

# More at Mather's

Mather's—More Than a Café • 33 E. 83rd Street, Chicago, IL 60619 • (773) 488-2801

APRIL | MAY | JUNE 2008

## IN THIS ISSUE

• **Computer Classes**  
See page 3.

• **FREE Consumer Interest Lectures**  
See page 4.

• **"The Ballad of Emmett Till"**  
See page 6.

• **Chocolate Factory Tour**  
See page 6.

**COUPON**

## Bowl of Soup .89¢

**SAVE .50¢**

Limit one per customer. One time only. Discount not valid with other offers. Good at Mather's on 83rd only. Expires April 30, 2008.

Mather LifeWays  
1603 Orrington Ave., Suite 1800  
Evanston, IL 60201

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

## The mather experience (me!) and me! Hall of Fame

What is a mather experience (me!)? A me! is created when a Mather LifeWays employee truly goes above and beyond his or her job duties. Kudos to the Mather's—More Than a Café volunteers and staff who continue to provide exceptional customer service. Customers, please continue to provide stories about your mather experiences! Forms are posted for your use in Mather's.



### **RANDI KLEBANOFF** Creates Ways to Age Well

That's what Randi Klebanoff, Manager of Wellness Initiatives, does each and every day for customers at Mather's. From implementing the successful support group

Prime Time Sister Circle, to the creation of two very successful fitness centers at the Cafés, to helping Mather LifeWays win the NuStep Pinnacle Award in 2007, nothing can stop Randi!

•••



### **BEEDIE JONES** Sparkle . . .Energy . . . Excitement . . .Magic

This is the environment that Beedie Jones, Café Manager, creates to keep customers coming back for more.

The minute you walk in the door, you are received by a friendly face. When you sit down, there is an excellent chance Beedie will make her way through the Café to greet you with a warm smile and gentle pat on the shoulder. Mather's on 83rd Street had amazing quality of life customer survey results last year. Every service, wellness dimension and quality of life attribute scored excellent. This is a direct reflection on how deliberate Beedie is in creating mather experiences each and every day.

## SPOTLIGHT ON... New Zumba and Line Dancing Instructors

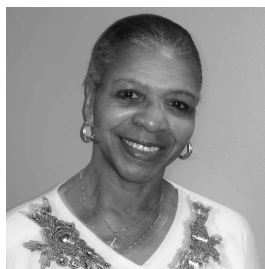


### **Alejandro "Alex" Clara** Zumba Gold Instructor says "I Age Well by exercising to Zumba."

Alex is an information technology professional, co-owner of Latin Dance Expressions, and he co-founded Mexican Dance Ensemble, an award winning Chicago Dance Company.

Alex teaches various dances including Salsa, Bachata, Mexican Folkloric, Meengue, Cumbia, Samba, West Coast Swing, Zumba, and Tango. He wants to show you that dancing is fun and a great way to stay fit.

Join Alex for "Zumba Gold" classes on Thursdays from 10:30–11:30 a.m. See page 2 for more details.



### **Dolores "Dee" Pillow** Line Dancing Instructor Dee says "The secret to Aging Well is to feed the spirit and move the body."

Dee has indulged in her passion as a student and instructor in line dancing for many years. Most recently, she has tap danced with the Syncopated Seniors via *Serendipity: Celebrating Chicago's Seniors On Stage*.

As a competitive roller skater, Dee was the U.S. national champion in Veteran Ladies Figures in 2003 and 2004, winning a bronze medal in team dance. Now retired from competitive roller skating, she is learning to swim and believes that physical activity is good for the body and spirit.

Learn how to Line Dance in Dee's Beginner and Intermediate classes on Wednesdays from 11:00 a.m.–1:00 p.m. See page 3 for more details.

## Customer Profile Meet Betty Robinson



**Betty Ages Well by "not getting overly anxious about things for which I have no control and putting things in the hands of God. I learn to have humor and enjoy life."**

After 28 years of service, Betty retired from the U.S. Department of Treasury as Information Systems Manager. She was the first female and African-American Regional Director for the Midwest Region's Office of Equal Employment for the U.S. Department of Treasury, and she also was the first female African-American Coast Guard auxiliary for the Chicago area as a boat owner.

She is certified as a social psychologist and has done counseling and community activist work with Harris YMCA. As the founder of BRIM Productions Company, she's produced and directed concerts for many celebrities. She also is part of the production for *Cooking with Tittle* on Channel 19. Betty is involved with the Human Resource Development Institute and counsels women with addiction, domestic violence, and sexual assault.

Exercise Pays In More Ways Than One!



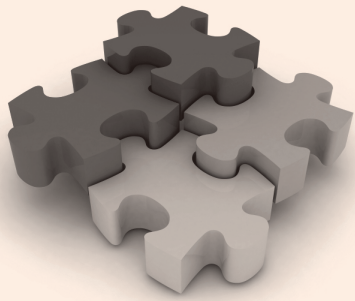
## Introducing Mather's Group Exercise Club

Participate in 10 group exercise classes of any kind, and the next one—of your choice—is FREE!  
See the receptionist for details and to obtain your card.

  
**Mather's**  
More Than a Café®

# Healthy Living

## Age Well Coaching



Randi Klebanoff, *Intrinsic Coach*®  
Sharon Smith, *Intrinsic Coach*®  
Age Well Coaching is a simple, yet profound conversation that will bring forth your best thinking so you can create results that are important to you. Your coach will ask powerful questions to help you clarify your goals and create paths to achieve them. You'll develop the capacity to find answers within yourself—an ability that will continue long after the coaching is over. You'll also have an opportunity to participate in an important research study! Two options are available:

- **One-on-One** – These individualized sessions are about your thinking and your voice, about creating choices based on your unique experiences and vision for yourself. Scheduling for coaching sessions are determined on an individual basis. *For more information, please contact Sharon Smith at (773) 488-2805. Limit 10.*

**Cost: \$25/8 sessions**  
**Mather Advantage Discount: \$20/8 sessions**

- **Group-Based** – Conducted in a small-group format, this weekly series focuses, in turn, on each of the six dimensions of wellness that impact your overall health and well-being. With the support of the group, you'll build on your own uniqueness and individuality as you create a healthier life. *Please register in advance. Limit 6.*

**DATE: Tuesdays, April 29–June 3, 12:00–1:00 p.m.**  
**Cost: \$18/6 sessions**  
**Mather Advantage Discount: \$14.20/6 sessions**

### JOIN MATHER'S FITNESS CENTER!

**Individual Membership**  
**1 year: \$80**

*Sign up with the receptionist today or call (773) 488-2801*

## Fitness is Fun at Mather's!

### Group Exercise

*Toni Faye, Instructor*

Come join the fun! Exercises start slowly and gradually progress so everyone can participate. Classes focus on cardiovascular fitness, strength training, flexibility, and balance.

