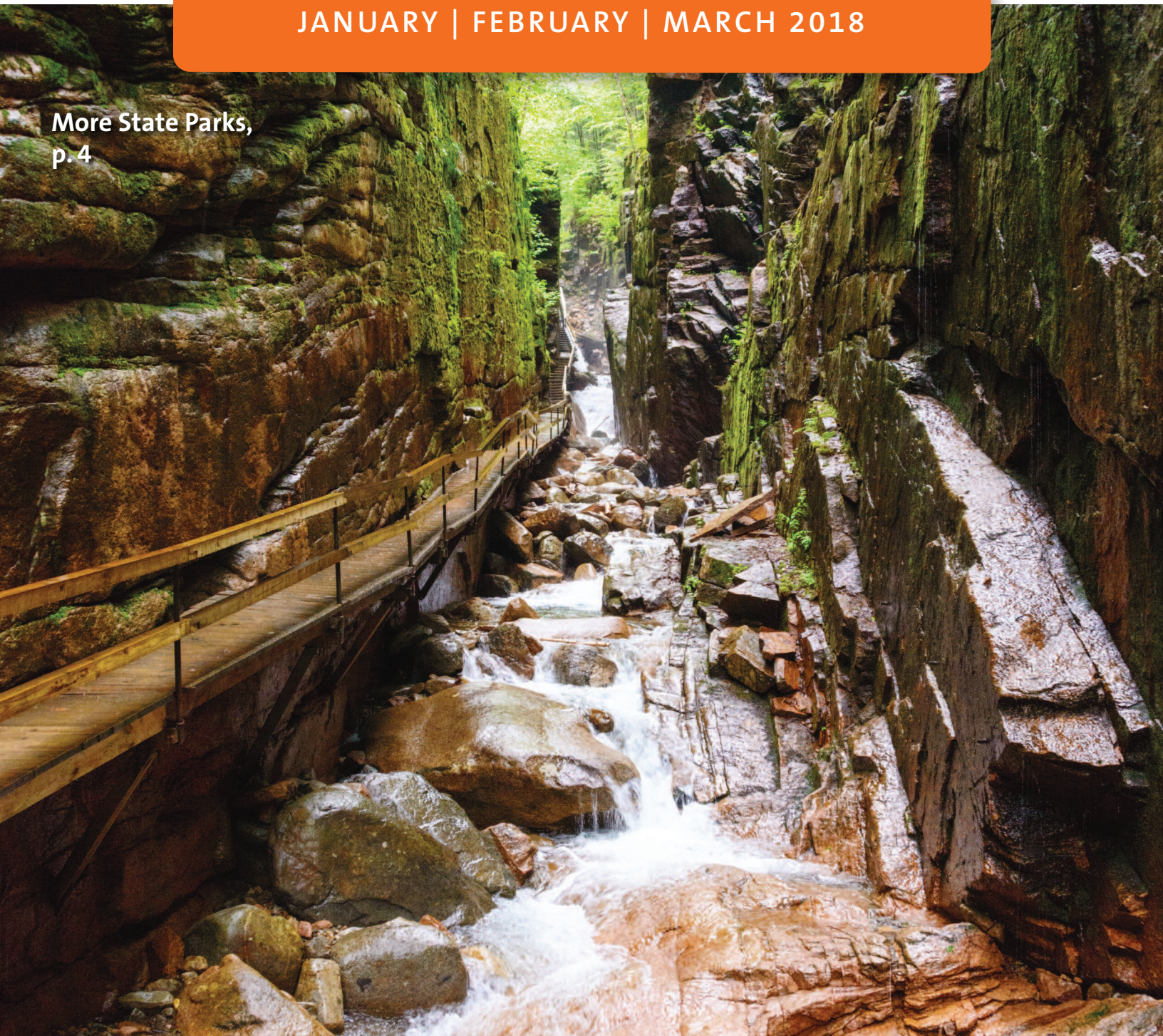


More at Mather's

JANUARY | FEBRUARY | MARCH 2018

More State Parks,
p. 4



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

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



mather's | more than a **café**

Check Out What's Happening!

TECH- KNOWLEDGE



FREE TAX ASSISTANCE

Trained AARP Tax-Aide volunteers will help you prepare your 2017 tax return. Please bring your 2016 tax return and 2017 income statements. Appointments

will be available Mondays, February 5 through April 9. Call (888) 600.2560 starting February 2 to schedule an appointment.

- Tech-Knowledge..... 2
- Music & Entertainment 3
Check out our Friday Night Live events!
- Lifelong Learning 4
Choose from author presentations, travelogues, and more.
- Health & Wellness 6
- Trips 7
Join us for an escape adventure at Escape Artistry!
- Free Resources 7
- Just for Fun 8
- Culinary Delights..... 8
Enjoy meal specials, cooking demos, and food programs.
- Fitness 9
Drop into a class like Jazzercise or Tai Chi.
- Art & Creativity 10
Get artsy in a class like Wool Felting.
- Ongoing Events..... 11
- January | February | March At-a-Glance 12

All classes \$10, Open Tech Table is free.

Thursday, January 11

2:00–3:00 p.m. **Get to Know Your iPhone**

This class is for beginners—bring your iPhone to class. We'll walk through downloading apps, using messaging, making calls, and taking photos.

Thursday, January 25

3:30–4:30 p.m. **Computer Hardware & Software Basics**

Learn some of the basics with the non-tech-savvy student in mind.

Thursday, February 8

2:00–3:00 p.m. **All about Amazon**

Learn about shopping on amazon.com, as well as Amazon services like Prime and Amazon gadgets like Alexa and Kindle.

Tuesday, February 13

3:30–4:30 p.m. **Using the Computer Safely**

Get some practical steps for keeping your computer secure.

Thursday, February 22

2:00–3:00 p.m. **Try Something New! Facebook 101**

Increase your familiarity with Facebook and learn how to post information. We will focus on creating and navigating Facebook, and the concepts of Friends and Messenger.

