

MATHER LIFEWAYS AgeAdvantage

APRIL | MAY | JUNE 2018

In partnership with Chicago Methodist Senior Services



Ways to Age Well in Edgewater with Mather LifeWays

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Celebrate spring with music and laughter!

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An eight-week program designed to reduce your risk of falling

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THE STORY OF MATHER LIFEWAYS IN EDGEWATER



Founded in 1941, Mather LifeWays is a non-denominational not-for-profit organization that enhances the lives of older adults by creating Ways to Age Well.SM Our program in Edgewater is the result of a shared vision of community service partners seeking to connect older adults to resources. It consists of community partnerships formed between Chicago Methodist Senior Services (CMSS), City Lit Theater, Edgewater Presbyterian Church, Bethany Retirement Community, the Heart-to-Heart program at St. Gertrude's Church, St. Andrew's Greek Orthodox Church, and CJE SeniorLife.

To learn more about Mather LifeWays in Edgewater, contact Kathy Bavaro at (773) 769.0299 or edgewater@matherlifeways.com.

Lunch, Entertainment, and More— Join the Celebration!

Meet new friends or bring a group—either way, each Mather LifeWays luncheon will be the party of the month! With a delicious lunch, toe-tapping live entertainment, an array of neighborhood resources, and a warm welcome for all, these events are part of what makes the Edgewater neighborhood a great place to Age Well!



MARK YOUR CALENDAR FOR ALL OUR LUNCHEONS!

April 16 | May 14 | June 11 | July 23

August 20 | September 24 | October 29

(No Luncheon in November) | December 3

Garden Delights Luncheon

Monday, April 16

Entertainment: Edizon Dayao

We'll light up the room with our smiles as we delight in our indoor garden atmosphere. Swing and sing along to music of the '60s and '70s and contemporary line dances performed by vocalist and keyboardist Edizon Dayao. Feast on baked bone-in ham, roasted chicken, fresh vegetable pasta salad, mini-quiches and tiropites, assorted cheeses, fresh green salad and fruit, beverage, and dessert.

Reservations begin Tuesday, March 6 and are required by Wednesday, April 11.

Heart & Soul Luncheon

Monday, May 14

Entertainment: Edizon Dayao

Enjoy a delicious lunch of meat loaf, roasted chicken, whipped potatoes and gravy, green peas, rolls, fresh green salad, fruit, dessert, and beverages. We'll be treated to a lively performance, including contemporary line dances, by vocalist and keyboardist Edizon Dayao. This will be a day to remember!

Reservations begin Tuesday, April 17 and are required by Wednesday, May 9.

Greek Festival Luncheon

Monday, June 11

Entertainment: Jerry Rite

Opa! Join us as we experience a celebration of Greek delights. Swing and sing along to music of the '60s and '70s performed by Jerry Rite. Taste a delectable menu of Grecian roasted chicken, pastichio, spanakopita, Athenian-style green beans, vegetarian dolmades, Greek salad with feta and olives, fresh fruit, assorted rolls, beverage, and dessert.

Reservations begin Tuesday, May 15 and are required by Wednesday, June 6.

LUNCHEON DETAILS

RESERVATIONS REQUIRED

Please leave a message on our toll-free number (888) 600.2560, or email your name and phone number to edgewater@matherlifeways.com.

CHECK-IN: 11:30 a.m.

LUNCH AND PERFORMANCE: 12:00–2:00 p.m.

LOCATION:

St. Andrew's Greek Orthodox Church
5649 N. Sheridan Road, Chicago
(Park in the **PAVED** lot.)

COST: \$10

\$12 for a tuna plate or veggie burger. These options must be requested upon reservation.

*Luncheons are presented by Mather LifeWays
in partnership with Chicago Methodist Senior Services (CMSS)*

BECOME A MEMBER!

**Membership is free—just sign up at your first Mather LifeWays Luncheon.
We'll keep you informed about upcoming programs and events.**

TAKE A DAY TRIP WITH US!