**DATE: Mondays, 1:00–2:00 p.m.**

*(except May 26)*

**Cost: \$3.75/session**

**Mather Advantage Discount:**

**\$3/session**

### Tai Chi Meditation

*Paul Channic, Instructor*

Using traditional tai chi methods, learn breathing techniques to relax the body, practice concentration to calm the mind, and become aware of your internal energy. This class is from a seated position.

**DATE: Tuesdays, 9:00–10:00 a.m.**

**Cost: \$5 Mather Advantage Discount: \$4**

### NEW! Strong & Balanced

*Sharon Smith, Instructor*

Join us for a class that combines the best of flexibility, strength, and balance exercises! Appropriate for all levels, this comprehensive, full-body workout focuses on enhancing the physical capabilities that will help maximize your functional independence.

**DATE: Wednesdays, 2:30–3:30 p.m.**

**Cost: \$3 Mather Advantage Discount: \$2.40**

### Tai Chi Movement

*Paul Channic, Instructor*

In this tai chi class you will learn the movements associated with the traditional Tai Chi “long form.” All of the forms are low impact and non-strenuous. When combined, they form a flowing, graceful movement. This allows the practitioner to develop greater sensitivity of their own body as well as cultivating awareness of internal energy, or “Chi.”

**DATE: Thursdays, 9:00–10:00 a.m.**

**Cost: \$5 Mather Advantage Discount: \$4**

### Zumba Gold

*Alex Clara, Instructor*

Looking to take the “work” out of working out? Zumba was made for you! It's a fun fusion of Latin and international music and dance themes that create an exciting, easy-to-follow fitness class. Zumba



Gold is based on the principle that a workout should be fun and easy. Join this “feel happy” exercise class that is great for both the body and the mind.

**DATE: Thursdays, 10:30–11:30 a.m.**

**Cost: \$3 Mather Advantage Discount: \$2.40**

### Utility Ball Class

*LaGretta Ambrose, Instructor*

Increase your strength, flexibility, and range of motion —by using a simple red rubber kickball! These seated exercises are fabulous for beginners and experienced exercisers alike. Participants are required to purchase their own ball for a one-time price of \$5.

**DATE: Thursdays, 11:30 a.m.–12:15 p.m.**

**Cost: \$3 Mather Advantage Discount: \$2.50**

### EXERCISE SCHEDULE AT-A-GLANCE

#### MONDAY

1:00 p.m. Group Exercise

#### TUESDAY

9:00 a.m. Tai Chi Meditation

#### WEDNESDAY

1:00 p.m. Pilates

2:30 p.m. Strong & Balanced

#### THURSDAY

9:00 a.m. Tai Chi Movement

10:30 a.m. Zumba Gold

11:30 a.m. Utility Ball Class

#### FRIDAY

11:15 a.m. Strength & Stretch

1:00 p.m. Yoga

### Strength & Stretch

*LaGretta Ambrose, Instructor*

What if you could decrease your risk of falls, boost your metabolism and energy, and improve joint pain? Become more flexible and banish muscle tension with moderate-resistance training. You've got to feel it to believe it!

**DATE: Fridays,**

**11:15 a.m.–12:15 p.m.**

**Cost: \$3**

**Mather Advantage Discount: \$2.40**

### Yoga

*Dorothy Toney, Instructor*

Balance the body and quiet the mind through a series of stretching postures and breathing techniques

appropriate for all ability levels. Yoga develops strength, flexibility, stamina, and balance.

**DATE: Fridays, 1:00–2:00 p.m.**

**Cost: \$5 Mather Advantage Discount: \$4**

### NEW! Pilates

*Toni Faye, Instructor*

Pilates focuses on strengthening the core postural muscles that help keep the body balanced and provides support for the spine. This class is conducted on the floor so please bring a mat or large towel.

**DATE: Wednesdays, 1:00–2:00 p.m.**

**Cost: \$5 Mather Advantage Discount: \$4**

### 10K-A-Day Walking Group

*Sharon Smith, Fitness Coordinator*

Spring is here—the perfect time to boost your level of physical activity! 10K-A-Day is a weekly walking group held May through October, weather permitting, that's designed to help you increase the number of steps you take each day. You'll receive the official 10K-A-Day program booklet, packed with important and useful information to help you start and stick with your walking program. *You may choose to purchase a step counter for \$15; Mather Advantage Discount \$12.* Take the first step to a healthier lifestyle!

**DATE: Mondays and Wednesdays, beginning May 7, 8:00 a.m. (except May 26)**

**Cost: FREE**

### Social Worker

*Marilyn Roberts, LCSW*

A licensed clinical social worker is available for individual consultations to provide information and referrals to community services. To make your appointment, call (773) 488-2801.

**DATE: Wednesdays, 12:00–3:00 p.m.**

**Cost: FREE**

### Blood Pressure Screening

*June Shivers, RN*

A registered nurse will conduct free screenings and answer any questions you have about your blood pressure.

**DATE: Fridays, 11:00 a.m.–2:00 p.m.**

**Cost: FREE**

\*Mather's—More Than a Café is implementing a new members-only process for all its fitness programs in order to comply with a new City of Chicago licensing ruling. Mather's fitness programs will be available only to Mather's members. There is no charge for this new 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 with her. 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. (This is separate and distinct from the Mather Advantage Discount program.)

# Lessons & Lectures

## Line Dancing – Beginner

Dolores “Dee” Pillow, Instructor

Interested in learning to line dance? In this 60-minute class, learn the basic steps and footworks of this popular dance.

Register in advance. Limit 20.

**DATE: Wednesdays, 11:00 a.m.–12:00 p.m.**  
(except April 9, May 14, June 11)

**Cost: \$3.75 Mather Advantage Discount: \$3**



## Line Dancing – Intermediate

Add more twists, turns, and fancy foot action! This instructor-led class will give you confidence and new abilities. Register in advance. Limit 20.

