

THE REGENT REPORT



MY NEW YEAR'S WISH FOR YOU

May the year **2017** bring all of you
12 months of genuine happiness,
52 weeks of fun and laughter,

365 days of success,
8760 hours of good health,
525600 minutes of good luck and
31536000 seconds of joy!

And may you find many of those
moments here at The Regent Center!

Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

January 13, 2017
A Man Called Ove
by Fredrick Backman

February 10, 2017
Dead Wake
by Erik Larson





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! Step into the towers of flowers and discover a magical world of floral architecture, rolling landscapes and specialty gardens bursting with color and fragrance.

Today we'll enjoy a remarkable tour of Macy's on State Street, the former Marshall Fields store. Included on the tour of this National Historic Landmark will not only be the fabulous flower show but the breathtaking Tiffany vaulted ceiling, the graceful Burnham fountain, and the iconic clocks.

Lunch today is in the famous Walnut Room. Opened in 1907, it's one of Chicago's most beloved landmarks. With its 17-foot marble fountain, its original Circassian Walnut paneling and Austrian chandeliers, and delicious food it is a meal you won't soon forget! Finish the day with some free time to shop for some Frango® Mint Chocolates!

Cost: \$93

Depart: 8:45 am

Return: 3:00 pm

Min/Max: 30/54

Sign up begins:

Members: January 4

Non-members: January 18

Sign up at the Regent Center

1200 Regent Drive, Mundelein

847.566.4790

JAN 2017

The Regent Center
 Mary Yoho
Adult Program Supervisor
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED	3 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Beg. Mah Jongg	4 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	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 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 Beg. Mah Jongg	11 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	12 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	13 CENTER CLOSED BOOK TALK ONLY at 10:30 in Room A
16 CENTER CLOSED	17 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Beg. Mah Jongg 4:00 Dinner Club	18 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	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 11:00 Be Your Best 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 Beg. Mah Jongg	25 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	26 9:15 Exercise 10:15 Line Dance 10:30 B'Fast Club 12:30 Golden Hours 12:30 Mah Jongg	27 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
30 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:00 Be Your Best 12:30 Pokeno 1:00 Pinochle	31 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Beg. Mah Jongg	 <p>HAPPY NEW YEAR 2017</p>		

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: 2nd Friday at 10:30 am. 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: Mondays at 11:00 in Room A. Certified group exercise instructors, Bernie Klos and John Keller, offer a custom tailored program. A variety of exercise routines and equipment with customization for each fitness level. Classes start at \$6.

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

ALL 2017 MEMBERSHIPS

Are due now – we run on the calendar year.

Your membership form has been inserted in this newsletter for your convenience.

Forms will be accepted beginning January 3.

You still have the option of having The Regent Report mailed to you for an additional fee. If you would prefer to

receive the newsletter by email, and at no charge, please print your email address legibly.

While we hope we NEVER need it, it is vital we have your emergency contact with current phone number.

The most common reason membership forms are delayed is the waiver. MPRD requires the waiver to be signed yearly before I can enter your membership.



Emily Bergman	January	1	John Levander	January	14
Mari Gotfryd	January	1	Debra Haszel	January	15
Beth Leopold	January	1	Catherine Werner	January	15
Sheryl Singh	January	1	Ernie Shymanik	January	16
JoAnn Wilkinson	January	2	Joyce Mazurek	January	17
Sun Luckow	January	3	Barb Brodsky	January	18
Carol Arvo	January	4	Shirley Thomas	January	18
Marilyn Kahn	January	5	Barnette Johnson	January	19
Mary Willcox	January	5	Barbara Gradecki	January	20
Ruth Hutter	January	6	Sandy Prieur	January	20
Mary Ellen Szabo	January	7	Rose Buchholz	January	26
Janet Brown	January	8	Helen Cook	January	27
Sue Chung	January	9	Hokan Haraldsson	January	27
Carol Daniels	January	10	Sherry Hehr	January	28
Kathy Logan	January	11	Christiane Ihlenburg	January	29
Robert Wakid	January	12	Beverly Schnite	January	30
MaryAnn Quig	January	13	Dee Hendrickson	January	31
Orene Haynes	January	14	Danuta Klaybon	January	31
Jerry Karolczak	January	14			

INCLEMENT WEATHER

Whether we like it or not there are some cold and snowy days ahead of us. You'll want to know if The Regent Center is open, or if your favorite class has been canceled. The best way to find out is to add your email address to the new membership form. As soon as I am notified of any closures, I will email everyone on the list. If you prefer, you can call TRC after 8:30 am and you will get staff or a voice mail notification.