Chicago Cubs Game

Friday, April 27



Join us for some springtime fun as the Chicago Cubs take on the Milwaukee Brewers at historic Wrigley Field. Game time is 1:20 p.m. You are responsible for your own trans-

portation. Guests must be able to travel on their own or bring someone to assist them. *Our seats are located in the Infield Terrace Reserved section. Register early; tickets are limited.*

Departure: Meet us at Wrigley Field, 1060 W. Addison

Cost: \$18 (includes ticket only; transportation on your own)

Drury Lane Theatre, Oak Brook – *South Pacific*

Wednesday, May 9

Join us for a trip to Drury Lane Theatre for a performance of *South Pacific*. This Rodgers and Hammerstein landmark musical proves that even the backdrop of a tropical paradise cannot shelter its residents from the prejudices of World War II. Before the performance, we'll enjoy lunch with a choice of roast turkey breast, sautéed tilapia, or bistro steak. All meals include potatoes, salad, beverages, fresh baked bread, and dessert. Guests must be able to travel on their own or bring someone to assist them.

Check-in: 10:00 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Departure: 10:15 a.m.; **Return:** Approximately 5:30 p.m.

Cost: \$80 (includes lunch with gratuity, performance, and round-trip travel on a coach bus)

Kenosha & Racine

Thursday, June 7

Travel to Wisconsin with us to see the largest craft collection in the US at the Racine Art Museum. We'll begin the day with a quick stop at Mars Cheese Castle. Then we'll head to the Tuscany Bistro for your choice of penne contadina with heirloom tomatoes, mozzarella, basil, roasted garlic, and side salad; Bistro's Tuscan pasta with artichokes, Italian sausage, heirloom tomatoes, arugula, mascarpone cheese, and side salad; meatball bomber sandwich with parmesan waffle chips and side salad; or grilled chicken cranberry salad which includes mixed greens topped with grilled chicken breast, dried cranberries, candied walnuts, gorgonzola cheese, and balsamic dressing. Then we're off to the museum for a guided tour, plus time on your own. Guests must be able to travel on their own or bring someone to assist them.

Check-in: 9:00 a.m. at the Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Departure: 9:15 a.m.; **Return:** Approximately 6:00 p.m.

Cost: \$60 (includes lunch with gratuity, museum admission and guided tour, and round-trip travel on a coach bus)

TRIP DETAILS

To register for a trip: Call (773) 769.1995 for more information, to receive a registration form, or to pay by credit card. Payment in full is required to confirm. **Payments are non-refundable.**

No exchanges.

Checks payable to: Mather LifeWays

Mail to: Mather LifeWays

1020 W. Bryn Mawr Avenue, Chicago, IL 60660

Day of trip: Parking is available at St. Andrew's Church, PAVED lot

All trips are presented by Mather LifeWays.

ART PROGRAMS

Art Class: Wool Felting

Wednesday, May 23, 1:00–3:00 p.m.



Follow your creative instincts while engaging with the colors and textures of wool roving. Bring a picture of a pet, flower, place, etc. for inspiration, or work abstractly.

Join artist Caroline Edasis for a workshop on wool felting. No prior art experience required!

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

Cost: \$8 (includes materials)

Art Insights—Coming in May!

Presented by a volunteer from the Art Institute of Chicago, Art Insights has covered topics including Women in Art and Gauguin. Interested in learning more? Contact us for the topic, date, and time—and make a reservation. This program is free. Please call (773) 769.1995 for details.

LOW-VISION FRIENDS

Mondays, April 9, May 14, & June 11, 10:00 a.m.

This group provides an exchange of information, moral support, resource sharing, tricks of the trade, and solutions for people with low vision. *Meets the second Monday of each month. Call to confirm.*

Location: Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Cost: **FREE**

Contact: (773) 769.1995

HISTORY PROGRAM

Tombstones across the Country

Tuesday, April 17, 1:00–2:00 p.m.

Historian Paula Fenza will share photos and commentary of some unique tombstones from around the country.

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

Cost: **FREE**

Reservations Required: (773) 769.1995

TUESDAY MORNING BOOK CLUB

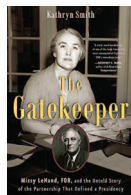
Meets the last Tuesday of the month.



Girl in the Blue Coat

By Monica Hesse

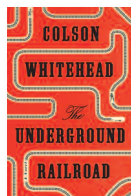
Date: Tuesday, April 24,
10:00–11:30 a.m.



The Gatekeeper

By Kathryn Smith

Date: Tuesday, May 29,
10:00–11:30 a.m.



The Underground Railroad

By Colson Whitehead

Date: Tuesday, June 26,
10:00–11:30 a.m.

