

More at Mather's

JANUARY | FEBRUARY | MARCH 2018

Gardens under Glass,
p.4



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

3235 N. Central Avenue, Chicago, IL 60634 | (773) 205.3300



mather's | more than a **café**

Check Out What's Happening!



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 available Thursdays and Fridays, February 15 through April 13. Call (888) 600.2560 starting February 1 to schedule an appointment.

- Music & Entertainment..... 3
Enjoy live concerts and events, like a performance by the Chicagoland Puppetry Guild!
- Health & Wellness 4
Do something good for your health, like learn to manage diabetes.
- Trips 4
Join us for a trip to see the Domes at the Milwaukee conservatory!
- Hands-On Art..... 5
Get artsy in a class like Make Your Own Mosaic Coaster.
- Lifelong Learning 6
Choose from author presentations, travelogues, and more—like a unique look at the Titanic.

- Fun & Games 9
Enjoy movies, karaoke & games!
- Culinary Delights..... 9
Enjoy meal specials, luncheons, and food programs, like our demonstration of Julia Child's crepes.
- Tech-Knowledge..... 10
Learn all sorts of handy technology skills, like how to use an Android phone.
- Fitness 11
Drop into a class like the popular Worth the Weight, or try some yoga!
- Ongoing Events 12
From Tea Time discussions to Dancing Fridays, we have something happening every weekday!
- January | February | March At-a-Glance 13

MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Friday: 8:00 a.m.–4:00 p.m.
(menu available until 3:00 p.m.)

MUSIC & ENTERTAINMENT



Did you know we host Wednesday night events?

We stay open late for these fun evening events offering live entertainment.

Each one is BYOB, and follows a special dinner!



Chinese New Year's Lunch with Kerry Leung's Bamboo Medley

Friday, January 19

12:30–2:30 p.m. Chinese New Year's Lunch with Kerry Leung's Bamboo Melody

Enjoy a performance by Kerry Leung who plays multiple instruments and has been performing Chinese music (including the bamboo flute) for more than 40 years. We'll dine on vegetable egg rolls, egg drop soup, chicken noodle stir fry, and almond cookies.

Meal Cost \$9; Suggested Entertainment Donation \$5

Wednesday, January 24

4:30–6:30 p.m. Wednesday Nights at Mather's: Chicagoland Puppetry Guild

Liven up the middle of your week with this special event: We'll serve a scrumptious early dinner, followed by a delightful puppet show provided by the Chicagoland Puppetry Guild. Enjoy spaghetti and meatballs, soup or salad, garlic bread, and spumoni. *Meal Cost \$9 Suggested Entertainment Donation \$5*



St. Patrick's Day Luncheon with Sandi Haynes

Wednesday, February 7

12:30–2:30 p.m. Mardi Gras Luncheon with Banjo Buddies Dixieland Duo

Enjoy some rousing New Orleans-style music as we let the good times roll!

We'll feast on chicken and shrimp jambalaya, Mardi Gras salad, and bourbon bread pudding. *Meal Cost \$9 Suggested Entertainment Donation \$5*

Wednesday, February 28

4:30–7:00 p.m. Wednesday Nights at Mather's: Dinner & a Movie!

What to do on a winter Wednesday evening? Join us for an early dinner and a movie! We'll show *Marshall*, and serve up an Italian feast of eggplant parmesan, soup or salad, garlic bread, and cannoli. *Meal Cost \$9; Entertainment Suggested Donation \$1*

Tuesday, March 6

1:00–2:00 p.m. Mather's Music Ensemble Spring Concert

This show won't disappoint! Listen to a selection of songs about spring and sing along to some old favorites. There will be a raffle drawing and coffee and cookies for all who attend. *FREE*

Wednesday, March 14

12:30–2:30 p.m. St. Patrick's Day Luncheon with Sandi Haynes

Celebrate St. Pat's with a performance of favorite songs by Sandi Haynes. We'll enjoy a taste of Ireland with Irish cheddar and potato soup, corned beef, cabbage, carrots and celery, red potatoes, Irish soda bread, and lemon cake.

Meal Cost \$11.50; Suggested Entertainment Donation \$5

Wednesday, March 28

4:30–7:00 p.m. Wednesday Nights at Mather's: Murder Mystery Dinner

Join the Mystery Shop for this interactive murder mystery dinner. You won't just watch this performance—you'll experience it through total audience participation. One thing is certain: a murder has been committed and you're involved. Can you discover the prime suspect? *Meal Cost \$9 Entertainment Suggested Donation \$5*

LIKE TO SAVE MONEY?

Learn about our Real Meal Deal—see back cover for details!

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

Tuesday, January 23

12:30 p.m. Palliative Medicine: What Is It & Do I Need It?

