More at Mather's

APRIL | MAY | JUNE 2018

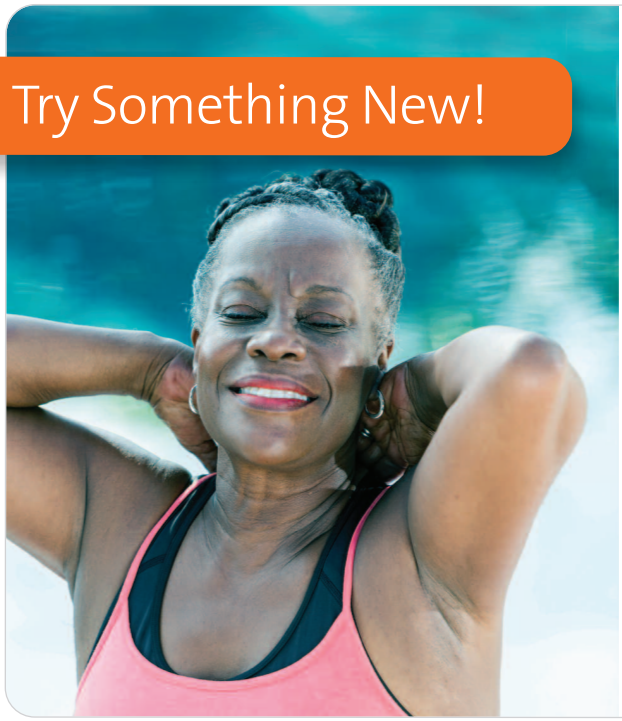
Michigan Wine Country Tour, p. 9

The Writers' Guild offers steps for publishing your book. See page 6.

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

mather's more than a café

Try Something New!



Experience Alternative Options for Body Aches, Anxiety & Sleep Issues

ALTERNATIVE WELLNESS: A 3-Part Series

Tuesdays, 2:00–3:00 p.m.

Deborah Dillon-Quantum, Reiki Master Instructor

Discover how to manage the effects of aging using complementary and alternative wellness options for self-care, well-being, and life quality. You'll experience and learn each technique in an interactive workshop. Please bring a golf ball. *Cost $18 per session or $45 for three sessions*

APRIL 3: Body Aches, Visualization, Acupressure & Quantum Touch

MAY 8: Anxiety: Reflexology, Emotional Freedom & Mindfulness

JUNE 19: Sleep Issues: Sound/Vibration Therapy & Quantum Reiki Self-Hypnosis

Check Out What's Happening!

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

Culinary Delights 3
Enjoy meal specials and food programs!

Lifelong Learning 4
Choose from author presentations, film screenings, and more—like a discussion with former US Senator Roland Burris!

How-Tos 6
Do it yourself—try adult coloring and leave your stress behind.

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

Health & Wellness 8
Sample our wellness programs—like a series on alternative wellness.

Trips 9
Join us for outings like a trip to Michigan Wine Country.

Fitness 10
Try a unique workout, like African Movement & Dance or 10K Walkers.

Free Resources 11
Take advantage of free resources and programs—like advice on tax exemptions for older adults.

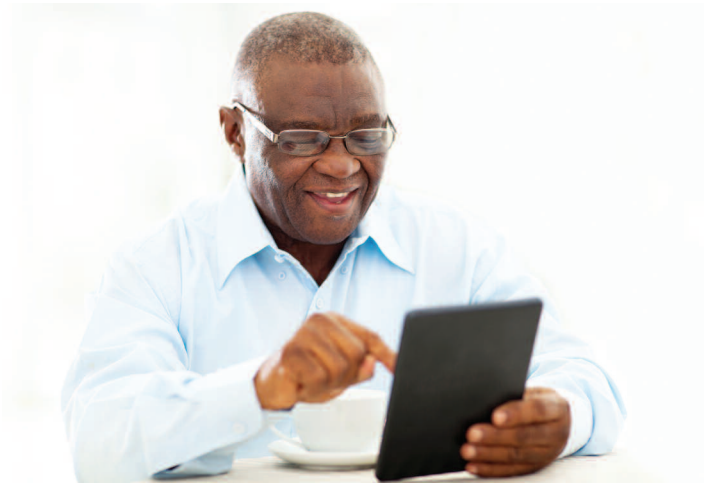
Ongoing Events 12

April | May | June At-a-Glance 13

MATHER'S—MORE THAN A CAFÉ HOURS

Monday–Thursday: 8:30 a.m.–4:30 p.m. *(menu available until 2:45 p.m.)*
Friday: 8:30 a.m.–9:00 p.m. *(menu available until 8:00 p.m.)*
Saturday & Sunday: 9:00 a.m.–3:00 p.m. *(menu available until 2:15 p.m.)*

COMPUTER CLASSES



TWO-DAY CLASSES
Cost $35

Email Basics
Thursdays, April 12 & 19 or June 21 & 28, 2:00–4:00 p.m.
Learn how to send, receive, reply to, and delete emails; work with attachments; and organize your contact list in Gmail.

Learn How to Use an iPad
Thursdays, April 26 & May 3, 2:00–4:00 p.m.
Learn the basics of using the iPad along with other features like iCloud, iTunes, Siri, and the App Store.

