More at Mather's

JANUARY | FEBRUARY | MARCH 2018

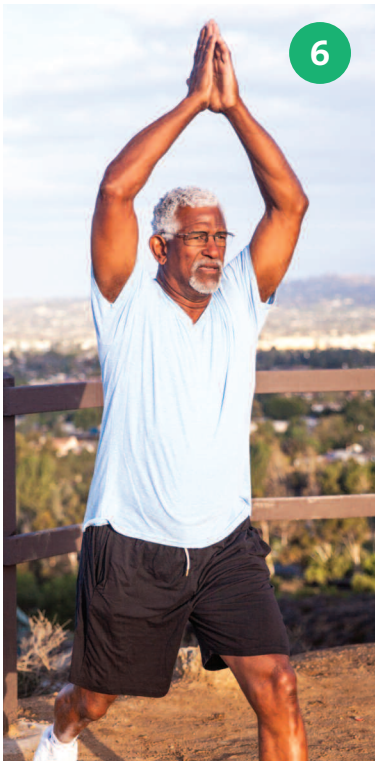
Alvin Ailey American Dance Theater, p. 8

Enjoy Soup for the Price of the Temperature in January & February!

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

mather's more than a café

Check Out What's Happening!



Computer Classes 3
Learn some new technology skills, like how to use an iPad.

Culinary Delights 3
Enjoy meal specials and food programs, like our Mardi Gras luncheon!

History, Culture & More 4
Choose from author presentations, film screenings, and more—like a talk with former US Senator Carol Mosely Braun!

Health & Wellness 6
Sample our wellness programs—like a two-part program on managing your emotional well-being.

Music & Entertainment 7
Enjoy live concerts and events, like our popular Friday night steppers' parties.

Trips 8
Join us for outings to some great Chicago theater, like the latest Alvin Ailey American Dance production.

How-Tos 9
Do it yourself—learn to investigate your ancestry in a six-week series.

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 advice on tax exemptions for older adults.

Ongoing Events 12

January | February | March 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.)*

COMPUTER CLASSES

TWO-DAY CLASSES
Cost $35

Computer Basics
Thursdays, January 4 & 11 or March 15 & 22, 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, January 18 & 25 or March 29 & April 5, 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, February 1 & 8, 2:00–4:00 p.m.
Learn how to send, receive, reply to, and delete e-mails; work with attachments; and organize your contact list in Gmail.

Learn How to Use an iPad
Thursdays, February 15 & 22, 2:00–4:00 p.m.
Learn the basics of using the iPad along with other features like iCloud, iTunes, Siri, and the App Store.

Getting Started with Facebook
Thursdays, March 1 & 8, 2:00–4:00 p.m.
Learn how to set up an account, find out about security features, and learn how to add photos.

CULINARY DELIGHTS

All January & February! Soup for the Price of the Temperature!

It's cold outside! Warm up with a bowl of soup for the price of the temperature. For example, if it's 18°F outside, then your bowl of soup is only 18¢ plus tax!

Soup recipes vary.

Tuesday, January 16
11:00 a.m.–12:30 p.m. Try Something New! Chicken Soup for the Soul
Deacon George, FCM, Trinity United Church
Join us as we celebrate National Soup Month. Share your best soup recipe. We'll discuss the book *Chicken Soup for the Soul* while you enjoy some of our Culinary Delighters' delicious homemade soup, bread, and a beverage. *Meal Cost $6*

Tuesday, February 27
12:00–1:00 p.m. Mardi Gras at Mather's—More Than a Café
We're celebrating Mardi Gras with fun-filled activities, entertainment featuring the Sax Therapist, and a New Orleans-style lunch! We'll dine on chicken and shrimp jambalaya, Mardi Gras salad, and bourbon bread pudding. *Meal Cost $9; Entertainment Suggested Donation $5*

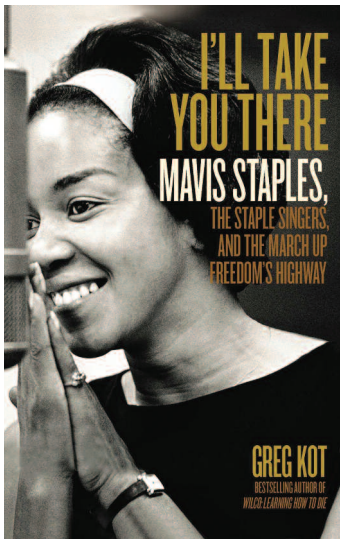
Tuesday, March 6
Meal Special
Meal Special: Taco Madness!
Choose from chicken, beef, or grilled shrimp.
Cost $5 for 2 tacos

Friday, March 16
Meal Special
Meal Special: St. Pat's Dinner
Irish cheddar and potato soup, corned beef and cabbage, carrots and celery, red potatoes, Irish soda bread, and lemon cake. *Cost $11.50*

WE'RE OPEN FOR BRUNCH EVERY SATURDAY AND SUNDAY, 9:00 A.M. TO 3:00 P.M.
Reservations are recommended.
Enjoy table service and a no-tipping policy!