Wednesday, February 28

2:00–3:00 p.m. **Get to Know Your Android Phone**

This class is for beginners—bring your smartphone to class. We will go through downloading apps, using messaging, making calls, and taking photos.

Thursday, March 1

3:30–4:30 p.m. **Your Computer Questions Answered**

Join an IT professional for an interactive Q&A session on computers.

OPEN TECH TABLE

Thursdays: January 4, February 1, 8, March 1, 8, 29
Saturdays: January 13, February 24, March 17

10:00–11:30 a.m.

Get answers to all your tech questions in a one-on-one session. 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

NEW! FRIDAY NIGHT LIVE

Enjoy the music of local artists in an intimate setting on select Friday nights. If you have dinner at the Café before or after the evening's entertainment, your show ticket will entitle you to a complimentary fountain drink or coffee and a dessert with your dinner.



Friday, January 5

**5:30 p.m. Friday Night Live:
Four Star Brass Band**

There's no party like a Four Star Party! This Chicago-based New Orleans-style brass band will get your feet moving and grooving. *Suggested Donation \$9*

Tuesday, January 9

6:30–7:30 p.m. Open Mic Night

We're hosting an open mic for song, poetry, comedy, and spoken word. Sign-up starts at 5:00, and space may be limited—so sign up early! **FREE**

Friday, January 12

**5:30 p.m. Friday Night Live:
Royale Polynesian Revue**

Experience the ambiance of the tropics as you enjoy a gorgeous and energetic show by Polynesian dancers who hail from the islands. *Suggested Donation \$9*

Friday, January 19

**5:30 p.m. Friday Night Live:
Big Band Bingo & Sing-Along**
Sami Scot, Piano

This popular game involves trivia and musical fun. After the game, stay and join Sami for a sing-along of old favorites. *Suggested Donation \$9*

Friday, February 2

**5:30 p.m. Friday Night Live:
Hugo's Elvis**

Chicagoland's "Young Elvis" performer, Hugo has an iconic tribute that includes several dozen Elvis favorites with gospel, ballad, rockabilly, and rock 'n' roll tunes. *Suggested Donation \$9*

Friday, February 9

**5:30 p.m. Friday Night Live:
Guitarist Bill Uhler**

Bill has been performing for over 30 years and has opened for Koko Taylor, Bo Diddley, REO Speedwagon, and others. Come hear this exciting musical talent! *Suggested Donation \$9*

Tuesday, February 13

6:30–7:30 p.m. Open Mic Night

Wednesday, February 14

**4:00–5:30 p.m. Cheese Tasting
with a Flair**

Aleca Breneman, Cheese Connoisseur
Enjoy a delectable taste of six unique cheeses, cleanse your palette with

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*

your own BYO beverage, and learn the history of each cheese. *Cost \$12*

Friday, February 16

**5:30 p.m. Friday Night Live: February
Breaks My Heart with Gina Nuñez**

This songstress will bring back many heartfelt memories with her selection of tender tunes. Perfect for couples and singles. *Entertainment Suggested Donation \$9*

Wednesday, February 21

**1:00 p.m. Try Something New!
Big Band Bingo & Sing-Along**

Friday, March 9

**5:30 p.m. Friday Night Live:
Chris Walz**

A master on the guitar, Chris plays and sings a wonderful variety of folk songs and bluegrass classics. *Suggested Donation \$9*

Friday, March 16

**5:30 p.m. Friday Night Live:
Edizon Dayao Dance**

Edizon will sing and perform popular favorites on keyboard and sax. Put on your dancin' shoes and join us on the floor for rock 'n' roll hits from the '50s and '60s. *Suggested Donation \$9*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

LIFELONG LEARNING

Friday, January 12

2:00 p.m. Damsel in Defense

Jessica Nettles, Presenter
Jessica will talk about Damsel in Defense and its mission to equip, empower, and educate women so they can protect themselves and their families. **FREE**

Wednesday, January 17

1:00–4:00 p.m. Critic's Choice: *The Light Between Oceans* by M. L. Stedman

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

Thursday, January 18

1:00 p.m. More State Parks

Jim Rowan, Historian
Travel with Jim and visit parks from Franconia Notch to Goblin Valley. *Suggested Donation \$8*

Monday, January 22

1:00 p.m. The American Writers Museum

Carey Cranston, President
If you haven't visited the most exciting new museum in Chicago, get a sneak peek! **FREE**

6:00 p.m. The Long Journey: The Life of the Gypsies

Skip Christo, Pastor, the Master's Touch Church
Join us for a history of the Roma people, otherwise known as gypsies, presented

by Reverend Skip Christo, an American-born Roma. Enjoy a live musical performance by the Christo family. **FREE**

Wednesday, January 24

2:00 p.m. Let's Find Out Your Colors—Your Season!

Chris Landaker, Senior Sales Director, Mary Kay Cosmetics
Mary will help you explore and discover what makeup colors work best for you. **FREE**

Thursday, January 25

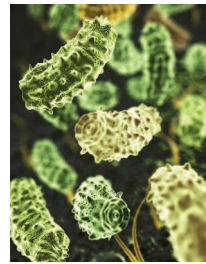
1:00 p.m. Easing the Stress of Selling Your Home

Iris Perea & Mary Beirne, Residential Consultants, dreamtown
Learn about options and solutions to take the stress out of the moving process while helping you get the most money for your home. **FREE**

Friday, January 26

2:00 p.m. Try Something New! The Story of Greeks in America

Dimitra Georgouses, National Hellenic Museum
Dimitra will discuss how Greek immigrants had to adapt to a new country when they came to America and how they created a Greek-American identity for themselves. Afterward, join us for a sweet Greek treat! *Suggested Donation \$5*



THE GREAT COURSES: An Introduction to Infectious Diseases

11:30 a.m., Saturdays

Join us for a series of educational lectures on DVD, followed by discussion. On a worldwide scale, infectious diseases account for 26% of all deaths and are unique in their potential for explosive global impact. *Suggested Donation \$1 per session*

January 6

The Dynamic World of Infectious Disease/
Milestones in Infectious Disease History

January 13

Bacteria: Heroes and Villains/Antibiotics: A Modern Miracle Lost?