Getting Started with Facebook
Thursdays, May 10 & 17, 2:00–4:00 p.m.
Learn how to set up an account and find out about security features and ways to add photos.

Computer Basics
Thursdays, May 24 & 31, 2:00–4:00 p.m.
Learn the parts of a computer, how to use a mouse, what windows are, and basic word processing techniques.

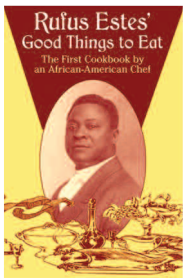
Try Something New! Word Basics
Thursdays, June 7 & 14, 2:00–4:00 p.m.
This class will introduce you to the world's most popular word-processing program. Familiarize yourself with features that can help you create documents that have impact.

CULINARY DELIGHTS

Pudding & Pie

Tuesday, April 10
Meal Special: Dixie Dog Day
Southern regional hot dog specialties with side of fries and pop. *Cost $4.29*

Friday, May 4
1:00–2:30 p.m. Good Things to Eat: Rufus Estes



Donna Pierce, Author/Food & Restaurant Critic & Mary Beth Lutjen, Culinary Delighter
Born a slave in 1857, Rufus Estes worked as a chef in the luxurious private Pullman railway cars. In 1911, he created one of the first cookbooks published by an African American chef, *Good Things to Eat, As Suggested by Rufus*. Join Donna as she talks about Rufus's life and enjoy dishes from the cookbook, including apple sponge pudding, Trianon salad, black bean soup, and more. *Cost $7*

Thursday, June 7
1:00 p.m. The Culinary Delighters Present: Pudding & Pie
Surge will demonstrate how to make his delicious bread pudding and the Southern specialty chocolate chess pie. Enjoy a tasty slice of each. *Cost $6*

WE'RE OPEN FOR BRUNCH EVERY SATURDAY AND SUNDAY, 9:00 A.M. TO 3:00 P.M.
Reservations are recommended.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

LIFELONG LEARNING

Friday, April 6
1:00–2:30 p.m. Seed Saving: The Suitcase Monologue
BIG: Blacks in Green
Hear how Naomi Davis, granddaughter of Mississippi sharecroppers, was inspired to create the Chicago-based organization Blacks in Green. Learn the inspirational story of how travelers like her family journeyed north during the Great Migration, often with little more than a box of seeds, some recipe cards, and their lunch. *Suggested Donation $5*

Tuesday, April 10
1:30–2:30 p.m. Ready to Re-Enter the Workplace
Representative, National Able Network
able! National Able Network®
This program will provide information for people 55 and better who are looking for a job. The Senior Community Service Employment Program is a training program that helps older adults re-enter the job market. *FREE*

Friday, April 13
1:00–2:30 p.m. Nelson Mandela & Apartheid
Prexy Nesbitt, Instructor, Columbia College Chicago
Prexy, a noted educator on African history and friend of Nelson Mandela's third wife, will discuss Mandela's life and his struggle to overcome apartheid and racism. Learn more about the extraordinary life of this dynamic leader. *Suggested Donation $5*

Friday, April 20
1:00–2:30 p.m. The Divine One: Sarah Vaughan
Frieda Lee, Vocalist
One of Chicago's most beloved jazz singers, Frieda Lee pays homage to one of her heroes, the great Sarah Vaughan. Frieda's program includes clips of many of Vaughan's greatest hits. *Suggested Donation $5*

Wednesday, April 25
9:00–11:00 a.m. Book Club
This month we'll discuss *Grant Park* by Leonard Pitts Jr. *FREE*

Friday, April 27
1:00–2:30 p.m. Pushkin's African Heritage
Christine List, Professor & Filmmaker, Chicago State University
Hear an extraordinary story of African heritage! Christine will present the trailer for her new documentary *Pushkin: Apostle of Freedom*. Filmed in Russia, the project explores the life and work of nineteenth-century poet Pushkin, focusing on how his African heritage significantly impacted his work. *Suggested Donation $5*

Friday, May 11
1:00–2:30 p.m. The Story of *227*
Christine Houston, Screenwriter & Author
Hear about Christine's many successes as a screenwriter for television. She wrote the teleplay for *The Jeffersons* and was a staff writer on the *Punky Brewster* show. Most notably, her play based on her childhood in Bronzeville, *Two Twenty-Seven,* was adapted as the groundbreaking 1980s sitcom *227*. *Suggested Donation $5*

Friday, May 18
1:00–2:30 p.m. Perspectives on Politics
Roland Burris, Former US Senator
Roland Burris brings to bear his vast experience in government to provide an overview and analysis of the current political scene and provide insight into the political process. Prior to his appointment to the US Senate, Mr. Burris served as both Comptroller and Attorney General for the State of Illinois. *FREE*

Wednesday, May 30
9:00–11:00 a.m. Book Club
This month we'll discuss *The Short and Tragic Life of Robert Peace* by Jeff Hobbs. *FREE*

Cook County Elder Justice Center

In partnership with the Cook County Elder Justice System, we are providing information each month about of their free seminars. Seminars are held from 12:00–1:30 p.m. at the Elder Justice Center, Richard J. Daley Center, 50 W. Washington Street, Suite 2505. Admission is free, but please call (312) 603.9233 to reserve a seat.

