EVENINGS AT MATHER’S

JUNE 2017

EVENING

FITNESS CLASSES

Yoga

Tuesdays and Thursdays,
5:30–6:30 p.m.
We welcome every fitness level and level of experience with yoga. Enjoy a calming, stress-relieving yoga class that gradually stretches and strengthens the body. Cost $5

Zumba Gold

Wednesdays
6:00–6:45 p.m.
This modified Zumba class features exhilarating Latin music and easy-to-follow dance moves that focus on balance, range of motion, and coordination. Cost $3

Thursday, June 1
4:00 p.m. The Culinary Delighters Present:
Cooking with Seeds & Grains
Watch, learn, and taste how to use amaranth, faro, chia, wheat berries, and other seeds and grains in salads, beverages, and other tasty treats. Cost $6

Friday, June 2
5:00 p.m. Art Exhibit:
Zygmunt Sololnicki

Friday, June 9
4:30 p.m. Dinner Theater: Sandy Haynes
Enjoy live entertainment along with a delicious dinner. You’ll be wowed by Sandy'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

Monday, June 5
6:00 p.m. The Wild I’Tralian:
Dick Biondi
Pamela Enzweiler-Pulice, Filmmaker
Pam is making a film about the dazzling and tumultuous career of the voice of the baby boomers, radio legend Dick Biondi. Hear the whole story and see clips of the amazing man in action. Suggested Donation $5

Monday, June 12
3:00–4:30 p.m. Tech-Knowledge:
You Can Find Love at Any Age
Aaric Straford, Chicago Methodist Senior Services (CMSS)
Millions of people use online dating services to find their match for love and/or friendship. Learn tips to find the best chances for success. Cost $10

Tuesday, June 6
3:30 p.m. Essential Oils:
Home Detox Class
Mary Ann Wilkens, The Thyme Is Now
Home detox can be vital to your health. Discover how to enjoy cleaner, greener living in a chemical-filled world. Suggested Donation $8

Tuesday, June 13
3:30 p.m. Essential Oils: Lucy Libido
Mary Ann Wilkens, The Thyme Is Now
Have you ever wondered if there was an oil for “that”? Gather your girlfriends for this one-of-a-kind class on ways to enhance your relationships with the use of essential oils. Suggested Donation $8

For a schedule of daytime events, ask the receptionist for a More at Mather’s magazine.

7134 W. Higgins Avenue, Chicago, IL 60656 | (773) 774.4804
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Wednesday, June 14
6:00 p.m. DIY Home Decorating
Karen Carpino, Interior Designer
Learn how to decorate your home like a professional designer—without spending money! Karen shares pro tips on redesigning a room using what you already own; basic organizing; and more! Suggested Donation $8

Friday, June 16
4:30 p.m. Dinner Theater: Rick Pickren
Always a crowd-pleaser, “the Singing Cowboy” will deliver an evening of lively entertainment including some old-time rock ‘n’ roll. Dinner 4:30 p.m. Show 5:30 p.m.; Meal Cost $10
Entertainment Suggested Donation $8

Monday, June 19
6:00 p.m. Speaking of Unmentionables: The Rise & Fall of Ladies’ Underwear
Ellie Carlson, Presenter
Ellie’s novel and sometimes naughty presentation on the history of ladies’ underwear will unveil myths and truths. Suggested Donation $8

Tuesday, June 20
3:30 p.m. Essential Oils: Healing Oils of the Bible, Part 1
Mary Ann Wilkens, The Thyme Is Now
The Bible includes over 500 references to essential oils and aromatic plants. Learn about these fascinating references in this class based on the book Healing Oils of the Bible. Suggested Donation $8

Wednesday, June 21
7:00 p.m. Setting Your Course for Happy & Healthy Aging
Kim Schaefer, Autumn Green at Wright Campus & Others
Local professionals will navigate you through options for older adult care and guide you to local resources. FREE

Thursday, June 22
6:30 p.m. Acoustic Evening/Open Mic Night
Step up to the mic and share a song, poem, or joke with a friendly audience. Bill McCrory will start things off and keep things going. Sign-up begins at 5:30 p.m. Space may be limited so bring your best material—and your fans! Suggested Donation $5

Friday, June 23
5:30 p.m. Garbo: The Musical
Jill Gabrielle, Performer
Enjoy a one-woman musical performance based on the life of enigmatic Swedish film star Greta Garbo. Discover some answers to questions the world has been dying to know for decades about this extraordinary woman. Suggested Donation $10

Monday, June 26
6:00 p.m. The Life of a Legend: Josephine Baker
Ivory Moss, Music Historian
In the 1920s, American entertainer Josephine Baker took Europe by storm with her comic and sensual appeal. An expert on Baker’s vocal work, Ivory will play some rare video of her performances. Suggested Donation $5

Tuesday, June 27
3:30 p.m. Essential Oils: Healing Oils of the Bible, Part 2

Thursday, June 29
6:00 p.m. Paint & Sip with Val
Val Zucker-McCune, Owner, Smart Art Studios
6:00 to 6:30 is a pre-party, followed by painting. Perfect for the stick-figure challenged! 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. Relax at the end of your week and take home your very own masterpiece! Includes painting supplies and canvas. Suggested Donation $25

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

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