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

HISTORY, CULTURE & MORE



I'll Take You There

Friday, January 12
1:00–2:00 p.m.
Try Something New!
I'll Take You There
Greg Kot, Author & Music Critic, Chicago Tribune
AUTHOR PRESENTATION
Hear the untold story of Mavis Staples and the music that shaped the civil rights era. For decades, Mavis and her family produced glorious music that fused gospel, soul, folk, and rock. You'll get the definitive account of Mavis's fascinating life from her love affair with Bob Dylan to her collaborations with Prince. *Suggested Donation $5*

Friday, January 19
1:00–2:00 p.m. Images in the Media
Carl West, Cohost, "The Talk of Chicago," WVON
Images we encounter in the media can shape and alter our perceptions and attitudes. Carl provides an in-depth analysis of images of African Americans presented in the media, and discusses how these images have often deepened divisions between people. *Suggested Donation $5*

Getting Engaged: Civics for Adults, Part 2

Wednesday, January 24
9:00–11:00 a.m. Book Club
This month we'll discuss *The Little Paris Bookshop* by Nina George. *FREE*

Friday, January 26
1:00–2:00 p.m. Exploring Family as Black History
Charmaine Jefferson, Principal, Kélan Resources & Former Executive Director, California African American Museum
skype In preparation for Black History Month, we will Skype with Charmaine Jefferson, a descendant of the "father of Black History Month" Carter G. Woodson. We'll talk about the subject of family as history as we explore the histories of Woodson's relatives and exchange accounts of some of your own family members. You never know what you might discover! *FREE*

Friday, February 2
1:00–2:00 p.m. Getting Engaged: Civics for Adults, Part 2
Ted Williams, Professor, Chicago State University
Learn how the government works at all different levels, find out what you can do to create change, discover opportunities for volunteering, and get answers to questions about politics and civic engagement. *Suggested Donation $5*

Friday, February 9
1:00–2:00 p.m.
From Colored to Black
Erin Goseer Mitchell, Author
AUTHOR PRESENTATION
Our own Erin Goseer Mitchell talks about her new book, which covers her migration from Georgia to Chicago as a young educator and newlywed. She describes obstacles she and her husband faced. Despite discrimination and the odds against them, the couple prospered in Chicago. *FREE*

Friday, February 16
1:00–2:00 p.m.
The HistoryMakers
Dionti Davis, Special Assistant to the Executive Director, the HistoryMakers
The HistoryMakers is dedicated to preserving and sharing the life stories of thousands of African Americans, both well-known and unsung, from President Barack Obama to the oldest living black cowboy. Dionti discusses the past, present, and future of this extraordinary group. *Suggested Donation $5*

Friday, February 23
1:00–2:00 p.m. A Talk with Cliff Kelley
Cliff Kelley, Host, WVON Radio
Join Cliff for a freewheeling talk about what's happening in Chatham and around Chicago. Cliff is a popular talk show host on local, national, and international affairs at WVON. *FREE*

Wednesday, February 28
9:00–11:00 a.m. Book Club
This month we'll discuss *Unspeakable* by Sandra Brown. *FREE*

Black History & Women

African Americans in World War I

Friday, March 2

1:00–2:00 p.m.
Hattie McDaniel
Jill Watts, Author, Hattie McDaniel: Black Ambition, White Hollywood

AUTHOR PRESENTATION

Skype The Hollywood career of Hattie McDaniel, who won a Best Supporting Actress Oscar for her outstanding performance as Mammy in *Gone with the Wind,* is still a matter of controversy. Jill Watts joins us by Skype to talk about her biography of Hattie, which deals with the debate over her career and achievements. *FREE*

