

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:

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.

Choir

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

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.

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 WaySM!

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.

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.

Line Dancing

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.

Aqua Cardio

The first half of the class incorporates dynamic movement, which challenges cardiovascular endurance, balance, and coordination. Aqua barbells and noodles are used to strengthen and tone muscles while focus is on postural alignment.

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 unique opportunities, it's remarkably easy for you to live Your Life, Your WaySM!



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