Eileen Considine Boggins, Partner Relations Manager, JourneyCare

Learn how palliative medicine is used to manage pain and symptoms for a variety of illnesses and declining health. **FREE**

Thursdays, February 15–March 22

1:00–3:30 p.m. Take Charge of Your Diabetes: A 6-Part Series

CJE Center for Healthy Living

This is an evidence-based program developed by Stanford University that educates participants and caregivers who have, or want to prevent, Type 2 diabetes. Two certified leaders guide participants in interactive discussion. Participants will make action plans, share experiences, and help each other solve problems. *Suggested Donation \$30 for the 6-week class*

Monday, February 19

11:30 a.m. Healthy Aging & the Heart

David Fishman, MD, Community First Hospital

A cardiologist shares tips for keeping your heart healthy as you age. **FREE**

Friday, February 23

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. You'll also receive training on the AED (automated external defibrillator) and on choking. Upon completion, you'll receive your Adult CPR/AED certification. All materials for this class are included in the fee. *Suggested Donation \$20*



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

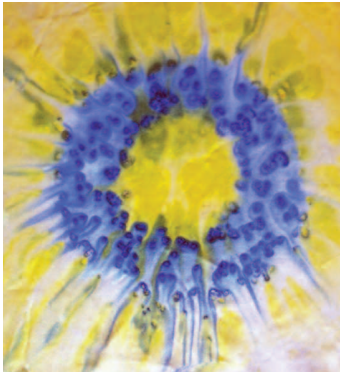
November 15–19 (5 days)

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.

HANDS-ON ART



Silk Scarf Painting

Thursday, January 4

1:00 p.m. Silk Scarf Painting

Vivian Visser, Local Artist
Painting on silk is easy and fun. We'll use salt to create a fantastic design that looks like starbursts on your silk scarf. Color does not come out of clothes. *All supplies included. Suggested Donation \$8*

Monday, January 8

11:00 a.m. Drawing for Everyone

Val Zucker-McCune, Owner, Smart Art Studios
Anyone can learn to draw by understanding certain basic elements such as proportion, composition, value, and perspective. Individual attention will be given for every skill level. Bring a photo of a family member, pet, or landscape—and learn how to draw it. We'll have a lot of fun! *Suggested Donation \$10*



Make Your Own Mosaic Coaster

Tuesday, January 16

11:00 a.m. Flower Arranging: Winter Wonderland

Robert Neri, Robert's Floral Design Studio
Create beauty while you relieve stress by practicing the fine art of flower arranging. *Payment is required in advance. All supplies included. Suggested Donation \$15*

Monday, January 22

11:00 a.m. Paint with Val
Val Zucker-McCune, Owner, Smart Art Studios

Val is a local artist who will teach you how to mix colors and how to choose the brush that will work best with your project. You'll take home a finished piece of art! *All supplies included. Suggested Donation \$15*

Monday, January 29

1:00 p.m. Card-Making with Carole

Carole Hays, Hand-Made Cards
You'll walk away with two or three completed cards. Different styles will be available, and the fee includes all materials. *Suggested Donation \$10*

Monday, February 5

11:00 a.m. Drawing for Everyone

Monday, February 12
11:00 a.m. Paint with Val

Tuesday, February 13
11:00 a.m. Flower Arranging: Valentine's Day

Monday, February 19
1:00 p.m. Card-Making with Carole

Monday, March 5

11:00 a.m. Drawing for Everyone

Wednesday, March 7

2:30 p.m. Wool Felting
Caroline Edasis, Manager of Art Therapy, Mather LifeWays
Join Caroline for a workshop introducing the process of wool felting using wet and needle felting techniques. No prior art or felting experience required! Participants can work abstractly or bring an image of something like a favorite animal, object, or landscape, etc. *All supplies included. Suggested Donation \$8*

Tuesday, March 13

11:00 a.m. Flower Arranging: Luck of the Irish

Monday, March 19

11:00 a.m. Paint with Val

1:00 p.m. Card-Making with Carole

Thursday, March 29

1:00 p.m. Make Your Own Mosaic Coaster

Vivian Visser, Local Artist
Vivian guides you through the steps of making a four-inch square mosaic coaster using small pieces of stained glass. *All supplies included. Suggested Donation \$8*

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

LIFELONG LEARNING

THE GREAT COURSES

History of Russia: From Peter the Great to Gorbachev



Wednesdays, 1:00 p.m.

Rich Lang, Facilitator

This DVD course will examine 300 years of Russian history and analyze ideas of power not only from the viewpoint of its rulers, but also from that of

the ruled. *Suggested Donation \$1 per session*

January 3

Introduction

January 10

Peter the Great's Revolution/The Age of Empresses—Catherine the Great

January 17

The Social Rebellion—The Purgachev Uprising/The Moral Rebellion—Nikolai Novikov

January 24

Alexander I—Orthodoxy, Autocracy, Nationality/Alexander Pushkin, Russia's National Poet

January 31

The Birth of the Intelligentsia/Westernizers—Vissarion Belinskii

February 14

Alexander II and the Great Reforms/The "Nihilists"

February 21

The Populists, Marxists, and Paths to Revolution/Lenin and Martov

February 28

Leo Tolstoy/The Reign of Alexander III

March 7

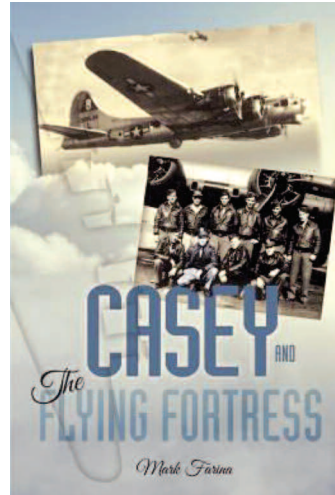
Nicholas II, the Last Tzar/The Revolution of 1905

March 21

Peasant Life and Culture/The Modern City and Its Discontents

March 28

The Fin-de-Siecle Culture—Decadence, Iconoclasm/The Religious Renaissance



Casey & the Flying Fortress

Monday, January 15

1:00 p.m. Explore South Korea!

