

## A Taste of Repriorment

At Mather Place we call it **Repriorment™**—not retirement. It means discovering the joy of new directions, and having the time to focus on the things that matter most to you. It means doing the things you want to do, not just the things you have to do.

We offer a schedule packed with Repriorment opportunities—a variety of interest groups, visiting speakers, excursions, live entertainment, and much more. Here are some examples:

### **New Yorker Enthusiasts**

Reading the *New Yorker* is more fun (and more insightful) when you can discuss the articles and fiction with your neighbors.

### **Excursions to Museums, Concerts, and More**

Join a group of neighbors at a matinee rehearsal by the Chicago Symphony Orchestra, take in a play at the North Shore Center for the Performing Arts, stroll through the Chicago Botanic Garden, and more!

### **Lectures by Outside Experts**

Learn something new! We invite in lecturers on a wealth of topics, from Chicago architecture to film history to natural science.

### **Live Musical Entertainment**

From an afternoon of classical guitar to a country music cocktail hour to a Great American Songbook sing-along, there's something for every musical taste!

### **Exploring Art**

Novices and established artists are invited to dabble with painting, sculpting, ceramics, and fiber arts. Inspiration, instruction, and materials are all provided by our Art Guru.

### **Book Club**

Fiction, history, essays, memoirs, classics—all types of books are fair game for this well-attended group!

### **Spanish Class**

Hola! This is a great opportunity to learn and practice conversational Spanish.

### **Great Courses**

Study everything from ancient history to modern medicine, with professor-led programs on DVD. We'll watch a session or two, and then hold a lively in-depth group discussion.

### **Current Events Discussions**

Join facilitated chats on a fascinating range of topics from religion to scientific discovery, politics to pop culture.

### **Bead Works**

Create beaded jewelry under the guidance of our own expert. All materials are provided, and you pay based upon the materials you use.

### **Poetry Group**

Poetry-lovers are encouraged to bring a sample of their own work, or a favorite poem, to read and discuss. This is a great way to explore new poems and poets!

### **Choir**

Love to sing? Add your voice to this group of music-lovers—talent is optional!

### **Film Group**

View the month's selected movie—you have several showings to choose from—and come prepared to discuss! Our facilitator is armed with key points for a lively discussion.

### **Short Story Discussion Group**

Love a well-written short story? This group is for you!

### **Writing Workshop**

Whatever type of writing you want to explore, join this group for practice and encouragement. Poets, novelists, memoir writers, and others are welcome!

### **Ceramics Class**

Roll up your sleeves and create something unique in this popular class. You can count on ideas for projects and a selection of interesting materials.

Because we're located in the heart of the North Shore, there are plenty of other Repriorment opportunities within driving distance—and our “Wheels” transportation program can get you there. That's what we call living your life, your way!

### **Cocktails & Keys**

Residents gather to sip and mingle while they enjoy live piano music. From martinis and Sinatra tunes to margaritas and classical guitar, there's something for everyone including wine and nonalcoholic beverages!

---

## **Did Someone Say Fitness?**

You'll find a strong and balanced selection of ways to get and stay fit. “Get Fit” is our fitness center—including an ample free weight area, cardiovascular and strength-training equipment, and a group exercise studio. Residents can drop in any time to work out, and are welcome to join any fitness class. New participants are always welcome! Our professional Get Fit instructor can work with you to build an exercise plan that is tailored to your abilities, goals, and interests. Here are just a few examples of ongoing fitness classes:

### **Muscle Power**

Weight training helps strengthen bones as well as muscles, speed up metabolism and digestion, lower blood pressure. And training with weights in this small-group setting allows our instructor to give you one-on-one attention, ensuring your “form” is right as you work to reach your personal fitness goals.

### **Let's Dance**

This unique class combines fitness exercises with dancing. The benefits? A fun time, lively music, a brain workout as you follow dance routines, and a physical workout that focuses on balance, coordination, core strength, and flexibility. People of all abilities and dancing prowess can participate—all are welcome.

### **Better Balance**

Focus on the “movements that matter”—exercises that help you maintain your balance and reduce your risk of falling. We'll work on static and moving balance, on strengthening the back—because good posture equals good balance!—and more.

### **Intentional Yoga**

Wellness includes relaxing the mind and relieving stress—and this class can help. Each 45-minute session begins and ends with a relaxation exercise, where the world melts away as we focus on breathing. In between, we'll perform seated and standing exercises that open and lengthen the body. Give yoga a try—you'll get hooked on relaxation!

At Mather Place you can enjoy the freedom to structure your time any way you like to make every day extraordinary. With the mundane details of everyday life taken care of, you can reinvest yourself in new interests and adventures. With so many opportunities catering to nearly every whim, it's remarkably easy for you to live your life, your way!