

# THE REGENT REPORT



## Hours

Monday – Friday  
8:30 am – 3:30 pm

## Book Talk

December 8, 2017  
Marley and Me  
John Grogan



## Trip Talk

January 10 at 10:30 am



I'll tell you my ideas if you'll tell me yours! Join me to discuss our 2018 trip schedule. I will have trip options to share with you and hopefully you will have your own suggestions to bring to the table.

## News To Use

- The Regent Center will be closed: December 22, 25 and January 1, 15
- Express Yourself will be on hiatus until March 2
- New & Improved Brain Exercise returns February 7 as BRAIN BOOSTERS



## Inclement Weather

In the event of bad weather, please call the Center before you come over. If we have closed, you will hear a special message on the answering machine. Morning messages will be posted by 7:30am and evening programs will be posted by 5 pm.

## It's Game Time

Tuesdays beginning January 9  
12:30 – 3:15 pm

Grab a friend and drop in for an afternoon of fun!

Tables will be set up for a variety of games with an empty table or two for games you might bring to share.

Look for cribbage, scrabble, euchre, tenzees, rummikub, hearts and more!



## WATCH FOR THIS!



### Gentle Yoga for Healthy Aging

January 18, 25 & February 1, 8

7 – 8 pm

Held at the Regent Center

Min/Max: 6/15

This gentle mat yoga class series will cover:

- general flexibility, agility and balance
- muscular/skeletal systems to build strength
- digestive & immune systems to aid health
- cardiovascular, respiratory and nervous systems to support relaxation

Flyers coming out soon.

# December 2017

The Regent Center  
 Mary Yoho  
*Adult Program Supervisor*  
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	5 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	6 9:15 ACES 10:30 Scrabble 1:00 Bingo <b>NO Brain Exercise</b>	7 Blood Pressure 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	1 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
11 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	12 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	13 9:15 ACES 10:30 Scrabble 1:00 Bingo <b>NO Brain Exercise</b>	14 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg 1:00 50-UP Club	8 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train <b>No Express Yourself</b>
18 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	19 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	20 9:15 ACES 10:30 Scrabble 1:00 Bingo <b>NO Brain Exercise</b>	21 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	15 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train <b>No Express Yourself</b>
25 <b>Center Closed</b>	26 9:00 Chair Yoga 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot	27 9:15 ACES 10:30 Scrabble 1:00 Bingo <b>NO Brain Exercise</b>	28 9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Golden Hours 12:30 Mah Jongg	29 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train <b>No Express Yourself</b>

## 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.

**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 11:00 am – 1:00 pm on the first Friday of the month by appointment only. \$5 cash. Sign up in the office.

**HAND & FOOT:** 2nd & 4th Thursdays & every Tuesday 12:30 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.

**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 pm in Room A.

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

**EXERCISE WITH ED:** Stretching & light aerobics class meets Tuesday and Thursday 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



## DECEMBER BIRTHDAYS

William McCarty	December 1	Phyllis Fiore	December 13
Harsha Shah	December 1	Roseanne Porter	December 13
Nancy Weber	December 1	Alex Kolodziej	December 16
Ruth Lueders	December 2	Donna Hurst	December 18
Ted Weiner	December 2	Mary Bernardi	December 19
Luray Wilkinson	December 2	Karen Bloemker	December 19
Carole Thiel	December 5	Maureen Selfridge	December 19
Pat Leese	December 6	Robin Lakoske	December 20
Elaine Stevens	December 6	Harvey Mines	December 21
Sherill Higgins	December 7	Wally Frasier	December 23
Norma Omelanuk	December 7	Anna Marie Cichelli	December 24
Pamela Sakover	December 7	Holly Griffith	December 26
Mary Stewart	December 8	Holly Smiley	December 26
Jean Caron Florio	December 9	Phyllis Trychta	December 26
Susan Pitzele	December 11	Carol Bryan	December 27
Carol Clark	December 12	Gloria Heath	December 27
Warren Deardorff	December 12	Barbara Fairsnider	December 29
Joan Salerno	December 12	Robert Axel	December 31
Marg Stahoviak	December 12		
Lois Winters	December 12		



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

Patricia Wachowiak  
Janice Sykora  
Melita Kisellus  
Norma Omelanuk  
Robin Litz



## Puzzles Puzzles Puzzles

With many cold days ahead of us, keep in mind that our library, in Room B, also has a supply of jigsaw puzzles for loan. You can borrow up to three puzzles at a time. If you prefer, bring a friend, grab a cup of coffee and work on a puzzle here. Let's see how many puzzles we finish here this winter.



## 2018 MEMBERSHIPS

Please continue to support our programs by joining us for the new year. Memberships run on the calendar year.

Membership forms will be available in the January newsletter as well as in the office.

We will accept completed forms and payment beginning January 3.

# 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