Jeff Rose, Café Manager

Join Jeff as he shares images of his recent trip to South Korea, including photos from his brother's traditional Korean wedding! Snacks will be provided. *Suggested Donation \$3*

Wednesday, January 17

2:00 p.m. Casey & the Flying Fortress

Mark Farina, Author



AUTHOR PRESENTATION

Hear the riveting story of a young Chicagoan who becomes a copilot of a bomber during World War II. We'll learn about the assembly of his B-17 crew, the men's struggles as prisoners of war, and the discovery some 60 years later of details his family and crew members never knew. The true story is based on the life of Mark's father-in-law. *Suggested Donation \$3*

Thursday, January 18

1:00 p.m. Chicagoland's Great Ballrooms & Orchestras

Larry Bergnach, Presenter

In the first half of the twentieth century, Chicago was home to hundreds of beautiful dancehalls and ballrooms where America's greatest bands often played. Larry's presentation with clips and images rediscovers some favorite destinations and the renowned entertainers who performed there. *Suggested Donation \$3*

Monday, January 22

1:00 p.m. Legal Services for Powers of Attorney & Living Wills Workshop, 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 5 with a pro bono lawyer. **FREE**

Monday, January 29

1:00 p.m. Wildlife of the Forest Preserve

Irene Flebbe, Naturalist, Trailside Museum of Natural History, Forest Preserve District of Cook County

Learn about the many wild animals that call the Cook County Forest Preserves home, from coyotes to owls and even snakes that live close to millions of people.

FREE



The Titanic

Tuesday, January 30

1:00 p.m. Our Passion for Disaster (Movies!)

Barbara Barnett, Author



Barbara, author of the Bram Stoker Award-nominated novel *The Apothecary's Curse*, was raised on a steady diet of TV and movies. Hear her enlightening and entertaining discussion of why American moviegoers are fascinated by disaster movies. *Suggested Donation \$5*

Wednesday, January 31

2:30 p.m. Tax Planning for Retirees

Milagro Ribot & Leona Bernauer, H&R Block

Join us to learn when you must pay tax on your Social Security. Master the rules for how to keep records for your taxes, as well as how much to save for your estimated tax payments. **FREE**

Thursday, February 1

1:30 p.m. Explore New Zealand!

Jeff Rose, Café Manager

Join Jeff as he shares images of his recent trip to this amazingly beautiful country. Learn about the native culture, the food, and the gorgeous natural surroundings. **FREE**

Monday, February 5

1:00 p.m. Legal Services for Powers of Attorney & Living Wills Workshop, Part 2

Tuesday, February 6

1:00 p.m. Mystic Milestones: Astrology & the Cycles of Life

Anne Nordhaus-Bike, Astrologer

Join us for a lively discussion about how astrology developed and how major life milestones can affect us all. Anne will close with a Q&A, and offer quick guidance based on your sun sign. *Suggested Donation \$5*



Catholics & Catholicism in Chicago: Once over Lightly

Monday, February 12

12:30 p.m. A Visit from the Citizens Utility Board

Do you have high utility bills at home? An outreach representative from the Citizens Utility Board will answer all your questions. **FREE**

Tuesday, February 13

1:00 p.m. The Titanic

John Boda, Presenter

John has personal connections to the *Titanic* that he'll share in this unique program about the ill-fated voyage. You'll see the incredible ship on screen, both before and after it found its final resting place, and hear stories about some interesting passengers who are seldom mentioned in accounts of the *Titanic's* sinking. *Suggested Donation \$5*

Friday, February 16

2:00 p.m. Catholics & Catholicism in Chicago: Once over Lightly

Rev. Steven Avella, Professor, Marquette University

The Catholic Church is one of the major institutions in Chicago's history. This brief overview of the church's history focuses on its role in shaping the social, economic, and cultural life of the city.

FREE

Monday, February 19


10:30 a.m. Senior Tax Opportunity Program

Mark Hellner, Executive Director of the Center for Disability & Elder Law

The Center for Disability & Elder Law helps older adults understand the Cook County property tax system. Learn about exemptions and other programs to help lower your property tax burden. Please bring a copy of your most recent property tax bill. **FREE**

1:00 p.m. Buffalo Bill Center of the West: A Virtual Tour

Carrie Dickerson, Skype Educator, Buffalo Bill Center of the West

 Join us for a tour by Skype of the Buffalo Bill Center of the West, which is five museums in one! We'll focus on Buffalo Bill, a buffalo hunter, town builder, and entertainer. We'll learn about some of his important Chicago connections, too. **FREE**

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

Wednesday, February 21

2:30 p.m. All about Cats!

*Claire Stahl, Assistant
Café Manager*

Learn about different types of cats, how to best care for a cat, how to read a cat's body language, and where you can adopt. **FREE**

Monday, February 26

1:00 p.m. Humphrey Bogart

Rich Lang, Media Historian

Through his understated performances in films noir, such as *The Maltese Falcon*, *Casablanca*, and *The Big Sleep*, Bogart became an American cultural icon. Rich looks back at this complicated person who had many faults but delivered brilliant performances. **FREE**

Tuesday, February 27

1:00 p.m. World-Famous Ghost Stories

*Megan Wells, Storyteller
& Actress*

Come hear Megan's haunting rendition of some famous ghost stories and some of Ray Bradbury's short stories. *Suggested Donation \$5*

Friday, March 2

1:00 p.m. How to View Space Objects from Your Home

*Larry Nazimek, Former
Aerospace Engineer &
Café Customer*

Did you know you can locate items in space like the International Space Station, Iridium Flares, and much more by using your computer? Join us for this interesting and exciting program! **FREE**



Humphrey Bogart

Monday, March 5

12:30 p.m. Stopping Adult Financial Exploitation (S.A.F.E.)