April 12
Managing Evictions & Code Violations

April 26
Financial Literacy

May 10
Social Security: Rights, Responsibilities & Deadlines

May 24
Safeguarding Your Savings

June 7
Bankruptcy: The Decision & Consequences

June 21
Stopping Adult Financial Exploitation

Friday, June 1

1:00–2:30 p.m. Seeding Your Own Backyard

BIG: Blacks in Green

Learn how trees can reduce crime and how planting a garden can improve an entire neighborhood. Blacks in Green is a nonprofit organization whose mission is to design and develop green, self-sustaining, mixed-income, walkable villages in black neighborhoods. Find out what they're doing to make a difference and learn how to plant your own starter garden. *Suggested Donation $5*

Wednesday, June 6

9:00–10:30 a.m. Keeping the Legacy Alive

Velma Gladney, Storyteller

Velma will take you on an international folktale journey. In Africa, adults would often gather the children together around a village fire and tell stories. These "tales by moonlight" were meant to prepare young people for life. Come hear these folktales and perhaps share a story. *FREE*

Talk Politics with Delmarie Cobb

Friday, June 8

1:00–2:30 p.m.
White Wines 101

Bill Gilmore, Wine Consultant

Here's a fun opportunity to learn about and taste some popular varieties of white wine. Bill Gilmore has owned and operated many popular entertainment venues, including B.L.U.E.S. on Halsted, and currently works as a wine consultant in Chicago, New York City, and Napa. *Suggested Donation $8*

Friday, June 15

1:00–2:30 p.m.
Black Lawmakers in Illinois

Dr. Erma Brooks Williams, Author & Paul L. Williams, Attorney

AUTHOR PRESENTATION

The Williamses are a power couple in Illinois law, and they share an inside look at how black lawmakers in the Illinois General Assembly have implemented important policy changes—including legislation that increased the number of black judges in Cook County from 22 in 1985 to over 100 in 2017. *Suggested Donation $5*

Friday, June 22

1:00–2:30 p.m. Talk Politics with Delmarie Cobb

Delmarie Cobb, Political Consultant & Principal, The Publicity Works

From serving as Jesse Jackson's national traveling press secretary during his 1988 presidential bid, to her work as Illinois press secretary for Hillary Clinton during her presidential campaign, Delmarie knows politics! Hear about her work on these and other campaigns, as well as her analysis of the current political situation in our state and beyond. *Suggested Donation $5*

Wednesday, June 27

9:00–11:00 a.m. Book Club

This month we'll discuss *The Underground Railroad* by Colson Whitehead. *FREE*

Friday, June 29

1:00–2:00 p.m. Historically Black Colleges & Universities

Kathleen Jackson, Area Development Director, United Negro College Fund

Hear the story of the United Negro College Fund and the great work it has done for decades in support of Historically Black Colleges & Universities. *Suggested Donation $5*

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

HOW-TOS

Mather's in Chatham Writers' Guild

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

Wednesday, April 11

11:00 a.m.–1:00 p.m.
Try Something New!
Workshop Sign-Up
We'll work together under J. D.'s guidance to craft our work and learn steps to get published! Sign up for the sessions below and receive the e-book *12 Financial Benefits of Writing*, plus a raffle ticket for a chance to win a laptop or tablet. *FREE*

Wednesday, May 2

11:00 a.m.–1:00 p.m. Tips & Tricks
Learn how to write like the pros. Get tips and tricks that make the craft of writing as easy as pie.

Wednesday, June 6

11:00 a.m.–1:00 p.m. Write It Right
J. D. Cooper gives direction on how to add your unique personality to your writing so it will hold your readers' attention.

Color Me Relaxed

Thursdays, April 12 & 26, May 10 & 24, and June 14 & 28

11:00 a.m.–12:00 p.m. Color Me Relaxed
Sharon Smith, Possibilities Coach
Join us for a relaxing, mindful, and creative coloring class. *All supplies included. Suggested Donation $8 per class or $14 for 2 classes per month*

Friday, April 13

11:00 a.m.–12:30 p.m. Vision Boards: What You See Is What You Get: Workshop 1
Pat Knazze, Presenter
A vision board is a board on which you display images that represent what you want to be, do, or have in your life. You'll be amazed at how it can help you achieve your goals. *All materials included. Suggested Donation $12 for series or $7 per session*

Wednesdays, April 18 & 25, May 9 & 16, and June 20 & 27

1:00–3:00 p.m. Learning to Draw with Rhythm: 6 Sessions
Barry Bruner, Art Teacher
Learn basic drawing skills! We'll focus on lines, shading, and color in drawing simple objects and human figures. To develop rhythm and movement in our drawing, we'll listen to music while we work. Please bring your own supplies. *Suggested Donation $6 per session or $30 for 6 sessions*

Friday, April 20

11:00 a.m.–12:30 p.m. Vision Boards: What You See Is What You Get: Workshop 2

Friday, April 27

11:00 a.m.–1:00 p.m. Create Unique Jewelry: A 4-Week Series
Madie Canamore, Instructor
In each of six workshops, you'll create a unique piece of jewelry that's all your own. With Madie's help and your own creativity, you'll make a variety of jewelry including necklaces, dog chains, copper pins, key chains, bracelets, belts, and more. Open to all levels. *All supplies included. Suggested Donation $30 for series or $6 per session*

Thursday, May 3

10:00 a.m.–2:00 p.m. AARP Safe Driving Course Overview & Registration
Keith Cooper, Certified AARP Driver Safety Volunteer
AARP FOUNDATION Learn about the eight-hour driving course and how it can save you money on your auto insurance.