Location: Edgewater Presbyterian Church, 1020 W. Bryn Mawr Avenue

Parking: Available at St. Andrew's Church, **PAVED** lot

Cost: **FREE**

Contact: (773) 769.1995

The above programs are presented by Mather LifeWays.

WELLNESS PROGRAMS

Gardening Your Inner Spirit

Thursday, May 3, 1:00–3:00 p.m.

Kathy Bavaro, Spiritual Guide

Take this opportunity to be present to the things that move inside of you and how they parallel the many symbols in nature. We will explore those places inside of us that seek inner growth. Using readings and music, we will begin to notice the voices of hope, joy, and contentment that are blooming inside of us. Refresh yourself by nurturing and growing your inner garden!

Cost: \$2

Reservations Required: (773) 769.1995



Mindful Moments

Wednesday, June 20, 1:00–3:00 p.m.

Kathy Bavaro, Spiritual Guide

Being mindful and conscious of the positive energy that is available to us each moment is a great gift to access. Mindfulness can relieve stress and anxiety. It is an opportunity to restore balance and improve decision-making. Join us to take the time to reflect and be mindful of that energy.

Cost: \$2

Reservations Required: (773) 769.1995

Exercise—Mild & Moving

Tuesdays, 11:00 a.m.–12:00 p.m.

Boost your cardiovascular fitness, flexibility, and balance, all while you move to fun music, standing or sitting in a chair. A former dancer with the Juilliard School in New York, instructor Suzanne Harris is a certified physical trainer who also teaches at Galter LifeCenter. Take advantage of this great way to stay fit!

Cost: \$2/class

Call (773) 769.1995 and register to try your first class free!

Tai Chi

Fridays, 11:00 a.m.–12:00 p.m.



Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Why tai chi? Increased balance, stamina, flexibility, brain health, and reduced blood pressure. . . all are possible benefits of tai chi! Come try something new—you'll learn and practice in a supportive, compassionate environment and feel better! Please wear loose-fitting, comfortable clothing, and bring a pair of socks.

Cost: \$4/class

Call (773) 769.1995 and register to try your first class free!

LOCATION INFORMATION

Each wellness program takes place in St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room. Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

The above programs are presented by Mather LifeWays.

A Matter of Balance

Tuesdays, May 1–June 19, 1:00–2:30 p.m.



This eight-week evidence-based program is designed to reduce the risk of falling and increase activity levels. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and perform simple exercises to increase strength and balance. Each week, the class features an exercise component and discussion.

Cost: \$40 for 8 classes

Reservations Required: Call (773) 769.1995 for more information or to pay by credit card.

Checks payable to: Mather LifeWays

Mail to: Mather Edgewater, 1020 W. Bryn Mawr Avenue, Chicago, IL 60660

Location: St. Andrew's Greek Orthodox Church, 5649 N. Sheridan Road, the President's Room Park in the **PAVED** lot and use the **REAR** entrance between the church and the auditorium.

Presented by Mather LifeWays and CJE SeniorLife

Regular attendees at our luncheons will recognize Ruth Perry's face—she's been volunteering every month for about four years. "Helping at the luncheons is the highlight of my month," she says enthusiastically. "I have the time of my life. I've helped a lot of people out and made some good friends."

**VOLUNTEER
SPOTLIGHT:
Ruth Perry**

Ruth attended her first luncheon in March 2006, right after her husband passed away. "I was the loneliest soul—I didn't have a friend to my name," she recalls. "When I told this to a lady at my church, she said, 'I'm going to make you a lot of friends—you're coming with me to Mather LifeWays!'—and she brought me to the next luncheon. Well, I just loved it."

Ruth started volunteering at the luncheons in 2014. "I'm a table expeditor, but I've done just about every job," she says. "I'm one of the first to arrive and one of the last to leave," she says. "The volunteers pitch in wherever we're needed. We try to make it the happiest day for everyone there—and that makes me happy!"

Reflecting on the Mather LifeWays luncheons,

Ruth says, "I don't know who dreamed this program up, but it's the best thing ever."



***Thank you, Ruth,
and all the volunteers
who make the luncheons
so special. We couldn't
do it without you!***

FILM SERIES AT MATHER LIFEWAYS

Light refreshments will be served.

