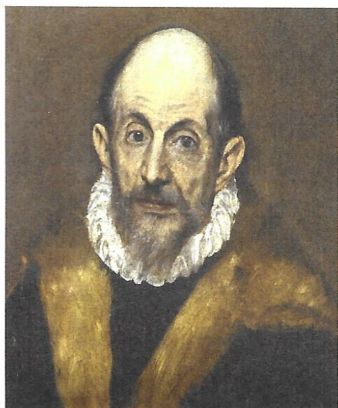


# MATHER TELEPHONE TOPICS

Register in advance by calling (888) 600.2560 or emailing [teltopics@mather.com](mailto:teltopics@mather.com).

At the time listed for the program, dial in from any phone . . . and enjoy. All calls are FREE!

APRIL 2020



## EL GRECO: AMBITION & DEFIANCE

*Dave Williams, Art Institute of Chicago*

**Wednesday, April 8, 11:00 a.m. CT**

Hear the history of this expressionistic Greek artist best known for extremely elongated figures.

## Facts about Kansas

*Joe Cunniff, Instructor,  
DePaul University*

**Wednesday, April 1**

**11:00 a.m. CT**

Let's explore interesting facts, trivia, and jokes about Kansas. We'll also sing songs!

## Your Turn: Feedback on Telephone Topics

*Lisa Evans, Mather*

**Thursday, April 2, 11:30 a.m. CT**

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

## Storytelling with Caroline

*Caroline Latta, Theatre  
Department, Columbia  
College Chicago*

**Friday, April 3, 1:00 p.m. CT**

Hear a master storyteller read a thought-provoking short story, followed by discussion.

## Meditation

*Susan Wilkens, Yoga Instructor,  
Dancing Cranes*

**Monday, April 6, 12:00 p.m. CT**

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your "happiness factor"!

## Caregiving & Creativity Chat

*Sharon Smith, Possibilities Coach,  
Mather & Ruthe Guerry,  
Art Therapist*

**Tuesday, April 7**

**11:00 a.m. CT**

Caregivers and care receivers: Learn how to relieve stress through creativity exercises and get resources for self-care.

## Amazing Grace

*Heather Braoudakis, Vocalist*

**Tuesday, April 7**

**1:00 p.m. CT**

Heather sings some favorite hymns and shares stories about what inspired this beautiful music and its impact on music history.

## El Greco: Ambition & Defiance

**Wednesday, April 8**

**11:00 a.m. CT**

See feature left.

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INTERACTIVE TALKS, EXERCISE, PERFORMANCES, LECTURES, AND MORE

All programs are central time (CT).

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