Friday, May 4

11:00 a.m.–1:00 p.m. Create a Unique Piece of Jewelry, Session 2

MUSIC & ENTERTAINMENT

Mother's Day Tribute with Mather's—More Than a Café Chorus

Thursday, May 10
12:30–4:30 p.m. AARP Safe Driving Course, Part 1
Keith Cooper, Certified AARP Driver Safety Volunteer
Even the most experienced drivers can benefit from brushing up on their skills. This class will teach you the current rules of the road, defensive driving techniques, and ways to operate your vehicle more safely in today's increasingly challenging driving environment. *Cost $15 for AARP members; $20 for non-members. Make checks payable to AARP.*

Friday, May 11
11:00 a.m.–1:00 p.m. Create a Unique Piece of Jewelry, Session 3

Thursday, May 17
12:30–4:30 p.m. AARP Safe Driving Course, Part 2

Friday, May 25
11:00 a.m.–1:00 p.m. Create a Unique Piece of Jewelry, Session 4

Monday, June 4
10:00–11:00 a.m. Seminar: Draft Your Power of Attorney, Session 1
Center for Disability & Elder Law
This seminar covers powers of attorney for health care and property, as well as living will declarations. First, learn about these legal documents and why you need them. On June 26, attorneys will help you file your power of attorney and living will declaration forms. Register early—space is limited! *FREE*

Tuesday, June 26
1:00–3:30 p.m. Seminar: Draft Your Power of Attorney, Session 2

Tuesdays, April 3, May 1 & June 5
3:00–4:30 p.m. Tuesday Tunes
Enjoy different genres of live music from jazz to the blues performed by a variety of musical artists. *Suggested Donation $7 per session*

Monday, May 7
4:00–7:00 p.m. Mother's Day Tribute with Mather's—More Than a Café Chorus
Julia Whitfield, Chorus Director
Join Mather's—More Than a Café Chorus for a musical tribute to mothers. We'll dine on chicken Florentine roulade, rice pilaf, green beans, dinner rolls, punch, and strawberry shortcake. *Meal Cost $10; Entertainment Suggested Donation $5*

Sunday, June 17
1:00–3:30 p.m. Father's Day—A Tribute to Kings
Jazz Entertainment
Treat the dads in your life to jazz and BBQ shrimp skewers, a trio of sliders (tenderloin, fried chicken, and blackened tilapia), cheddar ale mac 'n' cheese, and fruit cobbler à la mode. *Meal Cost $14 Entertainment Suggested Donation $10*

Friday, June 29
5:00–9:00 p.m. Mather's Old School Dance Party
If you know how to do the twist, the twine time, the do the roach, the swim, or the watusi—or you're willing to learn—then you need to be here! *Suggested Donation $5*

BYOB

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

BYOB

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

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

HEALTH & WELLNESS

Mondays, April 2–June 25
12:00–1:00 p.m. Your Best Balance: A Monthly Program
Sharon Smith, Possibilities Coach
This progressive, comprehensive balance program is designed to assess balance, improve mobility, and introduce strategies to help you move more confidently in your environment. Concerned about your balance? Sign up for a month or more! Please note each month's program is limited to five participants. *Suggested Donation $16 per month or $45 for three months*

Tuesday, April 3
2:00–3:00 p.m. Alternative Wellness: A 3-Part Series
Deborah Dillon-Quantum, Reiki Master & Instructor
This interactive series focuses on how to manage the effects of aging using complementary and alternative wellness options for self-care, well-being, and life quality. Week one will focus on body aches. *Please bring a golf ball to each session. Suggested Donation $45 for series or $18 per session*

Wednesday, April 4
3:00–4:00 p.m. Try Something New! New Findings in Brain Health
Roscoe Nicholson, Senior Research Associate, Mather LifeWays Institute on Aging
Learn about recent neuroscience findings related to how our lifestyle can help cognition and even reduce risk of dementia as we age. A Q&A will follow the presentation. *FREE*

Wednesday, April 11
10:00–11:00 a.m. Food for Thought: Gardening for Nutritional & Financial Well-Being
Sharon Smith, Possibilities Coach
Learn about the health and financial benefits of growing your own nutritious produce. *Suggested Donation $6*

Chicago Farmers' Markets

Tuesday, May 8
2:00–3:00 p.m. Alternative Wellness Series, Part 2
This session will focus on anxiety.