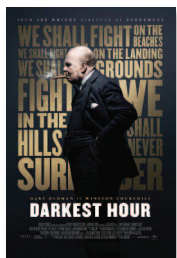
Cost: \$2 • Reservations Required: (773) 769.1995

Location: St. Andrew's Greek Orthodox Church,
5649 N. Sheridan Road, the President's Room.
Park in the **PAVED** lot and use the **REAR** entrance
between the church and the auditorium.

Presented by Mather LifeWays



Darkest Hour PG-13



During the early days of World War II, the fate of Western Europe hangs on the newly appointed British Prime Minister Winston Churchill, who must decide whether to negotiate with Hitler or fight on against incredible odds.

Wednesday, March 28, 1:00–3:15 p.m.

Lady Bird R

Christine "Lady Bird" MacPherson is a high school senior who longs for adventure, sophistication, and opportunity, but finds none of that in her Sacramento Catholic high school.

Wednesday, April 18, 1:00–2:30 p.m.

The Greatest Showman PG



Inspired by the imagination of P. T. Barnum, this original musical celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Wednesday, May 2, 1:00–3:00 p.m.

The Phantom Thread R

Set in the glamour of 1950s post-war London, renowned dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister Cyril (Lesley Manville) are at the center of British fashion. Women come and go through Woodcock's life, providing the confirmed bachelor with inspiration and companionship, until he comes across a young, strong-willed woman. Once controlled and planned, he finds his carefully tailored life disrupted by love.

Wednesday, May 16, 1:00–3:15 p.m.

Wonder PG

Born with facial differences that have prevented him from attending a mainstream school, August Pullman enters the local fifth grade. Auggie's extraordinary journey will unite his family, his new classmates, and the larger community.

Wednesday, May 30, 1:00–3:00 p.m.

The Post PG-13

A cover-up that spanned four US presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government.

Wednesday, June 13, 1:00–3:00 p.m.

One-on-One Sessions and Tech Support

In our one-on-one sessions, our computer expert will provide personalized lessons in the setting that's most comfortable for you — at your home, on our campus or even over the phone. Master your computer or mobile devices through clear, step-by-step instruction presented at your own pace.

Let's Talk Computers

- ✓ Basic computer skills
- ✓ How to use the cloud
- ✓ How to use smartphones and tablets
- ✓ Safety and security online
- ✓ How to back up your computer
- ✓ How to use anti-virus software and avoid malware
- ✓ Social media skills

CONTACT:

Call 773-769-9000 or email
computerservices@cmsschicago.org

Schedule a 1:1 session or join on of our classes held
at Winwood Apartments:
1406 W Winona Ave, Chicago, IL



Chicago Methodist
Senior Services

Don't Miss Important Information!

Mather LifeWays in Edgewater sends monthly emails with upcoming luncheon dates, menu details, and more. We want you there!

Call or email to sign up. Share your name, email address, and street address, so we know who you are!

(773) 769.1995 or
edgewater@matherlifeways.com

Please know that your contact information will never be shared with outside sources.



CITY LIT

LITERATE ★ THEATER

Meet City Lit Theater

We are proud to partner with our close neighbor, City Lit. (They are on the second floor of the Edgewater Presbyterian Church!) City Lit is a not-for-profit theater company founded in 1979, and is devoted to stage adaptations of literary material. Their mission includes making live theater accessible through low ticket prices. They also offer a \$4 senior discount on all shows.

2018 performances include *The Picture of Dorian Gray* and *Prometheus Bound*. For more information, visit citylit.org.

COMMUNITY CONNECTIONS

Programs are held at the address(es) listed in the headings unless otherwise noted.

BERGER PARK

6205 N. SHERIDAN ROAD, (773) 761.0376

*Classes begin April 2 and continue through June 10.
Call for more specific information. Classes, dates, and
prices are subject to change.*

Acting

This activity introduces beginner actors and actresses to the basic principles of performance. Participants will learn exercises and games to develop their confidence and stage presence.

Dates: Tuesdays, 6:30–8:00 p.m.

Cost: \$12.50

Senior Storytelling Workshop

Storytelling is a unique craft used over the ages to communicate myths, legends, and more. Learn the skills needed to be a great storyteller.

Dates: Thursdays, 1:00–2:00 p.m.

Cost: FREE

WHITE CRANE WELLNESS CENTER

1657 W. FOSTER AVENUE, (773) 271.9001

What You Need to Know about Medicare and Medicaid Fraud

Take an active role in protecting your health care benefits! Join us for an engaging presentation on Medicare and Medicaid fraud and possible consequences to beneficiaries. Refreshments provided.

