

# THE REGENT REPORT



## Hours

Monday – Friday  
8:30 am – 3:30 pm

## Book Talk

Last Bus to Wisdom  
*Ivan Doig*  
August 10

True Colors  
*Kristin Hannah*  
September 14



## Lovely and Colorful - Recycling at Its Best



Have you been enjoying the sight and smell of your garden this summer? Are you ready to extend the season and spruce up the inside of your home? Have you ever wished you could save a beautiful bouquet you received from someone special? Did you know you can dry your favorite blossoms at home and do exactly that?

**Come to Express Yourself on Friday,  
August 3 at 1 pm in Room B.**

Our "Crafty Marlene" will bring some flowers from her own garden and teach us just how easy it is to dry them at home.

And it gets better! Come back on August 17, same time, same place. Marlene will share some of her favorite crafts using dried flowers.

Everything from home décor to cards and gifts, Marlene can give you suggestions, tips and how-tos. Watch our September newsletter for fall crafts.

## Join us for these GO MUNDELEIN walks

**8/22/18 • 6 pm**  
**Community Park,**  
**1401 N. Midlothian Rd.**

**9/29/18 • 10 am - 2 pm**  
**Independence Grove Forest**  
**Preserve, 6400 Buckley Rd.,**  
**Libertyville**  
**Go Lake County Walk:** Walk with  
hundreds of members of Lake  
County communities.

**10/13/18 • 11:30 am**  
**Community Park,**  
**1401 N. Midlothian Rd.**

Walk with your dog to Asbury Park and back. Then join us for the Doggy Trick or Treat Event.



For more information, visit  
[mundeleinparks.org](http://mundeleinparks.org)  
or call 847.566.0650



## Charming Cedar Creek

**Wednesday, October 10 • Departs: 8:30 am • Returns: 4:30 pm**

In 1864, Cedarburg, Wisconsin was the perfect place to channel the rushing waters of Cedar Creek to build a stone mill to produce woolen goods for the Union Army in the Civil War. The mill operated for over 100 years until 1969. Today, Cedar Creek Settlement occupies the site with over 30 shops including antique stores, gift shops, artists' studios, a forge, and a potter's studio. Enjoy the morning strolling this historic area and its charming shops. For lunch enjoy a relaxing lunch at the settlement's Crème & Crepe Café. Enjoy your unique crepe entrée while you soak

in the peaceful atmosphere overlooking Cedar Creek. After lunch, enjoy a tour of the award winning Cedar Creek Winery and taste their splendid wines. On the way home, stop and shop at the landmark Mars Cheese Castle for some tasty Wisconsin cheese and sausage! Must have emergency contact. Min/Max: 30/45

**Sign Up (Only at The Regent Center)**  
**Members: July 23, 2018**  
**General: August 6, 2018**

**Cost: \$74**  
**Program: 8490**

## COMMUNITY WARNING REMINDERS

### Remove All GPS/Radar Units

A reminder for all residents to remove all GPS/Radar units from their front windows of the vehicles when shopping or parked in the driveway of the residence. And also to lock all car doors and to remove the valuables, cell phones, lap top computers and purses from plain view. Better safe than sorry!

### Phone Solicitors

The Mundelein Police Department does not solicit over the phone. Though solicitor organizations may be legitimate – as with any other solicitation – you should not provide them with any information or funds if not completely comfortable with your decision. You can contact the police department 24 hours a day at 847.968.4600 if you have even the slightest apprehension regarding any solicitations.

