

THE REGENT REPORT



Express Yourself with Marlene — Holiday Crafts

**Fridays, 1 pm Room B
November 3, 10 & 17**

Two things you need to know about Marlene: She likes all types of arts and crafts and she loves to share.

Join her and try a no-sew fabric craft the first week and wait to be surprised for weeks two and three.



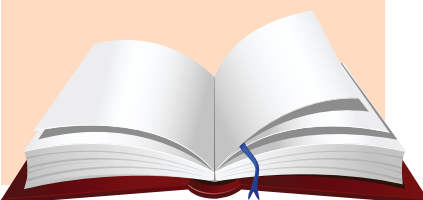
Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

November 10, 2017
The Widow
Fiona Barton

December 8, 2017
Marley and Me
John Grogan



Using Essential Oils To Support Health & Wellness (Ages 16+)



**November 16, 7 – 8:30 pm
\$4 resident/\$5 non-resident
Held at The Regent Center**

Essential oils have been used for their aromatic, healing and cleansing properties since ancient times. Join Sharon Gaughan essential oils educator- for an introduction to some commonly used essential oils, and for ideas on how to use these oils safely

and effectively to support your own health and wellness.
Min/Max: 8/20.



Lawry's with Chicago & Rosemont Christmas Lights

Tuesday, December 12, 2017

See the spectacular annual Chicago Christmas Lights! After an early afternoon departure, visit the colorful Christkindlmarket at Daley Plaza, Chicago's largest open-air Christmas festival. Shop for holiday crafts and enjoy the market's yuletide entertainment. You'll also have time to visit Macy's iconic Christmas window displays, just a block away! Enjoy a late lunch/early dinner at Lawry's - The Prime Rib, a Chicago restaurant legend. The restaurant, located in the old McCormick Mansion, is magnificently decorated for the holidays, and is an unforgettable dining experience. Later enjoy a narrated, guided tour of the breathtaking Christmas Lights and the Magnificent Mile Lights Festival along Michigan Avenue. On our way home our driver will take us through suburban Rosemont for their spectacular display of holiday lights throughout the village!

Sign Up at The Regent Center by November 10!

Program #7889

Cost: \$92

Depart: 12:30 pm

Return: 7:45 pm

November 2017

The Regent Center
Mary Yoho
Adult Program Supervisor
847.566.4790



		WEDNESDAY	THURSDAY	FRIDAY
		1 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	2 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	3 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself Crafts
6 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	7 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	8 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	9 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	10 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
13 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	14 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot	15 9:15 ACES 10:30 Scrabble 10:30 Ask the Doctor 1:00 Bingo 1:15 Brain Exercise	16 9:00 Blood Pressure 9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Golden Hours	17 9:15 ACES 10:30 Zumba 11:00 Hair Doctor 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
29 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	21 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	22 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	<div>Happy Thanksgiving!</div> 	
27 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	28 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	29 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise		

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



Hair Doctor
Nov 17, 11:00 am – 1:00 pm
by appointment
walk-ins welcome

Ma Jongg for Two

Don't always have enough players? Learn how to play with just two!

Join us on November 14th at 1:15 pm as Gil Linderman gives us lessons on "Siamese MahJongg".



NOVEMBER BIRTHDAYS

Bruni Collins	November 1
Marie Guizdz	November 1
Mary Lucente	November 1
Roberta Peterson	November 1
Ginger Pepping	November 2
Les Jezuit	November 4
Nedra Karim	November 6
Lorraine Jankowski	November 7
Florence Umansky	November 9
Janet Shannon	November 10
Arlene Soling	November 12
Bette Buttermann	November 13
Frank Racanelli	November 13
Norma Schmuldt	November 13

Eileen Halloran	November 14
Betty Luckow	November 18
Tatyana Petrosova	November 18
Karen Flanagan	November 19
Marlene Pomerance	November 22
Mary Lou Berrie	November 23
Ila Sethna	November 24
Nancy Cohn	November 25
Paul Homan	November 25
Angel Nettles	November 26
Dick Parker	November 28
Carol O'Donnell	November 29
Cheryle Racanelli	November 30



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

Patricia Machan
 Cathy Delaney

Jung Ja Lee
 Deb Czarnota



Congratulations ...

To our Fall Coloring Contest winners!

The choice was difficult but our top three participants were:

Kitty Schwartz
Donna Stevenson
Marcene Tekampe

Thank you to ALL of our artists! Watch for another contest in the spring.

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
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Mundelein, IL 60060