January 20

Viruses: Hijackers of Your Body's Cells/Moldy Menaces and Fungal Diseases

February 3

Which Germs in Your Daily Life?/Six Decades of Infectious Disease Challenges

February 10

Vaccines Save Lives/The Immune System: Our Great Protector

February 17

Zoonosis: Germs Leap from Animals to Humans/Tick-Borne Diseases: A Public Health Menace

February 24

Influenza: Past and Future Threat/Respiratory and Brain Infections

March 3

STDs and Other Infections Below the Belt/The Nemesis of Mankind: HIV and AIDS

March 10

Flesh-Eating Bacteria/Blood Poisoning and Stay Out of the Hospital!

March 17

Malaria and Tuberculosis: Global Killers/Global Travel, War, and Natural Disasters

March 24

Food Borne Illness: What's Your Gut Feeling?/Bioterrorism: How Worried Should We Be?

March 31

Emerging and Reemerging Diseases/Outbreak! Contagion! The Next Pandemic!

Monday, January 29

6:00 p.m. **Oldest Chicago**

David Witter, Author,
Oldest Chicago



David presents a slide show based on his book about Chicago's very oldest—from buildings to businesses, and beyond. Share your memories and thoughts about Chicago's oldest civic treasures. *Suggested Donation \$5*

Wednesday, January 31

1:00–4:00 p.m. **Save a Life—Learn CPR!**

Claire Stahl, Assistant Café Manager & Certified CPR Instructor

Learn techniques that can help save a life in the event of an emergency. You will also receive training on the AED (automated external defibrillator) and on choking. Upon completion, you will receive your Adult CPR/AED certification. All materials for this class are included in the fee. *Cost \$20*

Thursday, February 1

3:30 p.m. **What's in Your Chocolate: Making Conscious Choices**

Valerie Beck, Founder, *Chocolate Uplift*
Learn how to choose ethical chocolate, how to make sure your chocolate contains health benefits, and how to better your everyday chocolate experience. Tasting included! *Suggested Donation \$8*



Monday, February 5

12:30 p.m. **Understanding Muslims**


Samina Hussain, Muslim Community Center, Chicago
Learn more about the religion of Islam and the Muslim community in the United States, especially in the Chicago area. *FREE*

Monday, February 12

6:00 p.m. **McDonald's & Chicago**

Lisa Napoli, Author



 Lisa joins us by Skype to tell the remarkable story of the founder of the McDonald's empire, Ray Kroc, and his fire-and-ice relationship with his wife, who gave away billions of dollars to causes with which he did not always agree. Enjoy some McDonald's samples, too! *FREE*

Monday, February 19

1:30 p.m. **In Honor of President's Day**

Jim Rowan, Historian
Visit the homes, statues, final resting places, and sites associated with several American presidents, including Washington, Lincoln, FDR, and both Harrisons. *Suggested Donation \$8*

Wednesday, February 21

1:00–4:00 p.m. **Critic's Choice: Room by Emma Donoghue**

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

Thursday, March 8

1:00 p.m. **The Glories of Père Lachaise Cemetery**

Paula Fenza, Cemetery Historian & Enthusiast
One of the world's most famous cemeteries, Père Lachaise in Paris is the final

resting home for countless celebrities of France and the world. Enjoy a virtual tour of the beautiful, sometimes elaborate tombs and graves of the great and powerful. *Suggested Donation \$5*

Monday, March 12

6:00 p.m. **The Beatles in Chicago**

Robert Rodriguez, Author



The author of five books about the Beatles, Robert talks about the many Chicago connections to the Fab Four. For example, Chicago was home to the group's first American record label. *Suggested Donation \$5*

Wednesday, March 14

12:30 p.m. **The Art of the Sari**

Harpreet "Happie" Datt, Trustee, Indo-American Heritage Museum
Learn about this unique garment from South Asia. You'll learn the sari's history and varieties and see a demonstration of how to tie one! *Suggested Donation \$5*

Thursday, March 15

1:00 p.m. **Maura's Eyes**

Megan Wells, Storyteller & Actress
Megan infuses her characters with living souls, and delivers the experience with delicious theatrical timing. Come meet Maura and relive this Irish girl's experience as she arrives on Ellis Island for the first time. *Suggested Donation \$5*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS



Chicago's Fabulous Fountains

Wednesday, March 21

1:00–4:00 p.m. Critic's Choice: *The Razor's Edge* by W. Somerset Maugham
Share your thoughts after we watch the film version of a book we've read during the month. See Café manager for details.

Thursday, March 22

1:00 p.m. Easing the Stress of Selling Your Home
Iris Perea & Mary Beirne, Residential Consultants, dreamtown

Learn about the options and solutions to take the stress out of moving while helping you get the most money for your home. **FREE**

2:30 p.m. Try Something New! *Chicago's Fabulous Fountains* Greg Borzo, Author



Learn about the more than 100 public fountains that splish and splash in fun, artistic, and sometimes surprising ways all across Chicagoland. Mather LifeWays has a connection to more than a dozen of them—learn how! **Suggested Donation \$8**

Friday, March 23

5:30 p.m. Bikes, Buggies & Burma Shave: The History of the Automobile
R. J. Lindsey, Historical Impersonator
Ransom E. Olds, founder of Oldsmobile, shares the early history of the automobile. Hear about the first auto race that took place in Chicago, the earliest women motorists, and the Burma Shave signs that made driving fun. **Suggested Donation \$8**

Monday, March 26

1:00 p.m. The Other New York
Jim Rowan, Historian
Travel from Niagara Falls to the Adirondacks visiting canyons, forts, battlefields, and more. **Suggested Donation \$8**