Tuesday, March 6

1:30–2:30 p.m.
Black History & Women
Dr. Stephanie Crowder, Associate Professor of Theological Field Education, the Chicago School of Theology
Celebrate Women's History Month with an exploration of African American motherhood from a biblical perspective. We'll look at the power of community mothers, church mothers, neighborhood moms, and women who "mother" whether they are biological or not. All are welcome! *FREE*

Friday, March 9

1:00–2:00 p.m. Eartha Kitt: "The Most Exciting Woman in the World"
Kitt Shapiro, Presenter
Skype Kitt Shapiro, Eartha Kitt's only child, joins us by Skype to talk about her mother, the entertainment legend and social activist. Dubbed by Orson Wells "the most exciting woman in the world," Eartha had an utterly distinctive voice and was known for her great sense of fun in performance. *FREE*

Friday, March 16

1:00–2:00 p.m. The Green Book: The Guide for Negro Motorists
Calvin Ramsey, Author, Filmmaker & Playwright
The Green Book was an annual guide designed to help African American travelers find safe stopping points. For many decades, hotels, gas stations, and other businesses would refuse service to African Americans, and the road was fraught with other dangers. In film clips and discussion, we'll learn the story of this valuable guidebook. *Suggested Donation $5*

Friday, March 23

1:00–2:00 p.m. African Americans in World War I
Carol Moseley Braun, Former Senator & Ambassador to New Zealand
Carol returns to talk about the role of African Americans in the Great War. The first and only African American woman elected to the United States Senate, Carol will share her knowledge of African American history. *FREE*

Wednesday, March 28

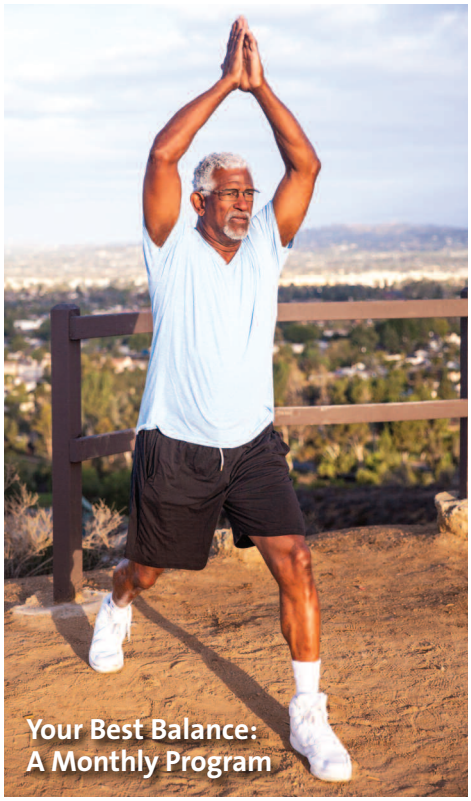
9:00–11:00 a.m. Book Club
This month we'll discuss *The Widow* by Fiona Barton. *FREE*

Friday, March 30

1:00–2:00 p.m. More Untold & Mistold Stories of African American History
Roma Stewart, Former Solicitor General of Illinois
Hear the truth about African American history. Roma will entertain and inform with some new stories and she will accurately retell stories that have been mistold for centuries, some with disastrous results. *Suggested Donation $5*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

HEALTH & WELLNESS



Mondays, January 8–March 26
12:00–1:00 p.m. Your Best Balance: A Monthly Program
Sharon Smith, Possibilities Coach
This progressive, comprehensive balance program is designed to assess balance, improve mobility with skill-building exercises, and introduce strategies to help you move more confidently in your environment. Concerned about your balance? Sign up for a month or more! Please note each month's program is limited to five participants. *Cost $16 per month or $48 for three months*

Wednesday, January 10
10:00–11:00 a.m. Food for Thought: New Year—New Foods!
Sharon Smith, Possibilities Coach
Start the New Year with new foods from the five major food groups that can be easily added to your daily meal plans for variety and nutritional benefits. *Suggested Donation $6*

Wednesday, January 17
10:00–11:00 a.m. Parkinson's Disease Support Group Kickoff
Jessica Bartsch, Parkinson's Foundation & Pamela Palmentera LCSW, Parkinson's Disease & Movement Disorders Center, Northwestern Memorial Hospital
The focus of this gathering is to gauge interest in the creation of a Parkinson's Disease support group at the Café. Find out about support services and resources for those with Parkinson's. *FREE*