**DATE: Wednesdays, 12:00–1:00 p.m.**  
(except April 9, May 14, June 11)

**Cost: \$3.75 Mather Advantage Discount: \$3**

## Older Adult Driver Safety Program

Charles Christian, Instructor, AARP

Enroll in this two-day refresher course designed specially for drivers over age 50. Learn defensive driving techniques, new traffic laws, rules of the road, and much more. Find out how to adjust your driving to age-related changes, such as vision, hearing, and reaction time. Get answers to today's driving challenges! Upon completion of the full course, you may receive an auto insurance discount. Advance registration required. Limit 20.

**DATE: Thursdays, April 17, 24, 12:30–4:30 p.m.**

**Suggested Donation: \$10\***

## Piano Lessons

Julia Whitfield, Instructor

Imagine the beautiful music you'll make! Lessons will be designed for beginners and limited-experienced players alike. Every lesson is 30-minutes long and meets once a week for six weeks. Limited space available. Register today.

**DATE: Mondays, 9:30 a.m.–1:00 p.m. & 2:00–3:00 p.m.**

**Tuesdays, 10:00–10:30 a.m. & 1:00–2:00 p.m. (except May 5, 26)**

**Suggested Donation: \$28.80/6 sessions\***

## Chorus at Mather's—More Than a Café

Julia Whitfield, Director

Let your voice be heard! Join the Mather's—More Than a Café Chorus, now entering its fourth season. Participate in special performances given throughout the year.

**DATE: Mondays, 3:00–4:00 p.m. (except May 5, 26)**

**Cost: FREE**

## Conversational Spanish Class I

Lula Rucker, Instructor

Learn how to understand, speak, read, and write Spanish. We'll use video recorded discs and tapes as well as games as various communication strategies to help you learn vocabulary pronunciation and grammatical structure. You will need to purchase a Spanish-English dictionary; a verb book is recommended but not required. Registration for this 6-week class is required by June 6. Fee is nonrefundable. Limit 20.

**DATE: Thursdays, June 12, 19, 26 & July 3, 10, 17, 1:00–2:30 p.m.**

**Suggested Donation: \$30\***

## Conversational Spanish Class III

Lula Rucker, Instructor

Learn how to fine tune Spanish oral proficiency through the use of dialog, mini dramas, spoken and written narratives and use specific language activities of everyday life. Register in advance. Limit 20.

**DATE: Tuesdays, May 6, 13, 20, 27 & June 3, 10, 3:00–4:30 p.m.**

**Suggested Donation: \$30\***

## Designs by Chee-Chee

Come for lunch and enjoy the unique spring and summer lines of women's hats featured in an informal fashion show at Mather's. Models will be wearing colorful hats and accessories that will get us in the mood for Mother's Day.

**DATE: Friday, May 2, 11:00 a.m.–3:00 p.m.**

**Cost: FREE**



All classes are four weeks and meet once a week for two hours. Classes are offered every month. To register, call (773) 488-2801.

**Cost: \$48**

**Mather Advantage Discount: \$40**

### Level 1 Computer Class

In this introduction to computers you will learn the parts of the computer and how to create documents using Microsoft Word. Limit: 8/session.

### Level 2 Computer Class

Learn the basic functional knowledge of Microsoft Word. Increase your ability to adapt in today's computer-oriented environment. Requires the completion of Level 1.

### Level 3 Computer Class

Learn how to work with clip art and images, create flyers using Microsoft Word. Requires completion of Levels 1 & 2.

### Level 4 Computer Class

Learn how to organize and customize your windows environment. Also learn how to create greeting cards, banners and letterhead using American Greeting. Requires completion of Levels 1, 2 & 3.

### Level 5 Computer Class – Excel

Learn various features and functions that will assist you when using Excel, such as tables and tabs.

### Level 6 Computer Class – PowerPoint

Learn how to create and edit slide presentations; how to insert graphics and/or clip art, sounds, and animation into presentations; and to format presentations and slides and using color backgrounds and templates.

### Level 7 Computer Class – Strictly Internet

The objective is to aid you in understanding the basics of how to use the internet. A discussion will also be made of internet security, virus protection, and access via the internet service provider. Also a distinction will be made between the website and the browser.

**NOTE: No Class on 5/26, 6/18, 6/19**  
Some classes may be filled.  
Please check by calling the Café  
at (773) 488-2801.

### LEVEL 1

MONDAY

11:00 a.m.–1:00 p.m.

2:00–4:00 p.m.

4/7–4/28

5/5–6/2

6/9–6/30

### LEVEL 1

SATURDAY

10:00 a.m.–12:00 p.m.

4/19–5/10

5/17–6/1

6/7–6/28

### LEVEL 2

WEDNESDAY

2:30–4:30 p.m.

4/2–4/23

4/30–5/21

5/28–6/25

### LEVEL 2

FRIDAY

11:00 a.m.–1:00 p.m.

4/25–5/16

5/23–6/13

6/20–7/18

### LEVEL 2

SATURDAY

12:00–2:00 p.m.

4/19–5/10

5/17–6/1

6/7–6/28

### LEVEL 3

THURSDAY

2:00–4:00 p.m.

4/17–5/8

5/15–6/5

6/12–7/10

### LEVEL 3

FRIDAY

2:00–4:00 p.m.

4/25–5/16

5/23–6/13

6/20–7/18

### LEVEL 4

THURSDAY

11:00 a.m.–1:00 p.m.

4/17–5/8

5/15–6/5

6/12–7/10

### LEVEL 5

WEDNESDAY

11:30 a.m.–1:30 p.m.

4/2–4/23

### LEVEL 6

WEDNESDAY

11:30 a.m.–1:30 p.m.

4/30–5/21

### LEVEL 7

WEDNESDAY

11:30 a.m.–1:30 p.m.

5/28–6/25

\*Mather's—More Than a Café is implementing a new process for some of its program offerings in order to comply with a new City of Chicago licensing ruling. Lessons and Lectures other than computer classes and fitness programs will no longer have a fee. 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!

# Lessons & Lectures

## FREE Consumer Interest Lectures

### Health

#### Physician Home Visits

Richard Ansfield & Meg Moeller  
America's Disabled Inc.

Are you or someone you know disabled or in need of in-home medical care? Then come learn about doctor home visits.