5:30 p.m. Silent Goddesses, Part 2

John Nygro, Presenter
Meet three great silent film actresses: Clara Bow, Janet Gaynor, and Louise Brooks. You'll see selected video performances of these goddesses of the silver screen. **Suggested Donation \$5**

HEALTH & WELLNESS

Thursday, January 4

1:30 p.m. Getting Started: Setting & Achieving Wellness Goals

Claire Stahl, Assistant Café Manager & Wellness Guru
Join a discussion on how to set fitness and nutrition goals—and how to stick with them. **FREE**

Tuesdays, January 9–30

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, and change negatives to positives. **Suggested Donation \$20 for 4-week workshop**



Saturday, January 20

1:30 p.m. Dining Out, Fast Food & Potlucks: Taking Charge

Claire Stahl, Assistant Café Manager & Wellness Guru
Join us and talk about strategies for eating out and enjoying potlucks in a healthy way. **FREE**

Tuesdays, February 6–27

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

Thursday, March 1

1:30 p.m. Fill Your Plate the Healthy “Weigh”

Claire Stahl, Assistant Café Manager & Wellness Guru
We'll go over what a healthy portion size is and how to read nutrition labels properly. We'll also talk about the new dietary guidelines for living a healthy lifestyle. **FREE**

Tuesdays, March 6–27

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

Thursday, March 29

1:30 p.m. How to Meal Prep

Claire Stahl, Assistant Café Manager & Wellness Guru
Learn about the “meal prep” craze and how to do it properly. Get tips and recipes to help you prepare a week's worth of healthy meals. **FREE**

Interested in a brain fitness program?
Try our weekly Ageless Grace class. See page 11 for details.

TRIPS



Gardens under Glass

Chicago History Museum

Your docent-guided tour will explore “Chicago: Crossroads of America,” five galleries filled with stories and artifacts of our great city. After the tour, enjoy a boxed lunch and explore the museum’s many collections on your own.

**DATE: Tuesday, January 23,
10:00 a.m.–4:00 p.m.**

**Departure Location: Mather’s –
3235 N. Central Avenue**

Cost \$70

Please pay and register by Friday, January 12. Cost includes admission, box lunch, and transportation. Limit 24.

Escape Artistry: Detective vs. Dillinger

Help a young detective take down one of Chicago’s most infamous criminals. Immerse yourself in this imaginative and innovative room escape experience. Guests are given 60 minutes to work together, find the clues, solve the riddle, get the key, and escape! Enjoy a speakeasy-inspired lunch at the Café before we depart.

**DATE: Tuesday, February 20,
11:30 a.m.–4:30 p.m.**

**Departure Location: Mather’s –
7134 W. Higgins Avenue**

Cost \$56

Please pay and register by Friday, February 9. Cost includes lunch, admission, and transportation. Limit 13.

Gardens under Glass

The Domes, Mitchell Park Conservatory, Milwaukee

Milwaukee is home to architecturally unique domes filled with plants and animals from different climates. Each dome is half a football field wide and seven stories tall. First, enjoy lunch at Kegel’s German Inn, before taking a docent-guided tour of the Domes and learning how the park evolved.

**DATE: Tuesday, March 13,
9:30 a.m.–4:30 p.m.**

**Departure Location: Mather’s –
3235 N. Central Avenue**

Cost \$70

Please pay and register by Monday, February 26. Cost includes admission, lunch, and transportation. Limit 24.

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.

FREE RESOURCES

Monday, January 29

1:00–2:30 p.m. How to Draft a Power of Attorney & Living Will, Part 1

Center for Disability & Elder Law

If you’re not sure what a power of attorney or living will can do for you, this presentation explains it all in easy-to-understand language. After the presentation, sign up for a free 45-minute session on February 12 with a pro bono lawyer.

Monday, February 12

1:00–3:30 p.m. How to Draft a Power of Attorney & Living Will, Part 2

A pro bono attorney will help you file your newly drafted power of attorney and living will.

Wednesday, March 7

2:30 p.m. Mather Connections Volunteer Meeting

Join us at Mather’s—More Than a Café in Portage Park to find out about volunteering at Mather’s—More Than a Café and its benefits. Call Claire Stahl at (773) 774.5771.

Monday, March 19

2:00 p.m. I-CASH

*Barbara Chalko, Representative,
State Treasurer Office*

I-CASH is the state fund for lost and abandoned assets. It includes an unclaimed property fund of over \$2.5 billion that belongs to residents and businesses in Illinois. Find out if you have any missing money or assets—you might be surprised at what you discover!

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

JUST FOR FUN

**Wednesdays, January 3,
February 7 & March 7**

3:30–4:30 p.m.

Super Sing-Along

*Bill McCrory, Assistant
Café Manager*

Come sing with us—don't be shy! We will try some old-time favorites and arrange them with a new twist. Accompanied by guitar and vocals, we will rehearse a variety of songs, pick the best, and offer our talents at one of the Café Open Mic Nights. Music and lyrics will be provided.

FREE

**Thursdays, January 11,
February 8 & March 8**

3:30 p.m. Movie Matinee

Watch a classic movie with us on the big screen. Stay for dinner and receive a free dessert at the evening's meal. **FREE**

**Thursday, January 11
12:30 p.m. Sharing Life's
Lessons**

Shirley Thomas, Facilitator
In this journey called life, we have learned many great lessons—and a few funny ones! Share your experiences and learn from each other. **FREE**

**Monday, January 15
1:30–3:00 p.m.**

White Elephant

*Mercy Prindes &
Charlaine Ryan*

Bring two new or gently used items wrapped in newspaper. **FREE**



Oscar Party

Thursday, February 8

**12:30–1:30 p.m. Sharing
Life's Lessons**

Friday, March 2

5:30 p.m. Oscar Party

*Ron Falzone, Professor,
Film Department, Columbia
College Chicago*

Ron returns with his annual Oscar Party to play clips and review this year's top films and personalities. Tasty snacks provided, but BYOB or BYOC (Bring Your Own Champagne)! *Suggested Donation \$10*

Friday, March 16

11:00 a.m.–12:30 p.m.

