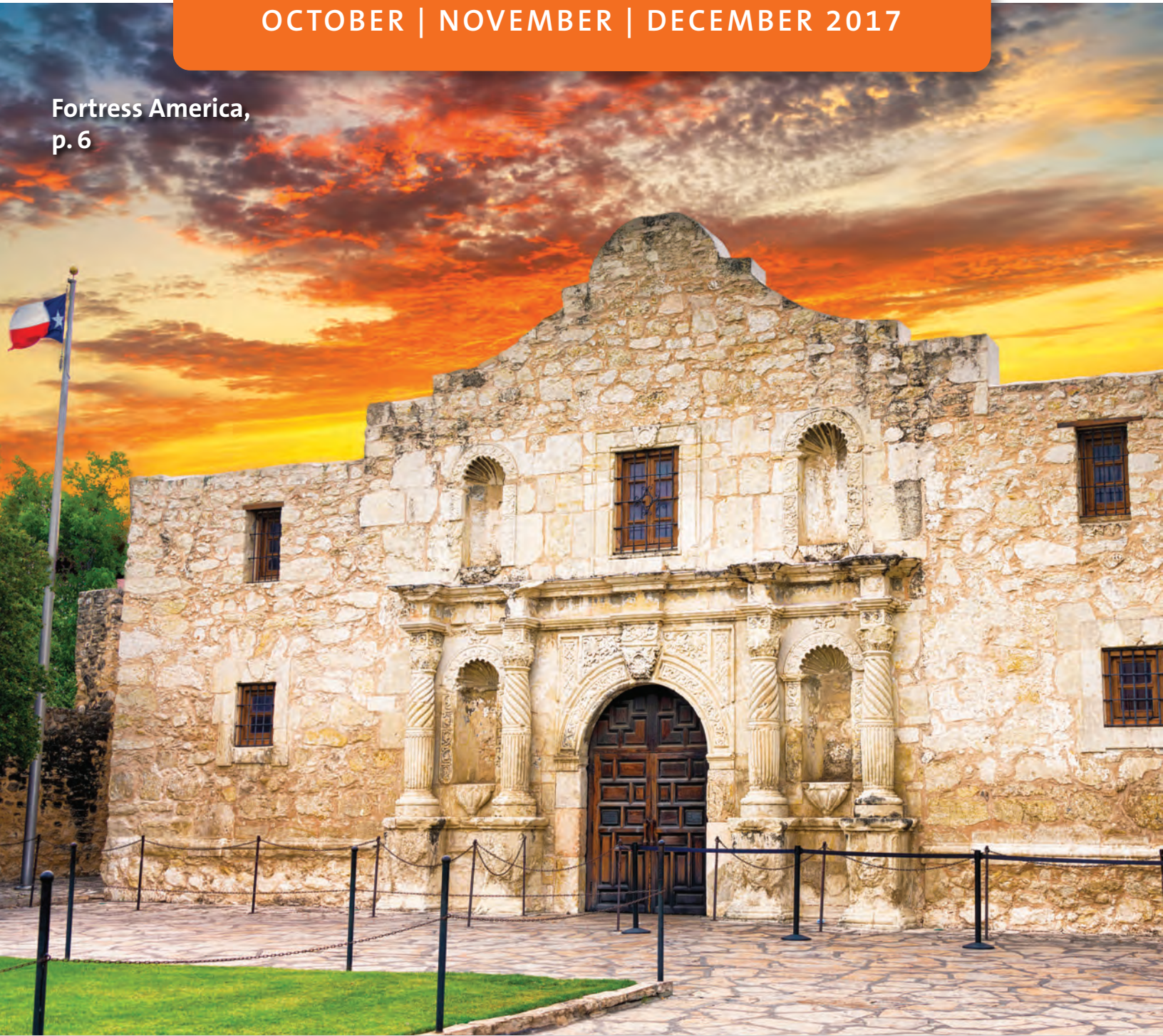


More at Mather's

OCTOBER | NOVEMBER | DECEMBER 2017

Fortress America,
p. 6



Enjoy live music & more in the evenings—we're open till 8:00 p.m. Monday–Friday!

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



mather's | more than a | **café**

Look What's Happening at Mather's!



- Tech-Knowledge 2
- Music & Entertainment 3
Enjoy live concerts and events.
- Lifelong Learning 4
Choose from author presentations, travelogues, and more.
- Health & Wellness 6
Do something good for your health!
- Trips 7
Join us for a trip to see some of Chicago's best live theater!
- Free Resources 7
- Culinary Delights 8
Enjoy meal specials, cooking demos, and food programs.
- Fitness 9
Drop into a class like Jazzercise or Ageless Grace.
- Art & Creativity 10
Get artsy in a hands-on class, like our calligraphy workshop.
- Ongoing Events 11
- October | November | December At-a-Glance... 12

TECH-KNOWLEDGE

Smartphones



Saturday, October 14

1:00–3:00 p.m. iPad Class

You'll learn how to use all the special features and the powerful apps that come with it. Whatever you love to do, there are iPad apps to help you do it. *Cost \$20*

Monday, November 20

1:00–2:00 p.m. Internet Basics

Aaric Straford, Chicago Methodist Senior Services
We'll simplify and explain the basics to make the Internet understandable, useful, and enjoyable. There's no reason to be left out! *Cost \$10*

Monday, December 11

1:00–2:00 p.m. Smartphones

Aaric Straford, Chicago Methodist Senior Services
Aaric will bring you up to speed with an overview of features, apps, and information about smartphones. *Cost \$10*



Open Tech Table

1:00–2:30 p.m.,
Saturdays, October 28,
November 25,
December 9 & 16
Claire Stahl, Assistant
Café Manager

Get answers to all your tech questions. First come, first served. BYOD—Bring Your Own Device! **FREE**

MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Friday: 7:30 a.m.–8:00 p.m. (menu available until 7:45 p.m.)

Saturday: 8:00 a.m.–3:00 p.m. (menu available until 2:45 p.m.)

MUSIC & ENTERTAINMENT

Did you know we offer regular Dinner Theater events?

These events offer live entertainment along with a delicious dinner. Each one is BYOB, and a great way to kick off your weekend!