Wednesday, January 31
9:00–10:30 a.m. Your Emotional Well-Being, Part 1
AUTHOR PRESENTATION
Dr. Ronald W. Alston Sr., Author, Simple Common Sense
In a complex world, we're faced with challenges that severely affect our emotional life. Dr. Alston has found effective ways to solve emotional problems. This powerful two-part series will help you uncover those problems and plan a new beginning for 2018. Attendees will receive a signed copy of Dr. Alston's book. *Suggested Donation $25 for both sessions; $15 for one session*

Wednesday, February 28
9:00–10:30 a.m. Your Emotional Well-Being, Part 2

Wednesday, March 14
10:00–11:00 a.m. Food for Thought: Eating to Improve Type II Diabetes
Sharon Smith, Possibilities Coach
Learn some strategies and tips for meal planning to manage diabetes. *Cost $6*

SHARE NETWORK

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.

Monday, January 29
2:00–3:00 p.m. Lunch & Learn: Memory Loss
Shellie Williams, MD, Internal & Geriatric Medicine
Learn about important issues around dementia as we enjoy a delicious lunch. *Meal Cost $7*

Monday, February 19
2:00–3:00 p.m. Proactive Heart Health
Monica Long, BSN, RN
Learn health strategies for cardiac episodes and disease. *FREE*

Monday, March 12
2:00–3:00 p.m. Planning Ahead: Making Medical Decisions
Sandy Tun, MD, Associate Professor, University of Chicago Medicine, Geriatric Specialist
Learn options for your health care future. *FREE*

AMERICAN HEART HEALTH MONTH

Fridays, January 5–March 30
11:30 a.m.–1:30 p.m. Friday Blood Pressure Screenings
Get your blood pressure checked each week by a registered clinician. *FREE*

Wednesday, February 7
10:00–11:00 a.m. Changes to Your Heart with Age
Sharon Smith, Possibilities Coach
Learn what to expect from your heart as you age, and daily things you can do to help your heart age well. *Cost $5*

Wednesday, February 14
10:00–11:00 a.m. Food for Thought: Managing Salt, Fat & Sugar for a Healthy Heart
Sharon Smith, Possibilities Coach
Learn how to manage and prevent heart disease by monitoring your diet. We'll enjoy a healthy heart tasting. *Registration required. Cost $7*

February 1–28
Cardio Fitness Center Challenge
Attention Fitness Center members: improve your heart health and your wallet by using the treadmill, NuStep, and elliptical cardio machines and logging your steps and/or miles for the month. Members with the top three scores will get a discount on their next Fitness Center membership renewal. *FREE*

Wednesday, February 28
12:00–1:00 p.m. The Happy Heart
Sharon Smith, Possibilities Coach
Join our weekly Meditation & Relaxation class to learn techniques to relax the mind and body and reduce stress on the heart. *Cost $4.75*

MUSIC & ENTERTAINMENT

Wednesday, February 28
4:00–6:00 p.m. Try Something New!
Songs for Black History Month
Mather's—More Than a Café Chorus
Treat yourself to an evening of music from the Mather's—More Than a Café Chorus and enjoy a delicious Cajun feast of BBQ shrimp and grits, green beans, rolls, mandarin orange salad with Creole dressing, and apple bread pudding. *Meal Cost $11.50; Entertainment Suggested Donation $5*

First & Third Fridays of Each Month
BYOB
5:00–9:00 p.m. Friday Night Live at Mather's
Steppers & Line Dance Party
Arrive early for dinner—we'll serve a full menu until 8:00 p.m. *Suggested Donation $5*

Second & Fourth Fridays of Each Month
BYOB
5:00–9:00 p.m. Mather's Got Talent
Open Mic Showcase
Enjoy the acts and showcase your talents. Join the emcees: Baba Griot Leonard Lucas, the spoken-word artist, and Lil Bit, the karaoke star with 50,000+ songs in her library. America's got talent right here at Mather's! *Suggested Donation $5*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

TRIPS

Sammy: The Story of Sammy Davis Jr.

Black Ensemble Theater, Chicago

Sammy Davis Jr. was often billed as "the greatest living entertainer." Throughout his life, however, he had to overcame racism and bigotry to sing, dance, and act his way to the top with a career that spanned six decades. This musical biography features Sammy's greatest hits, including "What Kind of Fool Am I" and "The Birth of the Blues."

Date: Saturday, January 20
Depart from the Café: 1:30 p.m.
Approximate return to the Café: 6:00 p.m.
Cost $65

Please register in advance. Cost includes transportation and show. Limit 20.