Try Something New! Mather's Family Feud

*Buddy Cole, Eileen
Gabriel-Galán, Rich Lang,
& Claire Stahl, Hosts*

Join us for our take on the popular television game show, *Family Feud*. *Suggested Donation \$3*

Thursday, March 29

3:00 p.m. Speed Friending!

Join your fellow customers for a twist on speed dating! Chat for a minute with someone you haven't met, then switch to the next person. You'll make new friendships—fast! **FREE**

CULINARY DELIGHTS

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

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.

Wednesday, January 10

4:00 p.m. Cook the Book:

The Maccioni Family Cookbook

*Mary Beth Lutjen, Master
of Culinary Delights*

Join Mary Beth for this winter series. Each session will feature one of her favorite cookbooks and will provide information about the author and recipes. Enjoy an appetizer, soup, entrée, and dessert prepared using recipes from the featured cookbook. *Cost \$12*

Wednesday, January 17

1:00 p.m. The Culinary

Delighters Present: Tamales

Watch José and Eddie prepare these delicious bundles of wonderfulness and enjoy sampling three different kinds. *Cost \$6*

Monday, January 29

4:00 p.m. The Culinary

Delighters Present:

Moroccan Tagine

Mary Beth will prepare a chicken and vegetable

tagine with couscous. Enjoy some history and a light meal with the rich flavors of Morocco. *Cost \$8*

Tuesday, February 13

Lunch Special: Fat Tuesday

Po'boy sandwich and fat fries. Choose fried shrimp or pulled pork. *Cost \$5*

Wednesday, February 21

4:00 p.m. Cook the Book:

Home Cooking with Jean-Georges

*Mary Beth Lutjen, Master
of Culinary Delights*

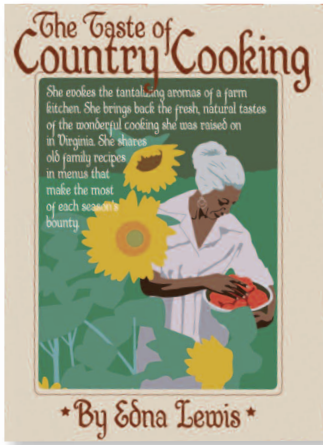
Join Mary Beth for this winter series. Each session will feature one of her favorite cookbooks and will provide information about the author and recipes. Enjoy an appetizer, soup, entrée, and dessert prepared using recipes from the featured cookbook. *Cost \$12*



FITNESS

ALL CLASSES ARE 45 MINUTES LONG UNLESS OTHERWISE NOTED.

Cook the Book: *The Taste of Country Cooking*



Friday, March 16



Meal Special:
St. Patrick's Day Dinner

Irish cheddar and potato soup, corned beef, cabbage, carrots and celery, red potatoes, Irish soda bread, and lemon cake. *Cost \$11.50*

Wednesday, March 28

4:00 p.m. Cook the Book:
The Taste of Country Cooking

Mary Beth Lutjen, Master of Culinary Delights

Join Mary Beth for this winter series. Each session will feature one of her favorite cookbooks and will provide information about the author and recipes. Enjoy an appetizer, soup, entrée, and dessert prepared using recipes from the featured cookbook. *Cost \$12*



MONDAY

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*

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*

5:30–6:30 p.m. Yoga

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

WEDNESDAY

11:00 a.m. Try Something New! Jazzercise

Jazzercise borrows moves from dance, hip-hop, yoga, Pilates, and resistance training and bundles them into one powerful hour. *Cost \$5*

SAVE ON FITNESS CLASSES!

Ask our receptionist for an *Exercise Enthusiast Card*—it allows you to earn a free fitness class of your choice after you attend 20.

6:00 p.m. 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. 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

Wednesday, January 10

2:00–3:30 p.m.

**Flower Arranging:
Winter 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*

Tuesday, January 16

4:00–5:00 p.m. **Flow Art**

*Kirsten Hainke,
Yoga Instructor & Artist*

Discover a new paint method created by our evening yoga instructor, Kirsten Hainke. Her simple technique allows you to channel your inner voice through paint and movement. Take home your finished piece after it has dried. *All supplies included. Suggested Donation \$5*

Thursday, January 18

3:00–4:30 p.m.

**Paint Winter-Themed
Wine Bottles**

Vivian Visser, Local Artist
Vivian will show you how to paint permanent winter scenes on two dark-colored wine bottles. It's easier than you think! *All supplies included. Suggested Donation \$12*



Make Your Own Mosaic Coaster

**Fridays, January 19–
February 9**

10:30 a.m.–12:30 p.m.

**Acrylic Painting: A 4-Week
Workshop**

Kelly Burns, Art Therapist
Explore how to paint in the versatile medium of acrylics as we embark on a fun creative journey and learn different techniques, interesting effects, how to use color, and more. All skill levels welcome. *Cost \$8 per class or \$32 for the 4-week class*

Friday, January 26

**6:00–8:00 p.m. Paint &
Sip with Val**

*Val Zucker-McCune, Owner,
Smart Art Studios*
6:00 to 6:30 p.m. 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. Take home your very own masterpiece! Light refreshments will be served. *Includes painting supplies and canvas. Suggested Donation \$25*

Wednesday, February 7

2:00–3:30 p.m.

**Flower Arranging:
Valentine's Day Arrangement**

Wednesday, February 14

1:00–3:00 p.m. **Paper**

Folding & Dip-Dyeing

Pamela Martinez, Artist
Join Pamela to learn about the artful technique of folding and dip-dyeing Japanese papers. We'll create beautiful designs similar to tie-dye. *All supplies included. Suggested Donation \$15*

Friday, February 23

**6:00–8:00 p.m. Paint &
Sip with Val**

Monday, February 26

1:00–3:00 p.m.

Try Something New!

