

THE REGENT REPORT



Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

La Rose
Louise Erdrich
April 13

Hillbilly Elegy
J. D. Vance
May 11



Senior Citizens Assessment Freeze Homestead Exemption Outreach Sessions

Wednesday, April 11, 9 – 11 am No Appointments necessary

The Chief County Assessment Office and the Lake County Township Assessors Association will hold several public outreach sessions to assist residents in completing the 2018 Senior Citizen Assessment Freeze Application for taxes payable in 2019; as well as service taxpayer needs on other homestead exemptions offered. Residents will work one on one with a staff member to complete the necessary exemption forms.

Qualifications are:

- 65 years old or older during the tax year
- Own the property as your principal residence for the last two Jan. 1 (2017 and 2018)
- 2017 total household income is \$65,000 or less
- Be prepared to bring copies of income received such as:
- 2017 Federal Income Tax Form
- Social Security Statement (SSA-1099)

If the property is owned in Trust, you may need to provide proof of the beneficiary.

Using Essential Oils to Support Health & Wellness

Thursday, May 10, 7 pm

Held at The Regent Center

Cost: \$4 resident)/\$5 non-resident) Program # 7993

Essential oils have been used for their aromatic, healing, and cleansing properties since ancient times. Building on this historical use, there has been a recent resurgence in the interest and use of these plant-based oils. Join Sharon Gaughan – yoga, herbs, and essential oils educator – for an introduction to some of the most commonly used essential oils, and for ideas on how to use these oils safely and effectively to support your own health and wellness.

Sign up at The Community Center by May 4.



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

April 2018

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 Boosters	5 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	6 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
9 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 10:30 Meditation 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 – 11 Assessments 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Boosters	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 Boosters	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 10:30 Meditation 1:00 Pokeno 1:00 Pinochle	24 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	25 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Boosters	26 9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Mah Jongg 12:30 Hand & Foot	27 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
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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:

Nancy Yukl
Reed McCollugh
Dawn Hall
Laurel Herman
Linda Banks
Natalie Tiernan



APRIL BIRTHDAYS

Fran Flynn	April 2
Yolanda Blake	April 3
Wendy Frasier	April 5
Jan Saiki	April 5
Alice Burch	April 7
Gayle Kaplan	April 7
Mary Fay Miller	April 10
Cindy Nastali	April 10
Judy Forwe	April 11
Ted Ruzbasan	April 11
Roberta Misturak	April 14
Laurel Vlcek	April 16
Vince DeAngelis	April 17
Janet Jesse	April 21
Frank Steslow	April 21
Khasya Khodosevich	April 26
Vern Luebke	April 27
Katie Simmer	April 28

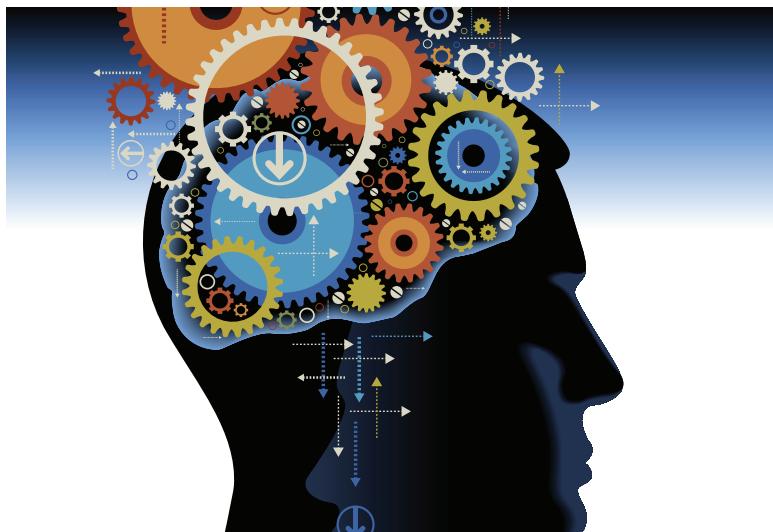
Are You Ready for a New Challenge?

Research has shown that seniors who were cognitively active were 2.6 times less likely to develop Alzheimer's Disease and dementia than those who were not. This is a statistic that may help motivate many older adults to consider taking some time to sharpen their own cognitive skills.

Research also shows that your brain performs best when it has its own fitness program, in the form of mental exercises, brain teasers and puzzles. Studies show that by exercising your brain, you can actually create new neural pathways and reverse cognitive decline. This contradicts the old belief that our brain cells are just dying off as we age. To activate new brain circuits we need to stimulate our brain chemistry by doing something new, like eating with our non-dominant hand or closing our eyes during some routine action. Sudoku is good for the brain and so are crossword puzzles, especially if you set a time limit for yourself and do them quickly.

We will supply you with progressively challenging games and work sheets to stimulate your memory and your ability to learn, understand and integrate information in a meaningful way.

Try BRAIN BOOSTERS at The Regent Center, Wednesdays at 1:15. Sign up at the Center



FREE Day of Play

The public is invited to celebrate the opening of the new Dunbar Recreation Center (888 Dunbar Road, Mundelein) with a FREE Day of Play on Saturday, April 7 from 10 am to 2 pm.

The festivities will begin with a ribbon cutting ceremony commemorating the official opening of the facility at 10 am. After that, the party gets started with lots of FREE FUN to get everyone moving: a DJ, bounce house, crafts, face painting, and more. Just a sampling of Day of Play activities includes a Ninja Warrior Course, Big Wheel Race, Basketball Shoot Out, Putting Challenge and Soccer Skills Clinic. There will be cooking, baking, fitness (ever heard of "Piloxing"?) and dance mini classes as well as Candy Bingo, Preteen Cell Phone Challenge and Bridge and Mahjong lessons for active adults. Participating in the activities will earn chances in raffle giveaways! The giveaways range from passes to Barefoot Bay Family Aquatic Center to membership at Park View Fitness Center and free entries to upcoming events. Be sure to stop by the "Money Machine" for your chance to win discounts on Park View memberships.

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