Fun Facts for November
Joe Cunniff, Instructor, DePaul University
Wednesday, November 1
11:00 a.m. CT
Join a discussion about November birthdays, holidays, history, and more!

A Conversation with Loretta Swit
Walter Podrazik, Author, Watching TV: Eight Decades of American Television
Wednesday, November 1, 1:00 p.m. CT
Loretta Swit is best known for her portrayal of “Hot Lips” Houlihan on the TV series M*A*S*H. We’ll talk live on the phone with Loretta about her acting career, her animal activism, her watercolor painting, and her new book SwitHeart.

Simply Strong
Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach®
Friday, November 3
11:00 a.m. CT
Join us for a guided strength-training routine that can be done in your home, complete with written instructions.

Meditation
Susan Wilkens, Yoga Instructor, Dancing Cranes
Monday, November 6, 13 & 20, 2:00 p.m. CT
Learn simple breathing and focusing techniques you can do on your own to help reduce stress and multiply your “happiness factor”!

Your Turn: Feedback on Telephone Topics
Lisa Evans, Mather LifeWays
Thursday, November 2
11:30 a.m. CT
Give your opinion on topics you liked and didn’t like, what you’d like to hear more about, or even topics you’d like to present.

Register at (888) 600.2560 or teltopics@matherlifeways.com

Interactive talks, exercise, performances, lectures & more

All programs are central time (CT).
Facial Workout
Kate Marrs, Presenter
Tuesday, November 7
11:00 a.m. CT
You’ll be surprised at the benefits of facial gymnastics. Learn how to create happy faces with minimal time and no equipment.

Benefits of Gratitude
Ricki Saady, Presenter
Tuesday, November 7
1:00 p.m. CT
Ricki shares more about gratitude and explains how it can enhance our lives and the lives of others.

Game Time with Jeanne
Jeanne Roppolo, Author, Storyteller & Motivational Speaker
Wednesday, November 8
1:00 p.m. CT
Join us for some fun! Test your knowledge or learn a thing or two in an all-new brain-teasing session.

Female Inventors, Part 4
Caryl Derenfeld, Joy Fueled Souls
Thursday, November 9
11:00 a.m. CT
In this continuing look at women whose inventions impact our lives, we’ll concentrate on women of science.

The Pearl Fishers
Karen Jared, Opera Lovers
Lecture Corps
Thursday, November 9
1:00 p.m. CT
Karen explores the music, story, and background of this beautiful opera by Georges Bizet.

Diabetes: Small Steps, Big Rewards
Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach®
Friday, November 10
11:00 a.m. CT
Learn steps to substantially reduce your risk of diabetes or better manage this condition that affects nearly one-third of people age 65 and better.

Storytelling with Caroline
Caroline Latta, Theatre Department, Columbia College Chicago
Friday, November 10
1:00 p.m. CT
Enjoy a tale delivered by a master storyteller, followed by discussion about the story.

The Benefits of Good Posture
Paige Corley, Certified Personal Trainer
Tuesday, November 14
11:00 a.m. CT
See feature above.

American Bandstand
Heather Braoudakis, Vocalist
Tuesday, November 14
1:00 p.m. CT
Celebrate the early years of American Bandstand with music by original guests including Patsy Cline, Johnny Mathis, and others.

Broadcasting Royalty
Walter Podrazik, Author, Watching TV: Eight Decades of American Television
Wednesday, November 15
11:00 a.m. CT
Wally discusses radio and television coverage of Britain’s royal family from early World War II transmissions to celebratory weddings.

Gratitude Power, Part 2
Kate Marrs, Presenter
Tuesday, November 15
1:00 p.m. CT
Kate deepens the discussion of living with gratitude, including feedback on the 21-Day Gratitude Experiment.

Glen Campbell
Rich Lang, Media Historian
Thursday, November 16
11:00 a.m. CT
Rich will discuss the life and career of the great country music legend.

Bugs Bunny
Brian Salgado, Presenter
Thursday, November 16
1:00 p.m. CT
Brian explains how Bugs Bunny became an American cultural icon.
Frank Gehry: Canadian-American Architect
Lynette Bremer, Art & Architecture Historian
Friday, November 17
11:00 a.m. CT
Learn about the architect of postmodern masterpieces including the Guggenheim Museum in Bilbao, Spain, and the Jay Pritzker Pavilion in Chicago’s Millennium Park.

Storytelling with Caroline
Friday, November 17
1:00 p.m. CT
See November 10.

How to Say It
Kate Marrs, Presenter
Tuesday, November 21
11:00 a.m. CT
Have you ever wished for just the right words or ways to express your feelings? We’ll look at how we can communicate what’s effective, comforting, and meaningful.

The Record Den: Ladies & Music
Ivan Rivera, Disc Jockey, Record Collector & Music Historian
Tuesday, November 21
1:00 p.m. CT
Enjoy some great tunes from female pop singers, blues singers, and big bands.

Facts & Origins of Thanksgiving
Caryl Derenfeld, Joy Fueled Souls
Wednesday, November 22
1:00 p.m. CT
Share memories about your holiday traditions, and learn some juicy tidbits about the original Thanksgiving.

Storytelling with Will
Will Casey, Theatre Department, Columbia College Chicago
Friday, November 24
1:00 p.m. CT
Enjoy a tale delivered by a master storyteller, followed by discussion about the story.

Time for Us: Let’s Chat!
Kate Marrs, Presenter & Lisa Evans, Mather LifeWays
Monday, November 27
11:00 a.m. CT
Join us for a fun open chat about thoughts and experiences from your world.

Chair Yoga
Tom Wilkens, Yoga Instructor, Dancing Cranes
Monday, November 27
2:00 p.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Depression: Causes, Symptoms & Treatment
Dan Zinn, Pharmacist, Walgreens
Tuesday, November 28
11:00 a.m. CT
Join Dan for a frank discussion about depression.

What’s Hot in Politics
Judy Lear, Gray Panthers
Tuesday, November 28
1:00 p.m. CT
Judy brings us up to date on what the international advocacy organization known as the Gray Panthers is doing on political issues and asks for your input.

Picasso: The Later, the Better?
Fabiana Glazer, Arts Educator
Wednesday, November 29
11:00 a.m. CT
Let’s look at Picasso’s career as an older artist. How did he evolve creatively? Why did he continue painting?

Put an End to Paper Clutter!
Rita Emmett, Author, The Clutter-Busting Handbook
Wednesday, November 29
1:00 p.m. CT
Rita will teach you simple ways to clear out paper clutter fast.

Sean Connery
Rich Lang, Media Historian
Thursday, November 30
11:00 a.m. CT
Rich will cover the life and career of Sean Connery.

The Trans-Siberian Railway Journey, Part 1
Jeanne Roppolo, Author, Storyteller & Motivational Speaker
Thursday, November 30
1:00 p.m. CT
Curious about life aboard the Trans-Siberian Railway? Jeanne reads from her new book series, followed by discussion.
A new month of discussions & fun!

Telephone Topics

See something you’re interested in?

FOLLOW THESE SIMPLE STEPS FOR EACH CALL YOU’D LIKE TO JOIN:

• Register in advance by calling (888) 600.2560, or e-mailing teltopics@matherlifeways.com.

• At the time listed for the program, dial in from any phone . . . and enjoy. All calls are FREE!

Share Telephone Topics with your friends — the more the merrier!