Friday, October 13

4:30 p.m. Dinner Theater: Oktoberfest with the Mike Knauf Duo

The Mike Knauf Duo will entertain us with traditional German music.

Dinner 4:30 p.m.

Show 5:30 p.m.; Meal Cost \$10

*Entertainment Suggested
Donation \$8*

Monday, October 16

1:00 p.m. Game Time

Jeanne Roppolo, Moderator

Join in the fun as we recall moments from the '50s to the '90s. Be the first to correctly answer questions pertaining to history, movies, music, TV shows, games, books, and fashion.

Suggested Donation \$8

Thursday, October 19

3:30–5:30 p.m. Spinning Discs with “Jivan” Ivan

Enjoy an afternoon of your favorite tunes courtesy of our house DJ. All requests welcome. **FREE**

Friday, October 20

4:30 p.m. Dinner Theater: Sandi Haynes

You'll be wowed by Sandi's unforgettable performances

of favorite songs from a variety of genres.

Dinner 4:30 p.m.

Show 5:30 p.m.; Meal Cost \$10

*Entertainment Suggested
Donation \$8*

Friday, November 10

6:30 p.m. Edizon Dayao in Concert

Join us for a later-than-usual Friday evening concert.

Edizon is a multitalented musician who will have you singing and dancing along to favorite rock-'n'-roll hits from the 50s to today.

Suggested Donation \$8

Thursday, November 16

3:30–5:30 p.m. Spinning Discs with “Jivan” Ivan

Friday, November 17

4:30 p.m. Dinner Theater: Christopher Walz & Friends

Join us for a good old-fashioned flatpicking and singing bluegrass special.

Dinner 4:30 p.m.

Show 5:30 p.m.; Meal Cost \$10

*Entertainment Suggested
Donation \$8*



ACOUSTIC EVENINGS

Thursdays, 6:30–7:30 p.m.

Join us for an evening of local talent. Each week we'll feature a different musician—and a unique musical experience! Come early for dinner, and keep in mind we're BYOB. *Suggested Donation \$5*

Friday, December 1

4:30 p.m. Dinner Theater: An Early Yule!

*John Eskola, Vocalist
& Pat Rusk, Piano*

Make merry for the holidays with John and Pat. They will delight you with holiday classics along with some fun and unusual songs, including “Jingle Bell Rag.”

Dinner 4:30 p.m.

Show 5:30 p.m.; Meal Cost \$10

*Entertainment Suggested
Donation \$8*

Friday, December 8

4:30 p.m. Dinner Theater: Chris Casello Rockabilly Trio

Join us for an unforgettable performance by one of the most dynamic and entertaining guitarists in the world of roots music today.

Dinner 4:30 p.m.

Show 5:30 p.m.; Meal Cost \$10

*Entertainment Suggested
Donation \$8*

Friday, December 15

4:30 p.m. Dinner Theater: Rick Pickren's Prairie Holiday

A Mather's musical favorite, Rick returns to play some seasonal favorites with a lovely twist. Enjoy his wonderful guitar and vocals in this special holiday performance.

Dinner 4:30 p.m.

Show 5:30 p.m.; Meal Cost \$10

*Entertainment Suggested
Donation \$8*

Thursday, December 21

3:30–5:30 p.m. Spinning Discs with “Jivan” Ivan

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

LIFELONG LEARNING

Register for AARP Driver Safety and receive \$5 off your meal purchase of \$10 or more when you dine with us after the October 4 class.

Wednesday, October 4

1:30–5:30 p.m. AARP Driver Safety, Day 1

AARP FOUNDATION Phil Breneman, Certified AARP Driver Safety Volunteer Instructor

Learn current rules of the road, defensive driving techniques, and ways to operate your vehicle more safely in today's increasingly challenging driving environment. Cost \$15 for AARP members \$20 for nonmembers. Make checks payable to AARP.

Thursday, October 5

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

Friday, October 6

2:00–3:30 p.m.

Try Something New!

Mather's Jeopardy!

Buddy Cole, Eileen Gabriel-Galán & Rich Lang, Facilitators
Come and try *Jeopardy!* live as Buddy, Rich, and Eileen introduce you to their own version of the game. Light refreshments will be served. Suggested Donation \$3

Saturday, October 7

11:30 a.m. Great Courses:
Criminal Minds—Psychology & Psychiatry

This series of DVD lectures delves into the use of evidence, witnesses, and deductive reasoning to solve crimes. Today's lecture examines the case of serial killer Jeffrey Dahmer. Suggested Donation \$1

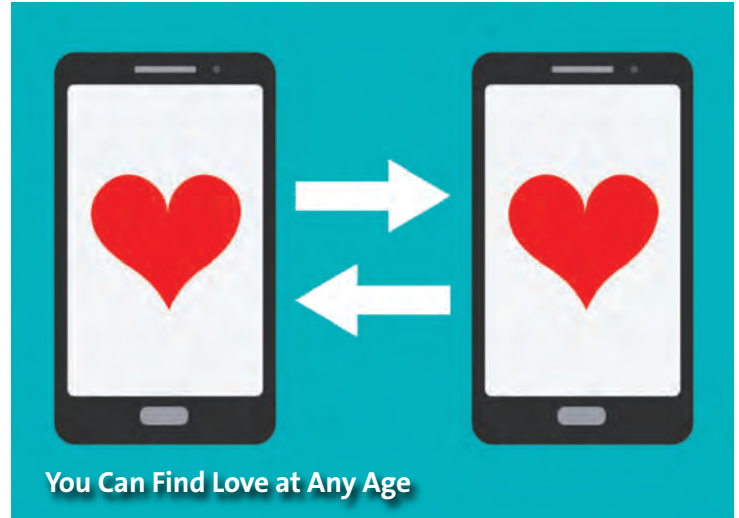
Monday, October 9

1:00–2:00 p.m. You Can Find Love at Any Age

Aaric Straford, Chicago Methodist Senior Services
We tested several popular dating sites, and came up with four that we deem older adult-friendly. Join us and find a good fit for you. Suggested Donation \$5