# August 2018

The Regent Center  
 Mary Yoho  
*Adult Program Supervisor*  
 847.566.4790

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
| <b>LOCATION KEY</b><br><br><span style="color: red;">■</span> Main Room<br><span style="color: green;">■</span> Back Room<br><span style="color: blue;">■</span> Room B |  | <b>1</b><br><b>9:15 ACES</b><br><b>10:30 Scrabble</b><br><b>1:00 Bingo</b>  | <b>2</b><br><b>9:15 Exercise</b><br><b>10:15 Line Dance</b><br><b>12:30 Golden Hours</b><br><b>12:30 Mah Jongg</b>                               | <b>3</b><br><b>9:15 ACES</b><br><b>10:30 Zumba</b><br><b>12:30 Bridge</b><br><b>12:30 Mexican Train</b><br><b>1:00 Express Yourself</b>                            |
| <b>6</b><br><b>9:15 ACES</b><br><b>10:20 Mah Jongg</b><br><b>10:30 Zumba</b><br><b>1:00 Pokeno</b><br><b>1:00 Pinochle</b>   | <b>7</b><br><b>9:00 Chair Yoga</b><br><b>9:15 Exercise</b><br><b>10:15 Line Dance</b><br><b>12:30 Poker</b><br><b>12:30 Hand &amp; Foot</b><br><b>1:15 Begin Mah Jongg</b>                               | <b>8</b><br><b>9:15 ACES</b><br><b>10:30 Scrabble</b><br><b>1:00 Bingo</b>  | <b>9</b><br><b>9:15 Exercise</b><br><b>10:15 Line Dance</b><br><b>12:30 Mah Jongg</b><br><b>12:30 Hand &amp; Foot</b><br><b>1:00 50-UP Club</b>  | <b>10</b><br><b>9:15 ACES</b><br><b>10:30 Zumba</b><br><b>10:30 Book Talk</b><br><b>12:30 Bridge</b><br><b>12:30 Mexican Train</b><br><b>1:00 Express Yourself</b> |
| <b>13</b><br><b>9:15 ACES</b><br><b>10:20 Mah Jongg</b><br><b>10:30 Zumba</b><br><b>1:00 Pokeno</b><br><b>1:00 Pinochle</b>  | <b>14</b><br><b>9:00 Chair Yoga</b><br><b>9:15 Exercise</b><br><b>10:15 Line Dance</b><br><b>12:30 Poker</b><br><b>12:30 Hand &amp; Foot</b><br><b>1:15 Begin Mah Jongg</b>                              | <b>15</b><br><b>9:15 ACES</b><br><b>10:30 Scrabble</b><br><b>1:00 Bingo</b> | <b>16</b><br><b>9:15 Exercise</b><br><b>10:15 Line Dance</b><br><b>12:30 Golden Hours</b><br><b>12:30 Mah Jongg</b>                              | <b>17</b><br><b>9:15 ACES</b><br><b>10:30 Zumba</b><br><b>12:30 Bridge</b><br><b>12:30 Mexican Train</b><br><b>1:00 Express Yourself</b>                           |
| <b>20</b><br><b>9:15 ACES</b><br><b>10:20 Mah Jongg</b><br><b>10:30 Zumba</b><br><b>1:00 Pokeno</b><br><b>1:00 Pinochle</b>  | <b>21</b><br><b>9:00 Chair Yoga</b><br><b>9:15 Exercise</b><br><b>10:15 Line Dance</b><br><b>12:30 Poker</b><br><b>12:30 Hand &amp; Foot</b><br><b>1:15 Begin Mah Jongg</b><br><b>4:00 Dinner Club</b>   | <b>22</b><br><b>9:15 ACES</b><br><b>10:30 Scrabble</b><br><b>1:00 Bingo</b> | <b>23</b><br><b>9:15 Exercise</b><br><b>10:15 Line Dance</b><br><b>12:30 Mah Jongg</b><br><b>12:30 Hand &amp; Foot</b><br><b>1:00 50-UP Club</b> | <b>24</b><br><b>9:15 ACES</b><br><b>10:30 Zumba</b><br><b>12:30 Bridge</b><br><b>12:30 Mexican Train</b><br><b>1:00 Express Yourself</b>                           |
| <b>27</b><br><b>9:15 ACES</b><br><b>10:20 Mah Jongg</b><br><b>10:30 Zumba</b><br><b>1:00 Pokeno</b><br><b>1:00 Pinochle</b>  | <b>28</b><br><b>9:00 Chair Yoga</b><br><b>9:15 Exercise</b><br><b>9:30 Chair Massage</b><br><b>10:15 Line Dance</b><br><b>12:30 Poker</b><br><b>12:30 Hand &amp; Foot</b><br><b>1:15 Begin Mah Jongg</b> | <b>29</b><br><b>9:15 ACES</b><br><b>10:30 Scrabble</b><br><b>1:00 Bingo</b> | <b>30</b><br><b>9:15 Exercise</b><br><b>10:15 Line Dance</b><br><b>12:30 Mah Jongg</b>   | <b>31</b><br><b>9:15 ACES</b><br><b>10:30 Zumba</b><br><b>12:30 Bridge</b><br><b>12:30 Mexican Train</b><br><b>1:00 Express Yourself</b>                           |