Wednesday, May 9
10:00–11:00 a.m. Food for Thought: Chicago Farmers' Markets
Sharon Smith Possibilities Coach
Learn strategies and some of the nutritional and financial benefits of shopping at Chicago's many farmers' markets. *Suggested Donation $6*

Wednesday, June 13
10:00–11:00 a.m. Food for Thought: Food Safety Awareness
Sharon Smith, Possibilities Coach
Learn about the importance of food safety when preparing and storing meals and how to proactively prevent food-borne illnesses, which can put older adults at risk for health challenges. *Suggested Donation $6*

Tuesday, June 19
2:00–300 p.m. Alternative Wellness Series, Part 3
This session will focus on sleep issues.

SHARE NETWORK

Mather's—More Than a Café is a proud partner of the South Side Healthy Aging Resource Experts (SHARE) Network, teaming up with South Side-based health care and community organizations and the University of Chicago Medicine to promote healthy living for older adults. SHARE Network events bring older adults, caregivers, primary care providers, and medical specialists together to share knowledge and resources. Through health care workforce education and community outreach, the SHARE Network bridges the gap between geriatric specialty care and the community.

Monday, April 30
2:00–3:00 p.m. Audiology: What Did You Say?
Join a health care professional for a presentation on hearing and solutions for hearing loss. Please preregister. *FREE*

Monday, May 14
2:00–3:00 p.m. Sexual Health for Women over 50
Have your concerns related to sexual health addressed in a comfortable and respectful atmosphere. *FREE*

Monday, June 18
1:30–3:00 p.m. Men's Lunch & Learn: Strike Out Stroke
Enjoy lunch while you learn the latest on reducing risk for hypertension and stroke. Register at least one week in advance. *Meal Cost $7.50*

TRIPS

Michigan Wine Country Tour

Having Our Say: The Delany Sisters' First 100 Years

Goodman Theatre, Chicago

Meet the Delany sisters, Sadie and Bessie, best friends and roommates, together for over 100 years. Join them as they reminisce about the joys and challenges they have faced and recall the history they have witnessed and the historical figures they have met along the way.

DATE: Thursday, May 24
Depart from Mather's: 1:00 p.m.; Approximate return to Mather's: 4:00 p.m.
Cost: $45
Please register in advance. Cost includes transportation and show. Limit 20.

Michigan Wine Country Tour

Take a trip to the rolling hills of Michigan and tour two of the state's first wineries. We'll start at the Tabor Hill Winery for a farm-to-table lunch, vineyard tour, and a tasting of some of their finest wines. Next, we'll travel to the Round Barn Winery, where experts will guide you through a tasting. Take home a commemorative wine glass.

DATE: Thursday, June 28
Depart from Mather's: 9:30 a.m.; Approximate return to Mather's: 6:00 p.m.
Cost: $95
Please register in advance. Cost includes lunch, a tour of two wineries, and transportation. Limit 25.

SAVE THE DATE: Niagra Falls and Caribana Festival in Toronto, Canada

DATE: Thursday, August 2–Sunday, August 5
1st down payment of $50 due Friday, May 18

AMERICAN CLASSIC TOURS

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 or (847) 548.3333.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

FITNESS

ALL CLASSES ARE 50 MINUTES LONG UNLESS OTHERWISE NOTED.

STARTING IN MAY! 10K Walkers

Improve your health by starting with small changes. Starting in May, the group will walk every Monday and Wednesday, weather permitting. We will meet at the Café and walk to Cole Park for the first walk on May 2. *FREE*

MONDAY

7:30–9:00 a.m. 10K Walkers
See left.

10:00–11:00 a.m. Urban Chi
Wendell Williams, Instructor
Urban Chi takes a fun yet gentle approach to tai chi that will help you maintain balance, improve coordination and range of motion, and manage stress. No class on the first Monday of the month. *Cost $5.75*

1:00 p.m. Group Exercise
LaGretta Ambrose, Instructor
Classes focus on cardiovascular fitness, strength training, flexibility, and balance. *Cost $4.25*

TUESDAY

7:30–8:50 a.m. Worth the Weight
Sharon Smith, Possibilities Coach
Attend strength-training classes two days per week to improve your everyday functioning with the use of weights and bands. *Please preregister before the first class of the month. Cost $28 per month*

10:30–11:15 a.m. Moving Easy
LaGretta Ambrose, Instructor
If you have arthritis, join us for a unique class that will help you improve flexibility and range of motion as well as manage joint pain without weights. *Cost $5.25 per class or $8 for 2/week*

WEDNESDAY

7:30–9:00 a.m. 10K Walkers
See left.

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

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

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

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

THURSDAY

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

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

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

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

Ask our receptionist about our affordable Fitness Center membership!

Meditation & Relaxation

FRIDAY

9:00 a.m. Balance II
Toni Hector, Instructor
Join us for a balance exercise class for those who want to maintain or improve their ability to function and move safely every day. *Cost $5.25*

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

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

FREE RESOURCES

Thursday, April 19

10:00–11:00 a.m. Small Accessible Repairs for Seniors (SARFS)
Rita Johnson, Partnership in Community Building Inc.
Learn about a program that provides safety, security, and accessibility improvements for older adults who want to remain in their homes. Minor repairs are available for Chicago residents who meet certain requirements. Hear how to qualify and fill out an application.

Tuesday, April 24

1:00–2:00 p.m. Living the Good Life
Joseph Harrington, President & CEO, The Mojo Group
None of us know when our time will come, but we can all take steps to lead a healthier life. The goal of this presentation is to help you take the first step in that direction.