6:00 p.m. Design Your Living Space with Feng Shui

Randa Clark, Feng Shui Consultant, Allied ASID, CRMT
Learn to freshen up the look of your home and get rid of clutter. When you feng shui your dwelling, it will change your life! Bring a small object from home that you either love or hate. Suggested Donation \$5



Tuesday, October 10

3:30 p.m. Chicago Music in the '60s & '70s

Dean Milano, Author, *The Chicago Music Scene: 1960s and 1970s*

AUTHOR PRESENTATION

A longtime fixture on the local music scene, Dean brings back to life the most creative decades in Chicago music history. Dean will perform memorable songs, read from his book, and share photos from this glorious musical era. Suggested Donation \$5

Thursday, October 12

2:00 p.m. Living with Kindness

Leon Logothetis, Author
skype We'll talk by Skype with Leon Logothetis, global adventurer, kindness advocate, and philanthropist. Leon is famous for his trip around the world, documented on the TV show *The Kindness Diaries*, in which he lived solely off the kindness of

strangers while providing life-changing gifts to unsuspecting Good Samaritans. **FREE**

Saturday, October 14

11:30 a.m. Great Courses:
Crimes—Killers of One, Killers of Many

Today's DVD lecture analyzes four complex and tragic murder cases that were solved with the help of forensic evidence. Suggested Donation \$1

1:00–2:00 p.m. American Classic Tours Presentation

Joe & Sheila Conroy, Presenters
Come and learn about some amazing tours offered in the next few months! **FREE**

Wednesday, October 18

1:00–4:00 p.m. Critic's Choice: **Emma** by Jane Austen

Share your thoughts after we watch the film version of a book we've read during the month. See Café manager for details. **FREE**

Monday, October 23

6:00 p.m. DIY Home Decorating

Karen Carpino, Interior Designer

Decorate your home like a professional designer—without spending any money! Karen shares tips on redesigning a room using what you own, basic organizing techniques, and more. Those who attended Karen’s previous session are welcome to return, since this program is largely Q&A. *Suggested Donation \$5*

Thursday, October 26

1:00 p.m. Don’t Squash That Bug

Jim Rowan, Historian, Naturalist & Photographer

Meet some often-maligned animals that are often considered creepy: insects and spiders! Through Jim’s amazing macro photography, we’ll come face to face with some of these creatures and learn the role they play in the world’s ecosystems. *Suggested Donation \$8*

Saturday, October 28

11:30 a.m. Great Courses: Applications—Mass Disaster Forensics and Identification Matters

Today’s DVD lecture looks at how forensic techniques come into play when the crime scene is a mass disaster like the 1994 crash of American Eagle Flight 4184. *Suggested Donation \$1*



**Reliving History:
The Hobby of Re-Enacting**

Monday, October 30

6:00 p.m. Chicago’s Haunted History

Scott Larson, Storyteller, Historian & Graphic Novelist

Scott will share stories of Chicago’s haunted history and talk about some of the city’s most haunted places. *Suggested Donation \$5*

Wednesday, November 1

1:00 p.m. Reliving History: The Hobby of Re-Enacting

Jim Rowan, Historian, Naturalist & Photographer
Re-enactors have a passion for history and for sharing that passion with the public. This program highlights some events Jim has participated in as we visit historic periods from the Romans to

World War II. Try on some of Jim’s period uniforms and see how you look! *Suggested Donation \$8*

3:00 p.m. American Classic Tours Presentation

Monday, November 13

6:00 p.m. The Glory of Poland

Joe Cunniff, Instructor, DePaul University

Join Joe for a virtual tour of Poland with a film and personal stories. We’ll cover Cracow and Warsaw, the country’s beautiful art and architecture, and the enormous social and political changes Poland has undergone in the last few decades. Enjoy a delicious Polish treat. *Suggested Donation \$8*

**THE GREAT COURSES:
BRAIN MYTHS
EXPLODED**

11:30 a.m., Saturdays

In this DVD series, we’ll discover truths behind prevalent myths about the human brain. *Suggested Donation \$1 per session*

Saturday, November 4

Are Bigger Brains Smarter? and How Different Are Male and Female Brains?

Saturday, November 11

Does Your Brain Shut Down during Sleep? and Are You Always Conscious while Awake?

Saturday, November 18

How Accurate Is Your Memory? and Can Adult Brains Change for the Better?

Saturday, November 25

Can Brain Games Make You Smarter? and Do You Only Use 10% of Your Brain?

Saturday, December 2

Do You Have 5 Independent Senses? and Can Certain Foods Make You Smarter?

Saturday, December 9

Is Your Brain Objective? and Can You Multitask Efficiently?

Saturday, December 16

Are Dreams Meaningful? and Is Your Brain Too Smart for Magic Tricks?

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS



Get Your Sparkle On: Sparkling Wines for the Holidays

Wednesday, November 15

1:00–4:00 p.m. Critic’s Choice:
The Ice Harvest by Scott Phillips

Monday, November 27

**1:00 p.m. Got Photos?
Get Organized!**

Lida Bunting, Association of Professional Photo Organizers
We all have hundreds of photos, but organizing and preserving them can be overwhelming. Lida shares some simple steps to help get you started. You’ll leave with a plan for sharing and caring for your photos. **FREE**

6:00 p.m. The Family in Art

Caroline Edasis, Manager of Art Therapy, Mather LifeWays
Discover new ways of looking at and exploring works of art. We’ll look at images of the family in art history, describe what we see, and find connections with our own experiences. *Suggested Donation \$3*

Wednesday, December 6

1:00 p.m. Fortress America
Jim Rowan, Historian, Naturalist & Photographer
Join us as historian Jim Rowan takes us on a visual tour through America and Canada, exploring significant structures built to protect borders, frontiers, and people against invasion and harm. *Suggested Donation \$8*

Monday, December 11

6:00 p.m. Get Your Sparkle On: Sparkling Wines for the Holidays
Bill Gilmore, Wine Consultant
Just in time for the holidays! Learn the basics of sparkling wines, including cava, prosecco, and Champagne. We’ll provide samples of five varieties, and Bill will explain everything you need to know about the wines that create a party in your mouth! *Suggested Donation \$5*

HEALTH & WELLNESS

Tuesdays, October 3–24

**8:20 a.m. Meditation & Relaxation:
A 4-Week Workshop**

Joany Binder, Meditation Facilitator
Join us to learn how to overcome stress, ease your mind of clutter and anxiety, and change the negatives to positives. *Suggested Donation \$20 for 4-week workshop*

Wednesday, October 4

9:00 a.m.–1:00 p.m. Free Flu Shots

Get a free flu shot courtesy of Walgreens Pharmacy. If you have a Medicare Part B card, please bring it with you. Appointment required.