*The Center for Disability
& Elder Law*

Learn to prevent elder financial exploitation in your community. Elder financial exploitation is the illegal, unauthorized, or improper use of an older adult's resources by a caregiver or other trusted person for the benefit of someone other than the older individual. **FREE**

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

12:30 p.m. Zombies Just Won't Die

Ellie Carlson, Presenter

It seems that zombies are everywhere: in film, television, computer games,



The Kennedy Assassination

mobile apps, and even books. Ellie looks at the science of zombies and their origins in folklore. What do zombies tell us about ourselves? Enjoy some delicious brain cake, too! *Suggested Donation \$5*

Wednesday, March 21

2:00 p.m. Al Capone & the 1933 World's Fair

Bill Hazelgrove, Author

**AUTHOR
PRESENTATION**

Bill tells the exciting story of Chicago's fight to end the grip of organized crime on the city and to stage the 1933 World's Fair. Hear about Sally Rand, the Secret Six millionaires, and new mayor Anton Cermak, who may have been murdered by a Capone assassin. *Suggested Donation \$3*

Friday, March 23

1:00 p.m. I Promise Not to Make You Cluck Like a Chicken

*Melanie Griffis Jones,
Hypnotherapist*

Clinical hypnotherapy can help people deal with PTSD,

anxiety, and abuse issues from childhood. If all you want to do is learn how to relax, Melanie can share easy tools for calming yourself. **FREE**

Monday, March 26

1:00 p.m. Bette Davis & Joan Crawford

Rich Lang, Presenter

Rich takes another fond look back at two of Hollywood's greatest stars, examining their lives and loves, their great roles, their rivalry, and their feud. **FREE**

Tuesday, March 27

12:30 p.m. The Kennedy Assassination

John Boda, Presenter

The assassination of President Kennedy remains one of this country's greatest unsolved murder mysteries. You'll have a chance to review the facts through stories and pictures as John discusses many of the suspects and theories. Form your own opinion about what happened and ask questions about the case. *Suggested Donation \$5*

FUN & GAMES

Karaoke
with Claire



Tuesday, January 16

12:00 p.m. Cinema at Mather's: *Second Chorus* and *Love Laughs at Andy Hardy*
Ivan Rivera, Cinema Buff

Enjoy a double feature plus cartoons and, of course, free popcorn. **FREE**

Wednesdays, January 3, February 7 & February 28; Fridays, January 26 & March 23

2:00 p.m. Karaoke with Claire

Step up to the mic and share a song, or just enjoy the show! **FREE**

Tuesday, February 20

12:00 p.m. Cinema at Mather's: *A Bolt of Lightning* and *The Night America Trembled*
Ivan Rivera, Cinema Buff

Enjoy a double feature plus cartoons and, of course, free popcorn. **FREE**

Monday, March 12

12:30 p.m. Big Band Bingo

Sami Scot, Piano

Enjoy a different kind of bingo—with live music! Here's how it works: our bingo cards have song titles rather than numbers. Find the name of each classic song played by Sami on your bingo card. *Suggested Donation \$5*

Tuesday, March 20

12:00 p.m. Cinema at Mather's:

Lovers and Liars* and *Oh Alfie

Ivan Rivera, Cinema Buff

Enjoy a double feature plus cartoons and, of course, free popcorn. **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.



January Tuesdays

Meal Special: Comforting Casserole Tuesdays

Every Tuesday in January we will serve a different casserole with salad and a slice of pie. *Cost \$7.89*

Wednesday, January 10

1:00 p.m. The Culinary Delighters Present: Vegan Desserts

Ashlee will prove that you don't need eggs and butter to make rich and delicious desserts. Enjoy vegan cheesecake, chocolate mousse, cookie dough bars, and fruit tart along with a demonstration and cooking tips. *Cost \$6*



Tuesday, February 13

Lunch Special: Fat Tuesday

Fried shrimp or pulled pork po'boy sandwich and fat fries. *Cost \$5*

Wednesday, February 14

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

Love Crêpes

Julia Child's crêpes are a classic! Watch

Angelita prepare her simple batter in

minutes, then create French pancakes four ways.

Sample crêpes Florentine, crepes Fines Sucrées, ham

and gruyere crêpes, and smoked salmon beggar's purse. *Cost \$8*



Friday, March 16

Meal Special: Irish Pub Food

Corned-beef Reuben sandwich and a side of Irish potato salad. *Cost \$6.39*

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

TECH-KNOWLEDGE

All classes \$10, Open Tech Table is free. Classes are taught by Café staff including Jeff Rose, Café Manager, Claire Stahl, Assistant Café Manager, and Vivian Chazen, Manager of Virtual Experiences.

The World of amazon



Thursday, January 4

10:00 a.m. iPad 101

We'll cover the basics of the iPad, including how to adjust settings, connect to Wi-Fi, and access the app store. This class is for those who own or are looking into purchasing an iPad.

Thursday, January 11

10:00 a.m. The World of Amazon.com

This class will cover shopping and buying items on amazon.com, as well as Amazon services like Prime and on-demand streaming movies and music, plus Amazon gadgets like Alexa and Kindle.