Chicago Symphony Orchestra

Chicago Symphony Center, Buntrock Hall

Enjoy the timeless beauty of music with the Chicago Symphony Orchestra's African American Network presentation by composer-conductor Renee Baker: "The Identity of Color: Black Composers in New Music" in celebration of National Black History Month.

Date: Saturday, February 24; Depart from the Café: 6:00 p.m.
Approximate Return to the Café: 8:00 p.m.
Cost $30

Please register in advance. Cost includes presentation, concert, and transportation.

A Moon for the Misbegotten

Writers Theatre, Glencoe, IL

In 1920s Connecticut, Phil Hogan cobbles together a living on rented farmland he hopes to own someday. When Hogan and his daughter learn the land may be sold, they concoct a plan that reveals their secret desires.

DATE: Wednesday, February 28; Depart from Café: 1:30 p.m.
Approximate return to the Café: 5:00 p.m.
Cost $45

Please register in advance. Cost includes transportation and entertainment. Limit 20.

Alvin Ailey American Dance Theater

Auditorium Theatre, Chicago

Alvin Ailey's company is one of the most eclectic, diverse, and exciting dance companies in America. These talented African American dancers have been delighting audiences for 57 years. Don't miss their latest production!

Date: Saturday, March 10; Depart from the Café: 1:00 p.m.
Approximate return to the Café: 5:00 p.m.
Cost $70

Please register in advance. Cost includes transportation and show.

AMERICAN CLASSIC TOURS

MARCH 20–27
(8 days)
Southern Charm!
Savannah, Charleston, Hilton Head & Jekyll Island

MAY 10–12
(3 days)
Tip Toe Through the Tulips!
Holland Tulip Festival in Michigan

JULY 31–AUGUST 2
(3 days)
Sail from Wisconsin to Michigan!
Lake Michigan Summer Harvest

OCTOBER 4–11
(8 days)
See Autumn's Majesty!
Autumn in the Adirondacks

NOVEMBER 15–19
(5 days)
Visit America's Music Showcase!
Branson Holiday Shows

For detailed tour itineraries or to make a reservation, please call American Classic Tours Inc. at (800) 666.0358.

HOW-TOS

Discover Your Roots: A 6-Week Series

Tuesday, January 9

1:30–3:00 p.m. Design Our Winter Wonderland

Jan Mason, Master Craft Instructor

Help us transform the Café into a winter wonderland! We'll deck the halls with seasonal decorations you've created. Join us for this creative and fun decorating event, and try your luck in our raffle drawing! *Suggested Donation $7*

Thursday, February 1

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

Center for Disability & Elder Law

This seminar covers powers of attorney for health care and property, as well as living will declarations. First, learn about these legal documents and why you need them. On February 15, attorneys will help you file your power of attorney and living will declaration forms. Register early—space is limited! *FREE*

Fridays, February 9–March 16

10:00–11:30 a.m. Discover Your Roots: A 6-Week Series

Roma Stewart, Past President, Afro-American Genealogical & Historical Society of Chicago

Learn more about yourself by tracing your ancestry. It can be a lot of fun, as well as a journey of personal discovery. Roma will help you get started and provide you with resources to do your own research. *Basic computer knowledge is required. Suggested Donation $30 for series; $6 for individual sessions*

Thursday, February 15

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.

1:00–3:30 p.m. Seminar: Draft Your Power of Attorney, Session 2

Tuesday, February 20

1:30–3:00 p.m. How to Play the Chimes

Jan Mason, Master Craft Instructor

Learn to play hand-held pipe chimes—they are fun and easy to play. There's no need to read sheet music, just strike the chime when it's your turn in the song. No musical background needed. *Suggested Donation $7*

Thursday, February 22

12:30–4:30 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 non-members. Make checks payable to AARP.*

Thursday, March 1

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

Mather's in Chatham Writers' Guild

Author J. D. Cooper will guide us through stages of creating a book. *Suggested Donation $25 per session*

Wednesday, January 31

11:00 a.m.–1:00 p.m. Workshop Sign-Up

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*

Monday, February 26

11:00 a.m.–1:00 p.m. Session 1

It's time to organize! Title choice and chapter creations set the stage for the first writing session. In this fundamental meeting, we will lay the foundation of our book anthology project.

Wednesday, March 21

11:00 a.m.–1:00 p.m. Session 2

J. D. will instruct members on how to write, evaluate, and critique their submissions.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

FITNESS

ALL CLASSES ARE 50 MINUTES LONG UNLESS OTHERWISE NOTED.