Monday, October 16

2:30–4:30 p.m. Vein Care Screening

Ramon Castro, MD, Chicago Vein Care Clinic
Do you suffer from leg pain, spider veins, swelling, or restless legs? Learn about treatments such as laser and sclerotherapy. Participants will receive a complimentary screening and consultation. **FREE**

Wednesday, October 25

12:30–2:30 p.m. Medicare Open Enrollment Presentation

UnitedHealthcare Representatives
Get all your Medicare questions answered—including which plan fits your needs. Afterwards, talk one-on-one with a UnitedHealthcare agent to address your questions. Light refreshments will be served. **FREE**

Tuesdays, November 7–28

**8:20 a.m. Meditation & Relaxation:
A 4-Week Workshop**

Monday, November 13

12:30–2:30 p.m. Medicare Open Enrollment Presentation

Tuesdays, December 5–19

**8:20 a.m. Meditation & Relaxation:
A 3-Week Workshop**

Suggested Donation \$15 for 3-week workshop

TRIPS

Mather's—More Than a Café in Chatham: Tour, Lunch & More!

Head to Chicago's South Side for a day at our Chatham location. We'll tour the recently renovated space, attend a quilt exhibit and presentation, and share a delicious lunch while enjoying the Proscenium Players Variety Show.

DATE: Tuesday, October 3,

10:30 a.m.—3:30 p.m.

**Departure Location: Mather's —
7134 W. Higgins Avenue**

Cost \$45

Please pay and register by Friday, September 15. Cost includes transportation, lunch, and entertainment. Limit 20.

Escape to Margaritaville

Oriental Theatre, Chicago

Imagine a place where the sun is hot and the water's warm—welcome to Margaritaville! Take a break from your troubles and enjoy this new musical about the choices we make and the people we become once we've had a change in latitude. This musical getaway features original and much-loved Jimmy Buffett songs.

DATE: Wednesday, November 29,

12:30–5:30 p.m.

**Departure Location: Mather's —
7134 W. Higgins Avenue**

Cost \$60

Please pay and register by Friday, November 3. Cost includes transportation and show. Limit 30.

The Christmas Schooner

Mercury Theater & Zia Lago Vista Restaurant, Chicago

Don't miss this heartwarming holiday classic that tells the story of the first Christmas tree ship and the family who risked their lives to fill Chicago with the Christmas spirit. The production features



Escape to Margaritaville

a powerful, moving story and an exquisite score of original music and traditional holiday favorites.

DATE: Thursday, December 14,

12:00–6:30 p.m.

**Departure Location: Mather's —
3235 N. Central Avenue**

Cost \$80

Please pay and register by Friday, November 10. Cost includes transportation, lunch at Zia Lago Vista, and show. Limit 25.

American Classic Tours

Door County in the Fall, October 11–13

Tour the picturesque lakeside villages, extensive shoreline, and rolling woodland of the "Cape Cod of the Midwest." Stay at the beautiful Stone Harbor Resort on the Sturgeon Bay waterfront for two nights and enjoy a guided tour of the 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, which will be decorated with millions of glittering lights, and a visit to the Grand Ole Opry.

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

FREE RESOURCES

Tuesday, October 3

3:30 p.m. Facial Care

Mia Dumanlang, Licensed Beautician
Look years younger using home ingredients for skin care. Come see a live demonstration on how you can save money using everyday household products that make a difference.

Thursdays, October 12,

November 9, and December 14

12:30 p.m. Sharing Life's Lessons

Shirley Thomas, Facilitator

In this journey called life, we've learned great and powerful lessons, as well as funny ones. Share your experiences and learn from each other.

Monday, October 23

3:00–5:00 p.m. Drop & Swap

Only new or clean, gently used items, please. Register at the front desk. No perishable items. You must be able to transport items on your own.

Monday, November 6

1:30 p.m. White Elephant

Mercy Prindes & Charlene Ryan
Bring two new or gently used items wrapped in newspaper. **FREE**

Monday, November 13

3:00–5:30 p.m. Haircuts

Mia Dumanlang, Licensed Beautician
Sign up for a free haircut! Mia will take appointments every 20 minutes with the last one of the day at 5:30 p.m.

Wednesday, November 29

**1:30–3:00 p.m. Mather's
Connections Meeting**

Find out about volunteering at Mather's—More Than a Café and its benefits. Call Claire Stahl at (773) 774.5771.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

CULINARY DELIGHTS



Cookbook & Holiday Cookie Exchange



Thursday, October 5

Meal Special: Oktoberfest

Lentil soup, salad, pork schnitzel, spätzle, red cabbage, rye roll, and apple strudel. *Cost \$9.50*

Wednesday, October 11

1:00–2:30 p.m. The ART of the COOKIE
Michele Hansen, Instructor

Join us in creating edible art! Master techniques for embellishing everyday cookies and holiday cookies. *All supplies included. Registration and payment required by October 6. Suggested Donation \$10*

4:00–5:30 p.m. The ART of the COOKIE

Michele Hansen, Instructor
Michele offers a repeat of this afternoon's sweet workshop—but this time you can bring your grandchildren (age 7 to 12) for an additional \$5 each. *Payment required by October 6. Suggested Donation \$10*

Monday, October 30

3:00 p.m. The Culinary Delighters Present: Homemade Ricotta

Mary Beth will teach you how easy it is to make fresh ricotta from scratch, as she provides interesting background on this versatile ingredient. Sample ricotta with extra virgin oil on crostini, cherry ricotta blintzes, and ricotta dumplings. *Cost \$6*