Wednesday, May 2

9:00–10:30 a.m. Cook County Assessor's Office Senior Tax Exemption
Theresa Chandler, Cook County Assessor's Office
Find out if you're eligible for any tax exemptions: homeowners, senior freeze, longtime homeowner, home improvement, returning veterans, disabled veterans, or disabled person.

Wednesday, May 23

9:00–10:30 a.m. How to Care for Your Feet
Jen Care, Senior Medical Center, Lavandis Brown
Learn the importance of foot care for older adults.

Wednesday, June 6

9:00–10:00 a.m. Volunteer at Mather's—More Than a Café
Join us to find out about volunteering and its benefits. Call (773) 488.2801.

Tuesday, June 12

1:00–2:30 p.m. Caregiver Stress Relief, Acceptance & Empowerment
Phillip Bennett, Manager, Alzheimer's Association, Greater Illinois Chapter
Mr. Bennett will discuss the causes, signs, and symptoms of stress and suggest some stress reduction strategies for you to try on your own.

Monday, June 25

2:30–3:30 p.m. Mather's—More Than a Café Quarterly Birthday Club
Join us if your birthday is in April, May, or June!

BUSINESS EXPO WEEK

Mather's—More Than a Café hosts a week-long business expo every month for those who would like to share information or sell their wares. *Call (773) 488.2801 to participate as a vendor/exhibitor or for more details. Vendor cost $30/day*

Mark your calendar for the following weeks:
April 2–6; May 1–7; June 4–8; 9:30 a.m.–1:30 p.m.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

ONGOING EVENTS

MAGAZINE RELEASE DAY!

FRIDAY, JUNE 8

Join us on June 8 to see the NEXT *More at Mather's* magazine. Register for an event in July, August, or September, and get a FREE cookie, tea, or coffee!

Note: you must register on-site and pay in full on June 8 to receive incentive. One item per customer.

Open Bridge/Whist/Scrabble/Chess Club

MONDAY

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

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

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

TUESDAY

9:00 a.m.–12:30 p.m.
Piano Lessons
Thirty-minute lessons for beginners and those with limited experience. *No space available at this time. Check with the front desk for availability. Suggested Donation $25 for 4 lessons*

12:00–2:30 p.m.
Consultation: Benefits Check-Up.org
Are you eligible for local and national benefits? A visiting consultant can tell you how you may qualify. *Appointment required. FREE*

12:30–2:00 p.m.
Prime Time Sister Circle I
No space available at this time. Check with the front desk for availability.

WEDNESDAY

12:00–2:00 p.m.
Senior Health Insurance Program (SHIP)
By appointment only. FREE

12:00–2:30 p.m. Consult with a Social Worker
A licensed social worker will be available for individual consultations. Get information and referrals to community services. *Appointment required. FREE*

THURSDAY

12:00–2:00 p.m. Learn about RTA Free Transit
Sign up for free rides on the RTA. *FREE*

2:00–4:00 p.m. Open Bridge/Whist/Scrabble/Chess Club
Join other card sharks or enjoy the game of your choice. Scrabble and chess players may bring their own boards. *Suggested Donation $1.30*

FRIDAY

11:30 a.m.–1:30 p.m.
Blood Pressure Screening
Get your blood pressure checked each week by a registered clinician. *FREE*

Mather's Chicagoland Locations

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

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

April | May | June At-a-Glance

WEEKLY EVENTS

Monday

7:30 a.m. 10K Walkers (starting in May) . . . 10
10:00 a.m. Urban Chi . . . 10
11:00 a.m. Prime Time Sister Circle II . . . 12
1:00 p.m. Group Exercise . . . 10

Tuesday

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

Wednesday

7:30 a.m. 10K Walkers (starting in May) . . . 10
11:00 a.m. Line Dancing . . . 10
12:00 p.m. Senior Health Insurance Program (SHIP) . . . 12
12:00 p.m. Consult with a Social Worker . . . 12
12:00 p.m. Meditation & Relaxation . . . 10
1:00 p.m. Steppers Step Out . . . 10
2:30 p.m. Men's Strength Training . . 10

Thursday

7:30 a.m. Worth the Weight . . . 10
9:00 a.m. Tai Chi Movement . . . 10
10:30 a.m. African Movement & Dance . . . 10
11:30 a.m. Moving Easy . . . 10
12:00 p.m. Learn about RTA Free Transit . . . 12
2:00 p.m. Open Bridge/Whist/ Scrabble/Chess Club . . . 12

Friday

9:00 a.m. Balance II . . . 11
10:15 a.m. Laughter Yoga . . . 11
11:15 a.m. Strength & Stretch . . . 11
11:30 a.m. Blood Pressure Screening . . . 12

APRIL

Monday, April 2

12:00–1:00 p.m. Your Best Balance: A Monthly Program . . . 8

Tuesday, April 3

2:00–3:00 p.m. Alternative Wellness: A 3-Part Series . . . 8
3:00–4:30 p.m. Tuesday Tunes . . . 7