Worth the Weight

MONDAY

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

11:00 a.m. Try Something New! Line Dancing
Dolores "Dee" Pillow, Instructor
Learn the footwork of this popular dance. *Cost $4*

12:00 p.m. Try Something New! Meditation & Relaxation
Sharon Smith, Possibilities Coach
An accessible approach to meditation. Simple yoga breathing techniques will be covered. *Cost $4.75*

1:00 p.m. Steppers Step Out
Maurice Coes, Instructor
The moves of this popular dance are fun and easy to learn! *Cost $5.25*

2:30 p.m. Men's Strength Training
LaGretta Ambrose, Instructor
Train with a professional exercise instructor and bodybuilder. *Cost $5*

THURSDAY

7:30–8:50 a.m. Worth the Weight
See Tuesday.

9:00 a.m. Tai Chi Movement
Anthony Guerrero, Instructor
Learn the low-impact and non-strenuous movements associated with the traditional tai chi "long form."*Cost $6*

10:30 a.m. African Movement & Dance
Toni Hector, Instructor
A low-impact workout designed to tone and strengthen in a structured way. *Cost $4.50*

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

FRIDAY

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

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

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

Ask our receptionist about our affordable Fitness Center membership!

FREE RESOURCES

What You Didn't Know about You! *A 6-Part Series*

1:00–2:00 p.m.
Dr. Tina Collins, Physical Therapist & Owner Fyzical Therapy & Balance Center: Beverly South
This series provides an in-depth look at your body and how it provides you with movement, feeling, strength, and balance. *Suggested Donation $5 per class*

Thursday, January 18
Meet & Greet: Overview

Monday, February 12
Fight or Flight

Friday, March 23
The Ankle Bone's Connected to the Shin Bone

Thursday, April 19
Put a Label on It

Thursday, May 24
The Art of Balance—It's All in Your Head

Thursday, June 21
The Art of Balance—Shall We Dance

Discover the Fun of Virtual Reality!

Thursday, January 11
1:30–3:00 p.m. Humana Toolkit
Mike Wills, Humana Health Educator
Your health and your happiness are closely linked. Mike leads us through a discussion about the habits of happy people. Find new ways to pursue happiness, and good health will follow!

Wednesday, January 24
11:30 a.m.–12:30 p.m. Protect Your Identity: Credit Reporting & Credit Education
Jim Droske, President, Illinois Credit Services
Get the facts on Equifax and your personal credit report. This seminar provides tips on how to deal with your credit and ways to build a healthy and accurate profile. Start the New Year by assessing your credit.

Wednesday, February 7
9:00–10:30 a.m. Tax Exemptions for Older Adults
Theresa Chandler, Cook County Assessor's Office
You may be paying more taxes than you should. Find out if you're eligible for any exemptions that could save you a lot of money.

Wednesday, February 21
10:00–11:00 a.m. Identity Theft Safeguards
Shirley Griffin, Financial Advisor, Waddell Reed
Participants will learn ways to protect their private information in their home, over the phone, and on the Internet, as well as how to protect against fraud.

Wednesday, March 7
11:00 a.m.–12:00 p.m. Discover the Fun of Virtual Reality!
Vivian Chazen, Manager of Virtual Experiences, Mather LifeWays
Let's go under the deep blue sea, fly in the sky, or visit the northern lights! Vivian will demonstrate the technology for virtual reality, which creates an experience so real, you'll forget where you are!

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

ONGOING EVENTS

MAGAZINE RELEASE DAY!

FRIDAY, MARCH 9

We'll give you the upcoming *More at Mather's* program schedule, so you can secure your spot!

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:
January 2–5; February 5–9; March 5–9; 9:30 a.m.–1:30 p.m.

MONDAY

9:00–11:00 a.m.
Red Hat Society
A support network for women to focus on friendship, sisterhood, and fun. Takes place the first Monday of each month. Membership is at capacity at this time.

11:00 a.m.–12:30 p.m.
Prime Time Sister Circle II
Currently accepting participants who have completed the 12-week PTSC curriculum. *Call Sharon Smith at (773) 488.2805 for more information.*

3:00–4:00 p.m. Mather's—More Than a Café Chorus
The Chorus performs year-round concerts. *Waiting list.* *FREE*

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.℠

Important Information

TRIP DEPOSITS: Full trip payment is due at time of registration to reserve your place. If you cancel your reservation and we are able to sell your ticket, we can refund your money in full or you can apply your payment towards another event in 2018. No refunds will be issued unless your reservation can be replaced.