Wool Felting

*Caroline Edasis, Manager of
Art Therapy, Mather LifeWays*
Join Caroline for a workshop on the process of wool felting. No prior art or felting experience required! Participants can work abstractly or bring an image of a favorite animal, object, landscape, or whatever. *All supplies included. Suggested Donation \$10*

Wednesday, February 28

3:30–5:30 p.m. **Make Your
Own Mosaic Coaster**

Vivian Visser, Local Artist
Learn how to make your own mosaic coaster using small pieces of stained glass. *All supplies included. Suggested Donation \$10*

Thursday, March 15

3:00–4:00 p.m. **Make an
Easter Wreath**

Vivian Visser, Local Artist
Create an Easter wreath with spring-colored tulle, felt, and a hidden Easter Bunny. Overall dimensions of the wreath are 10–14 inches. *All supplies included. Suggested Donation \$12*

Friday, March 30

**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. Ageless Grace

Try this brain fitness program that addresses 21 physical skills needed for lifelong optimal function.

Suggested Donation \$3

10:30 a.m.–12:00 p.m.

Learn to Play Chess

Takes place 1st & 3rd Monday of each month. **FREE**

11:00 a.m.–1:00 p.m. Chair Massage

Takes place Monday, January 15 and 1st & 3rd Monday of February and March. *Cost \$18 for 20 minutes*

3:30–5:00 p.m. Jam Session

Bring your musical instrument. Meet other musicians and make music together! Takes place 1st & 3rd Monday of each month. **FREE**

5:30–7:30 p.m. 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

MAGAZINE RELEASE DAY!

FRIDAY, MARCH 9

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

company. Takes place 2nd & 4th Tuesday of each month. *Call (773) 774.4804 to make an appointment.*

1:00–3:00 p.m. Chess Is Fun!

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

1:00–3:00 p.m. Try Something New! 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**

4:00 p.m. Cat Tales Club

Share your fascination with cats, learn some history, and trade cat stories. Takes place 2nd & 4th Tuesday of each month. **FREE**

WEDNESDAY

8:45–10:45 a.m. Art Class: Watercolor Painting

See Monday for description.

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

12:30–3:30 p.m. Social Worker

Make an appointment for individual sessions. **FREE**

FRIDAY

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 Passes

Apply for or renew your reduced fare cards, subject to pre-approval. (Mather's provides processing only.) Takes place 1st Saturday of each month. **FREE**

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

January | February | March At-a-Glance

JANUARY

WEEKLY EVENTS

Monday

9:00 a.m. Yoga 9
10:30 a.m. Ageless Grace 11

Tuesday

9:00 a.m. Bowling Group 11
9:30 a.m. Muscle Movers 9
10:30 a.m. Prime Time
Fitness 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
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. 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. Total Body Fit 9
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

Monday, January 1

CAFÉ CLOSED – Happy New Year!

Tuesday, January 2

**SOUP FOR THE PRICE OF THE
TEMPERATURE STARTS TODAY!**

Wednesday, January 3

3:30–4:30 p.m. Super Sing-Along . . . 8

Thursday, January 4

10:00–11:30 a.m. Open Tech Table . . . 2
1:30 p.m. Getting Started: Setting &
Achieving Wellness Goals 6

Friday, January 5

1:00 p.m. Brainwaves Over Coffee . . . 11
5:30 p.m. Friday Night Live: Four Star
Brass Band 3

Saturday, January 6

11:30 a.m. The Great Courses: An
Introduction to Infectious Diseases . . . 4
12:00–1:30 p.m. RTA Passes 11

Monday, January 8

10:30 a.m. Learn to Play Chess 11
3:30–5:00 p.m. Jam Session 11

Tuesday, January 9

8:20 a.m. Meditation & Relaxation:
A 4-Week Workshop 6
9:00 a.m.–2:00 p.m. Senior Health
Insurance Program (SHIP) 11
4:00 p.m. Cat Tales Club 11
6:30–7:30 p.m. Open Mic Night 3

Wednesday, January 10

2:00–3:30 p.m. Flower Arranging:
Winter Arrangement 10
4:00 p.m. Cook the Book:
The Maccioni Family Cookbook 8

Thursday, January 11

12:30 p.m. Sharing Life's Lessons 8
2:00 p.m. Get to Know Your iPhone . . . 2
3:30 p.m. Movie Matinee 8

Friday, January 12

12:00 p.m. Creative Writers' Group . . . 11
2:00 p.m. Damsel in Defense 4
5:30 p.m. Friday Night Live:
Royale Polynesian Revue 3

Saturday, January 13

10:00–11:30 a.m. Open Tech Table . . . 2
11:30 a.m. The Great Courses: An
Introduction to Infectious Diseases . . . 4

Monday, January 15

11:00 a.m.–1:00 p.m. Chair
Massage 11
1:30–3:00 p.m. White Elephant 8
3:30–5:00 p.m. Jam Session 11
5:30–7:30 p.m. Watercolor Painting . . 11

Tuesday, January 16

8:20 a.m. Meditation & Relaxation,
Week 2 6
4:00–5:00 p.m. Flow Art 10

Wednesday, January 17

1:00 p.m. The Culinary Delighters
Present: Tamales 8
1:00–4:00 p.m. Critics Choice:
The Light Between Oceans 4

Thursday, January 18

1:00 p.m. More State Parks 4
3:00–4:30 p.m. Paint Winter-Themed
Wine Bottles 10

Friday, January 19

10:30 a.m.–12:30 p.m. Acrylic
Painting: A 4-Week Workshop 10
1:00 p.m. Brainwaves Over Coffee . . . 11
5:30 p.m. Friday Night Live: Big Band
Bingo & Sing-Along 3

Saturday, January 20

11:30 a.m. The Great Courses: An
Introduction to Infectious Diseases . . . 4
1:30 p.m. Dining Out, Fast Food &
Potlucks: Taking Charge 6