Wednesday, April 4

3:00–4:00 p.m. New Findings in Brain Health . . . 8

Friday, April 6

1:00–2:30 p.m. Seed Saving: The Suitcase Monologue . . . 4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party . . . 7

Monday, April 9

12:00–1:00 p.m. Your Best Balance: A Monthly Program, Session 2 . . . 8

Tuesday, April 10

Meal Special: Dixie Dog Day . . . 3
1:30–2:30 p.m. Ready to Re-Enter the Workplace . . . 4

Wednesday, April 11

10:00–11:00 a.m. Food for Thought: Gardening for Nutritional & Financial Well-Being . . . 8
11:00 a.m.–1:00 p.m. Mather's in Chatham Writers' Guild: Workshop Sign-Up . . . 6

Thursday, April 12

11:00 a.m.–12:00 p.m. Color Me Relaxed . . . 6
2:00-4:00 p.m. Email Basics, Part 1 . . . 3

Friday, April 13

11:00 a.m.–12:30 p.m. Vision Boards: What You See Is What You Get: Workshop 1 . . . 6
1:00–2:30 p.m. Nelson Mandela & Apartheid . . . 4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase . . . 7

Monday, April 16

12:00–1:00 p.m. Your Best Balance: A Monthly Program, Session 3 . . . 8

Wednesday, April 18

1:00–3:00 p.m. Learning to Draw with Rhythm: 6 Sessions . . . 6

Thursday, April 19

10:00–11:00 a.m. Small Accessible Repairs for Seniors (SARFS) . . . 11
2:00-4:00 p.m. Email Basics, Part 2 . . . 3

Friday, April 20

11:00 a.m.–12:30 p.m. Vision Boards: What You See Is What You Get: Workshop 2 . . . 6
1:00–2:30 p.m. The Divine One: Sarah Vaughan . . . 4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party . . . 7

Monday, April 23

12:00–1:00 p.m. Your Best Balance: A Monthly Program, Session 4 . . . 8

Monday, April 24

1:00–2:00 p.m. Living the Good Life . . 11

Wednesday, April 25

9:00–11:00 a.m. Book Club . . . 4
1:00–3:00 p.m. Learning to Draw with Rhythm: Session 2 . . . 6

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

Thursday, April 26
11:00 a.m.–12:00 p.m. Color Me Relaxed 6
2:00–4:00 p.m. Learn How to Use an iPad, Part 1 3

Friday, April 27
11:00 a.m.–1:00 p.m. Create Unique Jewelry: A 4-Week Series 6
1:00–2:30 p.m. Pushkin's African Heritage 4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Monday, April 30
2:00–3:00 p.m. Audiology: What Did You Say? 8

MAY

Tuesday, May 1
3:00–4:30 p.m. Tuesday Tunes 7

Wednesday, May 2
9:00–10:30 a.m. Cook County Assessor's Office Senior Tax Exemption 11
11:00 a.m.–1:00 p.m. Mather's in Chatham Writers' Guild: Tips & Tricks 6

Thursday, May 3
10:00 a.m.–2:00 p.m. AARP Safe Driving Course Overview & Registration 6
2:00–4:00 p.m. Learn How to Use an iPad, Part 2 3

Friday, May 4
11:00 a.m.–1:00 p.m. Create a Unique Piece of Jewelry, Session 2 6
1:00–2:30 p.m. Good Things to Eat: Rufus Estes 3
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 7

Monday, May 7
12:00–1:00 p.m. Your Best Balance: A Monthly Program 8
4:00–7:00 p.m. Mother's Day Tribute with Mather's—More Than a Café Chorus 7

Tuesday, May 8
2:00–3:00 p.m. Alternative Wellness Series, Part 2 8

Wednesday, May 9
10:00–11:00 a.m. Food for Thought: Chicago Farmers' Markets 8
1:00–3:00 p.m. Learning to Draw with Rhythm: Session 3 6

Thursday, May 10
11:00 a.m.–12:00 p.m. Color Me Relaxed 6
12:30–4:30 p.m. AARP Safe Driving Course, Part 1 7
2:00–4:00 p.m. Getting Started with Facebook, Part 1 3

Friday, May 11
11:00 a.m.–1:00 p.m. Create a Unique Piece of Jewelry, Session 3 7
1:00–2:30 p.m. The Story of *227* 4
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Monday, May 14
12:00–1:00 p.m. Your Best Balance: A Monthly Program, Session 2 8
2:00–3:00 p.m. Sexual Health for Women over 50 8

Wednesday, May 16
1:00–3:00 p.m. Learning to Draw with Rhythm: Session 4 6

Thursday, May 17
12:30–4:30 p.m. AARP Safe Driving Course, Part 2 7
2:00–4:00 p.m. Getting Started with Facebook, Part 2 3

Friday, May 18
1:00–2:30 p.m. Perspectives on Politics 4
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 7

Monday, May 21
12:00–1:00 p.m. Your Best Balance: A Monthly Program, Session 3 8

Wednesday, May 23
9:00–10:30 a.m. How to Care for Your Feet 11

Thursday, May 24
TRIP: *Having Our Say: The Delaney Sisters' First 100 Years* 9
11:00 a.m.–12:00 p.m. Color Me Relaxed 6
2:00–4:00 p.m. Computer Basics, Part 1 3

Friday, May 25
11:00 a.m.–1:00 p.m. Create a Unique Piece of Jewelry, Session 4 7
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Monday, May 28
CAFÉ CLOSED—Happy Memorial Day!

