

THE REGENT REPORT



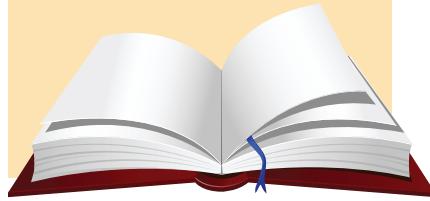
Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

Before the Fall
Noah Hawley
January 12

Underground Railroad
Colin Whitehead
February 9



Good health habits for the new year

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Be sure to throw the tissue away and wash.

Clean your hands.

Washing your hands often will help protect you from germs. Remember to lather for at least 15 seconds.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Inclement weather

In the event of bad weather, please call the center before you come over. If we have closed, you will hear a special message on the answering machine. Morning messages will be posted by 7:30 am and evening programs will be posted by 5 pm.



It's Game Time

Tuesdays beginning January 9
12:30 – 3:15 pm

Grab a friend and drop in for an afternoon of fun!

Tables will be set up for a variety of games with an empty table or two for games you might bring to share.

Look for cribbage, scrabble, euchre, tenzees, rummikub, hearts and more!

Trip Talk

January 10 at 10:30 am

I'll tell you my ideas if you'll tell me yours! Join me to discuss our 2018 trip schedule. I will have trip options to share with you and hopefully you will have your own suggestions to bring to the table.



Gentle Yoga for Healthy Aging

**Thursdays, Jan 18 – Feb 8, 7 – 8 pm
\$32 resident/\$40 non-resident
Program: 7947**

Each class in this gentle yoga series will focus on different areas of the body including: neck and shoulders, heart openers, core, side-body, hips and low back. We will work to gently stretch, strengthen, and heal. We will also work to connect our practice to the larger systems of the body such as the Musculoskeletal system, the Cardiovascular system,

the Respiratory system, and the Immune system. Participants need to be able to get down on the floor and back up again without assistance. Bring your own yoga mat. All other props will be provided.

January 2018

The Regent Center
 Mary Yoho
Adult Program Supervisor
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Center Closed	1 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	2 9:15 ACES 10:30 Scrabble 1:00 Bingo	3 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	4 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train No Express Yourself
8 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	9 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 12:30 Game Time 1:15 Begin Mah Jongg	10 9:15 ACES 10:30 Scrabble 1:00 Bingo	11 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	12 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train No Express Yourself
Center Closed	15 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 4:00 Dinner Club	16 9:15 ACES 10:30 Scrabble 1:00 Bingo	17 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	18 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train No Express Yourself
22 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	23 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 12:30 Game Time 1:15 Begin Mah Jongg	24 9:15 ACES 10:30 Scrabble 1:00 Bingo	25 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 12:30 Hand & Foot	26 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train No Express Yourself
29 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	30 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 12:30 Game Time 1:15 Begin Mah Jongg	31 9:15 ACES 10:30 Scrabble 1:00 Bingo		

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.

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 member
and make her feel at home:**

Sally Speer



Puzzles Puzzles Puzzles

With many cold days ahead of us, keep in mind that our library, in Room B, also has a supply of jigsaw puzzles for loan. You can borrow up to three puzzles at a time. If you prefer, bring a friend, grab a cup of coffee and work on a puzzle here. Let's see how many puzzles we finish here this winter.



JANUARY BIRTHDAYS

Maria Gotfryd	January 1	Debbie Haszel	January 15
Beth Leopold	January 1	Catherine Werner	January 15
Sheryl Singh	January 1	Ernie Shymanik	January 16
Deborah Czarnota	January 3	Joyce Mazurek	January 17
Sun Luckow	January 3	Shirley Thomas	January 18
Carol Arvo	January 4	Cathy Johnson	January 21
Jeanne Brown	January 4	Lee Nufer	January 21
Marilyn Kahn	January 5	Li Li	January 25
Mary Willcox	January 5	Rose Buchholz	January 26
Marion Collins	January 6	Hokan Haraldsson	January 27
Ruth Hutter	January 6	Sherry Hehr	January 28
Mary Ellen Szabo	January 7	Jerry Kosko	January 28
Janet Brown	January 8	Christiane Ihlenburg	January 29
Carol Daniels	January 10	Beverly Schnite	January 30
Louis Seif	January 10	Dee Hendrickson	January 31
Kathy Logan	January 11	Danuta Klaybon	January 31
Robert Wakid	January 12		
MaryAnn Quig	January 13		



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

2018 MEMBERSHIPS

Please continue to support our programs by joining us for the new year. Memberships run on the calendar year. Membership forms are inside this newsletter as well as in the office.

We will accept completed forms and payment beginning January 3.

MUNDELEIN
PARK & RECREATION
DISTRICT

The Regent Center
1200 Regent Drive
Mundelein, IL 60060