



Telephone Topics

AUGUST 2016

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, August 1, 15 & 29
12:00 p.m. PT**

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

Exercise & Weight Loss

*Paige Corley, Certified
Personal Trainer*

**Tuesday, August 2
9:00 a.m. PT**

When it comes to successful and lasting weight loss, eating well is only part of the battle. We'll learn other ways to achieve weight loss.

All about London

**Wednesday, August 3
9:00 a.m. PT**

See feature right.

Register at (888) 600.2560 or
teltopics@matherlifeways.com

All about London



*Joe Cuniff, Instructor,
DePaul University*

**Wednesday, August 3
9:00 a.m. PT**

Joe will share stories about his fabulous trip to London. Join the conversation about English history, customs, museums, Queen Elizabeth, and more.

Storytelling

Rachel Minkoff, Actor

**Wednesday, August 3, 10, 17
& 31, 11:00 a.m. PT**

Rachel will delight you with a reading of one of her favorite stories, followed by discussion.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather LifeWays

**Thursday, August 4
9:30 a.m. PT**

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'd like to present.

Get & Keep

*Dr. Tony Gant, Personal
Development Trainer*

**Thursday, August 4
11:00 a.m. PT**

Dr. Gant will discuss ways to become more self-disciplined and how to incorporate that discipline into every phase of your life.

Listen to free archived calls online at www.MOREways.org!

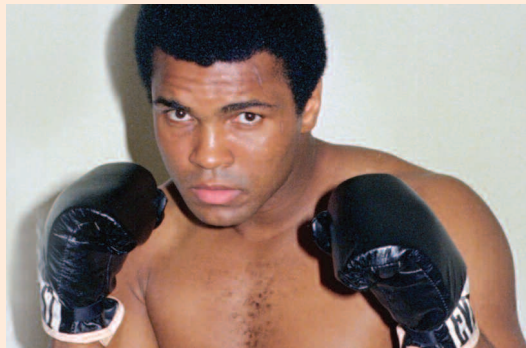
All programs are pacific time (PT).

“The Greatest”: Muhammad Ali

Jonathan Eig,
Author & Writer

**Friday, August 5,
9:00 a.m. PT**

New York Times
best-selling author
Jonathan Eig talks
about his upcoming
book about the life
and career of one of the outstanding personalities of our age.



“The Greatest”: Muhammad Ali

**Friday, August 5
9:00 a.m. PT**

See feature above.

Simply Strong

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

**Friday, August 5
11:00 a.m. PT**

Join us for a guided strength-training routine that can be done in your home. Written instructions will be provided so you can perform the exercises on your own.

Chair Yoga

Tom Wilkens, Yoga Instructor,
Dancing Cranes

**Monday, August 8 & 22
12:00 p.m. PT**

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.

Flu & Flu Shots

Dan Zinn, Pharmacist, Walgreens

**Tuesday, August 9
9:00 a.m. PT**

Learn about the dangers of flu and other viral infections. Find out about the importance of flu shots, especially for older adults.

It’s Showtime!

Ivan Rivera, Disc Jockey, Record Collector & Music Historian

**Tuesday, August 9
11:00 a.m. PT**

Hear—and learn about—great moments on the air with favorites including Rudy Vallée, Kate Smith, and Edgar Bergen with Charlie McCarthy.

Road Trip: The History of Route 66

Caryl Derenfeld,
LearnEd Conversations

**Wednesday, August 10
9:00 a.m. PT**

Learn about the early years of car travel across America and what made Route 66 unique.

Mae West & Rochester

Rich Lang, Beth Zoeller &
Buddy Cole

**Thursday, August 11
9:00 a.m. PT**

Join the fun as our intrepid Mather LifeWays Players recreate classic comedy! Tune in to hear some hilarious radio scripts of Mae West bantering with Rochester.

Taste of Italian Opera

Babs Lieberman, Presenter

**Thursday, August 11
11:00 a.m. PT**

Babs will share the beautiful music and discuss the lives of some popular Italian opera composers, including Verdi, Puccini, and Rossini.