Monday, January 22

10:30 a.m. Learn to Play Chess 11
1:00 p.m. The American Writers
Museum 4
6:00 p.m. The Long Journey: The Life
of the Gypsies 4

Tuesday, January 23

TRIP: Chicago History Museum. 7
8:20 a.m. Meditation & Relaxation,
Week 3 6
9:00 a.m.–2:00 p.m. Senior Health
Insurance Program (SHIP). 11
1:00 p.m. News & Views 11
4:00 p.m. Cat Tales Club 11

Wednesday, January 24

1:00–3:00 p.m. Coupon & Rebate
Exchange Club 11
2:00 p.m. Let’s Find Out Your Colors—
Your Season! 4

Thursday, January 25

1:00 p.m. Easing the Stress of Selling
Your Home 4
3:30–4:30 p.m. Computer Hardware
& Software Basics 2

Friday, January 26

10:30 a.m.–12:30 p.m. Acrylic
Painting: A 4-Week Workshop,
Week 2 10
12:00 p.m. Creative Writers’ Group. . 11
2:00 p.m. The Story of Greeks in
America 4
6:00–8:00 p.m. Paint & Sip with Val. . 10

Monday, January 29

1:00–2:30 p.m. How to Draft a Power
of Attorney & Living Will, Part 1 7
4:00 p.m. The Culinary Delighters
Present: Moroccan Tagine. 8
6:00 p.m. *Oldest Chicago*. 5

Tuesday, January 30

8:20 a.m. Meditation & Relaxation,
Week 4. 6

Wednesday, January 31

1:00–4:00 p.m. Save a Life—
Learn CPR! 5

FEBRUARY

Thursday, February 1

10:00–11:30 a.m. Open Tech Table . . . 2
3:30 p.m. What’s in Your Chocolate:
Making Conscious Choices. 5

Friday, February 2

10:30 a.m.–12:30 p.m. Acrylic
Painting: A 4-Week Workshop,
Week 3 10
1:00 p.m. Brainwaves Over Coffee. . . 11
5:30 p.m. Friday Night Live:
Hugo’s Elvis 3

Saturday, February 3

11:30 a.m. The Great Courses: An
Introduction to Infectious Diseases. . . 4
12:00–1:30 p.m. RTA Passes. 11

Monday, February 5

9:00 a.m.–2:00 p.m. Free Tax
Assistance. 2
10:30 a.m.– 12:00 p.m. Learn to
Play Chess 11
11:00 a.m.–1:00 p.m. Chair
Massage 11
12:30 p.m. Understanding Muslims. . . 5
3:30–5:00 p.m. Jam Session 11
5:30–7:30 p.m. Watercolor Painting. . 11

Tuesday, February 6

8:20 a.m. Meditation & Relaxation:
A 4-Week Workshop 6

Wednesday, February 7

2:00 p.m. Flower Arranging:
Valentine’s Day Arrangement. 10
3:30–4:30 p.m. Super Sing–Along . . . 8

Thursday, February 8

10:00–11:30 a.m. Open Tech Table . . . 2
12:30–1:30 p.m. Sharing Life’s
Lessons 8
2:00–3:00 p.m. All about Amazon . . . 2
3:30 p.m. Movie Matinee 8

Friday, February 9

10:30 a.m.–12:30 p.m. Acrylic
Painting: A 4-Week Workshop,
Week 4 10

**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

Friday, February 9

12:00 p.m. Creative Writers' Group . . . 11
 5:30 p.m. Friday Night Live: Guitarist
 Bill Uhler 3

Saturday, February 10

11:30 a.m. The Great Courses: An
 Introduction to Infectious Diseases . . . 4

Monday, February 12

9:00 a.m.–2:00 p.m. Free Tax
 Assistance. 2
 1:00–3:30 p.m. How to Draft a Power
 of Attorney & Living Will, Part 2 7
 6:00 p.m. McDonald's & Chicago 5

Tuesday, February 13

Lunch Special: Fat Tuesday 8
 8:20 a.m. Meditation & Relaxation,
 Week 2. 6
 9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 3:30–4:30 p.m. Using the Computer
 Safely 2
 4:00 p.m. Cat Tales Club 11
 6:30–7:30 p.m. Open Mic Night 3

Wednesday, February 14

1:00–3:00 p.m. Paper Folding &
 Dip-Dyeing 10
 4:00–5:30 p.m. Cheese Tasting
 with a Flair 3

Friday, February 16

1:00 p.m. Brainwaves Over Coffee . . . 11
 5:30 p.m. Friday Night Live:
 February Breaks My Heart with
 Gina Nuñez 3

Saturday, February 17

11:30 a.m. The Great Courses: An
 Introduction to Infectious Diseases . . . 4

Monday, February 19

9:00 a.m.–2:00 p.m. Free Tax
 Assistance. 2
 10:30 a.m.–12:00 p.m. Learn to
 Play Chess 11
 11:00 a.m.–1:00 p.m. Chair
 Massage 11
 1:30 p.m. In Honor of
 President's Day 5

3:30–5:00 p.m. Jam Session 11
 5:30–7:30 p.m. Watercolor Painting . . 11

Tuesday, February 20

TRIP: Escape Artistry:
 Detective vs. Dillinger. 7
 8:20 a.m. Meditation & Relaxation,
 Week 3. 6

Wednesday, February 21

1:00 p.m. Big Band Bingo 3
 1:00–4:00 p.m. Critics Choice:
Room by Emma Donoghue. 5
 4:00 p.m. Cook the Book: *Home
 Cooking with Jean-Georges*. 8

Thursday, February 22

2:00–3:00 p.m. Facebook 101 2

Friday, February 23

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

Saturday, February 24

10:00–11:30 a.m. Open Tech Table . . . 2
 11:30 a.m. The Great Courses: An
 Introduction to Infectious Diseases . . . 4

Monday, February 26

9:00 a.m.–2:00 p.m. Free Tax
 Assistance. 2
 1:00–3:00 p.m. Wool Felting 10

Tuesday, February 27

8:20 a.m. Meditation & Relaxation,
 Week 4. 6
 9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 1:00 p.m. News & Views 11
 4:00 p.m. Cat Tales Club 11