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.

January | February | March At-a-Glance

WEEKLY EVENTS

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

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

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

Thursday
7:30 a.m. Worth the Weight 10
9:00 a.m. Tai Chi Movement 10
10:30 a.m. African Movement & Dance 10
11:30 a.m. Moving Easy 10
12:00 p.m. Learn about RTA Free Transit 12
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

JANUARY

Monday, January 1
CAFÉ CLOSED – Happy New Year!

Tuesday, January 2
SOUP FOR THE PRICE OF THE TEMPERATURE STARTS TODAY!

Thursday, January 4
2:00–4:00 p.m. Computer Basics, Part 1 3

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

Monday, January 8
12:00–1:00 p.m. Your Best Balance: A Monthly Program. 6

Tuesday, January 9
1:30–3:00 p.m. Design Our Winter Wonderland 9

Wednesday, January 10
10:00–11:00 a.m. Food for Thought: New Year—New Foods! 6

Thursday, January 11
1:30–3:00 p.m. Humana Toolkit 11
2:00–4:00 p.m. Computer Basics, Part 2 3

Friday, January 12
1:00–2:00 p.m. *I'll Take You There* 4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Monday, January 15
12:00–1:00 p.m. Your Best Balance, Session 2. 6

Tuesday, January 16
11:00 a.m.–12:30 p.m. Chicken Soup for the Soul 3

Wednesday, January 17
10:00–11:00 a.m. Parkinson's Disease Support Group Kickoff 6

Thursday, January 18
1:00–2:00 p.m. What You Didn't Know about You! A 6-Part Series: Meet & Greet: Overview 11
2:00–4:00 p.m. Word Basics, Part 1 . . . 3

Friday, January 19
1:00–2:00 p.m. Images in the Media . 4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 7

Saturday, January 20
TRIP: *Sammy: The Story of Sammy Davis Jr.* 8

Monday, January 22
12:00–1:00 p.m. Your Best Balance, Session 3. 6

Wednesday, January 24
9:00–11:00 a.m. Book Club 4
11:30 a.m.–12:30 p.m. Protect Your Identity: Credit Reporting & Credit Education. 11

Thursday, January 25
2:00–4:00 p.m. Word Basics, Part 2 . . . 3

Friday, January 26
1:00–2:00 p.m. Exploring Family as Black History 4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

Monday, January 29
12:00–1:00 p.m. Your Best Balance, Session 4. 6
2:00–3:00 p.m. Lunch & Learn: Memory Loss 6

Wednesday, January 31
9:00–10:30 a.m. Your Emotional Well-Being, Part 1 6
11:00 a.m.–1:00 p.m. Writer's Guild: Workshop Sign-Up 9

FEBRUARY

ALL MONTH: Cardio Fitness Center Challenge 7

Thursday, February 1
10:00–11:00 a.m. Seminar: Draft Your Power of Attorney, Session 1 9
2:00–4:00 p.m. E-Mail Basics, Part 1 3

Friday, February 2
1:00–2:00 p.m. Getting Engaged: Civics for Adults, Part 2 4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 7

Monday, February 5
12:00–1:00 p.m. Your Best Balance, Session 5. 6

Wednesday, February 7
9:00–10:30 a.m. Tax Exemptions for Older Adults 11
10:00–11:00 a.m. Changes to Your Heart with Age 7

Thursday, February 8
2:00–4:00 p.m. E-Mail Basics, Part 2 3

Friday, February 9
10:00–11:30 a.m. Discover Your Roots: A 6-Week Series 9
1:00–2:00 p.m. *From Colored to Black* 4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Monday, February 12
12:00–1:00 p.m. Your Best Balance, Session 6. 6
1:00–2:00 p.m. What You Didn't Know about You! A 6-Part Series: Fight or Flight 11

Wednesday, February 14
10:00–11:00 a.m. Food for Thought: Managing Salt, Fat & Sugar for a Healthy Heart 7

Thursday, February 15
10:00 a.m.–2:00 p.m. AARP Safe Driving Course Overview & Registration 9
1:00–3:30 p.m. Seminar: Draft Your Power of Attorney, Session 2 9
2:00–4:00 p.m. Learn How to Use an iPad, Part 1 3

Friday, February 16
10:00–11:30 a.m. Discover Your Roots, Part 2 9
1:00–2:00 p.m. The HistoryMakers . . . 4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 7