Thursday, November 2

Meal Special: Comfort Food

Chicken noodle soup, meat loaf, mashed potatoes, green beans, and chocolate pudding. *Cost \$7.99*

Wednesday, November 8

1:00–2:30 p.m. The ART of the COOKIE

See October 11. *Registration and payment required by November 3.*

4:00–5:30 p.m. The ART of the COOKIE

Bring your grandchild (age 7 to 12) for an additional \$5. *Registration and payment required by November 3. All supplies included. Suggested Donation \$10*

Friday, November 10

4:00–6:00 p.m. Victorian Tea with Amelia Earhart

Leslie Goddard, Impersonator
Bring your grandchildren to high tea. Enjoy finger sandwiches, tea cookies and other dessert delicacies, plus an assortment of teas. Hear firsthand from spirited aviator Amelia Earhart as she tells you about her dazzling achievements. *Please register and pay by November 1. Suggested Donation \$20; \$15 for children age 8–14*



Thursday, November 16

Meal Special: Thanksgiving Meal

Herb-roasted turkey (white and dark meat), mashed potatoes, gravy, cranberry sauce, stuffing, green beans, and your choice of dessert from the sweet table. *Cost \$9.50*



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

Wednesday, December 13

1:00 p.m. The Culinary Delighters Present: Chicken Vesuvio

Culinary Delighter José will demonstrate how to make Chicken Vesuvio, a dish unique to and rarely seen outside of Chicago. Enjoy some history and a plateful of this tasty Chicago original. *Cost \$7*

Friday, December 15

2:00 p.m. Cookbook & Holiday Cookie Exchange

Whip up a double batch of your favorite treat—enough to share for take-home treats and to sample as we chat. Bring recipes and cookbooks to exchange, gather recipes for other sweet delights, and leave with the warm glow of holiday cheer. *FREE*

FITNESS

ALL CLASSES ARE 45 MINUTES LONG UNLESS OTHERWISE NOTED.



Mind-Body Workout

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. **FREE**

9:00 a.m. Yoga

Yoga is wonderful for muscle tone, strength, and flexibility. Please wear loose, comfortable clothing, bring a towel or mat, and don't eat one hour before class. **Cost \$5**

10:30 a.m. Ageless Grace

Try this brain fitness program that addresses all 21 physical skills needed for lifelong optimal function. **Cost \$3**

TUESDAY

9:30 a.m. Muscle Movers

Get moving while increasing flexibility. Warm up and gain strength for higher energy challenges. **Cost \$3**

10:30 a.m. Prime Time Fitness

Achieve balance physically and mentally with aerobic activity aimed at improving your cardiovascular health and well-being. **Cost \$3**

11:30 a.m. Fun Fitness with Beth

Improve your overall health with moves that focus on strength, endurance, balance, and flexibility. **Cost \$3**

5:30–6:30 p.m. Yoga

Try our evening class—we welcome every fitness level and experience level with yoga. **Cost \$5**

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. **Cost \$5**

6:00–6:45 p.m. Try Something New! Mind-Body Workout

This class blends the strength of tai chi, Qigong yoga, meditation, and relaxation into a fun experience that helps with balance, core strength, mobility, and better energy flow. **Cost \$3**

THURSDAY

9:00 a.m. Jazzercise

See Wednesday.

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**

11:00 a.m. Total Body Fit

Get energized with some vigorous cardio moves (keep that heart healthy!), build muscle strength, and tone up. **Cost \$3**

5:30–6:30 p.m. Yoga

See Tuesday.

FRIDAY

9:00 a.m. Walking Club

See Monday.

9:00 a.m. Total Body Fit

See Thursday.

SATURDAY

10:00 a.m. Total Body Fit

See Thursday.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

ART & CREATIVITY



Creative Arts Celebration

 **Friday, October 6**
5:00 p.m. Art Exhibit Opening
Reception: Jim Rowan

Tuesday, October 17
3:00–4:30 p.m. Create Your Own
Stretch Bracelets
Michele Sztorc, Designer
Michele will guide you through designing and creating your own simple yet stunning bracelet to take home. All supplies included. Suggested Donation \$5

Thursday, October 19
1:00–2:00 p.m. Calligraphy Workshop
Michele Hansen, Instructor
We'll practice four different calligraphic styles. All supplies provided. Payment required at least one week in advance. Suggested Donation \$8

Saturday, October 21
10:00 a.m.–2:00 p.m. Arts & Crafts
Learning Resource Fair
Join us to explore and be inspired by watercolors, acrylics, pencils, and pastels. Instructors will be available to help with instructions on-site and to take home. You'll complete a work of art and take it home! All art supplies included, and frames available for purchase. Suggested Donation \$10

Monday, October 23
1:30 p.m. Try Something New!
Decorate a Holiday Stocking
Aleca Breneman, Designer
Time to start thinking about the holidays! Here's a fun way to begin: embellish a Christmas stocking using beads, ribbons, glitter, and more. All supplies provided. Suggested Donation \$5

Wednesday, October 25
2:00 p.m. Flower Arranging:
Halloween Arrangement
Robert Neri, Robert's Floral Design Studio
Create beauty while you relieve stress by practicing the fine art of flower arranging. Payment required in advance. All supplies included. Suggested Donation \$15

Friday, October 27
6:00–8:00 p.m. Paint & Sip with Val
Val Zucker-McCune, Owner, Smart Art Studios
Enjoy an evening of painting with local artist Val McCune. She'll guide you through recreating a selected piece while you enjoy your favorite BYOB beverage. Take home your masterpiece! Light refreshments will be served. Includes painting supplies and canvas. Suggested Donation \$25

Thursday, November 2
1:00–2:00 p.m. Calligraphy Workshop

Friday, November 3
4:00 p.m. Creative Arts Celebration
Celebrate the creative spirit by participating in or attending our annual Creative Arts Celebration. Musicians, singers, writers, actors, comedians, dancers, and all performing artists are welcome to sign up and perform original or non-original work. Then join us for a reception, where you can meet the performers as well as the artists

whose multimedia artwork will be on display for the full month. **FREE**

Tuesday, November 7
3:00–4:30 p.m. Make Your Own Earrings
Michele Sztorc, Designer
Michele will guide you through designing and creating your own simple yet stunning earrings. All supplies included. Suggested Donation \$5