The holistic, patient-centered philosophy ensures that the needs of patients and their caregivers are foremost.

This "one-stop-shop" approach simplifies care and provides both patient and family with a single point of contact for health care needs.

DATE: Tuesday, April 1, 10:00–11:00 a.m.

#### Medicare Part D

David Nathan, United Insurance Group

Medicare Part D is optional and offers prescription drug coverage for everyone with Medicare. This coverage may help lower prescription drug costs and help protect against higher costs in the future. Learn the latest changes in the law.

DATE: Tuesday, April 22, 10:00–11:00 a.m.

#### Take Charge of Your Health

Marilyn Roberts

Sponsored by Rush University Medical Center

Are you struggling with heart disease, arthritis or pain? Learn how to manage your symptoms. Topics include goal setting and problem solving, use of medications, and improved communication with loved ones and healthcare providers. Workshop materials are provided at no cost. **You must attend all six sessions. Register in advance.**

Limit 15.

ORIENTATION: Monday, April 28

9:00–10:00 a.m.

WORKSHOP: Thursdays, May 1, 8, 15, 22, 29 & June 5, 12:30–3:00 p.m.

#### Chicago Medical ID Program

Pat O'Malley, Office of City Clerk

Learn how the Senior ID Card is designed to help medical professionals and family members assist in the event of an emergency. It is recommended that older adults carry the card at all times in case they are unable to communicate for themselves.

DATE: Tuesday, May 13, 10:00–11:30 a.m.

#### Long-Term Care

Deon Flatt, Bankers Life & Casualty

Long-term care (LTC) entails a variety of services that help meet both the medical and non-medical needs of people who have a chronic illness and/or disability. Maximize your independence while you still can and learn if LTC is an option for you.

DATE: Tuesday, May 20, 10:00–11:30 a.m.

### BrainWorks

Sara McVey, Vice President of Marketing,  
Mather LifeWays

Where did I leave my keys? Whether you're 50 or 85, losing track of eyeglasses, remote controls, and keys is a fact of life. Research shows that keeping our brains sharp as we get older requires exercise—use it or lose it! Mather LifeWays presents more Ways to Age Well with BrainWorks, a fun and stimulating afternoon of mental fitness designed to help maintain your brain. Meet new people, have a few laughs, and sharpen your wits. *Space is limited, so call now to reserve your spot.*

Limit 24.

DATE: Tuesday, May 27, 10:00–11:00 a.m.

#### Home Caregivers

Sam Robinson, PhD, CSA

Home Instead Senior Care

Get one-on-one, non-medical assistance for the daily activities that allow you to live independently. A caregiver may be just what you need to provide services such as meal preparation, medication reminders, laundry, light housekeeping, and more.

DATE: Tuesday, June 17, 10:00–11:00 a.m.

### Financial

#### Is an Annuity Right for You?

Sean F. Monahan

Lincoln Park Financial Group, LLC

Many investment professionals are recommending annuities to their clients, but they can be confusing! Come to this seminar and learn about the pros and cons of annuities and how they work. Learn how they may or may not help you.

DATE: Tuesday, June 3, 10:30–11:30 a.m.

#### Are You Properly Insured for Homeowners Insurance?

By Rex Ingram, Primerica

Homeownership ranks nationally as the number one personal investment, and homeowners insurance is one of the most important and prolific forms of insurance available on the market today. The average policy covers damage to the physical property and personal liability. Should your policy be updated? Learn how to take the hassle out of protecting this valuable asset.

DATE: Tuesday, May 6, 10:00–11:00 a.m.

**FREE NOTARY PUBLIC.**  
**Call the Café for an appointment.**

### Living for the Future



Rex Ingram, Primerica

Learn how to stretch your dollars and invest funds for the future by investing in money markets, mutual funds, Roth IRA and variable annuities. Eliminating debt will also be discussed.

Register in advance. Limit 24.

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

### General Interest

#### Preplanning Life

Michelle Beckford, Everest

Be prepared for the unexpected and ensure that you have money to pay for a funeral when needed. Get information you need to make the most informed decisions about all funeral-related issues and then have those wishes put into action as necessary.

DATE: Tuesday, April 8, 10:00–11:00 a.m.

#### Mather Resource Market

Glenda Taylor, Mather LifeWays

We invite you to browse our vast selection of products that will make your life a bit easier. Products include weights and bands, super jumbo playing cards, large print puzzles, folding shopping trolley with wheels, purrfect multi-purpose can opener, pill reminders and much more.

DATE: Wednesdays, April 23, May 28, June 25 10:00 a.m.–2:00 p.m.

#### Safe & Sound

Stephanie Packard-Bell

CAPS Implementation Office

This practical seminar will help you learn various techniques you can use to protect yourself in your home and on the streets.

DATE: Tuesday, April 29, 10:00–11:30 a.m.

#### Court Advocacy Training

Stephanie Packard-Bell

CAPS Implementation Office

Our judicial system must be accountable to the people it serves—you, your family, and your neighbors. The court advocacy program, in conjunction with the police department, identifies and tracks cases of interest to the community. Take this opportunity to come out and be trained and have a real impact on the judicial system.

DATE: Saturday, June 7, 9:00–11:00 a.m.

#### Help Earth Age Well

By Tessa Kieffer

Mather LifeWays Institute on Aging

Discover simple ways you can help save the planet (and save some money in the process!). Register in advance. Limit 24.

DATE: Tuesday, June 24, 10:00–11:00 a.m.



## Need to spruce up your home or do some repairs?

Make your first call to Mather LifeWays Info Plus. We're a **FREE** information resource that can refer you to trusted home experts in your area. From painters and landscapers to plumbers and contractors, Mather LifeWays Info Plus can connect you with a dependable tradesman for your job. We'll even give you advice on how to hire the right one. **Call us today—it's FREE!**

Toll-free 1-888-600-2560 • Monday–Friday, 8:30 a.m.–4:30 p.m.  
www.matherlifeways.com

 **Info Plus**

# Special Events

## Special Mother's Day Celebration



Come out for a treat! Enjoy listening to a special performance by the Mather Chorus as they sing songs to honor mothers. Invite your family and friends to a tasty meal of citrus salmon and vegetables wrapped in a heart-shaped parchment, sparkling juice cocktail, and a lemon curd tart for dessert.