Date: Tuesday, April 10, 10:00–10:45 a.m.

Location: 1355 W. Foster Avenue

Cost: FREE

Registration is required. Please RSVP by April 3 to (773) 271.9001 or msvete@whitecranewellness.org.

OAK STREET HEALTH – EDGEWATER

1541 W. DEVON AVENUE, (773) 250.5222

Simply Strong

Staying physically active is one of the most important things you can do to maintain your health and independence. This class focuses on improving strength, balance, and flexibility—increasing your ability to carry out daily activities as well as reducing your risk of falling. The last 15 minutes of each class is dedicated to a lively and informative wellness discussion.

Dates: Tuesdays, 10:00–11:00 a.m.

Cost: FREE

NORTHSIDE COMMUNITY RESOURCES

1530 W. MORSE AVENUE, (773) 338.7722, EXT. 21

Senior Home Repair Program

You're eligible for FREE repairs if you meet income limit restrictions, are at least 60, and a Chicago resident. Types of repairs include safety improvements, security improvements, and accessibility improvements. Contractors are licensed and bonded. This program is sponsored by the City of Chicago Department of Planning Development. For more information, contact Karla Davis, Senior Services Director, at (773) 338.7722, ext. 21.

HEART-TO-HEART

Serving homebound older adults in the Edgewater community. Volunteers provide friendly visits, reassuring phone calls, light shopping assistance, escorts to appointments, and transportation. Call (773) 973.5464 if you need assistance or would like to become a volunteer.

CHICAGO METHODIST SENIOR SERVICES

The Most Extensive Senior Services Network on
Chicago's North Side • cmsschicago.org
1415 W. FOSTER AVENUE • (773) 769.5500

Email Made Easy

We will create a new account or work with your current email.

Date: Monday April 9, 10:30 a.m.–12:00 p.m.

Cost: **FREE**

All about Apps!

Learn what apps are and how to select, set up and use them in phones or other devices.

Date: Thursday, May 3, 1:30–3:00 p.m.

Cost: \$12 with advance registration, \$15 at the door

Cutting the Cord

What are streaming services, and how can they lower your cable bill?

Date: Wednesday, May 9, 10:30 a.m.–12:00 p.m.

Cost: **FREE**

Let's Go Out!

Planning a vacation or night on the town is easy using internet-based apps, tools, and services.

Date: Tuesday, June 12, 10:30 a.m.–12:00 p.m.

Cost: **FREE**

Online Shopping

Buying groceries, clothes, books, or a car? Get information, make comparisons, and customize your orders without leaving home.

Date: Thursday, June 28, 10:30 a.m.–12:00 p.m.

Cost: \$12 with advance registration, \$15 at the door

ALL CLASSES ABOVE HELD AT:

Location: Winwood Apartments, 1406 W. Winona

Reservations Required: (773) 769.9000 or
computerservices@cmsschicago.org

CJE SENIORLIFE

A Non-Denominational Social Service Agency
3003 W. TOUHY AVENUE, (773) 508.1000

CJE SeniorLife's Shalom Bus is in your neighborhood.
Call (773) 508.1000 for more information or to apply.

THE LENDING CLOSET

St. Gertrude's maintains a lending closet for medical equipment that people frequently request. Call (773) 973.5464 to see if they have what you need.



GET CONNECTED TO POSSIBILITIES



Telephone Topics

*Discover... chat... journey...
without leaving your home!*

- Register in advance by calling (888) 600.2560, or e-mailing teltopics@matherlifeways.com.
- At the time listed for the program, dial in from any phone ... and enjoy. All calls are FREE!

*Visit matherlifeways.com/telephonetopics
for a current schedule.*



1020 W. Bryn Mawr Avenue
Chicago, IL 60660

Non-Profit Org.
U.S. Postage
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Evanston, IL
Permit No. 198

Share Your Story

What does Mather LifeWays in Edgewater mean to you?



We love to hear from customers...
so share your story with us! Have you or your
friends had meaningful experiences at our
luncheons or other events? Have you made
new friends? Tried something new?
Learned something helpful?

Send us your story so we can celebrate you!

Please email us at:

edgewater@matherlifeways.com

Or send your story by mail to:

**Mather LifeWays
1020 W. Bryn Mawr Avenue
Chicago, IL 60660**