

# THE REGENT REPORT



## Chronic Pain – What Are My Treatment Options?

Sometimes conventional medicine – such as prescription medication – is not effective at treating chronic pain associated with certain medical conditions, such as fibromyalgia and rheumatoid arthritis. But some people living with chronic pain find relief with alternative medicine. Alternative treatments include massage, acupuncture, physical therapy, yoga, medical marijuana and chiropractic, and many people benefit greatly. Your attitude and lifestyle will also play a key role. If you approach any painful condition with a positive attitude and a willingness to change, you're likely to be successful in coping with your pain.

To learn more about some of these options, register at The Regent Center for an informational program and a chance to ask questions about specific treatments. Our guest speakers include Janet Parry of The Clinic Mundelein, Dr. Mansi Mehta, MPT,DPT and Robbie White, LMT of Lake County Physical Therapy, and Dr. Stacy Hahn of GAIA.

Seating will be limited but we will compile a waiting list and possibly schedule a second event. Please register early!

**Wednesday, June 27**  
**10:45 am – 12:15 pm**  
**The Regent Center**  
**1200 Regent Drive**  
**Mundelein**

### Hours

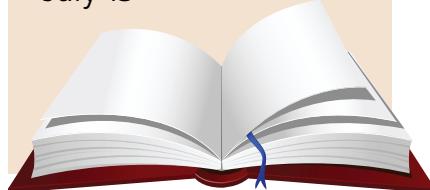
Monday – Friday  
8:30 am – 3:30 pm

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### Book Talk

The All Girls Filling Station's Last Reunion  
*Fannie Flagg*  
June 8

The Dinner  
*Herman Koch*  
July 13





## **Little Switzerland & The Cheese Capital**

**Tuesday, August 21 • Depart: 7:30 am Return: 5:30 pm**

Travel to the rolling hills of beautiful Green County Wisconsin to visit two of the dairy state's great attractions. After arriving in Monroe, known as "the Cheese Capital of the US" we will tour the fascinating National Historic Cheesemaking Center & Museum. Learn the story of Cheesemaking in this region from its origins in the 1800s to today's modern production. At the Center see the Imobersteg Farmstead Cheese Factory, the small original factory relocated here to show how cheese was made over a century ago. We will also stop at the Emmi-Roth Cheese Factory and Alp & Dell Cheese store to shop for cheese and enjoy some samples. There are even observation windows to see the modern factory floor. Later it's a short ride to New Glarus, America's "Little Switzerland", a picturesque village and thriving showcase of Swiss heritage, customs and cuisine. At the historic New Glarus Hotel, you are treated to a fabulous Swiss luncheon including a fondue demonstration by the chef, homemade pastry and Swiss musical entertainment including the famous Swiss alpenhorn!

### **Luncheon Menu:**

1. Grilled Chicken Breast Fresh, tender Chicken Breast, grilled to a golden brown perfection.
2. Swiss Steak Prime round steak, oven-Baked slowly in a tomato & mushroom sauce
3. Wienerschnitzel Thin slices of tender meat, cut from a round of veal, dipped in egg batter, breaded, and pan fried until golden brown. Served with lemon wedges.

**Entrees include:** Cheese and Relish Trays, Salad, Entree, Roesti (Swiss-style Potatoes with a delicate crust of Swiss cheese & a hint of onion) & Spatzli (Swiss-style egg noodle), Vegetable, Fresh Baked Rolls, and Coffee, Tea or Milk.

### **SIGN UP:**

**Members: June 1**

**Non-Members: June 15**

**Cost: \$85**

**Program #:8312**

# June 2018

The Regent Center  
 Mary Yoho  
*Adult Program Supervisor*  
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LOCATION KEY</b>  <ul style="list-style-type: none"> <li>■ Main Room</li> <li>■ Back Room</li> <li>■ Room B</li> <li>■ Room A</li> <li>■ Offsite</li> </ul>				1
4 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	5 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	6 9:15 ACES 10:30 Scrabble 1:00 Bingo	7 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
11 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	12 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	13 9:15 ACES 10:30 Scrabble 1:00 Bingo	14 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	15 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
18 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	19 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	20 9:15 ACES 10:30 Scrabble 1:00 Bingo	21 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	22 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
25 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	26 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	27 9:15 ACES 10:45 FYI 10:30 Scrabble 1:00 Bingo	28 9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Mah Jongg 12:30 Hand & Foot	29 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself

## 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.

## 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.

**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.

**MEDITATION:** Led by experienced, Certified Meditation Instructor and Certified Yoga Teacher, Isabel Raci. Space is limited so you must sign up in advance for each class. \$10 is payable at class time. 2nd & 4th Mondays at 10:30 – 11:15 Room A.

**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

## JUNE BIRTHDAYS

Judi Young	June 1	Arlene Hochwarter	June 13	Linda Rodriguez	June 20
Lois Caslavka	June 2	Evie Belgrade	June 14	Norma Volpe	June 22
Ellie Javor	June 3	Maggie Brown	June 14	Sara York	June 22
LaVerne Ray	June 3	Caroll Carlson	June 14	Daxa Parekh	June 23
Charlotte Stivers	June 4	Paul Tsui	June 14	Sharon Smith	June 23
Joan Carlino	June 6	Al Wilson	June 14	Mary Quinn Boyd	June 24
Marianne Yasak	June 7	Su Ling Coorlim	June 15	Juan Lara	June 24
Anne Fay	June 9	Tokiko Mishler	June 15	Mary Compton	June 25
June LaRoussa	June 9	Deb Bivona	June 16	June Bessert	June 27
Patricia Nufer	June 9	Janet Kotlarz	June 16	Pallavi Shah	June 27
Mery Papp	June 9	Marjorie Nison	June 16		
Michyl Veach	June 10	Nancy Shepherdson	June 16		
Marvis Wilhelm	June 10	Anne Kisha	June 17		
Fran Krakow	June 11	John Schockmel	June 18		
Sally Speer	June 11	Jan Swanson	June 18		
Karen Logan	June 12	Gloria Paulis	June 20		



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

<b>Maria Toth</b>	<b>Maria Celascia</b>	<b>Dorothy Wise</b>
<b>Irene Kowatsch</b>	<b>Danila Obispo</b>	<b>Heidi Johnson</b>
<b>Loretta Ross</b>	<b>Terisita Obispo</b>	<b>Sheila Clements</b>
<b>Sharon Kaufman</b>	<b>Evie Belgrade</b>	<b>Dorothea Viola</b>
<b>Deborah Harrison</b>	<b>Arlene Loncsar</b>	
<b>Mary Quinn Boyd</b>	<b>Marie Madonna</b>	



### Stress-Free Bingo

Are the casinos far enough away that you worry about driving there? Is it the cost of gas? Perhaps calculating your losses is worrisome.

We'll be watching for you next Wednesday, as you ready yourself for nothing but fun at TRC BINGO. Bring along a dauber and buy three cards for a dollar (yes! - \$1) that will hold you for all nineteen games we play! We take a break half-way through the afternoon to sample snacks many of our players bring to share. You'll make new friends and laugh a lot at just how close you can get before someone else wins! But you know your turn is coming!

**Doors open at 12:30 every Wednesday.**

**Play starts promptly at 1:00**

*BTW: Bingo is an excellent brain exercise, too*



**Please Welcome Back  
Our Preschool Campers !**

# **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