*Register in advance. Limit 50.*

**DATE: Monday, May 5, 4:00–7:00 p.m.**

**Cost: \$16\***

**Mather Advantage Discount: \$13\***

## Vintage Day

*Music by Chico, DJ*

Come and wear your vintage attire, hear oldies but goodies music while you dine on mini shrimp cocktails, martini pork chops, green beans, rice, and ice cream for dessert. Sign up for the best oldies outfit contest. *Register in advance. Limit 50.*

**DATE: Friday, May 9, 4:00–7:00 p.m.**

**Suggested Donation: \$15\***

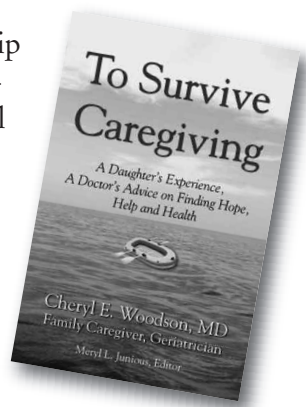
## Survive Caregiving: Book Signing

*“To Survive Caregiving: A Daughter's Experience, A Doctor's Advice on Finding Hope, Help and Health” by Cheryl E. Woodson, MD*

Dr. Woodson shares her personal experience as daughter and geriatrician. The book shoots from the hip and from the heart, using everyday language, real caregiver stories, compassion, and humor to bring practical information to overwhelmed caregivers. Although it focuses on eldercare, the book helps with caregiving for any age or any illness. Learn how to protect you health, finances, and relationships while making tough decisions. You may purchase an autographed paperback for \$20. Refreshments will be served.

*Register in advance. Limit 24.*

**DATE: Saturday, April 5, 11:30 a.m.–1:00 p.m.**



## Lunch with Bill



Bill Campbell, a three-time Emmy award winner, is the host/producer of ABC 7's *Chicagoing*, a weekly program showcasing Chicago's rich history, the promise of its future and the people, places and possibilities of Chicago today. He will speak to us on “Being Positive On Purpose” while we feast on hamburger steak with gravy and onions, twice baked mashed potatoes, green beans, corn muffin and lemon cake for dessert.

*Register in advance. Limit 50.*

**DATE: Wednesday, June 11, 11:00 a.m.–12:30 p.m.**

**Cost: \$9\* Mather Advantage Discount: \$7.20\***

## FRIDAY CATFISH FRY!

**Beer-battered fillets fried crisp on the outside, tender on the inside. Served with soup and your choice of side salad or fries.**

**Dinner: \$7.99 Mather Advantage Discount: \$6.39**

\*Entertainment is available to all customers regardless of meal purchase. We hope you will make a \$5 voluntary 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 Theatre Menu and/or meals.

# Always Available

*The following programs are held at Mather's on a regular basis.*

## MONDAYS

### • Marvelous Manicures

April 7, 21, May 5, 19, June 2, 16, 10:00 a.m.–1:00 p.m.

Ladies, would you like to be pampered with a wonderful manicure? Choose your own color or bring your favorite from home. Appointments are 30 minutes in length. *Space is limited; walk-ins are accepted based on availability.*

Cost: \$10 Mather Advantage Discount: \$8

### • FREE! Men in Retirement

April 14, May 12, June 9, 9:30–11:00 a.m. Join us for an open men's discussion group. Come to eat and stay for friendly conversation about health care, world events, politics, local happenings, and sports. Dynamic speakers are also on the menu. *Register in advance.*

### • FREE! Mather's Birthday Club

April 21, June 16, 2:30–3:30 p.m. If you are a Mather Advantage Discount (M.A.D.) program member, sign up for the bimonthly Birthday Club. Enjoy cake and ice cream while socializing with other celebrants. *Register in advance.*

## TUESDAYS

### • FREE! Benefits Check-Up.org

2:00–4:00 p.m. Are you eligible for but unaware of local and national benefits? A consultant will help you obtain personalized information about the benefits for which you qualify. *By appointment only.*

## WEDNESDAYS

### • FREE! Mather Advantage Discount (M.A.D.) Customers

“Meet & Greet” April 16, May 21, June 18, 9:30–10:30 a.m. Mather's—More Than a Café extends a warm welcome to all NEW Mather Advantage Discount (M.A.D.) customers. Meet and visit with Café staff and others to learn more about why we are “More Than a Café.”

### • FREE! Mather's Book Club

April 23, May 28, June 25, 9:30–11:00 a.m. A Book Club is an excellent way to enjoy books more and simultaneously challenge your mind. You will be encouraged to read more or to read books that you normally would not otherwise read on your own. Expect to have fun, make friends, stimulate the brain cells and meet like-minded people. *Limit 20.*

## THURSDAYS

### • FREE! Bookmobile

April 17, May 8, 29 and June 19 9:30–11:30 a.m. Check out and return books or obtain/update your current library card with Chicago Public Library Bookmobile Service!

### • FREE! Open Bridge/Whist/Scrabble Playing

2:00–4:30 p.m. Get together with other card sharks and enjoy the game of your choice! Whether you enjoy “running a Boston in Whist” or you are a master in bridge, join us! Scrabble players can bring their own boards and match wits with other players. *Food orders taken until 3:00 p.m.*

## FRIDAYS

### • FREE! Movie of the Week

2:15–4:30 p.m. (except May 9) Come watch a different film every week. Suggestions are welcome. To find out the movie title in advance, call (773) 488-2801.

