

THE REGENT REPORT



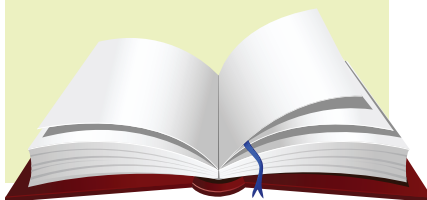
Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

October 13, 2017
Our Kind of Traitor
John Le Carre

November 10, 2017
The Widow
Fiona Barto



Flu Shot Clinics



Walgreens

Friday, October 6 from 9 – 11 am

Osco

Friday, October 27 from 9 – 11 am

Pharmacists from two of your favorite Mundelein stores will be at The Regent Center to provide flu shots. There is no charge for those with a Medicare B card (must bring card). For all others the charge is to be determined. No children
No appointments necessary.

Express Yourself with Marlene Holiday Crafts

Fridays, 1 pm Room B
November 3, 10 & 17

Two things you need to know about Marlene: She likes all types of arts and crafts and she loves to share.

Join her and try a no-sew fabric craft the first week and wait to be surprised for weeks two and three.





Lawry's with Chicago & Rosemont Christmas Lights

Tuesday, December 12, 2017

See the spectacular annual Chicago Christmas Lights! After an early afternoon departure, visit the colorful Christkindlmarket at Daley Plaza, Chicago's largest open-air Christmas festival. Shop for holiday crafts and enjoy the market's yuletide entertainment. You'll also have time to visit Macy's iconic Christmas window displays, just a block away! Enjoy a late lunch/early dinner at Lawry's - The Prime Rib, a Chicago restaurant legend. The restaurant, located in the old McCormick Mansion, is magnificently decorated for the holidays, and is an unforgettable dining experience. Later enjoy a narrated, guided tour of the breathtaking Christmas Lights and the Magnificent Mile Lights Festival along Michigan Avenue. On our way home our driver will take us through suburban Rosemont for their spectacular display of holiday lights throughout the village!

Sign Up Only at The Regent Center

Program #7889

Cost: \$92

Depart: 12:30 pm

Return: 7:45 pm

Sign Up: Members: September 18, 2017

Non-Members: October 2, 2017

October 2017

The Regent Center
 Mary Yoho
 Adult Program Supervisor
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	3 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	4 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	5 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	6 9 – 11 Flu Shots 9:15 ACES 10:30 Zumba 11 – 1 Hair Doctor 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
9 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	10 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	11 9:00 Blood Pressure 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	12 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	13 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
16 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	17 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg 4:00 Dinner Club	18 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	19 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	20 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
23 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	No Chair Yoga 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	25 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	26 9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Mah Jongg 12:30 Hand & Foot	27 9 – 11 Flu Shots 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
30 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	31 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg			

HAVE SOME FUN *(Please bring exact change.)*

BINGO: Wednesdays at 1:00 pm. 3 cards for \$1. Everyone has fun!

BOOK TALK: 2nd Friday at 10:30 am. Share the joy of reading!

BREAKFAST CLUB: 4th Thursday of the month at 10:30 am. Sign up at the Center. Call Lois or Jerry at 847.949.1916 for more information.

BRIDGE: Fridays at 12:30 pm. Call Carol at 847-949-6609. Please leave a message.

DINNER CLUB: The 3rd Tuesday of the month at 4:00 pm. Sign up at the Center. Call LaVerne at 847.949.5530 for more information.

EXPRESS YOURSELF: Friday at 1:00 Bring your own art or craft project and enjoy the pleasure of one another's company.

50-UP CLUB: 2nd Thursday of the month is game time! 1:00 pm.

FYI: This speaker's program meets once or twice a month. Check the bulletin board or the newsletter. Sign up at the Center.

GOLDEN HOURS CLUB: Social Pinochle on the 1st and 3rd Thursdays of the month. For more info call Dan at 847.526.9278

Hair Doctor: Haircuts from 11 to 1 on the first Friday of the month by appointment only. \$5 cash. Sign up in the office.

