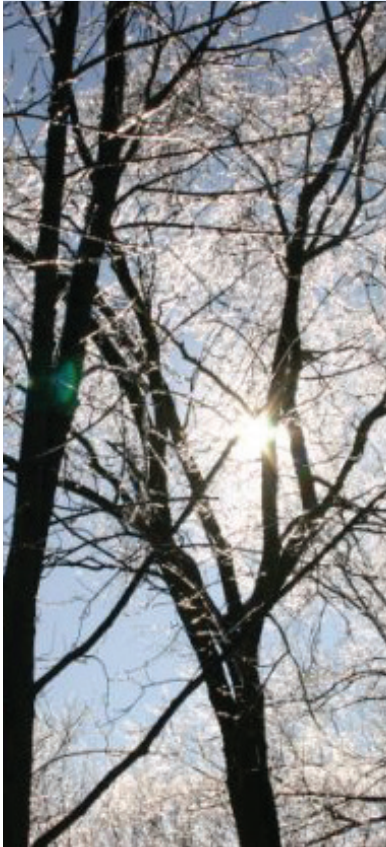


THE REGENT REPORT



BE YOUR BEST

A new health & fitness class



If you are looking to improve your strength, flexibility and balance in a small group session with personal coaching, we have the class for you!

Bernie Klos and John Keller, both certified group exercise instructors, are back with a custom tailored program. After an initial assessment, you will enjoy a variety of

exercise routines and equipment with customization for each fitness level. As the class progresses you will receive one-on-one quarterly assessments specific to your progress and goals.

Weekly classes are \$6 each and assessment classes are \$10 — including your first class of 2017.

BE YOUR BEST will begin January 9 at 11 am in Room A.

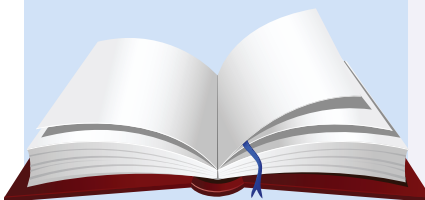
Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

December 9, 2016 *The Girl on the Train* by Paula Hawkins

January 13, *A Man Called Ove* by Fredrick Backman



Macy's Spring Flower Show & Lunch at the Walnut Room

Tuesday, March 28, 2017

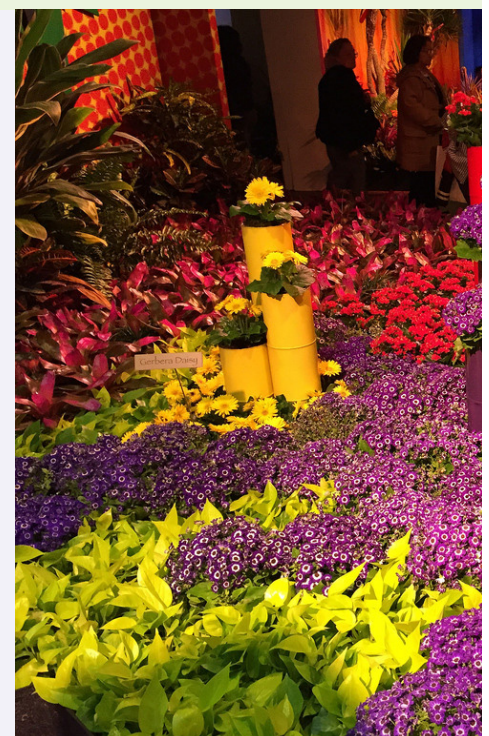
Spring will be in bloom at Macy's annual spring flower show!

Sign up takes place only at the Regent Center

Members: January 4, 2017

Non-members: January 18, 2017

Watch for the January newsletter for full information.



Dec 2016

The Regent Center
Mary Yoho
Adult Program Supervisor
847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	2 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
5 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	6 9:00 Chair Yoga Hearing Screening 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot	7 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	8 9:00 Blood Pressure 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	9 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
12 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	13 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot	14 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	15 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	16 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
19 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	20 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 4:00 Dinner Club	21 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	22 9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Mah Jongg 12:30 Hand & Foot	23 CENTER CLOSED
26 CENTER CLOSED	27 9:00 Chair Yoga 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot	28 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	29 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg	30 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself

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.

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

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

BE YOUR BEST: Beginning Monday, January 9 at 11:00 in Room A. (See Page 1)

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.



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

Mary Kelly	Orene Haynes
Karen Yetsky	John Levander
Jackie Nelson	Marilyn Kahn
Hur Kee-Ja	Cynthia Rogers



William McCarty	December 1
Harsha Shah	December 1
Ruth Lueders	December 2
Bernie Schembari	December 2
Karen Schumann	December 2
Luray Wilkinson	December 2
Jane Liederbach	December 3
Carole Thiel	December 5
Elaine Stevens	December 6
Pamela Sakover	December 7
Susan Munch	December 8
Jean Caron Florio	December 9
Ignacio Gonzales	December 9
Susan Pitzele	December 11
Carol Clark	December 12
Warren Deardorff	December 12
Joan Salerno	December 12
Marg Stahoviak	December 12
Lois Winters	December 12
Mary Butler	December 13
Phyllis Fiore	December 13
Alex Kolodziej	December 16
Karen Bloemker	December 19
Sue Wozny	December 20
Harvey Mines	December 21
Cindy Doak	December 23
Wally Frasier	December 23
Anna Marie Cichelli	December 24
Kay Dickman	December 25
Edie Kayne	December 25
Holly Smiley	December 26
Carol Bryan	December 27
Gloria Heath	December 27
Mary Niemann	December 28
Barbara Fairsnider	December 29
Robert Axel	December 31
Molly Wangman	December 31

REMINDER

All 2017 Regent Center memberships are due in January. Your 2017 membership form will be sent with the January newsletter. Please remember to sign the waiver and make checks payable to Mundelein Park District.



THE REGENT CENTER 2016

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