

THE REGENT REPORT



HOURS

Monday – Friday
8:30 am – 3:30 pm

BOOK TALK

The Stranger in the Woods

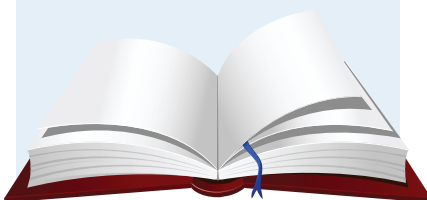
Michael Finkel
January 11

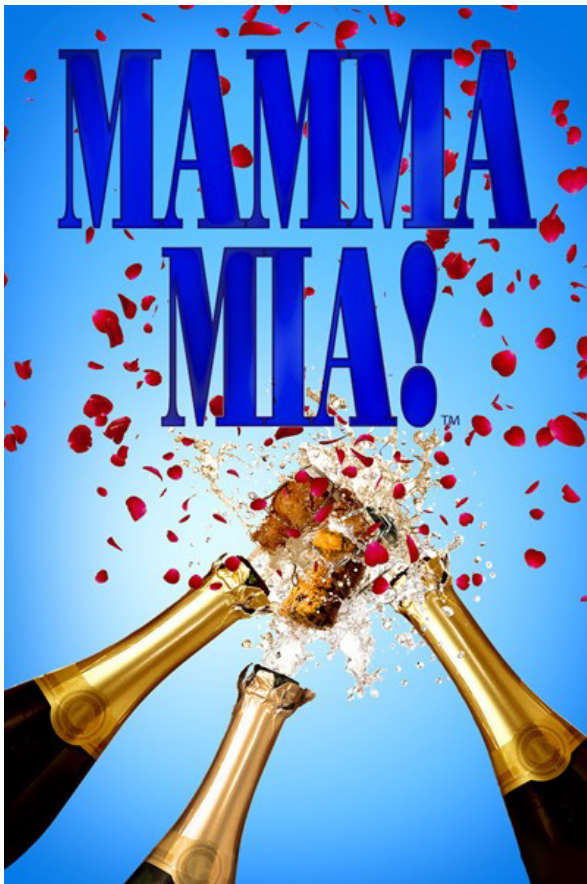
Lila

Marilynne Robinson
February 8

Life Hacks for Winter

1. End up getting your car windows iced every morning? Spray a mixture of vinegar and water (3:1) on car windows to prevent ice from accumulating on them.
2. Don't have a pair of insulated thermals to wear under your trousers? Wear running tights or pantyhose under your pants to keep yourself warm.
3. Do your car wipers stick to the windows in the morning? Keep them in the air and cover them with a sock when parked.
4. Is your room too cold? Turn on the fan at low speed and run it on reverse (clockwise). It will throw down the warm air from ceiling.
5. Don't like your hair after wearing hats? Use dry shampoo after taking off your hat and fluff your hair, it will be as good as before.
6. Spray some non-stick cooking spray on your shovel to make the snow glide off during shoveling.
7. Cover your side mirrors with zip-lock bags when you park your car. This will prevent them from Freezing and you forgetting to clean them before taking the drive.
8. Cut a length of pool noodles and put them in your boots. This will keep them standing and prevent them from making a mess in your shoe rack.
9. Parking your car outside in a wintery night? To avoid a thick, frozen windshield, park facing east. That way, the rising sun can help clear your window.
10. Stuck in the snow? Use your car's floor mats to get out of such a situation. Just place the mat below the tires and get out of the slippery location.
11. See a lot of wool pills on your sweater from washing? Use a cheap razor and run it over the sweater to clear the pills and make it new again.





Mamma Mia! at Drury Lane Thursday, April 4

Join us for this uplifting musical, featuring the music of ABBA at Drury Lane. The musical includes such hits as “Super Trouper”, “Dancing Queen”, and the title track.

On the Greek island of Kalokairi, 20-year-old bride-to-be Sophie Sheridan reveals to her bridesmaids, Ali and Lisa, that she has secretly invited three men to her wedding without telling her mother, Donna. They are the men that her mother’s diary reveals could have been her father: Irish-American architect Sam Carmichael, Swedish adventurer and writer Bill Anderson, and British banker Harry Bright. She dreams of being given away by her father at her wedding, and believes that after she spends time with them she will know which is her father.