## SATURDAYS

### FREE SUPPORT GROUPS

#### • Parkinson's Disease

April 12, May 10, June 14 11:30 a.m.–1:00 p.m. Join us for monthly meetings for persons with Parkinson's disease and their caregivers, friends, and families. In this support group, there will be group sharing, socializing, educational discussions, resources, guest presenters, and everything to enhance their way of life. Light refreshments will be served. *Register in advance at (773) 488-2801.*

#### • GRANDFamilies Program of Chicago

April 26, May 24, June 28, 10:00 a.m.–12:00 p.m. Join us for these monthly meetings for grandparents raising grandchildren. Through its Empowerment Group Network, this support group provides an opportunity for grandparents to network, share, learn, and have fun together. You can obtain valuable information on available resources and other support service. *To pre-register, call (773) 488-2801.*

**For questions or to register for “Always Available” programs, call (773) 488-2801.**

# Trips

## The Ballad of Emmett Till Goodman Theatre



The now legendary story of Emmett Till is believed by many to be the start of the modern civil rights movement of the 50s and remains one of the most pivotal incidents in a monumental era. This world premiere, part history and part ghost story, is a jazz integration of past and present, the living and dead, factual accounts, and creative interpolation. Chicago author Ifa Bayeza captures the powerful truths at the heart of the story, creating a soaring work of music, vibrant poetry, and theatricality. Enjoy a pre-show lunch of herbed chicken breast, potato, vegetable, roll, and dessert at Mather's. *Register in advance. Limit 25.*

**DATE: Saturday, May 31 • Lunch 12:00 p.m.**

**Bus Departs Café: 1:00 p.m. • Showtime 2:00 p.m.**

**Cost: \$60 Mather Advantage Discount: \$48**

### Alvin Ailey American Dance Theater – Auditorium Theatre



The yearly visit by Alvin Ailey American Dance Theater is one of the highlights of the Auditorium's season. The dancers' unique combination of spirituality, energy, and athleticism has captivated audiences around the world. Ailey

performances feature passionate choreography, powerful images, and astounding beauty. Dine on a pre-show lunch of lasagna rolls, salad, and dessert at Mather's. *Register in advance. Limit 25.*

**DATE: Sunday, April 20 • Lunch 1:00 p.m.**

**Bus Departs Café 2:00 p.m. • Showtime 3:00 p.m.**

**Cost: \$70 Mather Advantage Discount: \$56**

### First Breeze of Summer – Court Theatre

Obie Award winner and Tony-nominated "Best Play," Leslie Lee's rarely seen, powerful drama reveals a turbulent time in three generations of an African-American family. One hot June weekend, the family matriarch reflects on the lessons of her own youth and the three lost love affairs that shaped her life and her family while the conflict comes to a head between her two discontented teenage grandsons and their stern, overworked father. *The New York Times* called the production "wonderfully moving...touching and terrifying." Resident Artist Ron OJ Parson (*Fences, Flyin' West*) directs this classic tale of growing up and growing old. Feast on a pre-show lunch of broiled mustard chicken, collard greens, rice, and dessert at Mather's. *Register in advance. Limit 25.*

**DATE: Sunday, May 18 • Lunch 12:30 p.m.**

**Bus Departs Café 1:30 p.m. • Showtime 2:30 p.m.**

**Cost: \$47 Mather Advantage Discount: \$39**

### Serendipity: Celebrating Chicago's Seniors On Stage – Chicago Theatre

This variety show will showcase Chicago's talented older adults, including singers, dancers, and musicians. *Register in advance. Limit 40.*

**DATE: Wednesday, May 21 • Showtime: 10:30 a.m.**

**Cost: FREE**

*This is a Chicago Department on Aging event.*



### 9th Annual Get In Shape! Walk – Soldier Field

Celebrate National Senior Health & Fitness Day by participating in the 9th Annual Get in Shape! Chicago Walk, hosted at historic Soldier Field. Receive a T-shirt and join friends, family, and neighbors for a one- to three-mile walk along the scenic lakeshore. Entertainment, lunch, and a goody bag are included. *Register in advance by May 9.*

**DATE: Wednesday, May 28, 10:30 a.m.–1:00 p.m.**

**Cost: \$7**

*This is a Chicago Department on Aging event, so there is no Mather Advantage Discount.*

### Chocolate Factory Tour – Buffalo Grove, IL Lunch and Shopping – Long Grove, IL



Hear a brief history of our candy kitchen.

See incredible chocolates being produced as you venture down the walkway on a guided tour. *Smell* the chocolate aroma and finally, *taste* a sample of our gourmet chocolate.

Receive a goody bag and 10% coupon to use at the Factory Store. After the tour, we'll go to Long Grove for lunch (at your expense) and shop at numerous stores. *Travel via deluxe motorcoach.*

*Register in advance. Limit 40.*

**DATE: Monday, June 16 • Bus Departs Café 9:30 a.m.**

**Tour 11:00 a.m. • Bus Departs Long Grove 3:30 p.m.**

**Cost: \$21 Mather Advantage Discount: \$16.80**

### Proposed Coming Events:

- *A Tribute to the Black Crooner* – tribute to the life and music of Billie Eckstein, Nat King Cole, Roy Hamilton, Chuck Jackson, and Johnny Mathis, to name a few
- *All in Love is Fair* – music of balladeers Teddy Pendergrass, Luther Vandross, Ron Isley
- *Trip(s) to Detroit, Michigan and/or Branson, Missouri*
- *Ain't Misbehavin': The New Fats Waller Musical Show*

**Get M.A.D.**  
(Mather Advantage Discount)\*  
& **LOVE it.** \*For adults 55 and better.

**SAVE 20% OFF  
EVERYTHING EVERY DAY.**  
*Ask for details.*

*Additional programs/events may be added at intervals when not confirmed at the time of printing.  
Please call the Café at (773) 488-2801 for an update.*

**HOURS: Monday–Friday 8:30 a.m.–4:30 p.m. • Saturday 8:00 a.m.– 2:00 p.m.**

**APRIL**

**Tuesday, April 1**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Piano Lessons  
10:00 a.m. Physician Home Visits  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org

**Wednesday, April 2**

8:30 a.m. Fitness Center  
9:00 a.m. Mather Connections Meeting  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Line Dancing – Intermediate  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

**Thursday, April 3**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
2:00 p.m. Open Bridge/Whist/ Scrabble Club

**Friday, April 4**

8:30 a.m. Fitness Center  
11:15 a.m. Strength & Stretch  
11:00 a.m. Blood Pressure Screening  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

**Saturday, April 5**

11:30 a.m. Book Signing

**Monday, April 7**

8:30 a.m. Fitness Center  
9:00 a.m. Red Hat Society  
9:30 a.m. Piano Lessons  
10:00 a.m. Marvelous Manicures  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's Chorus

**Tuesday, April 8**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Piano Lessons  
10:00 a.m. Preplanning Life  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org

**Wednesday, April 9**

8:30 a.m. Fitness Center  
10:30 a.m. OES  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

**Thursday, April 10**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
2:00 p.m. Open Bridge/Whist/ Scrabble Club

**Friday, April 11**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

**Saturday, April 12**

8:45 a.m. GF Board Meeting  
11:30 a.m. Parkinson's Disease

**Monday, April 14**

8:30 a.m. Fitness Center  
9:30 a.m. Piano Lessons

9:30 a.m. Men In Retirement  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's Chorus