Friday, January 12

2:00 p.m. Learn to Use Airbnb

Learn about the popular travel resource for people to list, discover, and book unique accommodations around the world.

Thursday, January 25

10:00 a.m. Computer Basics

We'll cover turning on and starting your computer, as well as accessing the Internet, word processing, games, and ways to perform some basic tasks. This class is for beginners.

Open Tech Table

11:00 a.m.–12:00 p.m.

Get answers to all your tech questions in a one-on-one session. First-come, first-served. BYOD—Bring Your Own Device! **FREE**

**Thursdays, January 4, 11, 25; February 1, 8, 22
March 1, 8, 22, 29**

ANDROID SERIES

Cost \$30 for series; \$10 per class



Thursday, February 22

10:00 a.m. Intro to Android Settings: Personalize Your Phone

11:00 a.m. Intro to Android Play Store: Downloading & Using Apps

Thursday, March 22

10:00 a.m. Intro to Android Camera & Photos

11:00 a.m. Intro to Android Phone Calls & Messaging

Thursday, February 1

10:00 a.m. Apps!

Find out about smartphone applications. Come prepared with your smartphone with current password and Google Play or iTunes Store account password, or just show up!

Thursday, February 8

10:00 a.m. Duolingo

Learn about a free and easy way to learn a language online.

Friday, February 9

2:00 p.m. Learn to Use Snapchat

Learn how to use the popular photo-sharing app, including using filters and effects, text captions, and drawings.

FITNESS

ALL CLASSES ARE 45 MINUTES LONG

Our Fitness Center is FREE.

Sign up for a free orientation. See page 12 for details.

MONDAY

9:30 a.m. Total Body Fit

This total body workout is made for those who want a little challenge. Get energized with some vigorous cardio moves, build muscle strength, and tone up. A great way to stay healthy and exercise to music! *Cost \$3*

TUESDAY

10:00 a.m. Chair Yoga

Sit down and do yoga! Build strength, increase flexibility, improve balance, and breathe more deeply. *Cost \$3*

11:00 a.m. Yoga

Yoga is wonderful for muscle tone, strength, and flexibility. Through breathing exercises, special poses, relaxation, and meditation, feel incredibly calm and serene. Please wear loose, comfortable clothing. Bring a towel or mat. We recommend not eating one hour before class. *Cost \$5*

WEDNESDAY

9:30 a.m. Worth the Weight

Try concentrated sessions for improving cardiovascular fitness, balance, and flexibility—increasing overall strength while having fun. *Cost \$3*

10:30 a.m. Tai Chi

Tai chi is non-impact and will move you slowly and gently while promoting strength, stamina, and flexibility. *Cost \$5*

THURSDAY

8:30 a.m. Chair Yoga

See Tuesday.

9:45 a.m. Brains & Balance

Experience an exercise class that works your body *and* your mind. We'll work on improving balance and reducing the risk of falling, plus a variety of activities to increase brain health and memory. *Cost \$5*

11:00 a.m. Try Something New!

Fitness Plus with Beth

This well-rounded class incorporates range of motion exercises, low-impact aerobics, resistance training, and balance and flexibility movements. Routines include seated and standing exercises. *Suggested Donation \$3*

FRIDAY

9:30 a.m. Total Body Fit

See Monday.

10:30 a.m. Total Body Fit Lite

This is a total body workout designed for everyone, with seated and standing exercises. Start with some light cardio moves, then work your muscles, at your pace, to strengthen and tone. *Cost \$3*

FREE FITNESS CLASS!

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

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.

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

ONGOING EVENTS

BENEFIT ACCESS & MORE!

Our trained counselor will be available on a limited basis to help out with Benefit Access, RTA free ride, and license plate discount applications. *Call for appointment: (773) 205.3300.*

MONDAY

11:00 a.m. Chair Massage

Pamper yourself with a relaxing 20-minute massage. Takes place 2nd & 4th Monday of each month. *Cost \$18*

1:00 p.m. Rummikub®

Try this game that combines elements of rummy, dominoes, mah-jongg, and chess. *FREE*

2:00 p.m. Women's Discussion Group

Calling all women! Join us to discuss a variety of topics significant to women, from health to politics, and from personal to global. *FREE*

TUESDAY

9:00 a.m. Bowling Group

Bowl with us at Brunswick Zone, 7333 N. Milwaukee Avenue, Niles. Free shoe rental. *Cost \$6 for three games, payable at the lanes*

12:30 p.m. Pinochle

Learn or play the game. *FREE*

2:30 p.m. Mather's Music Ensemble

Singing with others fills the soul. Come fill yours with song each week. Concerts/performances are scheduled throughout the year. *FREE*

MAGAZINE RELEASE DAY!

