

THE REGENT REPORT



Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

March 10, 2017
The Last Midwife
Sandra Dallas

April 14, 2017
Flash Boys
Michael Lewis



New! Be Your Best w/ Balance

Preventing falls is one of the primary reasons why exercise remains very important as you get older. Improving your balance, coordination, and strength can significantly reduce your chances of falling. That, in turn, helps you maintain your independence.

It's never too late to start exercising. Join Bernie and John in their latest venture to help you Be Your Best!

Begins Monday, March 6
11:30 am – Noon in room A
\$3 per class

Real Estate Assessment Freeze

The Chief County Assessment Office and Township Assessors will be at **The Regent Center, 1200 Regent Dr., Mundelein** to assist residents in completing the 2017 Senior Citizens Assessment Freeze Application for taxes payable in 2017, and to help taxpayers sign up for other appropriate exemptions. Residents will work with a staff member one-on-one to complete necessary forms.

Qualifications for the Assessment Freeze are:

- 65 or older during the tax year.
- Own and live in the property for the past two Jan 1.
- 2016 total income \$55,000 or less.

Bring your 2016 tax return, and Social Security Statement (SSA-1099) and proof of beneficiary if the house is held in a Trust.

No appointment required.

Friday, April 7
9 am – Noon



History & Headstones of Graceland

Today, Chicago history expert Al Walovich joins us for a tour of one of Chicago's historic and hallowed grounds, Graceland Cemetery. Located on Chicago's North side, Al takes us on a guided tour where you'll hear about Chicago's history as you see the resting spot of some of Chicago's true pioneers. Among the who's who of Chicago's famous founders are Marshall Field, Louis Sullivan, George Pullman and Potter and Bertha Palmer! Many of the monuments and tombs at Graceland are known throughout the U.S. for their unique architectural significance. As we tour, learn about the history of the upcoming "All Hallows Eve," otherwise known as Halloween and how it originated as a harvest festival over 2000 years ago to honor the dead. Later, enjoy a delicious, hearty October lunch at the nearby Chicago Brauhaus. The Brauhaus, in Lincoln Square, is one of the few, true German restaurants left in the city.

Wednesday May 17, 2017

Depart: 8:30 am

Return: 3:30 pm

Cost: \$80

Program: 6673

Min/Max: 22/23

Sign up begins:

Members: March 1, 2017

Non-members: March 15, 2017

The Regent Center

1200 Regent

Drive, Mundelein

847.566.4790

March 2017

The Regent Center
 Mary Yoho
Adult Program Supervisor
 847.566.4790

MONDAY	TUESDAY	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
6 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 BYB Balance 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 11:30 BYB Balance 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 1:15 Begin Mah Jongg	15 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	16 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	17 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
20 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 BYB Balance 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 4:00 Dinner Club	22 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	23 9:15 Exercise 10:15 Line Dance 10:30 B'Fast Club 12:30 Mah Jongg 12:30 Hand & Foot	24 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
27 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 BYB Balance 12:30 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	30 9:15 Exercise 10:15 Line Dance 10:30 B'Fast Club 12:30 Mah Jongg 12:30 Hand & Foot	31 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself

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 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.

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

AARP Smart Driver Program

March 15 & 16

9:00 am – 1:00 pm at

The Regent Center

Cost \$15 for AARP Members

\$20 for non-members



After completing the course you'll receive a certificate that can be presented to your insurance agent for a possible reduction in your auto insurance premiums.



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

Maureen Selfridge

Paul Homan

Donna Hurst



Maria Henderson	March	1	Palmira Janusonis	March	12
Jacqueline Howland	March	1	Barb Thompson	March	12
Virginia Penar	March	1	Eleanor Worthen	March	12
Jonathan Glenner	March	2	Audrey Hutchcraft	March	13
Nora Bodzioch	March	3	Linda Jurica	March	14
Louise Lutzow	March	4	Suzanne Smith	March	17
Joseph Mamon	March	4	Peggie McQueen	March	18
Dorothy Hartnett	March	6	Jean Cameron	March	20
Bonnie Rieb	March	7	Beverly Frymier	March	20
Shirley Weiner	March	7	Marjorie Rohe	March	21
Carol Hansen	March	8	Janet Klopp	March	22
Joanne Maszek	March	8	Rose Thompson	March	25
Deb Jezuit	March	9	Patricia Zagone	March	25
Klaus Schmidt	March	9	Patricia Tagtmeier	March	26
Edward Hehr	March	10	Neil Moore	March	30



PLEASE MARK YOUR CALENDARS

The Regent Center
will be closed on:
Tuesday, April 4
and
Friday, April 14

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