**Tuesday, April 15**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Piano Lessons  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org

**Wednesday, April 16**

8:30 a.m. Fitness Center  
9:30 a.m. Mather Advantage Discount (M.A.D.) Customers "Meet & Greet"  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Social Worker  
12:00 p.m. Line Dancing – Intermediate  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

**Thursday, April 17**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
9:30 a.m. Bookmobile  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
12:30 p.m. Older Adult Driver Safety Program  
2:00 p.m. Open Bridge/Whist/ Scrabble Club

**Friday, April 18**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

**Saturday, April 19**

*Open for Breakfast and Lunch*

**Sunday, April 20**

**3:00 p.m. Trip: Alvin Ailey American Dance Theater – Auditorium Theatre**

**Monday, April 21**

8:30 a.m. Fitness Center  
9:30 a.m. Piano Lessons  
10:00 a.m. Marvelous Manicures  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
2:30 p.m. Mather's Birthday Club  
3:00 p.m. Mather's Chorus

**Tuesday, April 22**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Medicare Part D  
10:00 a.m. Piano Lesson  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org

**Wednesday, April 23**

8:30 a.m. Fitness Center  
9:30 a.m. Mather's Book Club  
10:00 a.m. Mather Resource Market  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Line Dancing – Intermediate  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

**Thursday, April 24**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold

11:30 a.m. Utility Ball Class  
12:30 p.m. Older Adult Driver Safety Program  
2:00 p.m. Open Bridge/Whist/ Scrabble Club

**Friday, April 25**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

**Saturday, April 26**

10:00 a.m. GRANDFamilies Program of Chicago

**Monday, April 28**

8:30 a.m. Fitness Center  
9:00 a.m. Take Charge of Your Health – Orientation  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's Chorus

**Tuesday, April 29**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Piano Lessons  
10:00 a.m. Safe and Sound  
12:00 p.m. Age Well Coaching  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org

**Wednesday, April 30**

8:30 a.m. Fitness Center  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Line Dancing – Intermediate  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

**MAY**

**Thursday, May 1**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
12:30 p.m. Take Charge of Your Health  
2:00 p.m. Open Bridge/Whist/ Scrabble Club

**Friday, May 2**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
11:00 a.m. Designs by Chee-Chee  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

**Saturday, May 3**

*Open for Breakfast and Lunch*

**Monday, May 5**

8:30 a.m. Fitness Center  
9:00 a.m. Red Hat Society  
9:30 a.m. Piano Lessons  
10:00 a.m. Marvelous Manicures  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
4:00 p.m. Special Mother's Day Celebration

**Tuesday, May 6**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Are You Properly Insured for Homeowners Insurance?  
10:00 a.m. Piano Lessons  
12:00 p.m. Age Well Coaching

OVER PLEASE

**Important Information**

**CANCELLATIONS** – Programming may need to be cancelled if registration is not sufficient (always register 3 days prior). If cancellation occurs, you will be notified by telephone within 48 hours of the scheduled start date. If you paid by check or cash, you will receive a full refund by mail within 2–4 weeks. Credit cards will be credited.

**REFUNDS** – will be issued in full for the following:

- If Mather's cancels a program
- If Mather's can replace you with another customer's registration

**WAIVERS** – Participants registering for any programs involving physical activity and trips/tours must read and sign the Waiver of Liability located at the bottom of the Registration Form. Participation in these activities will not be permitted until the waiver is completed.

**DISCLAIMER** – The opinions expressed by class instructors and presenters are their own and do not necessarily reflect the views of Mather's or any of its sponsoring organizations, including Mather LifeWays.

**PHOTOGRAPHY DISCLAIMER** – Mather LifeWays, along with Mather's, uses pictures of participants in its programs and special events to inform others of these opportunities. We will not use any identification in our materials. If you do not want your picture taken, please tell our photographer.

**Mather's Chicagoland Locations**

33 E. 83rd Street, Chicago, IL 60619

Phone: (773) 488-2801

Fax: (773) 488-2911

Kitchen: (773) 488-2756

Hours: Monday–Friday:

8:30 a.m.–4:30 p.m.

Saturday: 8:00 a.m.–2:00 p.m.

Manager: *Beedie Jones*

Assistant Manager: *Melinda Martin*

7134 W. Higgins Avenue

Managers: *Nina Kuzniak &*

*Eileen Gabriel-Galán*

3235 N. Central Avenue

Manager: *Gretchen French*

Call 1(888) 600-2560 for information.

*Mather's—More Than a Café was opened by Mather LifeWays in 2000. Mather LifeWays enhances the lives of older adults by creating Ways to Age Well.<sup>SM</sup>*

**MISSION ADVANCEMENT**

In 1941, Alonzo Mather bequeathed his estate to establish a residence for older adults. Today, Mather LifeWays' Mission Advancement initiative continues to make the adventure of aging better. For more information about creating Ways to Age Well by making a tax-deductible, charitable contribution, call (847) 492-7442 or e-mail [nboyer@matherlifeways.com](mailto:nboyer@matherlifeways.com).

Mather LifeWays is committed to helping planet earth Age Well. Please recycle.

1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org  
3:00 p.m. Conversational Spanish  
Class III

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**Wednesday, May 7**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:00 a.m. Mather Connections Meeting  
10:30 a.m. OES  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Line Dancing – Intermediate  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

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**Thursday, May 8**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
9:30 a.m. Bookmobile  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
12:30 p.m. Take Charge of Your Health  
2:00 p.m. Open Bridge/Whist/  
Scrabble Club

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**Friday, May 9**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
4:00 p.m. Vintage Day

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**Saturday, May 10**

8:45 a.m. GF Board Meeting  
11:30 a.m. Parkinson's Disease

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**Monday, May 12**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:30 a.m. Men In Retirement  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's Chorus

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**Tuesday, May 13**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Chicago Medical ID Program  
10:00 a.m. Piano Lessons  
12:00 p.m. Age Well Coaching  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org  
3:00 p.m. Conversational Spanish  
Class III

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**Wednesday, May 14**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
10:30 a.m. OES  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