847.566.4790

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

MUNDELEIN PARK & RECREATION DISTRICT
2017 MEMBERSHIP FORM
THE REGENT CENTER
1200 REGENT DRIVE, MUNDELEIN, IL 60060
847-566-4790

ANNUAL MEMBERSHIP FEES:

Residents of the Mundelein Park District: \$9.00 _____

Non-residents of the park district: \$14.00 _____

Mailing of Newsletter (optional): \$6.00 _____

* Required **TOTAL** _____

*Name _____ *Birthday ____/____/____

*Phone _____ *Cell Phone _____

*Address _____ *City _____ *Zip _____

In case of emergency, please notify:

*1) _____ *Phone _____

Would you like to receive the newsletter and announcements via e-mail? **Y** **N**

*E-mail address: _____

Memberships run the calendar year

Please sign the waiver on the reverse side

You may mail this form with payment to 1200 Regent Drive
or drop it off at The Regent Center

Please make checks payable to: Mundelein Park District

FOR OFFICE USE ONLY

4107 _____ 4108 _____

New Member _____ **Returning Member** _____ **Newsletter** **Y** **N**

Date _____ **Cash** _____ **Check #** _____ **Mail** _____

E-mail _____

Program Waiver Explanation

THIS WAIVER MUST BE SIGNED IN ORDER TO COMPLETE REGISTRATION!

The national liability insurance crisis of the last few years has been particularly severe for local government units. As a result, many municipalities, school districts and park districts have formed a self-insurance pool in order to keep the insurance costs within reason.

In 1990 the Mundelein Park District became a member of PDRMA (Park District Risk Management Agency), a self-insured pool with many members. As a loss prevention measure, that group has asked its members to require program participants to execute a release form, the Waiver, Release and Hold Harmless Agreement. Please read the form carefully, sign it and submit it when you register for any particular program. Also, please read the ADA statement located in the front of the brochure.

We want registrants in our programs to be aware in advance that, when they participate in certain activities, there is a natural element of risk injury which each participant must assume. We do not carry medical or accident insurance for program participants. The costs of that type of insurance would make program fees prohibitive. Please review your own personal health insurance plan to be certain that you and your family have the proper coverage.

The use of this form is one of our answers to the national liability insurance crisis, allowing us to continue to offer quality programs to the public at a reasonable cost. If you have any questions, please call 566-0650. Thank you for your cooperation and support.

WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT FOR MUNDELEIN PARK & RECREATION DISTRICT READ CAREFULLY

Please read this form carefully and be aware that in signing up for and participating in Mundelein Park District programs, you will be releasing all claims for injuries arising out of these programs, that you or the other named participants might sustain. The terms "It", "me", and "my" also refer to parents or guardians as well as participants in the programs. In registering for these programs, you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any damages or loss which I may sustain as a result of participating, in any manner, in any and all activities connected with or associated with such programs. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Mundelein Park District, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons and entities of whatever nature, that might be directly or indirectly liable for any injuries that I might sustain as a result of participating in these programs. (The parties described in the preceding sentence are referred to as "release parties" in the remainder of the Agreement.)

I do hereby fully release and discharge the Mundelein Park & Recreation District and the other release parties from any and all claims for injuries, damage or loss which I may have or which may accrue to me on account of my participation in these programs.

I further agree to indemnify, hold harmless and defend the Mundelein Park & Recreation District and any and all other release parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation", "programs", and "activities" referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs, and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering, and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this Agreement. If registering via fax, your facsimile signature shall substitute for and have the same legal effect as an original form signature.