Friday, November 17
1:00 p.m. Create Your Own Decorative Boutique Tray
Aleca Breneman, Designer
Aleca will guide you through the steps of creating, decorating, and embellishing a mini boutique tray. Suggested Donation \$6 or two for \$11

Saturday, November 18
10:00–2:00 p.m. Arts & Crafts Learning Resource Fair for All Ages
Various Artists/Instructors
Bring in your grandchildren for an all-ages interactive creative workshop of multiple experiences! Complete three or four projects of your choice using mixed media for making journals, books, and cards. Experiment with soap bubbles, shaving cream, salt, and sewing. Then take home your projects. Suggested Donation \$10; children \$8

Wednesday, November 22
2:00 p.m. Flower Arranging:
Thanksgiving Arrangement

Wednesday, December 20
2:00 p.m. Flower Arranging:
Christmas Arrangement

Friday, December 22
6:00–8:00 p.m. Paint & Sip with Val

ONGOING EVENTS

ALL ONGOING EVENTS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED.

MONDAY

10:30 a.m.–12:00 p.m.

Learn to Play Chess

Whether you're new to the game or want to brush up on basic moves and strategies, this is for you. Takes place 1st & 3rd Monday of each month. *FREE*

11:00 a.m.–1:00 p.m. Chair Massage

Pamper yourself with a relaxing 20-minute massage. Takes place 1st & 3rd Monday of each month. Appointment required. *Cost \$18*

3:30–5:00 p.m. Jam Session

Bring your guitar, harmonica, or musical instrument of your choice. Meet other musicians and make music together! Takes place 1st Monday of each month. *FREE*

**5:30–7:30 p.m. Try Something New!
Watercolor Painting**

Learn to use color and apply composition guidelines to create original paintings. Basic supplies needed: watercolor paints, paper, and brushes. Takes place 1st & 3rd Monday of each month. *Suggested Donation \$8.50 per class*

TUESDAY

9:00 a.m. Bowling Group

Bowl with us at Brunswick Zone, 7333 N. Milwaukee Avenue, Niles. Free shoe rental. *Cost \$7 for three games, payable at the lanes*

9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP)

Learn how to complete Medicare forms and settle claims with your insurance company. Takes place 2nd & 4th Tuesday of each month. *Call (773) 774.4804 to make an appointment.*

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! *Call (773) 774.4804 for more information.*

1:00–3:00 p.m. Chess Is Fun!

Drop-ins at all skill levels are welcome. *FREE*

1:00–3:00 p.m. Crochet Class

Suggested Donation \$2

1:00 p.m. News & Views

Explore the world through discussion, readings, and podcasts. We'll introduce a new topic each time. Takes place 4th Tuesday of each month. *FREE*

WEDNESDAY

8:45–10:45 a.m. Art Class:

Watercolor Painting

See Monday.

1:00–3:00 p.m. Coupon & Rebate Exchange Club

Trade deals, tips, and shopping experiences in a fun setting. Bring any circulars, mailers, or Internet deals. Takes place 4th Wednesday of each month. *FREE*

THURSDAY

10:00 a.m.–12:00 p.m. Open Tech Table

Get answers to all your tech questions. First come, first served. BYOD—bring your own device. *FREE*

12:30–3:30 p.m. Social Worker

Make an appointment for individual sessions. *FREE*

FRIDAY

10:30 a.m.–1:30 p.m. Piano Lessons

Each lesson is 30 minutes. Appointment required. Payment required in advance. *Suggested Donation \$90 for six lessons*

12:00 p.m. Creative Writers' Group

Have you been thinking of writing a story or starting your memoirs? Join our Creative Writers' Group and express your inner voice. Takes place 2nd & 4th Friday of each month. *FREE*

1:00 p.m. Brainwaves Over Coffee

Try fun brain exercises, stories, and games. Takes place 1st & 3rd Friday of each month. *Suggested Donation \$2*

1:30–3:30 p.m. Blood Pressure Screening

FREE

SATURDAY

11:30 a.m. Ukulele Group Lessons

Have fun strumming with your peers! *Suggested Donation \$15 per hour*

12:00–1:30 p.m. RTA Bus Passes

Those 65+ can apply for a reduced fare card. To qualify for Free Ride, you must be registered for Benefit Access. Takes place 1st Saturday of each month. *FREE*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

October | November | December At-a-Glance

WEEKLY EVENTS

Monday

9:00 a.m. Walking Club 9
 9:00 a.m. Yoga 9
 10:30 a.m. Ageless Grace 9

Tuesday

9:00 a.m. Bowling Group 11
 9:30 a.m. Muscle Movers 9
 10:30 a.m. Prime Time Fitness 9
 11:30 a.m. Fun Fitness with Beth 9
 1:00 p.m. Crochet Class 11
 1:00 p.m. Chess Is Fun! 11
 5:30 p.m. Yoga 9

Wednesday

8:45 a.m. Art Class: Watercolor Painting 11
 9:00 a.m. Walking Club 9
 11:00 a.m. Jazzercise 9
 6:00 p.m. Mind-Body Workout... 9

Thursday

9:00 a.m. Jazzercise 9
 10:00 a.m. Open Tech Table... 11
 10:00 a.m. Tai Chi 9
 11:00 a.m. Total Body Fit 9
 12:30 p.m. Social Worker 11
 5:30 p.m. Yoga 9
 6:30 p.m. Acoustic Evenings... 3

Friday

9:00 a.m. Walking Club 9
 9:00 a.m. Total Body Fit 9
 10:30 a.m. Piano Lessons 11
 1:30 p.m. Blood Pressure Screening 11

Saturday

10:00 a.m. Total Body Fit 9
 11:30 a.m. Ukulele Group Lessons 11

OCTOBER

Monday, October 2

10:30 a.m. Learn to Play Chess 11
 11:00 a.m.–1:00 p.m. Chair Massage... 11
 3:30–5:00 p.m. Jam Session..... 11
 5:30–7:30 p.m. Watercolor Painting... 11