Mongolia:

The Farthest Horizon

Cynthia Clampett,
Author & Food Historian

**Friday, August 12
9:00 a.m. PT**

Explore Mongolia, and learn about the surprising impact of the *Pax Mongolica* in the land of yaks, reindeer, and towering sand.

Why Television Still Gets Giddy over the Olympics

Walter Podrazik, Author,
Watching TV: Eight Decades
of American Television
**Wednesday, August 17
9:00 a.m. PT**

Walter takes us through the history of television coverage of the Olympics.



All about Cats

Thursday, August 18

11:00 a.m. PT

See feature right.

“Ding” Darling of Iowa

Lynette Bremer, Art & Architecture Historian

Friday, August 19

9:00 a.m. PT

“Ding” Darling was a Pulitzer Prize-winning cartoonist and an important figure in the wildlife conservation movement. He also drew and designed federal duck stamps, which are now collector items.

Whole-Person Wellness: How Does Your Wellness Wheel Roll?

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

Friday, August 19, 11:00 a.m. PT

Learn what real wellness is all about! Whole-person wellness promotes an innovative and positive way of thinking about our overall quality of life.

Gregory Peck & Glenn Ford

Rich Lang, Media Historian

Tuesday, August 23

9:00 a.m. PT

Rich surveys the lives and careers of two of Hollywood’s outstanding leading men.

College Football

Brian Salgado, Moderator

Tuesday, August 23

11:00 a.m. PT

Join a fun discussion on the latest happenings and hot-button topics in professional sports.



Danielle Case, Humane Education Outreach Coordinator,
Tree House Humane Society

Thursday, August 18

11:00 a.m. PT

Learn about the good work of the Tree House Humane Society, and get answers to questions about cats and cat care.

Faith Ringgold, American Artist

Pat Rose, Artist, Teacher & Art Historian

Wednesday, August 24

9:00 a.m. PT

This highly respected African American artist started as a painter, but turned to narrative quilts since they were cheaper to make.

The Rat Pack

Heather Braoudakis, Vocalist

Wednesday, August 24

11:00 a.m. PT

Enjoy the songs of Dean, Frank, and Sammy and learn something about the history of this famous group, which included Humphrey Bogart and Judy Garland.

Dear Pen Pal!

Kate Marrs, Presenter

Thursday, August 25

9:00 a.m. PT

Enrich your life with a new friend from around the world! Learn how to connect to people anywhere in the world with new technology, and experience the joy of sharing your life with others.

The Value of Humor

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Thursday, August 25

11:00 a.m. PT

Humor has many physical benefits, but it also can help people deal with pain and physical disabilities. Join us to learn—and laugh!

Storytelling

Will Casey, Theatre Department,
Columbia College Chicago

Friday, August 26, 11:00 a.m. PT

Will Casey will delight you with readings of his favorite stories, followed by discussion.

What’s Hot in Politics

Judy Lear, The Gray Panthers

Tuesday, August 30, 11:00 a.m. PT

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.

“Official” Art

Fabiana Glazer, Arts Educator

Wednesday, August 31

9:00 a.m. PT

Hear the interesting story of the art created to support the US government and inspire its citizens.

*This publication, in part or in its entirety, may not be distributed in any manner without the prior written consent of Mather LifeWays.
Organizations interested in subscribing to the Telephone Topics program should call (888) 600.2560.*

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

Mather LifeWays
1603 Orrington Avenue, Suite 1800
Evanston, IL 60201

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



A new month of discussions & fun!

Telephone Topics

Interested in joining a call?

It's as easy as 1, 2, 3

- 1. Choose the programs you'd like to participate in this month.**
- 2. Register by calling (888) 600.2560 or e-mailing teltopics@matherlifeways.com.**
- 3. When the time comes, dial in from any phone . . . and enjoy. All calls are free!**

And feel free to share Telephone Topics with your friends—the more the merrier!