

THE REGENT REPORT



Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

June 9, 2017
Little Heathens
Mildred A. Kalish

July 14, 2017
The Other Queen
Phillipa Gregory



Navigating Senior Healthcare

Thursday, June 22, 10:30 – 11:30 am, Room B

Often times navigating the senior health care arena is confusing and difficult. We have designed this presentation to make the process easier. We will discuss the differences between home care, home health, assisted living, supportive living, memory care, skilled nursing care, rehabilitation services, respite services, palliative care and hospice care. This will help the caregiver or senior themselves understand what the resources are, how to best use them and how to identify when it is time to seek additional help. **Please sign up at the center.**

Brought to us by: Comfort Keepers, Dimensions Home Health Care, Heartland Hospice Care, Oak Hill Supportive Living Rolling Hills, Travansse Living

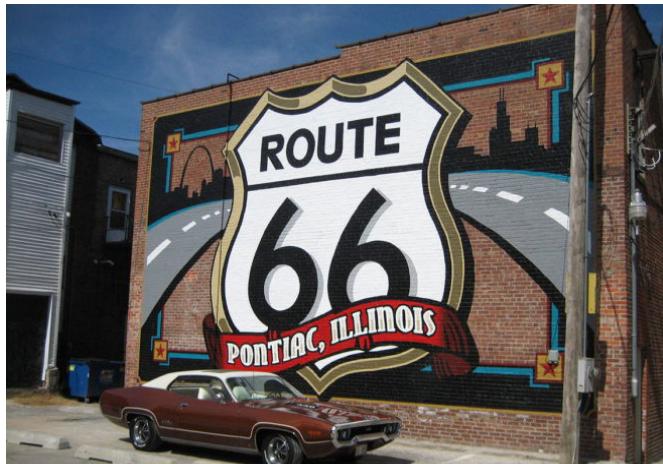
Find Improved Health With Yoga



According to a recent article in AARP magazine (April/May 2017), it is estimated that 36 million Americans currently practice some form of yoga and 39% of these 36 million yogis are 50 years or older! If you're wondering whether you are physically able enough to

practice yoga, rest assured – you are, and you can! It's often said that "if you can breathe you can do yoga." The benefits of yoga include improving balance, decreasing stress, increasing flexibility, strengthening bones, stabilizing blood pressure, reducing pain and injuries, developing and toning muscles, and helping us age more gracefully. **Stop in the office for more info.**

A gentle chair yoga class is offered on Tuesdays, 9:00-10:00 a.m., for Regent Center members. The cost per class is \$8.00



Route 66, An American Icon!

August 16, 2017

Trail blaze an American icon as we tour a portion of "America's mother road" Route 66!

A renowned author of Route 66 books and expert guide joins us in Joliet, IL to give us a fascinating narrated guided tour of the scenic byway and roadside attractions to Pontiac, IL. This stretch of the highway, near its Chicago origin, once stretched all the way to Santa Monica, CA. We'll go back to America's Golden Age to see some fabulous sights remaining on this portion.

After a stop at the Route 66 Visitor Center in Joliet we journey south to Wilmington to see such famous sights as the "Gemini Giant", the Eagle Hotel and the Milltown Market where we stop for coffee & rolls. In Gardner we visit the 1906 two cell jail and a historic streetcar diner. In Dwight, see the 1933 Ambler-Beckler Texaco gas station, once the longest operating station on the entire 2448 mile stretch of Route 66. At the Old Route 66 Café our group enjoys a fabulous lunch at this family-owned restaurant filled with nostalgic memorabilia.

After lunch it's on the road again to Odell, IL to tour the old Standard Oil Station, listed on the National Register of Historic Places.

In Pontiac, one of the great small towns on the entire 66 route, we tour the Route 66 Hall of Fame & Museum. Here we learn the story of the people and places that have firmly entrenched the road as a part of Americana. One of the displays entitled, "Route 66-A photo journal" truly captures the spirit of 66 while other features artifacts and antiques from the roads illustrious history. We'll also see the town's "Murals on Main St", a unique assortment of 20 outdoor murals and the Pontiac-Oakland Auto Museum to get a nostalgic glimpse back at the autos that once traveled the highway. On our return journey north, stop for a special treat at the famed Polk-A- Dot Diner in Braidwood and to see the fiberglass statues of Elvis, Marilyn Monroe, James Dean and the Blues Brothers! Relive the freedom, passion and spirit Route 66 once gave America!