## 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.

**CHAIR MASSAGE:** 4th Tuesday of the month by appointment.

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

**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

## AUGUST BIRTHDAYS

|                   |        |                    |        |
|-------------------|--------|--------------------|--------|
| Gerald Caslavka   | Aug 1  | Mitzi Lober        | Aug 16 |
| Lee Ives          | Aug 1  | Loretta Ross       | Aug 17 |
| Gordon Cavers     | Aug 2  | Susan Chau         | Aug 18 |
| Laurel Herman     | Aug 2  | Gloria Traudt      | Aug 18 |
| Roz Smith         | Aug 2  | Ellen Kerrigan     | Aug 20 |
| Kay Thermos       | Aug 2  | Carmen Ochoa       | Aug 21 |
| Millie Franks     | Aug 3  | Hannelore Kampf    | Aug 22 |
| Linda Banks       | Aug 8  | Irene Klewer       | Aug 22 |
| Clare Kubik       | Aug 8  | Andrew Brozek      | Aug 23 |
| Rich Ustaszewski  | Aug 8  | Boh Ok Chong       | Aug 23 |
| Stacy Wilkinson   | Aug 8  | Nancy Peterson     | Aug 23 |
| Marlene Kornick   | Aug 9  | Patsy Sweeney      | Aug 24 |
| Shirley Kaufer    | Aug 10 | Richard Thorsen    | Aug 27 |
| Nick Tonkery      | Aug 10 | Sandra Matthews    | Aug 29 |
| Ruth Isaachsen    | Aug 12 | Scarlett Mankowsky | Aug 30 |
| Joyce Antonson    | Aug 13 |                    |        |
| Gary Smith        | Aug 13 |                    |        |
| Donald Farrington | Aug 14 |                    |        |
| Diane Max         | Aug 14 |                    |        |
| Nancy Yukl        | Aug 15 |                    |        |



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

**Barbara Silbert**  
**Bernard Silbert**  
**Adrian McChesney**  
**Linda Hirsekorn**  
**Helen Chmura**  
**Teri Bakanec**  
**Kathleen Janicki**  
**Richard Schraufnagel**  
**Patricia Murphy**  
**Howard Petersen**  
**Zenaida Estrella**  
**Deborah Liden**

## WEST NILE VIRUS



The Illinois Department of Public Health (IDPH) is reporting the first confirmed human case of West Nile

virus in Illinois for 2018. A Chicago resident in her 60s became ill in mid-May.

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a house mosquito, which has picked up the virus by feeding on an infected bird. Common symptoms include fever, nausea, headache and muscle aches.

However, four out of five people infected with West Nile virus will not show any symptoms. In rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 60 and

individuals with weakened immune systems are at higher risk for severe illness from West Nile virus.

**Precautions include practicing the three "R's" – reduce, repel, and report.**

**REDUCE** Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut. Eliminate standing water

**REPEL** When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that contains DEET, picaridin or oil of lemon eucalyptus.

**REPORT** Report locations where you see water sitting stagnant that may produce mosquitoes.

The Mundelein Police Department is proud to celebrate the 35th annual National Night Out event on Tuesday, August 7, 2018 from 7:00 pm – 10:00 pm

in the Santa Maria del Popolo parking lot (corner of Seymour and Courtland). All Mundelein residents are cordially invited to participate. The event begins with tie-dye t-shirts and socks, Mundelein Fire Department engine rides, fun activities with Super Target Mundelein, and much more. Hot dogs, tacos and other snacks will be available for purchase. This remarkable community program is designed to bring neighbors together, strengthen neighborhood spirit, and generate participation in anti-crime and drug programs. NNO sends a message to criminals that we are fighting back against crime as a community.



# 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