FRIDAY, MARCH 9

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

WEDNESDAY

11:00 a.m. Fitness Center Orientation

Required for anyone who wants to use the fitness center. Takes place 1st Wednesday of each month. *FREE*

1:00 p.m. Social Worker

Benita Lackajs, LCSW, will be available for individual sessions. *Appointment required. FREE*

1:00 p.m. Crochet/Knitting Class

Learn basic to advanced crochet and knitting techniques with new instructor Connie Schulz. No experience necessary. Donations of yarn are always welcome. *Suggested Donation \$2 per class*

THURSDAY

10:45 a.m. Scrabble

Join fellow word-lovers in this classic board game. *FREE*

11:00 a.m. RTA Passes

Apply for or renew your reduced fare cards, subject to pre-approval. (Mather's—More Than a Café provides processing only.) Takes place 1st & 4th Thursday of each month. *FREE*

1:00 p.m. Tea Time

Rich Lang, Discussion Facilitator
Join Rich and friends for stimulating conversation. A local historian and popular presenter at the Café, Rich leads a welcoming, nonjudgmental chat on life, personal exploration, and more. Takes place 2nd & 4th Thursday of each month. All are welcome! *FREE*

1:00 p.m. Birthday Celebration

Celebrate with others who have birthdays this month! Come for cupcakes, fun, and games. Takes place last Thursday of each month. Please register one week in advance. *FREE*

1:00 p.m. Red Hat Society

Takes place 2nd Thursday of each month.

FRIDAY

11:00 a.m.–1:00 p.m. Blood Pressure Screening

FREE

12:00–4:00 p.m. Dancing Fridays with "Jivan" Ivan

Ivan Rivera, our favorite DJ, will spin your favorite songs. All requests welcome. Takes place 1st, 2nd & 3rd Friday of each month. *FREE*

1:30–3:00 p.m. Café con Ovie

Join Señor Ovie for a cup of *café* to learn more about the programming at Mather's—More Than a Café or brush up on your *Español*. Takes place 3rd Friday of each month. *FREE*

2:00 p.m. Karaoke

Takes place 4th Friday of each month. *FREE*

January | February | March At-a-Glance

WEEKLY EVENTS

Monday

9:30 a.m. Total Body Fit.....	11
1:00 p.m. Rummikub	12
2:00 p.m. Women's Discussion Group	12

Tuesday

9:00 a.m. Bowling Group	12
10:00 a.m. Chair Yoga	11
11:00 a.m. Yoga	11
12:30 p.m. Pinochle	12
2:30 p.m. Mather's Music Ensemble	12

Wednesday

9:30 a.m. Worth the Weight ...	11
10:30 a.m. Tai Chi	11
1:00 p.m. Social Worker	12
1:00 p.m. Crochet/Knitting Class	12

Thursday

8:30 a.m. Chair Yoga	11
9:45 a.m. Brains & Balance ...	11
10:45 a.m. Scrabble	12
11:00 a.m. Fitness Plus with Beth	11

Friday

9:30 a.m. Total Body Fit	11
10:30 a.m. Total Body Fit Lite ..	11
11:00 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!**

Wednesday, January 3

11:00 a.m. Fitness Center Orientation.....	12
1:00 p.m. The Great Courses— History of Russia	6
2:00 p.m. Karaoke with Claire.....	9

Thursday, January 4

10:00 a.m. iPad 101.....	10
11:00 a.m. RTA Passes.....	12
11:00 a.m.–12:00 p.m. Open Tech Table.....	10
1:00 p.m. Silk Scarf Painting	5

Friday, January 5

12:00–4:00 p.m. Dancing Fridays with “Jivan” Ivan.....	12
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Monday, January 8

11:00 a.m. Drawing for Everyone	5
11:00 a.m. Chair Massage.....	12

Wednesday, January 10

1:00 p.m. The Culinary Delighters Present: Vegan Desserts.....	9
1:00 p.m. The Great Courses— History of Russia	6

Thursday, January 11

10:00 a.m. The World of Amazon.com	10
11:00 a.m.–12:00 p.m. Open Tech Table.....	10
1:00 p.m. Red Hat Society	12
1:00 p.m. Tea Time.....	12

Friday, January 12

12:00–4:00 p.m. Dancing Fridays with “Jivan” Ivan.....	12
2:00 p.m. Learn to Use Airbnb	10

Monday, January 15

1:00 p.m. Explore South Korea!.....	6
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Tuesday, January 16

11:00 a.m. Flower Arranging: Winter Wonderland.....	5
12:00 p.m. Cinema at Mather's: <i>Second Chorus</i> and <i>Love Laughs at Andy Hardy</i>	9

Wednesday, January 17

1:00 p.m. The Great Courses— History of Russia	6
2:00 p.m. <i>Casey & the Flying Fortress</i>	6

Thursday, January 18

1:00 p.m. Chicagoland's Great Ballrooms & Orchestras.....	6
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Friday, January 19

12:30–2:30 p.m. Chinese New Year's Lunch with Kerry Leung's Bamboo Melody	3
1:30–3:00 p.m. Café con Ovie	12

Monday, January 22

11:00 a.m. Paint with Val	5
11:00 a.m. Chair Massage.....	12
1:00 p.m. Legal Services for Powers of Attorney & Living Wills Workshop, Part 1.....	6

Tuesday, January 23

TRIP: Chicago History Museum.....	4
12:30 p.m. Palliative Medicine: What Is It & Do I Need It?	4

Wednesday, January 24

1:00 p.m. The Great Courses— History of Russia	6
4:30–6:30 p.m. Wednesday Nights at Mather's: Chicagoland Puppetry Guild..	3

Thursday, January 25

10:00 a.m. Computer Basics.....	10
11:00 a.m. RTA Passes.....	12
11:00 a.m.–12:00 p.m. Open Tech Table.....	10
1:00 p.m. Tea Time.....	12
1:00 p.m. Birthday Celebration	12

