



Telephone Topics

MAY 2017

Pick up the phone and dial up free, fun, and interesting topics from the comfort of your home. All you need is your telephone!

Meditation

*Susan Wilkens, Yoga Instructor,
Dancing Cranes*

Monday, May 1, 8 & 15
2:00 p.m. CT

Learn simple breathing and focusing techniques you can do on your own to help reduce stress and multiply your “happiness factor”!

Fun Facts for May

*Joe Cunniff, Instructor,
DePaul University*

Wednesday, May 3
11:00 a.m. CT

Join a discussion about May flowers, birthdays, and other fun topics relating to the month of May.

Ted Egri

*Pat Rose, Artist, Teacher &
Art Historian*

Wednesday, May 3
1:00 p.m. CT

Pat discusses the work of world-renowned painter, sculptor, humanitarian, and educator Ted Egri, a founder of the Taos Art Association.

Audie Murphy



Rich Lang, Media Historian
Thursday, May 4
1:00 p.m. CT

Rich discusses the life and acting career of one of the most decorated American soldiers of World War II. After the war, Murphy enjoyed a 21-year acting career, mostly in westerns.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather LifeWays
Thursday, May 4
11:30 a.m. CT

Here's your chance to give your opinion on specific topics you liked, those you didn't like, what you'd like to hear more about, or even topics you would like to present.

Audie Murphy

Rich Lang, Media Historian
Thursday, May 4
1:00 p.m. CT
See feature left.

Storytelling

Rachel Minkoff, Actor
Friday, May 5, 12 & 19
1:00 p.m. CT

Enjoy a wonderful short story read by Rachel, followed by discussion.

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*Register at (888) 600.2560 or
teltopics@matherlifeways.com*
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Listen to free archived calls online at MOREways.org!

All programs are central time (CT).

Developing a Weight Training Program That's Right for You

Paige Corley, Certified Personal Trainer

Tuesday, May 9, 11:00 a.m. CT

Whether you want to do strength training at a gym or at home, learn the basics and benefits of adding this kind of training to your life.

The Record Den: Favorite Movie Soundtracks

Ivan Rivera, Disc Jockey, Record Collector & Music Historian

Tuesday, May 9, 1:00 p.m. CT

Ivan presents some great film soundtrack selections, including *A Chorus Line*, *Grease*, *Oklahoma*, *South Pacific*, and more.

The Outrageous Times of Molly Brown

Janet Kalstrom, Volunteer, Molly Brown House Museum

Wednesday, May 10

1:00 p.m. CT

See feature right.

Feisty Females: Reformers & Activists

Caryl Derenfeld,

LearnEd Conversations

Thursday, May 11

11:00 a.m. CT

In this program, you'll meet women who challenged the norms of society, including a modern-day saint, an anthropologist, world leaders, and civil rights activists.

Simply Strong

Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach®

Friday, May 12

11:00 a.m. CT

Join us for a guided strength-training routine that can be done in your home. Written instructions

The Outrageous Times of Molly Brown



Janet Kalstrom, Volunteer, Molly Brown House Museum

Wednesday, May 10

1:00 p.m. CT

Janet traces Molly's life from her childhood in Hannibal, Missouri, to Leadville, Colorado, where she met and married J. J., to her days of glory in Denver and New York.

will be provided so you can perform the exercises on your own.

How to Let Things Go: The Magic of Tidying Up

Kate Marrs, Presenter

Tuesday, May 16, 11:00 a.m. CT

Discover a simple method to relieve clutter in your life. Find out how to keep only what creates joy and chuck the rest to propel your life forward.

Perfectly Frank

Heather Braoudakis, Vocalist

Tuesday, May 16, 1:00 p.m. CT

Love Frank Sinatra's songs? You'll

enjoy Heather's performance of favorites like "All the Way," "Night and Day," "One for My Baby," and many more.

Body Art

Fabiana Glazer, Arts Educator

Wednesday, May 17

11:00 a.m. CT

Learn about the history and techniques of body art and what's happening in this field today. Perhaps we'll even create some body art!

Chinese Zodiac Signs

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Thursday, May 18

1:00 p.m. CT

In the system of Chinese zodiac signs, the year in which you are born determines much of your personality, fate, and character. What sign are you?

Peter Max: German-Born American Graphic Artist

Lynette Bremer, Art & Architecture Historian

Friday, May 19

11:00 a.m. CT

Hear the story of the great master of psychedelic design who put his indelible stamp on the '60s.

Chair Yoga

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, May 22 & 29

2:00 p.m. CT

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance—ultimately leading to a more tranquil state of mind.

Visit us at MOREways.org

The Hudson River School

Dave Williams, *Art Insights Program*,
Art Institute of Chicago

Tuesday, May 23, 1:00 p.m. CT

We'll look at the mid-nineteenth-century art movement created by American landscape painters.



The Hudson River School

Dave Williams, *Art Insights Program*, Art Institute of Chicago
Tuesday, May 23, 1:00 p.m. CT
See feature above.

Always Betty White

Walter Podrazik, *Author*,
Watching TV: Eight Decades of American Television
Wednesday, May 24
11:00 a.m. CT
Wally talks about the extraordinary career of Betty White. She was part of a major television series in every decade since the 1940s!

Life & Times of Milton Hershey

Ricki Saady, *Presenter*
Wednesday, May 24
1:00 p.m. CT
Ricki discusses Milton Hershey, who founded the Hershey chocolate company as well as the company town of Hershey, Pennsylvania.

Basic Uses of the Computer

Aaric Straford, *Computer Services Coordinator*, Chicago Methodist Senior Services
Thursday, May 25
11:00 a.m. CT
Learn some computer basics —

from the keyboard to the Internet and e-mail fundamentals.

Building Bone, Avoiding Falls, Preventing Fractures

Randi Kant, *MS, MPH, CHES, CPT, Certified Intrinsic Coach*®
Friday, May 26

11:00 a.m. CT
Though bones can weaken over time, much can be done to maximize your bone health. Discover actions you can take to reduce your risk of falls and fractures.

Storytelling

Will Casey, *Theatre Department*, Columbia College Chicago
Friday, May 26
1:00 p.m. CT
Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Redesign Your Décor with What You Already Own

Kate Marrs, *Presenter*
Tuesday, May 30
11:00 a.m. CT
Transform a room with your own items and without any additional budget. Some simple design principles can help you create a fresh new look at home.

What's Hot in Politics

Judy Lear, *Gray Panthers*
Tuesday, May 30
1:00 p.m. CT
Judy brings us up to date on what the international advocacy organization known as the Gray Panthers is doing on political issues and asks for your input.

Origins of the Memorial Day Holiday

Caryl Derenfeld, *LearnEd Conversations*
Wednesday, May 31
11:00 a.m. CT
Caryl discusses the origins of Memorial Day. Why is it recognized as a national holiday, and how is it celebrated?

The King of Comedy: Bob Hope

Rich Lang, *Media Historian*
Wednesday, May 31
1:00 p.m. CT
Rich discusses the life and career of this icon of American comedy who was also a singer, dancer, athlete, and author.

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Register Today! Call (888) 600.2560 or e-mail teltopics@matherlifeways.com

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Telephone Topics

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- Register in advance by calling (888) 600.2560, or e-mailing teltopics@matherlifeways.com.
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All calls are FREE!

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