Tuesday, October 3

TRIP: Mather's—More Than a Café in Chatham: Tour, Lunch & More! 7
 8:20 a.m. Meditation & Relaxation: A 4-Week Workshop 6
 3:30 p.m. Facial Care 7

Wednesday, October 4

Morning events cancelled for flu shots.
 9:00 a.m.–1:00 p.m. Free Flu Shots... 7
 1:30–5:30 p.m. AARP Driver Safety, Day 1 4

Thursday, October 5

Meal Special: Oktoberfest..... 8
 12:30–4:30 p.m. AARP Safe Driving Course, Day 2 4

Friday, October 6

1:00 p.m. Brainwaves Over Coffee... 11
 2:00–3:30 p.m. Mather's *Jeopardy!* ... 4
 5:00 p.m. Art Exhibit Opening Reception: Jim Rowan 10

Saturday, October 7

11:30 a.m. Great Courses: Criminal Minds—Psychology & Psychiatry..... 4
 12:00–1:30 p.m. RTA Bus Passes..... 11

Monday, October 9

1:00–2:00 p.m. You Can Find Love at Any Age..... 4
 6:00 p.m. Design Your Living Space with Feng Shui 4

Tuesday, October 10

8:20 a.m. Meditation: A 4-Week Workshop, Week 2 6

9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP)..... 11
 3:30 p.m. Chicago Music in the '60s & '70s 4

Wednesday, October 11

1:00–2:30 p.m. The ART of the COOKIE 8
 4:00–5:30 p.m. The ART of the COOKIE 8

Thursday, October 12

12:30–1:30 p.m. Sharing Life's Lessons..... 7
 2:00 p.m. Living with Kindness 4

Friday, October 13

12:00 p.m. Creative Writers' Group... 11
 4:30 p.m. Dinner Theater: Oktoberfest with the Mike Knauf Duo 3

Saturday, October 14

11:30 a.m. Great Courses: Crimes—Killers of One, Killers of Many 4
 1:00–3:00 p.m. iPad Class 2
 1:00–2:00 p.m. American Classic Tours Presentation..... 4

Monday, October 16

10:30 a.m. Learn to Play Chess 11
 11:00 a.m.–1:00 p.m. Chair Massage... 11
 1:00 p.m. Game Time 3
 2:30–4:30 p.m. Vein Care Screening... 6
 5:30–7:30 p.m. Watercolor Painting... 11

Tuesday, October 17

8:20 a.m. Meditation: A 4-Week Workshop, Week 3 6
 3:00–4:30 p.m. Create Your Own Stretch Bracelets 10

Wednesday, October 18

1:00–4:00 p.m. Critic's Choice: *Emma* by Jane Austen 4

Thursday, October 19
 1:00–2:00 p.m. Calligraphy
 Workshop 10
 3:30–5:30 p.m. Spinning Discs
 with “Jivan” Ivan 3

Friday, October 20
 1:00 p.m. Brainwaves Over Coffee . . . 11
 4:30 p.m. Dinner Theater:
 Sandi Haynes 3

Saturday, October 21
 10:00 a.m.–2:00 p.m. Arts & Crafts
 Learning Resource Fair 10

Monday, October 23
 1:30 p.m. Decorate a Holiday
 Stocking 10
 3:00–5:00 p.m. Drop & Swap 7
 6:00 p.m. DIY Home Decorating 5

Tuesday, October 24
 8:20 a.m. Meditation: A 4-Week
 Workshop, Week 4 6
 9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP) 11
 1:00 p.m. News & Views 11

Wednesday, October 25
 12:30–2:30 p.m. Medicare Open
 Enrollment Presentation 6
 1:00–3:00 p.m. Coupon & Rebate
 Exchange Club 11
 2:00 p.m. Flower Arranging:
 Halloween Arrangement 10

Thursday, October 26
 1:00 p.m. Don’t Squash That Bug 5

Friday, October 27
 12:00 p.m. Creative Writers’ Group . . 11
 6:00–8:00 p.m. Paint & Sip with Val . . 10

Saturday, October 28
 11:30 a.m. Great Courses:
 Applications— Mass Disaster Forensics
 and Identification Matters 5

1:00–2:30 p.m. Open Tech Table 2

Monday, October 30
 3:00 p.m. The Culinary Delighters
 Present: Homemade Ricotta 8
 6:00 p.m. Chicago’s Haunted History . . 5

NOVEMBER

Wednesday, November 1
 1:00 p.m. Reliving History:
 The Hobby of Re-Enacting 5
 3:00 p.m. American Classic Tours
 Presentation 5

Thursday, November 2
 Meal Special: Comfort Food 8
 1:00–2:00 p.m. Calligraphy
 Workshop 10

Friday, November 3
 1:00 p.m. Brainwaves Over Coffee . . . 11
 4:00 p.m. Creative Arts Celebration . . 10

Saturday, November 4
 12:00–1:30 p.m. RTA Bus Passes 11
 11:30 a.m. The Great Courses:
 Brain Myths Exploded 5

Monday, November 6
 10:30 a.m. Learn to Play Chess 11
 11:00 a.m.–1:00 p.m. Chair Massage . . 11
 1:30 p.m. White Elephant 7
 3:30–5:00 p.m. Jam Session 11
 5:30–7:30 p.m. Watercolor Painting . . 11

Tuesday, November 7
 8:20 a.m. Meditation & Relaxation:
 A 4-Week Workshop 6
 3:00–4:30 p.m. Make Your
 Own Earrings 10

Wednesday, November 8
 1:00–2:30 p.m. The ART of the
 COOKIE 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

Wednesday, November 8

4:00–5:30 p.m. The ART of the
COOKIE 8

Thursday, November 9

12:30 p.m. Sharing Life's Lessons 7

Friday, November 10

Café closed from 3:00–5:00 p.m.

