazine Release Day

11:00 a.m.–1:00 p.m. Design Your Own Jewelry: Angel Doll 9
12:00–1:30 p.m. Cook County Elder Justice Center: Driving Tips for Active Older Adults 11
1:00–2:00 p.m. The Great Migration in Three Movements 5
5:00–9:00 p.m. Mather’s Got Talent Open Mic Showcase 3

Monday, December 11

9:00–11:00 a.m. Writer’s Guild Workshop, Session 2 9
4:00–6:00 p.m. Mather’s—More Than a Café Annual Holiday Party 3

Tuesday, December 12

1:30–3:00 p.m. Jan’s Holiday Craft Corner, Part 2 9

Wednesday, December 13

TRIP: White Fence Farm:
Soulful Christmas 8
10:00–11:00 a.m. Celebrating with Food 6

Thursday, December 14

2:00–4:00 p.m. E-Mail Basics, Part 1 . . . 3

Friday, December 15

11:00 a.m.–1:00 p.m. Design Your Own Jewelry: Christmas Earrings 9
1:00–2:00 p.m. Cuba Today! 5
5:00–9:00 p.m. Friday Night Live at Mather’s Steppers & Line Dance Party . . . 3

Saturday, December 16

9:00–11:00 a.m. Christmas with Santa at Mather’s 3
1:00–3:00 p.m. Christmas with Santa at Mather’s 3

Monday, December 18

TRIP: Macy’s Private Walnut Room Luncheon 8
2:30–3:00 p.m. Mather’s—More Than a Café Quarterly Birthday Recognition . . 11

Thursday, December 21

2:00–4:00 p.m. E-Mail Basics, Part 2 . . . 3

Friday, December 22

5:00–9:00 p.m. Mather’s Got Talent Open Mic Showcase 3

Sunday, December 24

CAFÉ CLOSED – Happy Holidays!

Monday, December 25

CAFÉ CLOSED – Happy Holidays!

Wednesday, December 27

9:00–11:00 a.m. Book Club 5

Thursday, December 28

11:30 a.m.–2:00 p.m. Kwanzaa Celebration 7

Sunday, December 31

CAFÉ CLOSED – Happy New Year!

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

10 TIPS TO BOOST YOUR HAPPINESS

Research shows us that happier people tend to report having better physical health, greater psychological well-being, more fulfilling relationships, and a deeper sense of purpose. Fortunately, you can increase your happiness by savoring positive experiences. At Mather's—More Than a Café, we build happiness with a variety of ways to be social, get active, and learn something new. Here are 10 savoring strategies (plus a bonus strategy) you can start using today to boost your happiness!

1 Say “Thank You.”

Choose someone who has had a positive impact on your life and write them a letter expressing your gratitude.

2 Treat Yourself to Learning Something New.

Regularly schedule uninterrupted time to focus on a hobby or learn a new skill.

3 Increase Your Appreciation.

You can avoid taking good things for granted by imagining what it would be like if you lost them. Try skipping your afternoon coffee or sweets for a week—you'll savor them more after the break.

4 Snap a Picture.

For the next 30 days, take one photograph a day of something you find interesting, beautiful, meaningful, or enjoyable.

5 Put on Your Walking Shoes.

Take a 15- to 20-minute walk each day where you only focus on positive things. Actively search for things that bring out joy, awe, curiosity, or contentment.

6 Redirect Your Thinking.

When you catch yourself dwelling on negative thoughts, intentionally shift your mind to a more positive topic or perform a random act of kindness.

7 Challenge Yourself.

Set specific, achievable goals that you can complete within a month. When you reach your milestone, make a point to recognize and celebrate your success.

8 Take a New Approach.

Sharpen your senses to savor positive experiences in new ways. Close your eyes when you're enjoying your favorite music.

9 Put on a Happy Face.

Even if you're feeling a little down, acting like you're in a good mood by smiling and laughing can help improve your mood. Acting happy can lead to actual happiness.

10 End the Day on a Bright Note.

At the end of each day, take a few moments to think of three positive things that happened that day.

BONUS STRATEGY:

11 Phone a Friend.

You don't have to be alone when you try these out—invite a friend or family member to join you on your daily walk, or even learn something new together.



These tips are based on research by Mather LifeWays Institute on Aging, an area of service of Mather LifeWays, a not-for-profit organization dedicated to enhancing the lives of older adults by creating Ways to Age WellSM. Staffed by nationally recognized researchers, the Institute is an award-winning resource for research and information about wellness, aging, trends in senior living, and successful aging service innovations.