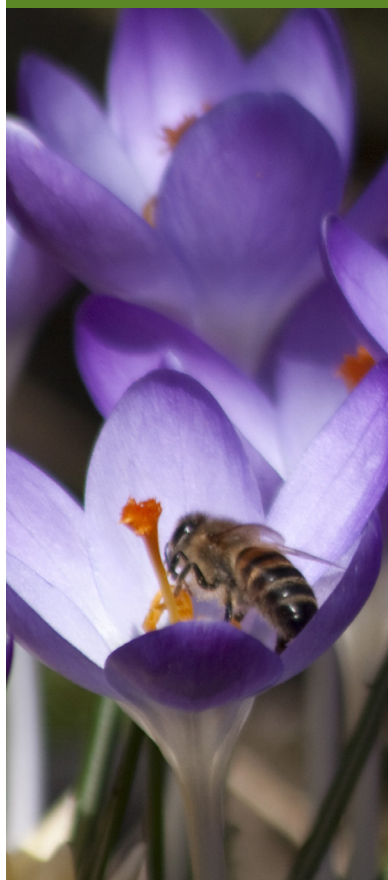


# THE REGENT REPORT



## Spring Coloring Contests

**YES! Two coloring contests!**

We are offering a traditional paper coloring sheet or a piece of fabric for you to work your magic on. Coloring sheets will be available in the office beginning Monday, March 5. Fabric can be requested on Friday, March 2 at Express Yourself. (Room B, 1:00 - 2:30)

Please return your work by April 2 and our winners will be announced on Friday, April 6.

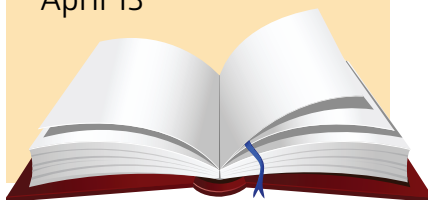
### Hours

Monday – Friday  
8:30 am – 3:30 pm

### Book Talk

A Gentleman in  
Moscow  
*Amor Towles*  
March 9

La Rose  
*Louise Erdrich*  
April 13



## Smart Driver Program

Check in the office for availability at our upcoming Driver Safety Class. The next session is Tuesday & Wednesday, March 7 & 8, 9:00am to 1:00pm. You must attend both days. Cost is \$15 for AARP members, \$20 for non-members.

**REMINDER: THE REGENT CENTER IS CLOSED  
TUESDAY, MARCH 20 FOR ELECTIONS**



## Milwaukee Ave - Chicago's Polish Corridor

**Wednesday, May 9**

With its rich Polish history, Milwaukee Avenue is one of Chicago's most fascinating streets. At the beginning of the 20th Century, the Polish settlement along Milwaukee Avenue was the largest outside of Warsaw. Visit the Polish Museum of America to learn of the immigration to Chicago. See the colorful displays including the Pope John Paul II collection and native folk costumes. Travel up Milwaukee Avenue to see the recently gentrified areas of Bucktown and Wicker Park. Hear stories of Milwaukee Avenue as an Indian Trail and later a plant "toll road." Visit one of Chicago's Polish churches. Lunch today is a buffet at one of Chicago's well known Polish restaurants, The Red Apple. This restaurant serves traditional and contemporary Polish foods. There is also time to visit a Polish bakery or deli after lunch, before finishing our tour on Chicago's northwest side.

Cost: \$81

Depart: 7:45 am Return: 3:45 pm

Sign up: Members: Now

Non-Members: February 26

Program: 8066

## Fabulous Fox Valley & Luncheon Cruise

**Tuesday, June 19**

The beautiful towns of Geneva and St. Charles, IL are set on sloping streets lined by gardens and bursting with charm and history. In Geneva enjoy some time to shop at the famous Little Traveler and its unique boutiques and stores. Afterward ride south along the Fox River to St. Charles, IL and lovely Pottawatomie Park, where we board the Fox River Queen, a replica steamboat paddle wheeler. Once on board, enjoy a fantastic buffet lunch with musical entertainment, and enjoy a two-hour cruise of the scenic and serene Fox River.