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

Friday, January 26

2:00 p.m. Karaoke with Claire 9

Monday, January 291:00 p.m. Card-Making with Carole 5
1:00 p.m. Wildlife of the Forest
Preserve 6**Tuesday, January 30**1:00 p.m. Our Passion for Disaster
(Movies!) 7**Wednesday, January 31**1:00 p.m. The Great Courses—
History of Russia 6
2:30 p.m. Tax Planning for Retirees 7**FEBRUARY****Thursday, February 1**10:00 a.m. Apps! 10
11:00 a.m. RTA Passes 12
11:00 a.m.–12:00 p.m. Open Tech
Table 10
1:30 p.m. Explore New Zealand! 7**Friday, February 2**12:00–4:00 p.m. Dancing Fridays
with “Jivan” Ivan 12**Monday, February 5**11:00 a.m. Drawing for Everyone 5
1:00 p.m. Legal Services for Powers
of Attorney & Living Wills Workshop,
Part 2 7**Tuesday, February 6**1:00 p.m. Mystic Milestones:
Astrology & the Cycles of Life 7**Wednesday, February 7**11:00 a.m. Fitness Center
Orientation 12
12:30–2:30 p.m. Mardi Gras Luncheon
with Banjo Buddies Dixieland Duo 3
2:00 p.m. Karaoke with Claire 9**Thursday, February 8**10:00 a.m. Duolingo 10
11:00 a.m.–12:00 p.m. Open Tech
Table 10
1:00 p.m. Tea Time 12
1:00 p.m. Red Hat Society 12**Friday, February 9**12:00–4:00 p.m. Dancing Fridays
with “Jivan” Ivan 12
2:00 p.m. Learn to Use Snapchat 10**Monday, February 12**11:00 a.m. Paint with Val 5
11:00 a.m. Chair Massage 12
12:30 p.m. A Visit from the Citizens
Utility Board 7**Tuesday, February 13**Lunch Special: Fat Tuesday 9
11:00 a.m. Flower Arranging:
Valentine’s Day 5
1:00 p.m. The *Titanic* 7**Wednesday, February 14**1:00 p.m. The Great Courses—
History of Russia 6
1:00 p.m. The Culinary Delighters
Present: Love Crepes 9**Thursday, February 15**9:00 a.m.–2:00 p.m. Free Tax
Assistance 2
1:00–3:30 p.m. Take Charge of
Your Diabetes: A 6-Part Series 4**Friday, February 16**9:00 a.m.–2:00 p.m. Free Tax Assistance . . 2
12:00–4:00 p.m. Dancing Fridays
with “Jivan” Ivan 12
1:30–3:00 p.m. Café con Ovie 12
2:00 p.m. Catholics & Catholicism
in Chicago: Once over Lightly 7**Monday, February 19**10:30 a.m. Senior Tax Opportunity
Program 7
11:30 a.m. Healthy Aging &
the Heart 4
1:00 p.m. Card-Making with Carole 5
1:00 p.m. Buffalo Bill Center of the
West: A Virtual Tour 7**Tuesday, February 20**TRIP: Escape Artistry: Detective vs.
Dillinger 4
12:00 p.m. Cinema at Mather’s:
A Bolt of Lightning and *The Night
America Trembled* 9**Wednesday, February 21**1:00 p.m. The Great Courses—
History of Russia 6
2:30 p.m. All about Cats! 8**Thursday, February 22**9:00 a.m.–2:00 p.m. Free Tax Assistance . . 2
10:00 a.m. Intro to Android Settings:
Personalize Your Phone 10
11:00 a.m. Intro to Android Play
Store: Downloading & Using Apps . . . 1011:00 a.m. RTA Passes 12
11:00 a.m.–12:00 p.m. Open Tech
Table 10
1:00 p.m. Tea Time 12
1:00–3:30 p.m. Take Charge of
Your Diabetes, Part 2 4
1:00 p.m. Birthday Celebration 12**Friday, February 23**9:00 a.m.–2:00 p.m. Free Tax Assistance . . 2
1:00–4:00 p.m. Save a Life—
Learn CPR! 4
2:00 p.m. Karaoke with Claire 9**Monday, February 26**11:00 a.m. Chair Massage 12
1:00 p.m. Humphrey Bogart 8**Tuesday, February 27**1:00 p.m. World-Famous Ghost
Stories 8**Wednesday, February 28**1:00 p.m. The Great Courses—
History of Russia 6
2:00 p.m. Karaoke with Claire 9
4:30–7:00 p.m. Wednesday Nights
at Mather’s: Dinner & a Movie! 3**MARCH****Thursday, March 1**9:00 a.m.–2:00 p.m. Free Tax Assistance . . 2
11:00 a.m. RTA Passes 12
11:00 a.m.–12:00 p.m. Open Tech
Table 10
1:00–3:30 p.m. Take Charge of
Your Diabetes, Part 3 4**Friday, March 2**9:00 a.m.–2:00 p.m. Free Tax Assistance . . 2
12:00–4:00 p.m. Dancing Fridays
with “Jivan” Ivan 12
1:00 p.m. How to View Space
Objects from Your Home 8**Monday, March 5**11:00 a.m. Drawing for Everyone 5
12:30 p.m. Stopping Adult Financial
Exploitation (S.A.F.E.) 8**Tuesday, March 6**1:00 p.m. Mather’s Music Ensemble
Spring Concert 3**Wednesday, March 7**11:00 a.m. Fitness Center
Orientation 12

1:00 p.m. The Great Courses— History of Russia	6
2:30 p.m. Mather Connections	
Volunteer Meeting	8
2:30 p.m. Wool Felting	5

Thursday, March 8

9:00 a.m.—2:00 p.m. Free Tax Assistance	2
11:00 a.m.—12:00 p.m. Open Tech Table	10
1:00 p.m. Tea Time	12
1:00 p.m. Red Hat Society	12
1:00—3:30 p.m. Take Charge of Your Diabetes, Part 4	4

Friday, March 9

Magazine Release Day!