Monday, February 19
12:00–1:00 p.m. Your Best Balance, Session 7. 6
2:00–3:00 p.m. Proactive Heart Health 6

Tuesday, February 20
1:30–3:00 p.m. How to Play the Chimes 9

Wednesday, February 21
10:00–11:00 a.m. Identity Theft Safeguards 11

Thursday, February 22
12:30–4:30 p.m. AARP Safe Driving Course, Part 1 9
2:00–4:00 p.m. Learn How to Use an iPad, Part 2 3

Friday, February 23
10:00–11:30 a.m. Discover Your Roots, Part 3 9
1:00–2:00 p.m. A Talk with Cliff Kelley 4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Saturday, February 24
TRIP: Chicago Symphony Orchestra . . 8

Monday, February 26
11:00 a.m.–1:00 p.m. Writer's Guild, Session 1. 9
12:00–1:00 p.m. Your Best Balance, Session 8. 6

Tuesday, February 27
12:00–1:00 p.m. Mardi Gras at Mather's—More Than a Café 3

Wednesday, February 28
TRIP: A Moon for the Misbegotten 8
9:00–11:00 a.m. Book Club 4
9:00–10:30 a.m. Your Emotional Well-Being, Part 2 6
12:00–1:00 p.m. The Happy Heart . . . 7
4:00–6:00 p.m. Songs for Black History Month. 7

MARCH

Thursday, March 1
12:30–4:30 p.m. AARP Safe Driving Course, Part 2 9
2:00–4:00 p.m. Getting Started with Facebook, Part 1 3

Friday, March 2
10:00–11:30 a.m. Discover Your Roots, Part 4 9
1:00–2:00 p.m. Hattie McDaniel 5
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 7

Monday, March 5
12:00–1:00 p.m. Your Best Balance, Session 9. 6

Tuesday, March 6
Meal Special: Taco Madness!. 3
1:30–2:30 p.m. Black History & Women. 5

Wednesday, March 7
11:00 a.m.–12:00 p.m. Discover the Fun of Virtual Reality! 11

Thursday, March 8
2:00–4:00 p.m. Getting Started with Facebook, Part 2 3

Friday, March 9
Magazine Release Day!
10:00–11:30 a.m. Discover Your Roots, Part 5 9
1:00–2:00 p.m. Eartha Kitt: "The Most Exciting Woman in the World" 5
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Saturday, March 10
TRIP: Alvin Ailey American Dance Theater 8

Monday, March 12
12:00–1:00 p.m. Your Best Balance, Session 10 6
2:00–3:00 p.m. Planning Ahead: Making Medical Decisions 6

Wednesday, March 14
10:00–11:00 a.m. Food for Thought: Eating to Improve Type II Diabetes . . . 6

Thursday, March 15
2:00–4:00 p.m. Computer Basics, Part 1 3

Friday, March 16
Meal Special: St. Pat's Dinner 3
10:00–11:30 a.m. Discover Your Roots, Part 6 9
1:00–2:00 p.m. The Green Book: The Guide for Negro Motorists. 5
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 7

Monday, March 19
12:00–1:00 p.m. Your Best Balance, Session 11 6

Wednesday, March 21
11:00 a.m.–1:00 p.m. Writer's Guild, Session 2 9

Thursday, March 22
2:00–4:00 p.m. Computer Basics, Part 2 3

Friday, March 23
1:00–2:00 p.m. What You Didn't Know about You! A 6-Part Series: The Ankle Bone's Connected to the Shin Bone. 11
1:00–2:00 p.m. African Americans in World War I 5
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Monday, March 26
12:00–1:00 p.m. Your Best Balance, Session 12 6

Wednesday, March 28
9:00–11:00 a.m. Book Club 5

Thursday, March 29
2:00–4:00 p.m. Word Basics, Part 1. . . 3

Friday, March 30
1:00–2:00 p.m. More Untold & Mistold Stories of African American History. 5

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.℠

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

DISCOVER YOUR ROOTS: A 6-Week Series

10:00–11:30 a.m., Fridays, February 9–March 16

Roma Stewart, Past President,

Afro-American Genealogical & Historical Society of Chicago

Learn more about yourself by tracing your ancestry. It can be a lot of fun, as well as a journey of personal discovery. Roma will help you get started and provide you with resources to do your own research.

Basic computer knowledge is required.

Suggested Donation $30 for series; $6 for individual sessions

mather's more than a café