Cost: \$77

Depart: 8:45 am Return: 3:15 pm



Sign up: Members: April 2

Non-Members: April 16

Program: 8311

# March 2018

The Regent Center  
Mary Yoho  
Adult Program Supervisor  
847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
5	6	7	8	9
9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	AARP Driver Safety 9:00 – 1:00		9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
		9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Boosters	9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	
12	13	14	15	16
9:15 ACES 10:20 Mah Jongg 10:30 Meditation 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Boosters	9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
19	20	21	22	23
9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	 Center Closed Please Vote		9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Mah Jongg 12:30 Hand & Foot	9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
		9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Boosters		
26	27	28	29	30
9:15 ACES 10:20 Mah Jongg 10:30 Meditation 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	9:00 Chair Yoga 9:15 Exercise 9:15 Chair Massage 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 12:30 Game Time 1:15 Begin Mah Jongg	9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Boosters	9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg	9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself



## 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 pm. 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.

**GAME TIME:** Tuesdays 12:30 – 3:15 pm. Your choice of a variety of table games.

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

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

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

**MEXICAN TRAIN DOMINOES:** Fridays at 12:30 pm 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.

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

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

**EXERCISE:** Stretching & light aerobics class meets Tuesday and Thursday at 9:15 am.

**MEDITATION:** Led by experienced, Certified Meditation Instructor and Certified Yoga Teacher, Isabel Raci. Space is limited so you must sign up in advance for each class. \$10 is payable at class time. 2nd & 4th Mondays at 10:30 – 11:15 Room A.

**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



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

Rosemary Alfredson  
Robert Alfredson  
Joyce Antonson  
Tony Coorlim  
Charlene Dravecky  
June LaRoussa  
Sue Smith  
Janet Thomas



## Calling All Bibliophiles!

We have run out of room for new books and puzzles in our library. The racks, shelves and cabinets are full. So we are calling all bibliophiles! March 1 – 15, bring your own bag, grab a friend and help yourself to a handful of books and previously enjoyed puzzles. (EXCLUDES: Large print books)



## FEBRUARY BIRTHDAYS

Maria Henderson	March 1
Virginia Penar	March 1
Jonathan Glenner	March 2
Nora Bodzioch	March 3
Larysa Brandt	March 3
Louise Lutzow	March 4
Joseph Mamon	March 4
Dorothy Hartnett	March 6
Lydia Gavina	March 7
Bonnie Rieb	March 7
Shirley Weiner	March 7
Carol Hansen	March 8
Sue Smith	March 8
Carol Gordon	March 9

Deb Jezuit	March 9
Klaus Schmidt	March 9
Barb Thompson	March 12
Eleanor Worthen	March 12
Audrey Hutchcraft	March 13
Linda Jurica	March 14
Suzanne Smith	March 17
Peggie McQueen	March 18
Jean Cameron	March 20
Marjorie Rohe	March 21
Sheila Carey	March 25
Rose Thompson	March 25
Patricia Zagone	March 25
Neil Moore	March 30

**FYI**

## **Oak Street Health**

Oak Street Health is a primary care doctor's office for people who have Medicare. We are a little different than most medical centers as we can provide transportation within a 10 mile radius to and from all doctor's appointments at Oak Street Health. Our doctor's appointments are usually between 20-40 minutes long, no double booking, and we have people on staff who can help answer all insurance questions. We offer same day and next day appointments. Oak Street Health is on the corner of Green Bay and Grand in Waukegan.

**Join us at The Regent Center on March 14 at 10:30 for more information and a chance to make your own Lemon Scrub, skin conditioner; all ingredients provided.**

## **THE REGENT CENTER 2018**

### **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