

THE REGENT REPORT



Balance Training

Unintentional falls among those 65 and older are responsible for more than 18,000 deaths and nearly 450,000 hospitalizations annually in the United States, according to the Centers for Disease Control and Prevention in Atlanta. Most of these falls are caused by a decline in that complex and multidimensional human skill known as balance.

To remain upright and sure-footed, explained Dr. David Thurman, a neurologist with the center and a spokesman for the American Academy of Neurology, "there are several components of the nervous system, as well as motor or movement functions that need to be intact." These include the inner ear, vision and the ability to sense where one's arms, legs or other parts of the body are without looking at them, as well as the strength and flexibility of bones and soft tissue.

"All of these," Dr. Thurman said, "tend to decline with age." Yet, unlike many effects of aging, balance can be improved, and the age-related declines can be delayed or minimized with proper training.

"The evidence," Dr. Thurman said, "shows fairly convincingly that strength and balance training can reduce the rate of falls by up to about 50 percent."

Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

News of the World
Paulette Jiles
December 9

The Readers of Broken
Wheel Recommend
Katarina Bivald
December 14

Balance Class

Beginning Wednesday, January 9, 8:30-9:15, Dr. Mansi Mehta MPT, DPT from Lake County Physical Therapy will begin a weekly balance class. The fee is \$2 per class payable at sign in each week. Please bring exact change.

Join this class to improve balance along with lower extremity strengthening and flexibility to reduce the risk for fall. This group class will start with a light warm up and stretching followed by balance and lower extremity strengthening. We will be providing self-assessment forms to each participant periodically so you can assess your progress.





7 Tips for Winter Health

1. Tread carefully

To help avoid falls, wear appropriate shoes outdoors and put road salt, sand or kitty litter on sidewalks and driveways. If the walks haven't been cleared, ask for help with errands such as grocery shopping.

2. Avoid overwork

Find someone to handle snow shoveling and other strenuous outdoor tasks. Cold weather causes blood vessels to constrict, which increases the risk of heart attack.

3. Exercise indoors

Staying indoors does not mean being inactive. Keep in shape by walking in place, using a stationary bike or working out with a fitness video stretching exercises can help maintain flexibility.

4. Bundle up

Cold temperatures are a serious threat to seniors, particularly those with heart and lung conditions.

5. Keep the heat on

Inadequate indoor heat also can cause hypothermia. Keep home temperatures above 65 degrees and dress in layers to maintain body temperature.

6. Clear the air

If you heat your home with a fireplace, gas furnace or gas-powered space heater, invest in carbon monoxide detectors, which can be purchased at a home improvement store for as little as \$30.

7. Socialize

Depression is more common in the winter months, and bad weather can mean social isolation. Try to spend time with family, friends and neighbors, and when weather makes visiting difficult, pick up the phone for a chat.



Put On Those Thinking Caps

With 2019 on the horizon we will once again look for program and trip suggestions. Please stop in the office or give us a quick call to share your thoughts and wishes.

December 2018

The Regent Center
 Mary Yoho
Adult Program Supervisor
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	4 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot	5 9:15 ACES 10:30 Scrabble 1:00 Bingo	6 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	7 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
10 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	11 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	12 9:15 ACES 10:30 Scrabble 1:00 Bingo	13 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	14 9:00 Blood Pressure 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
17 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	18 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	19 9:15 ACES 10:30 Scrabble 1:00 Bingo	20 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	21 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
24 CENTER CLOSED	25 9:15 ACES 10:30 Scrabble 1:00 Bingo	26 9:15 Exercise 10:15 Line Dance 10:30 Breakfast 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	28
31 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle				

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

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. Led by Anne McKenna.

CHAIR MASSAGE: 4th Tuesday of the month by appointment. Led by Jeanne Hickey.

EXERCISE: Stretching & light aerobics class meets Tuesday and Thursday at 9:15 am.

LINE DANCE: Tuesday and Thursday at 10:15 am. Led by Margie Nison.

CHAIR YOGA: Tuesday at 9 am. \$8 per class. Led by Sharon Gaughan.

ZUMBA: Mon. & Fri. 10:30 am – 11:15 am. Shake it up baby! \$4 per session. Led by Anne McKenna.

Questions? Call Mary Yoho, *Adult Program Supervisor* at 847.566.4790



William McCarty	December 1
Harsha Shah	December 1
Ruth Lueders	December 2
Bernie Schembari	December 2
Luray Wilkinson	December 2
Lynn Scofield	December 5
Carole Thiel	December 5
Pat Leese	December 6
Elaine Stevens	December 6
Pamela Sakover	December 7
Mary Stewart	December 8
Jean Caron Florio	December 9
Elisa Rych	December 11
Carol Clark	December 12
Warren Deardorff	December 12
Joan Salerno	December 12
Marg Stahoviak	December 12
Donna Touzalin	December 12
Lois Winters	December 12
Zeny Labordo	December 14
Maria Toth	December 14
Alex Kolodziej	December 16
Maureen Selfridge	December 19
Robin Lakoske	December 20
Harvey Mines	December 21
Wally Frasier	December 23
Anna Marie Cichelli	December 24
Edie Kayne	December 25
Holly Smiley	December 26
Carol Bryan	December 27
Gloria Heath	December 27
Barbara Fairsnider	December 29
Robert Axel	December 31
Molly Wangman	December 31



COMING SOON! Essential Oils

Essential oils have been used for their aromatic, healing, and cleansing properties since ancient times. Building on this historical use, there has been a recent resurgence in the interest and use of these plant-based oils. If you've not yet discovered their multiple benefits, you almost surely know someone who has. Join Sharon Gaughan – yoga, herbs, and essential oils educator – for an introduction to some of the most 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: 8/24.

Thursday, January 17, 7–8:30 pm

Program #9206

**Cost: Resident: \$6
Nonresident: \$8**



Please welcome our newest members

**Susan Guenther Charlotte Beck
Mary McCray**



Senior Social Dance Hour (Ages 50+)

This program will offer a rotation of dances each week. The format will be a lesson, review and then open social dance. Wear dance shoes/boots, dress shoes or flat bottom shoes. No dance experience required. Individuals and

couples welcome. Register online at Mundeleinparks.org or in person at the Mundelein Community Center.

Held at the Mundelein Community Center

Cost: \$16 Residents/\$20 Nonresidents

Time: Mondays from 11 am–12 pm

Jan 14–Feb 4 (Program 9121)

Feb 11–Mar 4 (Program 9122)

Mar 11– Apr 4 (Program 9123)

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

**MUNDELEIN
PARK & RECREATION
DISTRICT**

The Regent Center
1200 Regent Drive
Mundelein, IL 60060