Sign up: Members: June 1

Non-members: June 15

Cost: \$94 Program #: 7044

Depart: 7:15am · Return: 6:30pm

The Regent Center

1200 Regent Drive, Mundelein

847.566.4790

June 2017

The Regent Center
 Mary Yoho
Adult Program Supervisor
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		WELCOME PRE-SCHOOLERS ! Due to pre-school camp, a few of our programs have been moved. The Red letters indicate the classroom we've moved to. There are no program cancellations.	1 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	2 9:15 ACES 10:30 Zumba 10:30 FYI A 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
5 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance MR 1:00 Pokeno B 1:00 Pinochle	6 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	7 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise B	8 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 B 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
12 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance MR 1:00 Pokeno B 1:00 Pinochle	13 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	14 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise B	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 11:30 Balance MR 1:00 Pokeno B 1:00 Pinochle	20 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	21 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise B	22 9:00 Blood Pressure 9:15 Exercise 10:15 Line Dance 10:30 B'Fast Club 12:30 Mah Jongg 12:30 Hand & Foot	23 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
26 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance MR 12:30 Pokeno B 1:00 Pinochle	27 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	28 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise B	29 9:15 Exercise 10:15 Line Dance	30 9:15 ACES 10:30 Zumba
Children's Theater Program				

HAVE SOME FUN (Please bring exact change.)

BINGO: Wednesdays at 1 pm. 3 cards for \$1. Everyone has fun!

BOOK TALK: April 7 at 10:30 in Room A. 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.

GOLDEN HOURS CLUB: The 1st and 3rd Thursdays of the month. For more info, call Dan at 847.526.9278.

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.

BE YOUR BEST w/ Balance: Mondays at 11:30 in Room A. Bernie & John will be back with an emphasis on core strength and balance. Classes are \$3 per session.

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 Mah Jongg on Mondays at 10:20. National Mah Jongg League beginners on Tuesdays at 1:15 and experienced players on Thursdays at 12:30. All in Room B. For more information on the Tuesday and Thursday groups, please 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

Backgammon

Backgammon is one of the oldest board games known. It is a two player game where playing pieces are moved according to the roll of dice, and a player wins by removing all of their pieces from the board before their opponent. The Regent Center is fortunate enough to have a volunteer willing to teach beginners how to play Backgammon or work on new strategies with experienced players.

Our job is to determine how many people are interested in meeting weekly or perhaps bi-weekly beginning in the fall. Call or stop in the office with your name, phone number and day of the week that best suits your schedule. If we have enough interest we will announce it in the newsletter and on the bulletin board.



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

Li Li

Bruni Collins

Denise Regilio

Mei Mei Wunsch

Daxa Parekk



Tom Weirich	June 1	Karen Logan	June 12	Jan Swanson	June 18
Lois Caslavka	June 2	Arlene Hochwarter	June 13	Gloria Paulis	June 20
LaVerne Ray	June 3	Caroll Carlson	June 14	Linda Rodriguez	June 20
Charlotte Stivers	June 4	Paul Tsui	June 14	Darlene Tagtmeier	June 22
Joan Carlino	June 6	Al Wilson	June 14	Norma Volpe	June 22
Gilbert Pomerance	June 6	Tokiko Mishler	June 15	Sara York	June 22
Marianne Yasak	June 7	Deb Bivona	June 16	Daxa Parekk	June 23
Anne Fay	June 9	Janet Kotlarz	June 16	Sharon Smith	June 23
Patricia Nufer	June 9	Marjorie Nison	June 16	Mary Compton	June 25
Mery Papp	June 9	Nancy Shepherdson	June 16	June Bessert	June 27
Marvis Wilhelm	June 10	Anne Kisha	June 17	Pallavi Shah	June 27
Beverly Bloch	June 11	Deborah Sirilla	June 17		
Fran Krakow	June 11	John Schockmel	June 18		



Diabetes Care

Karen Frank, a Patient Care Pharmacist with Osco, will be here on Friday, June 2 at 10:30 to discuss the latest recommendations on managing your Diabetes. You may have been handling your medication and diet for years, but it is always wise to hear what is new and helpful. Karen will be happy to answer all of your questions at the program's end. **Please sign up at the center.**

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
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MUNDELEIN PARK & RECREATION DISTRICT

The Regent Center
1200 Regent Drive
Mundelein, IL 60060