Wednesday, May 30
9:00–11:00 a.m. Book Club 4

Thursday, May 31
2:00–4:00 p.m. Computer Basics, Part 2 3

JUNE

Friday, June 1
1:00–2:30 p.m. Seeding Your Own Backyard 5
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 7

Monday, June 4
10:00–11:00 a.m. Seminar: Draft Your Power of Attorney, Session 1 7
12:00–1:00 p.m. Your Best Balance: A Monthly Program 8

Tuesday, June 5
3:00–4:30 p.m. Tuesday Tunes 7

Wednesday, June 6
9:00–10:30 a.m. Keeping the Legacy Alive 5
9:00–10:00 a.m. Volunteer at Mather's—More Than a Café 11
11:00 a.m.–1:00 p.m. Mather's in Chatham Writers' Guild: Write It Right 6

Thursday, June 7
1:00 p.m. The Culinary Delighters Present: Pudding & Pie 3
2:00–4:00 p.m. Word Basics, Part 1 . . . 3

Friday, June 8
Magazine Release Day!
1:00–2:30 p.m. White Wines 101. 5
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Monday, June 11
12:00–1:00 p.m. Your Best Balance, Session 2 8

Tuesday, June 12
1:00–2:30 p.m. Caregiver Stress Relief, Acceptance & Empowerment. 11

Wednesday, June 13
10:00–11:00 a.m. Food for Thought: Food Safety Awareness 8

Thursday, June 14
11:00 a.m.–12:00 p.m. Color Me Relaxed 6
2:00–4:00 p.m. Word Basics, Part 2 . . . 3

Friday, June 15
1:00–2:30 p.m. Black Lawmakers in Illinois 5
5:00–9:00 p.m. Friday Night Live at Mather's Steppers & Line Dance Party 7

Sunday, June 17
1:00–3:30 p.m. Father's Day–A Tribute to Kings 7

Monday, June 18
12:00–1:00 p.m. Your Best Balance, Session 3 8
1:30–3:00 p.m. Men's Lunch & Learn: Strike Out Stroke 8

Tuesday, June 19
2:00–300 p.m. Alternative Wellness Series, Part 3 8

Wednesday, June 20
1:00–3:00 p.m. Learning to Draw with Rhythm: Session 5. 6

Thursday, June 21
2:00-4:00 p.m. Email Basics, Part 1. . . . 3

Friday, June 22
1:00–2:30 p.m. Talk Politics with Delmarie Cobb 5
5:00–9:00 p.m. Mather's Got Talent Open Mic Showcase 7

Monday, June 25
12:00–1:00 p.m. Your Best Balance, Session 4 8
2:30–3:30 p.m. Mather's—More Than a Café Quarterly Birthday Club. 11

Tuesday, June 26
1:00–3:30 p.m. Seminar: Draft Your Power of Attorney, Session 2 7

Wednesday, June 27
1:00–3:00 p.m. Learning to Draw with Rhythm: Session 6. 6
9:00–11:00 a.m. Book Club 5

Thursday, June 28
TRIP: Michigan Wine Country 9
11:00 a.m.–12:00 p.m. Color Me Relaxed 6
2:00-4:00 p.m. Email Basics, Part 2. . . . 3

Friday, June 29
1:00–2:00 p.m. Historically Black Colleges & Universities 5
5:00–9:00 p.m. Mather's Old School Dance Party 7

Thank you for being a part of Mather's—More Than a Café

Mather's—More Than a Café customers tell us they love the sense of community, well-being, and exploration they experience at our locations. The Cafés are a part of Mather LifeWays—a unique, non-denominational not-for-profit organization founded more than 75 years ago and dedicated to developing and implementing Ways to Age Well.℠

We are looking to the kindness and caring of people like you to help us continue to provide our quality (and fun!) lessons, lectures, and entertainment. Please join our family of donors with a gift of $25, $50, $100, or any amount that is right for you. You'll see your generosity at work every time you walk through our door.

Your tax-deductible gift can be made in person at any Mather's—More Than a Café, or by mail to:

Mather Possibilities
1603 Orrington Avenue
Suite 1800
Evanston, IL 60201

Please make your check payable to Mather Possibilities and indicate "Café" on the memo line.

PLEASE REGISTER AT LEAST ONE WEEK IN ADVANCE FOR ALL PROGRAMS

Learning to Draw with Rhythm: 6 Sessions

1:00–3:00 P.M., WEDNESDAYS
APRIL 18 & 25, MAY 9 & 16, JUNE 20 & 27

Barry Bruner, Art Teacher

This unique art class will get your creative juices flowing…with music! We'll learn basic drawing skills including lines, shading, and color in drawing simple objects and human figures.

Barry will guide new artists as we practice, and we'll develop rhythm and movement in our drawing as we listen to jazz, rhythm and blues, and classical music.

Please bring your own supplies. *Suggested Donation $6 per session or $30 for 6 sessions*

mather's more than a café