Wednesday, February 28

1:00–3:00 p.m. Coupon & Rebate
 Exchange Club 11
 2:00–3:00 p.m. Get to Know Your
 Android Phone 2
 3:30–5:30 p.m. Make Your Own
 Mosaic Coaster. 10

MARCH**Thursday, March 1**

10:00–11:30 a.m. Open Tech Table . . . 2

1:30 p.m. Fill Your Plate the
 Healthy "Weigh" 6
 3:30–4:30 p.m. Your Computer
 Questions Answered 2

Friday, March 2

1:00 p.m. Brainwaves Over Coffee . . . 11
 5:30 p.m. Oscar Party 8

Saturday, March 3

11:30 a.m. The Great Courses: An
 Introduction to Infectious Diseases . . . 4
 12:00–1:30 p.m. RTA Passes. 11

Monday, March 5

9:00 a.m.–2:00 p.m. Free Tax
 Assistance. 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, March 6

8:20 a.m. Meditation & Relaxation:
 A 4-Week Workshop 6

Wednesday, March 7

2:30 p.m. Mather Connections
 Volunteer Meeting 7
 3:30–4:30 p.m. Super Sing-Along. . . . 8

Thursday, March 8

10:00–11:30 a.m. Open Tech Table . . . 2
 1:00 p.m. The Glories of Père
 Lachaise Cemetery 5
 3:30 p.m. Movie Matinee 8

Friday, March 9**Magazine Release Day!**

12:00 p.m. Creative Writers' Group . . 11
 5:30 p.m. Friday Night Live:
 Chris Walz. 3

Saturday, March 10

11:30 a.m. The Great Courses: An
 Introduction to Infectious Diseases . . . 4

Monday, March 12

9:00 a.m.–2:00 p.m. Free Tax
 Assistance. 2
 6:00 p.m. The Beatles in Chicago 5

Tuesday, March 13
 TRIP: Gardens under Glass 7
 8:20 a.m. Meditation & Relaxation,
 Week 2 6
 9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 4:00 p.m. Cat Tales Club 11

Wednesday, March 14
 12:30 p.m. The Art of the Sari 5

Thursday, March 15
 1:00 p.m. Maura’s Eyes. 5
 3:00–4:00 p.m. Make an Easter
 Wreath 10

Friday, March 16
 Meal Special: St. Patrick’s
 Day Dinner 9
 11:00 a.m.–12:30 p.m. Mather’s
 Family Feud 8
 1:00 p.m. Brainwaves Over Coffee . . . 11
 5:30 p.m. Friday Night Live: Edizon
 Dayao Dance 3

Saturday, March 17
 10:00–11:30 a.m. Open Tech Table . . . 2
 11:30 a.m. The Great Courses: An
 Introduction to Infectious Diseases . . 4

Monday, March 19
 9:00 a.m.–2:00 p.m. Free Tax
 Assistance. 2
 10:30 a.m. Learn to Play Chess 11
 11:00 a.m.–1:00 p.m. Chair
 Massage 11
 2:00 p.m. I-CASH. 7
 3:30–5:00 p.m. Jam Session 11
 5:30–7:30 p.m. Watercolor Painting. . 11

Tuesday, March 20
 8:20 a.m. Meditation & Relaxation,
 Week 3. 6

Wednesday, March 21
 1:00–4:00 p.m. Critic’s Choice:
The Razor’s Edge 6

Thursday, March 22
 1:00 p.m. Easing the Stress of
 Selling Your Home 6

2:30 p.m. *Chicago’s Fabulous
 Fountains* 6

Friday, March 23
 12:00 p.m. Creative Writers’ Group . . 11
 5:30 p.m. Bikes, Buggies & Burma
 Shave: The History of the
 Automobile 6

Saturday, March 24
 11:30 a.m. The Great Courses: An
 Introduction to Infectious Diseases . . . 4

Monday, March 26
 9:00 a.m.–2:00 p.m. Free Tax
 Assistance. 2
 1:00 p.m. The Other New York. 6
 5:30 p.m. Silent Goddesses, Part 2 . . . 6

Tuesday, March 27
 8:20 a.m. Meditation & Relaxation,
 Week 4. 6
 9:00 a.m.–2:00 p.m. Senior Health
 Insurance Program (SHIP). 11
 1:00 p.m. News & Views 11
 4:00 p.m. Cat Tales Club 11

Wednesday, March 28
 1:00–3:00 p.m. Coupon & Rebate
 Exchange Club 11
 4:00 p.m. Cook the Book: *The Taste
 of Country Cooking* 9

Thursday, March 29
 10:00–11:30 a.m. Open Tech Table . . . 2
 1:30 p.m. How to Meal Prep. 6
 3:00 p.m. Speed Friending! 8

Friday, March 30
 6:00–8:00 p.m. Paint & Sip with Val. . 10

Saturday, March 31
 11:30 a.m. The Great Courses: An
 Introduction to Infectious Diseases . . . 4

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

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.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS



New!

Friday Night Live

Enjoy the music of local artists in an intimate setting on select Friday nights. See page 3 for event details and pricing.



FRIDAY, JANUARY 5
Four Star Brass Band

FRIDAY, FEBRUARY 9
Guitarist Bill Uhler

FRIDAY, JANUARY 12
Royale Polynesian Revue

FRIDAY, FEBRUARY 16
February Breaks My Heart with Gina Nuñez

FRIDAY, JANUARY 19
Big Band Bingo & Sing-Along

FRIDAY, MARCH 9
Chris Walz

FRIDAY, FEBRUARY 2
Hugo's Elvis

FRIDAY, MARCH 16
Edizon Dayao Dance

If you have dinner at the Café before or after a Friday Night Live event, your show ticket will entitle you to a COMPLIMENTARY fountain drink or coffee and a dessert with your dinner.

