

THE REGENT REPORT



Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

April 14, 2017
Flash Boys
Michael Lewis

May 12, 2017
The Husband's Secret
Liane Moriarty



Spring Coloring Contest

Join adults across the country and experience the relaxation of coloring.

Feel your blood pressure drop and your endorphins rise. And you might even win a prize! Pick up your coloring sheet beginning Monday, April 3 and return by Monday, April 24. Our winners will be announced on Friday, April 28.



We have a few boxes of colored pencils available in the office for a 3-day loan on a first come first served basis.

Busy Month for FYI

Wednesday, April 19 at 10:30

After your workout stop by and enjoy post workout refreshments courtesy of MB Financial Investments. An Investment Executive will be on site to answer any questions you have and provide information. Please sign up at the Center.

Securities and insurance products are offered through Cetera Investment Services LLC. Member FINRA/SIPC. Advisory services are offered through Cetera Investment Advisers LLC. Neither firm is affiliated with MB Financial Bank or its related companies.

The Products offered are: *Not insured by FDIC or any other government agency*Not a bank deposit*Not guaranteed by MB Financial Bank*May lose value.

Thursday, April 20 at 10:00

After he checks blood pressures, Steve Incognito of the Mundelein Fire Department will give a demonstration of AED use. This is something we all need to know! Please sign up at the Center.

Wednesday, April 26 at 10:30

Grab a lunch bag and bring all your medications, prescription or over the counter, and an Osco pharmacist will look them over and advise you of any possible interactions your medications could have with one another or with food. Please sign up at the Center.

Real Estate Assessment Freeze

The Chief County Assessment Office and the Township Assessors will be at The Regent Center to assist residents in completing the 2017 Senior Citizens assessment Freeze Application for taxes payable in 2017. Bring your 2016 tax return and SSA-1099 and proof of beneficiary if the house is held in Trust.

No appointment necessary
Friday, April 7 from 9 am – Noon



History & Headstones of Graceland

Wednesday May 17
Depart: 8:30 am
Return: 3:30 pm
Cost: \$80
Program: 6673

Today, Chicago history expert Al Walovich joins us for a tour of one of Chicago's historic and hallowed grounds, Graceland Cemetery. Located on Chicago's North side, Al takes us on a guided tour where you'll hear about Chicago's history as you see the resting spot of some of Chicago's true pioneers. Among the who's who of Chicago's famous founders are Marshall Field, Louis Sullivan, George Pullman and Potter

and Bertha Palmer! Many of the monuments and tombs at Graceland are known throughout the U.S. for their unique architectural significance. As we tour, learn about the history of the upcoming "All Hallows Eve," otherwise known as Halloween and how it originated as a harvest festival over 2000 years ago to honor the dead. Later, enjoy a delicious, hearty October lunch at the nearby Chicago Brauhaus. The Brauhaus, in Lincoln Square, is one of the few, true German restaurants left in the city.

APRIL 2017

The Regent Center
 Mary Yoho
Adult Program Supervisor
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance 1:00 Pokeno 1:00 Pinochle	4 CENTER CLOSED	5 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	6 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	7 9:00 Assessments 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
10 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance 1:00 Pokeno 1:00 Pinochle	11 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	12 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	13 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	14 CENTER CLOSED
17 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance 1:00 Pokeno 1:00 Pinochle	18 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	19 9:15 ACES 10:30 Scrabble 10:30 FYI 1:00 Bingo 1:15 Brain Exercise	20 9:15 Exercise 10:00 AED Demo 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	21 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
24 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance 1:00 Pokeno 1:00 Pinochle	25 9:00 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	26 9:15 ACES 10:30 Scrabble 10:30 FYI 1:00 Bingo 1:15 Brain Exercise	27 9:15 Exercise 10:15 Line Dance 10:30 B'Fast Club 12:30 Mah Jongg 12:30 Hand & Foot	28 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself



HAVE SOME FUN (Please bring exact change.)

"New Program" BEGINNING CLASS for National Mah Jongg League. Tuesdays at 1:15 in Room B

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

BOOK TALK: April 7 at 10:30 in Room A. Share the joy of reading!

BRAIN EXERCISE: Give your grey matter a workout! Wednesdays at 1:15.

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 Marie at 847.367.0751.

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: Fridays at 1 pm in Room B. General arts & crafts. Bring your own project and enjoy the company of others.

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

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 3rd Wednesday of every other month at 10:30 am. Call for dates. Sign up at the Center.

"New Program" BE YOUR BEST w/ Balance: Mondays at 11:30 in Room A. Bernie & John will be back with an emphasis on core strength and balance. Classes are \$3 per session.

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

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

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

MAH JONGG: Traditional on Mondays at 10:20 am and National Mah Jongg League 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 1:00 pm.

POKER: Tuesdays at 12:30 pm. Looking for new players.

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

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

EXERCISE WITH ED: Stretching & light aerobics class meets Tuesdays & Thursdays at 9:15 am.

LINE DANCE: Tuesdays & Thursdays at 10:15 am.

CHAIR YOGA: Tuesday at 9 am. \$8 per class. Sign up at the Center.

ZUMBA: Monday & Friday 10:30 am – 11:15 am. Shake it up baby! \$4 per session.

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



SOCIAL SECURITY BASICS

Tuesday, April 11 from 7 – 8 pm

The Regent Center, Program: 6779

Cost: \$5 residents, \$7 nonresidents

Knowing the ins and out of Social Security can help you increase your retirement benefits. Hear about new strategies to avoid mistakes that could cost you thousands. Learn when to apply and the optimum time to begin receiving benefits. Make time in your schedule for this one! Register online at mundeleinparks.org or call 847.388.5450.



Fran Flynn	April	2	Laurel Vlcek	April	16
Yolanda Blake	April	3	Vince DeAngelis	April	17
Wendy Frasier	April	5	Lucy Tangorra	April	18
Jan Saiki	April	5	Hur Kee-Ja	April	20
Alice Burch	April	7	Janet Jesse	April	21
Mary Fay Miller	April	10	Frank Steslow	April	21
Cindy Nastali	April	10	Trudy Wilson	April	24
Judy Forwe	April	11	Khasya Khodosevich	April	26
Ted Ruzbasan	April	11	Katie Simmer	April	28
Joanne Zych	April	11	Linda Michelau	April	29
Susan Potter	April	12	Barbara Long	April	30
Roberta Misturak	April	14			



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

Arlene Fiore
Maria Flores
Pam Hannigan
Donna Hartigan

Barb Lea
Sue Walliser
Marla Wolf



REJUVENATE, REFRESH & RELAX

Experience our Fountain of Youth with a visit and tour of Purity Medi Spa on April 4th from 1-5 pm. When you call 847.625.8080 to register or sign up for a service, ask for The Regent Center Discount.

Bring a friend and receive \$10 off your service.

Purity Medi Spa
1860 W Winchester Ct.
Libertyville

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