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**Thursday, May 15**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
12:30 p.m. Take Charge of Your Health  
2:00 p.m. Open Bridge/Whist/  
Scrabble Club

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**Friday, May 16**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

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**Saturday, May 17**

*Open for Breakfast and Lunch*

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**Sunday, May 18**

**2:30 p.m. Trip: "First Breeze of Summer" – Court Theatre**

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**Monday, May 19**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:30 a.m. Piano Lessons  
10:00 a.m. Marvelous Manicures  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
2:30 p.m. Mather's Birthday Club  
3:00 p.m. Mather's Chorus

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**Tuesday, May 20**

7:45 a.m. Strong Living

8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Long-Term Care  
10:00 a.m. Piano Lessons  
12:00 p.m. Age Well Coaching  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org  
3:00 p.m. Conversational Spanish  
Class III

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**Wednesday, May 21**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:30 a.m. Mather Advantage Discount  
(M.A.D.) Customers "Meet & Greet"  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Line Dancing – Intermediate  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

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**Thursday, May 22**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
12:30 p.m. Take Charge of Your Health  
2:00 p.m. Open Bridge/Whist/  
Scrabble Club

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**Friday, May 23**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

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**Saturday, May 24**

10:00 a.m. GRANDFamilies Program  
of Chicago

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**Monday, May 26**

**Café Closed for Memorial Day**

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**Tuesday, May 27**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Brain Works  
10:00 a.m. Piano Lessons  
12:00 p.m. Age Well Coaching  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org  
3:00 p.m. Conversational Spanish  
Class III

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**Wednesday, May 28**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
**9:30 a.m. Trip: 9th Annual Get in Shape! Walk – Soldier Field**  
9:30 a.m. Mather's Book Club  
10:00 a.m. Mather Resource Market  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Line Dancing – Intermediate  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

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**Thursday, May 29**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
9:30 a.m. Bookmobile  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
12:30 p.m. Take Charge of Your Health  
2:00 p.m. Open Bridge/Whist/  
Scrabble Club

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**Friday, May 30**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

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**Saturday, May 31**

**2:00 p.m. Trip: "The Ballad of Emmett Till" – Goodman Theatre**

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**JUNE**

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**Monday, June 2**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:00 a.m. Red Hat Society  
9:30 a.m. Piano Lessons  
10:00 a.m. Marvelous Manicures  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's Chorus

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**Tuesday, June 3**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Piano Lessons  
10:00 a.m. Is An Annuity Right For You?  
12:00 p.m. Age Well Coaching  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org  
3:00 p.m. Conversational Spanish  
Class III

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**Wednesday, June 4**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:00 a.m. Mather Connections Meeting  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Line Dancing – Intermediate  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

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**Thursday, June 5**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
12:30 p.m. Take Charge of Your Health  
2:00 p.m. Open Bridge/Whist/  
Scrabble Club

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**Friday, June 6**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

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**Saturday, June 7**

9:00 a.m. Court Advocacy Training

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**Monday, June 9**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:30 a.m. Piano Lessons  
9:30 a.m. Men In Retirement  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's Chorus

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**Tuesday, June 10**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Living for the Future  
10:00 a.m. Piano Lessons  
12:00 p.m. Age Well Coaching  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org  
3:00 p.m. Conversational Spanish  
Class III

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**Wednesday, June 11**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
10:30 a.m. OES  
11:00 a.m. Lunch with Bill  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

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**Thursday, June 12**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
1:00 p.m. Conversational Spanish Class I  
2:00 p.m. Open Bridge/Whist/  
Scrabble Club

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**Friday, June 13**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

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**Saturday, June 14**

8:45 a.m. GF Board Meeting  
11:30 a.m. Parkinson's Disease

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**Monday, June 16**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:30 a.m. Piano Lessons  
10:00 a.m. Marvelous Manicures  
**11:00 a.m. Chocolate Factory Tour – Buffalo Grove, IL/Lunch and Shopping – Long Grove, IL**  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise

2:00 p.m. Piano Lessons  
2:30 p.m. Mather's Birthday Club  
3:00 p.m. Mather's Chorus

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**Tuesday, June 17**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Home Caregivers  
10:00 a.m. Piano Lessons  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org

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**Wednesday, June 18**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:30 a.m. Mather Advantage Discount  
(M.A.D.) Customers "Meet & Greet"  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Social Worker  
12:00 p.m. Line Dancing – Intermediate  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

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**Thursday, June 19**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
9:30 a.m. Bookmobile  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
1:00 p.m. Conversational Spanish Class I  
2:00 p.m. Open Bridge/Whist/  
Scrabble Club

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**Friday, June 20**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

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**Saturday, June 21**

*Open for Breakfast and Lunch*

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**Monday, June 23**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's Chorus

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**Tuesday, June 24**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Meditation  
10:00 a.m. Help Earth Age Well  
10:00 a.m. Piano Lessons  
1:00 p.m. Piano Lessons  
1:00 p.m. Prime Time Sister Circle  
2:00 p.m. Benefits Check-Up.org

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**Wednesday, June 25**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:30 a.m. Mather's Book Club  
10:00 a.m. Mather Resource Market  
11:00 a.m. Line Dancing – Beginner  
12:00 p.m. Line Dancing – Intermediate  
12:00 p.m. Social Worker  
1:00 p.m. Pilates  
2:30 p.m. Strong & Balanced

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**Thursday, June 26**

7:45 a.m. Strong Living  
8:30 a.m. Fitness Center  
9:00 a.m. Tai Chi Movement  
10:30 a.m. Zumba Gold  
11:30 a.m. Utility Ball Class  
1:00 p.m. Conversational Spanish Class I  
2:00 p.m. Open Bridge/Whist/  
Scrabble Club

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**Friday, June 27**

8:30 a.m. Fitness Center  
11:00 a.m. Blood Pressure Screening  
11:15 a.m. Strength & Stretch  
1:00 p.m. Yoga  
2:15 p.m. Movie of the Week

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**Saturday, June 28**

10:00 a.m. GRANDFamilies Program  
of Chicago

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**Monday, June 30**

8:00 a.m. 10K-A-Day Walking Group  
8:30 a.m. Fitness Center  
9:30 a.m. Piano Lessons  
11:00 a.m. Prime Time Sister Circle II  
1:00 p.m. Group Exercise  
2:00 p.m. Piano Lessons  
3:00 p.m. Mather's Chorus