HAND & FOOT: 2nd & 4th Thursdays & every Tuesday 12:30pm. Beginners welcome!

MAH JONGG: Traditional on Mondays at 10:20. National Mah Jongg League Beginners on Tuesdays at 1:15, Seasoned on Thursdays at 12:30 pm. For Th. group call Mitzi at 847.347.9942.

MEXICAN TRAIN DOMINOES: Fridays at 12:30 in Room A.

PINOCHLE: Mondays at 1:00 pm. Call Pat at 847.949.8301 for more info.

POKENO: Mondays at 12:30 pm.

POKER: Tuesdays at 12:30 pm.

SCRABBLE: Wednesdays at 10:30 am in Room B.

HEALTH & WELLNESS *(Please bring exact change.)*

A.C.E.S.: This one hour aerobics class meets Monday, Wednesday and Friday mornings at 9:15 am. \$2 per session payable at class time.

ASK THE DOCTOR: On the third Wednesday of every other month at 10:30 am. Call for dates. Sign up at the Center.

BRAIN EXERCISE: Give your grey matter a workout! Wednesdays at 1:15 – 2:00 in Room A.

CHAIR MASSAGE: 4th Tuesday of the month by appointment.

EXERCISE WITH ED: Stretching & light aerobics class meets Tu & Th at 9:15 am.

LINE DANCE: Tuesday and Thursday at 10:15 am

CHAIR YOGA: Tuesday at 9 am. \$8 per class.

ZUMBA: Mon. & Fri. 10:30 am -11:15 am. Shake it up baby! \$4 per session.

Questions? Call Mary Yoho, *Adult Program Supervisor* at 847.566.4790



RETURN of the HAIR DOCTOR!

George is back to provide \$5 haircuts monthly to members of The Regent Center. Simple haircut, blow dry and good conversation!

By appointment only, beginning Friday, Oct. 6 from 11 am – 1 pm Room A.

Please sign up in the office.



SEPTEMBER BIRTHDAYS

Debra Dost	October	1	Bill Thiel	October	17
Karen Shrader	October	2	Josef Schafer	October	18
Mary Jo Jeray	October	3	Rose Csukor	October	19
Bill Sakover	October	4	Jan Winckler	October	19
Ginny Fitzgerald	October	6	Judith Gaca	October	21
Elaine Noworyta	October	6	Terri Ori	October	21
Mary Wadsworth	October	8	Joan Spence	October	21
Karolyn Swanson	October	12	James Stivers	October	23
Eileen Frederick	October	13	Ruth Kelly	October	28
Barb Tonkery	October	13	Donna Starkey	October	28
LaVerne Racanelli	October	16	Marie Axel	October	31
Carla Wakid	October	16	Catherine Henning	October	31
Renata Miskinis	October	17			



Please welcome our newest members and make them feel at home:

Nancy Peterson
Mary Stewart
Shirley Monahan

Mia Wojczynski
Jan Winckler
Holly Griffith



Try Water Aerobics at Park View's Indoor Pool

Aqua Range of Motion: Aqua ROM is a low intensity water class that focuses on range-of-motion, strength, balance and functional movement. A therapeutic class for individuals that are post-rehabilitation or experiencing neurological or joint difficulties. No swim experience required.

H2O Fitness: uses water to assist your workout through gentle buoyancy and resistance. Buoyancy reduces impact to joints and water resistance helps build strength. This class will help increase range of motion, core stabilization and balance.

Call 847. 833. 5430 for details.

THE REGENT CENTER 2017

MEMBERSHIP FEES

Residents: \$9

Nonresidents: \$14

Newsletter by mail:

Add an additional

\$6 per year

Memberships run on the calendar year.

Questions?

Contact Mary Yoho

Adult Program Supervisor

847.566.4790

MUNDELEIN
PARK & RECREATION
DISTRICT

The Regent Center
1200 Regent Drive
Mundelein, IL 60060