12:00 p.m. Creative Writers' Group... 11

4:00–6:00 p.m. Victorian Tea with
Amelia Earhart 8

6:30 p.m. Edizon Dayao 3

Saturday, November 11

11:30 a.m. The Great Courses:
Brain Myths Exploded..... 5

Monday, November 13

12:30–2:30 p.m. Medicare Open

Enrollment Presentation 6

3:00–5:30 p.m. Haircuts..... 7

6:00 p.m. The Glory of Poland 5

Tuesday, November 14

8:20 a.m. Meditation: A 4-Week

Workshop, Week 2 6

9:00 a.m.–2:00 p.m. Senior Health

Insurance Program (SHIP)..... 11

Wednesday, November 15

1:00–4:00 p.m. Critic's Choice: *The Ice*

Harvest by Scott Phillips..... 6

Thursday, November 16

Meal Special: Thanksgiving Meal..... 8

3:30–5:30 p.m. Spinning Discs

with "Jivan" Ivan..... 3

Friday, November 17

1:00 p.m. Brainwaves Over Coffee .. 11

1:00 p.m. Create Your Own

Decorative Boutique Tray 10

4:30 p.m. Dinner Theater:

Christopher Walz & Friends 3

Saturday, November 18

10:00–2:00 p.m. Arts & Crafts

Learning Resource Fair for All Ages... 10

11:30 a.m. The Great Courses:

Brain Myths Exploded..... 5

Monday, November 20

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

11:00 a.m.–1:00 p.m. Chair Massage.. 11

1:00–2:00 p.m. Internet Basics 2

5:30–7:30 p.m. Watercolor

Painting..... 11

Tuesday, November 21

8:20 a.m. Meditation: A 4-Week

Workshop, Week 3 6

Wednesday, November 22

1:00–3:00 p.m. Coupon & Rebate

Exchange Club 11

2:00 p.m. Flower Arranging:

Thanksgiving Arrangement 10

Thursday, November 23

CAFÉ CLOSED – Happy Thanksgiving!

Friday, November 24

CAFÉ CLOSED – Happy Shopping Day!

Saturday, November 25

11:30 a.m. The Great Courses:

Brain Myths Exploded..... 5

1:00–2:30 p.m. Open Tech Table..... 2

Monday, November 27

1:00 p.m. Got Photos?

Get Organized! 6

6:00 p.m. The Family in Art..... 6

Tuesday, November 28

8:20 a.m. Meditation: A 4-Week

Workshop, Week 4 6

9:00 a.m.–2:00 p.m. Senior Health

Insurance Program (SHIP)..... 11

1:00 p.m. News & Views 11

Wednesday, November 29

TRIP: *Escape to Margaritaville* 7

1:30–3:00 p.m. Mather's Connections

Meeting..... 7

DECEMBER

**Every Tuesday in December, enjoy
bottomless \$1 mugs of old-fashioned
stovetop hot chocolate!**

Friday, December 1

1:00 p.m. Brainwaves Over Coffee... 11

4:30 p.m. Dinner Theater:

An Early Yule!..... 3

Saturday, December 2

11:30 a.m. The Great Courses:

Brain Myths Exploded..... 5

12:00–1:30 p.m. RTA Bus Passes..... 11

Monday, December 4

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

11:00 a.m.–1:00 p.m. Chair Massage.. 11

3:30–5:00 p.m. Jam Session..... 11

5:30–7:30 p.m. Watercolor Painting... 11

Tuesday, December 5

8:20 a.m. Meditation & Relaxation:

A 3-Week Workshop 6

Wednesday, December 6

1:00 p.m. Fortress America..... 6

Thursday, December 7

CAFÉ CLOSED – All-Employee Meeting

Friday, December 8

Magazine Release Day!

12:00 p.m. Creative Writers' Group... 11

4:30 p.m. Dinner Theater:

Chris Casello Rockabilly Trio 3

Saturday, December 9

11:30 a.m. The Great Courses:

Brain Myths Exploded..... 5

1:00–2:30 p.m. Open Tech Table..... 2

Monday, December 11

1:00–2:00 p.m. Smartphones 2

6:00 p.m. Get Your Sparkle On:

Sparkling Wines for the Holidays 6

Tuesday, December 12

8:20 a.m. Meditation: A 3-Week Workshop, Week 2 6

9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP) 11

Wednesday, December 13

1:00 p.m. The Culinary Delighters Present: Chicken Vesuvio. 8

Thursday, December 14

TRIP: *The Christmas Schooner* 7
12:30 p.m. Sharing Life’s Lessons. 7

Friday, December 15

1:00 p.m. Brainwaves Over Coffee . . 11
2:00 p.m. Cookbook & Holiday Cookie Exchange 8
4:30 p.m. Dinner Theater: Rick Pickren’s Prairie Holiday 3

Saturday, December 16

11:30 a.m. The Great Courses: Brain Myths Exploded. 5
1:00–2:30 p.m. Open Tech Table 2

Monday, December 18

10:30 a.m. Learn to Play Chess. 11
11:00 a.m.–1:00 p.m. Chair Massage. . 11
5:30–7:30 p.m. Watercolor Painting. . . 11

Tuesday, December 19

8:20 a.m. Meditation: A 3-Week Workshop, Week 3 6

Wednesday, December 20

2:00 p.m. Flower Arranging: Christmas Arrangement 10

Thursday, December 21

3:30–5:30 p.m. Spinning Discs with “Jivan” Ivan 3

Friday, December 22

12:00 p.m. Creative Writers’ Group. . 11
6:00–8:00 p.m. Paint & Sip with Val . . 10

Monday, December 25

CAFÉ CLOSED – Happy Holidays!

Tuesday, December 26

9:00 a.m.–2:00 p.m. Senior Health Insurance Program (SHIP) 11
1:00 p.m. News & Views 11

Wednesday, December 27

1:00–3:00 p.m. Coupon & Rebate Exchange Club 11



Welcome, Claire!

Mather’s—More Than a Café in Norwood Park and Portage Park welcome Claire Stahl, our new Assistant Café Manager. Claire has a master’s degree in public health from the University of Illinois at Urbana-Champaign.

Claire will be at Mather’s in Norwood Park on Tuesdays, Thursdays, and Saturdays. Her phone number there is (773) 774.5771. She is at Mather’s in Portage Park on Wednesdays and Fridays and can be reached there at (773) 205.3304. She is available every day at [cstahl@matherlifeways.com](mailto: cstahl@matherlifeways.com).

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 membership 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.

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.