

# **April Telephone Topics**

## **brought to you by The Mather of Evanston**

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

Step 1: Find a topic you're interested in

Step 2: At the time listed for the program, dial in from any phone by calling (888) 600-2560.

Step 3: Listen and enjoy. All calls are free.

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### **Facts about Kansas**

Wednesday, April 1, 11am

Joe Cunniff, Instructor, DePaul University

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

### **Storytelling with Caroline**

Friday, April 3, 1pm

Caroline Latta, Columbia College Chicago Theater Department

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

### **Caregiving & Creativity Chat**

Tuesday, April 7, 11am

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

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

### **Amazing Grace**

Tuesday, April 7, 1pm

Heather Braoudakis, Vocalist

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, 11am

Dave Williams, Art Institute of Chicago

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

**Game Time with Jeanne: Brain Quest Challenge**

Wednesday, April 8, 1pm

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Have fun challenging your knowledge by answering questions about English, science, social studies, math, and food fun.

**A Tour of Chicago's Historic Gangster Sites**

Thursday, April 9, 11am

Paula Fenza, Historian

Learn the history behind the gravestones of some of Chicago's famous gangsters and hear stories of the city's gangster past.

**Pop Sing-Along: Hits of the '60s**

Friday, April 10, 2:30pm

Rick Pickren, Musician

Rick will perform the number one hit from every year of the 1960s! Sing along to classics from "It's Now or Never" "to "My Girl" to "Raindrops Keep Fallin' on My Head."

**Frankie Valli & the Four Seasons**

Tuesday, April 14, 1pm

Brian Salgado, Presenter

Hear about the life and career of this famous singer and listen to some of his toe-tapping tunes.

**Shirley Temple**

Thursday, April 16, 11am

Rich Lang, Media Historian

Rich will discuss the life and career of Shirley Temple, who began her career at the age of three.

**Laugh Hearty, Live Healthy**

Friday, April 17, 11am

Randi Kant, MS, MPH, Certified Intrinsic Coach

Laughter has physical, psychological, emotional, and spiritual benefits. Learn to leverage the power of a good laugh.

**Cycles of the Moon**

Thursday, April 23, 11am

Lisa Nigro, Wellness Advocate & Certified Caregiving Consultant

Join Lisa in exploring how you may feel different at different phases of the moon. Do you feel a little "off" around the time of a full moon, or energized around a new one?

**First Ladies: Florence Harding**

Friday, April 24, 11am

Ricki Saady, Presenter

Learn the story of this First Lady, known as “the Duchess,” who served from 1921 to 1923.

**Walking, Water, Waking**

Tuesday, April 28, 11am

Kate Marrs, Presenter

Learn why the “Three Ws” are the keys to our quality of life.

**The Kaizen Way**

Wednesday, April 29, 1pm

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Learn about a Japanese technique of achieving lasting success through small, steady steps.

**Joan Rivers & Totie Fields**

Thursday, April 30, 11am

Rich Lang, Media Historian

Rich explores the lives and careers of these multitalented comedians.