

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.

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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.

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.

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

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.



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

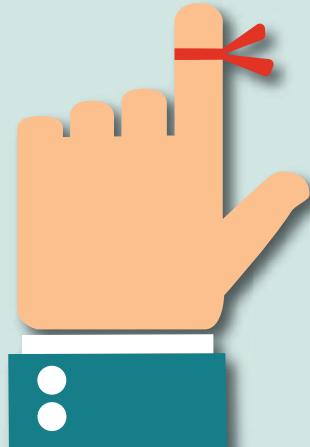
Carol Krinski
Pat Leese
Susan Devanie
Robin
Rosenbaum
Deb Bivona
Palmira
Janusonis
Karen Logan
Donna Fischer
Nedra Karim

Robin Lakoske
Karen Yetsky
Linda Cerabona
Cathy Johnson
Roberta Misturak
Paula Malone
Blanca Tinucci
Kent Tinucci
Karen Tietje
Peg Tierney

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 Nutschig
Sue Ahlstrand
Cheryl Bryan
Joy Quinn
Janet Schockmel
Dolores McHugh
Lois DeAngelis
Kitty Schwartz
Marge Sashko
Graciela Lara
Ok Shin
David Henning

February 1
February 4
February 4
February 5
February 5
February 6
February 9
February 9
February 10
February 12
February 12
February 13

Kathryn Farrington
Barbara Sullivan
Connie Lester
Erna Roseler
Beverly Richards
Alva Thompson
James Dorfler
Robert Palazzo
Valerie Thorp
Matt Hanna
Charlene Ellis
Pat Niesen

February 15
February 16
February 17
February 18
February 19
February 20
February 21
February 22
February 25
February 26
February 27
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