

THE REGENT REPORT

Smart Driver Program

March 15 & 16

9 am – 1 pm

The Regent Center



Cost for the two-day course:

\$15: AARP members

\$20: non- members of AARP

Register at The Regent Center before March 10, 2017.

Participants will benefit from the following:

- Learning research-based safety strategies that can reduce the likelihood of a crash.
- Understanding the links between the driver, vehicle and road environment, and how this greater awareness encourages safer driving behavior.
- Learning how aging, medications, alcohol and other health-related issues affect driving ability, and how to adjust driving accordingly to allow for these changes.
- Learning how to determine when it may be best not to drive (e.g., late at night, when taking certain medications, inclement weather, etc.) and how to plan for a time when driving is no longer an option.

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



Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

February 10, 2017
Dead Wake
by Erik Larson

March 10, 2017
The Last Midwife
Sandra Dallas





The State of Mundelein

February 8, 2017 10:45 am

Join other Regent Center members as Steve Lentz, mayor of Mundelein, fills us in on the latest happenings in and around our fair town.

What changes might you see in 2017? Are we expecting any new businesses or housing? How about a sneak peek at plans for downtown?

Questions welcomed! Space is limited.

Please register at The Center by February 3rd.



Macy's Spring Flower Show & Lunch at the Walnut Room

Tuesday, March 28, 2017

Depart: 8:45 am
Return: 3:00 pm
Program: 6672
Min/Max: 30/54
Cost: \$93

Sign up only at The Regent Center
The Regent Center, 1200 Regent Drive
847.566.4790

Feb 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 11:00 Be Your Best 1:00 Pokeno 1:00 Pinochle	7 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker	8 9:15 ACES 10:30 Scrabble 10:45 FYI 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 11:00 Be Your Best 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	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 11:00 Be Your Best 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 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 11:00 Be Your Best 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			

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.

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.

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: Mondays at 11:00 in Room A. Certified group exercise instructors, Bernie Klos and John Keller, offer a custom tailored program. A variety of exercise routines and equipment with customization for each fitness level. Classes start at \$6.

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



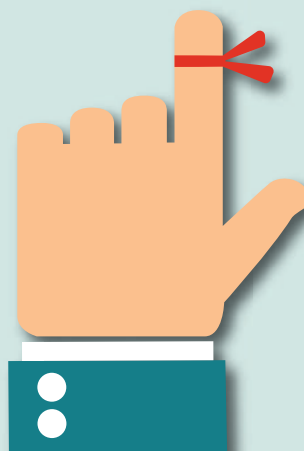
**Please welcome our newest members
and make them feel at home:**

Carol Krinski	Robin Lakoske
Pat Leese	Karen Yetsky
Susan Devanie	Linda Cerabona
Robin	Cathy Johnson
Rosenbaum	Roberta Misturak
Deb Bivona	Paula Malone
Palmira	Blanca Tinucci
Janusonis	Kent Tinucci
Karen Logan	Karen Tietje
Donna Fischer	Peg Tierney
Nedra Karim	

Membership Reminder

**If you have not yet done so,
please renew your Regent Center
membership now.**

**We wouldn't want you to
miss any of the fun!**



Judy Nutschnig	February 1	Kathryn Farrington	February 15
Sue Ahlstrand	February 4	Barbara Sullivan	February 16
Cheryl Bryan	February 4	Connie Lester	February 17
Joy Quinn	February 5	Erna Roseler	February 18
Janet Schockmel	February 5	Beverly Richards	February 19
Dolores McHugh	February 6	Alva Thompson	February 20
Lois DeAngelis	February 9	James Dorfler	February 21
Kitty Schwartz	February 9	Robert Palazzo	February 22
Marge Sashko	February 10	Valerie Thorp	February 25
Graciela Lara	February 12	Matt Hanna	February 26
Ok Shin	February 12	Charlene Ellis	February 27
David Henning	February 13	Pat Niesen	February 28



WARM UP TO BINGO

Come in at 1:00 on Wednesdays this month to try out some lively Bingo. Your brain and your social life will both get a work out! We are also looking for a few people to call back numbers and deliver prizes. I bet someone out there has even dreamed of calling a game occasionally.

Is it you? See you Wednesday!

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