Cost: \$97

Depart: 9:15 am

Return: 5:30 pm

Member sign-up: January 7

Nonmember sign-up: January 21

**The Regent Center
1200 Regent Drive
Mundelein
847.566.4790**

Our luncheon includes a salad, choice of entrée, dessert and beverage.


1. Grilled Chicken Breast with marsala sauce
2. Parmesan-crusted Flounder with caper beurre blanc
3. Crepe Florentine Artichoke Fontina cheese with Chablis cream sauce



***It has been a pleasure and a privilege to work with you this year. We hope that 2019 brings you good fortune, good health and happy memories.
Mary, Sue & Char***

January 2019

The Regent Center
Mary Yoho
Adult Program Supervisor
847.566.4790

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
|  | 1 CENTER CLOSED | 2 9:15 ACES 10:30 Scrabble 1:00 Bingo | 3 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg | 4 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train |
| 7 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle | 8 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:15 Begin Mah Jongg | 9 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo | 10 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club | 11 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train |
| 14 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle | 15 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:15 Begin Mah Jongg 4:00 pm Dinner Club | 16 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo | 17 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg | 18 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train |
| 21 CENTER CLOSED | 22 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:15 Begin Mah Jongg | 23 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo | 24 9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Golden Hours 12:30 Mah Jongg | 25 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train |
| 28 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle | 29 9:00 Chair Yoga 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:15 Begin Mah Jongg | 30 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo | 31 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg |  |

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.

BALANCE: Want to improve your balance? This is the class for you! Led by Dr. Mansi Mehta. Wednesdays, 8:30–9:15 am. \$2 per class.

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



Happy Birthday!

| | |
|----------------------|------------|
| Maria Gotfryd | January 1 |
| Deborah Harrison | January 1 |
| Sheryl Singh | January 1 |
| Sun Luckow | January 3 |
| Yolanda Strutzel | January 3 |
| Carol Arvo | January 4 |
| Marilyn Kahn | January 5 |
| Mary Willcox | January 5 |
| Marion Collins | January 6 |
| Ruth Hutter | January 6 |
| Mary Ellen Szabo | January 7 |
| Janet Brown | January 8 |
| Carol Daniels | January 10 |
| Kathy Logan | January 11 |
| Kathy Youngs | January 11 |
| Robert Wakid | January 12 |
| MaryAnn Quig | January 13 |
| Jerry Karolczak | January 14 |
| Debbie Haszel | January 15 |
| Catherine Werner | January 15 |
| Adrian McChesney | January 16 |
| Ernie Shymanik | January 16 |
| Joyce Mazurek | January 17 |
| Janet Whetter | January 17 |
| Shirley Thomas | January 18 |
| Rosemary Alfredson | January 20 |
| Lee Nufer | January 21 |
| Li Li | January 25 |
| Hal Halen | January 28 |
| Sherry Hehr | January 28 |
| Jerry Kosko | January 28 |
| Christiane Ihlenburg | January 29 |
| Mel Wolf | January 29 |
| Beverly Schnite | January 30 |
| Danuta Klaybon | January 31 |
| Madeline Trampe | January 31 |

COMING SOON

Balance Class

Beginning Wednesday, January 9, 8:30- 9:15 am
Room A
\$2 per class. Sign up in the office.

Essential Oils

Thursday, January 17,
7-8:30 pm
Cost: resident \$6/nonresident \$8
Program #9206



Gentle Yoga For Healthy Aging

Each class in these gentle yoga series will focus on different areas of the body. We will work to gently stretch, strengthen, and heal. Bring your own yoga mat. All other props will be provided. Led by Sharon Gaughan. Min/Max: 8/24

Held at The Regent Center

Gentle Chair Class

All yoga postures are done seated in the chair, or standing and using the chair for support, as needed.

Thursdays: February 7, 14, 21, 28
5:30-6:30 pm
Resident \$32/Nonresident \$42
Program # 9204

Gentle Mat Class Yoga

Postures include standing, sitting, and lying on the yoga mat. Participants need to be able to get down on the floor and back up again without assistance.

Thursdays: February 7, 14, 21, 28
7-8 pm
Resident/Nonresident: \$32/42
Program # 9207



THE REGENT CENTER 2019

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