9:00 a.m.—2:00 p.m. Free Tax Assistance	2
12:00—4:00 p.m. Dancing Fridays with “Jivan” Ivan	12

Monday, March 12

11:00 a.m. Chair Massage	12
12:30 p.m. Big Band Bingo	9

Tuesday, March 13

TRIP: Gardens under Glass	4
11:00 a.m. Flower Arranging: Luck of the Irish	5

Wednesday, March 14

12:30—2:30 p.m. St. Patrick’s Day Luncheon with Sandi Haynes	3
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Thursday, March 15

9:00 a.m.—2:00 p.m. Free Tax Assistance	2
1:00—3:30 p.m. Take Charge of Your Diabetes, Part 5	4

Friday, March 16

Meal Special: Irish Pub Food	9
9:00 a.m.—2:00 p.m. Free Tax Assistance	2
12:00—4:00 p.m. Dancing Fridays with “Jivan” Ivan	12
1:30—3:00 p.m. Café con Ovie	12

Monday, March 19

11:00 a.m. Paint with Val	5
12:30 p.m. Zombies Just Won’t Die	8
1:00 p.m. Card-Making with Carole	5

Tuesday, March 20

ELECTION DAY – NO EXERCISE CLASSES

12:00 p.m. Cinema at Mather’s: <i>Lovers and Liars</i> and <i>Oh Alfie</i>	9
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Wednesday, March 21

1:00 p.m. The Great Courses— History of Russia	6
2:00 p.m. Al Capone & the 1933 World’s Fair	8

Thursday, March 22

9:00 a.m.—2:00 p.m. Free Tax Assistance	2
10:00 a.m. Intro to Android Camera & Photos	10
11:00 a.m. Intro to Android Phone Calls & Messaging	10
11:00 a.m. RTA Passes	12
11:00 a.m.—12:00 p.m. Open Tech Table	10
1:00 p.m. Tea Time	12
1:00—3:30 p.m. Take Charge of Your Diabetes, Part 6	4

Friday, March 23

9:00 a.m.—2:00 p.m. Free Tax Assistance	2
1:00 p.m. I Promise Not to Make You Cluck Like a Chicken	8
2:00 p.m. Karaoke with Claire	9

Monday, March 26

11:00 a.m. Chair Massage	12
1:00 p.m. Bette Davis & Joan Crawford	8

Tuesday, March 27

12:30 p.m. The Kennedy Assassination	8
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Wednesday, March 28

1:00 p.m. The Great Courses— History of Russia	6
4:30—7:00 p.m. Wednesday Nights at Mather’s: Murder Mystery Dinner	3

Thursday, March 29

9:00 a.m.—2:00 p.m. Free Tax Assistance	2
11:00 a.m.—12:00 p.m. Open Tech Table	10
1:00 p.m. Birthday Celebration	12
1:00 p.m. Make Your Own Mosaic Coaster	5

Friday, March 30

9:00 a.m.—2:00 p.m. Free Tax Assistance	2
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**For general questions or input,
contact Café manager Jeff Rose
at (773) 205.3307 or
jrose@matherlifeways.com.**

Mather’s Chicagoland Locations

**7134 W. Higgins Avenue, Chicago, IL
3235 N. Central Avenue, Chicago, IL
33 E. 83rd Street, Chicago, IL
For information, please call (888) 600.2560.**

Mather LifeWays opened Mather’s—More Than a Café in 2000. Mather LifeWays enhances the lives of older adults by creating Ways to Age Well.SM

Important Information

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.**

SAVE YOUR SPOT! REGISTER FOR PROGRAMS AT LEAST ONE WEEK IN ADVANCE.

A REAL MEAL DEAL!

Buy 5 Meals, Get the 6th FREE

We've got all kinds of "eatertainment" planned... plus a tasty offer for you. When you buy any five \$9 meals at our special luncheon or dinner events now through June 2018, you'll get a sixth meal free!

Note that this offer does not apply to entertainment at events. You can buy five meals in advance, or purchase as you go. You'll receive a punch card for six meals—the sixth is free!

Here are some terrific upcoming events where you can start using this deal:

LUNCHEONS

Join us at 12:30 p.m.
\$9 or \$11.50 Meal Cost
\$5 Entertainment Suggested Donation

Friday, January 19
Chinese New Year's Lunch with
Kerry Leung's Bamboo Melody

Wednesday, February 7
Mardi Gras Luncheon with
Banjo Buddies Dixieland Duo

Wednesday, March 14
St. Patrick's Day Luncheon with
Sandi Haynes

DINNERS

Join us for dinner at 4:30 p.m.
\$9 Meal Cost; Entertainment Suggested
Donation varies

Wednesday, January 24
Chicagoland Puppetry Guild

Wednesday, February 28
Dinner & a Movie!

Wednesday, March 28
Murder Mystery Dinner

We are not responsible for lost punch cards and cannot offer refunds on prepaid meals. This offer never expires.



3235 N. Central Avenue | Chicago, IL 60634 | (773) 205.3300