

THE REGENT REPORT

Message from Marissa



Happy New Year!

December has been an exciting month at the Regent Center. I took my first trip with this group to Starved Rock State Park to take part in the Broadway Christmas show and lunch. I've had the opportunity to call Bingo a few times – one of my favorite things to do! I've also had some great conversations with those of you that want to share your insight and request for 2020. Many of you have completed the survey that was included in the last newsletter, which has given me some great ideas for future trips. I've also made some observations and feel that we can improve our processes and programs here in certain areas.

As of January 1, if you participate in A.C.E.S., Line Dance, or Balance; we will have punch cards available to purchase to make your visit to your favorite classes a little easier. Margie will also be an official Line Dance instructor of the Park District, so we will start charging \$2/ class to attend Line Dance.

It is time to renew your membership! You will notice that the membership price has increased slightly this year as well. It has been several years since the price of membership has increased. Your membership fees go towards things like the newsletter and general program supplies. There will also be an increased benefit with your membership. In 2020 we will start offering our parties and trips at member and non-member rates. We plan to be open extended hours from Memorial Day to Labor Day. We are partnering with the Nova Care Fitness Center to offer perks such as Free Fridays in February for Regent Center members.

Lastly, we have a lot to look forward to in 2020. I've already planned several trips such as Four Winds Casino, Milwaukee Fish Fry, and Cantigny Park. We also have some excellent parties planned such as Patrick and the Saints of the Emerald Isle lunch including a corned beef and cabbage lunch catered by Emil's. Keep your eyes open for our tea party in June featuring Leslie Goddard. We'll celebrate summer with several barbecues and an ice cream social.

HOURS

Monday – Friday
8:30 am – 3:30 pm

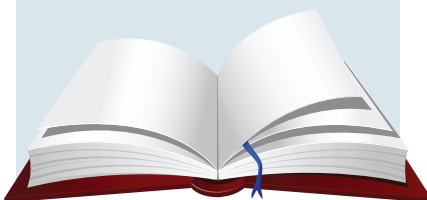
BOOK TALK

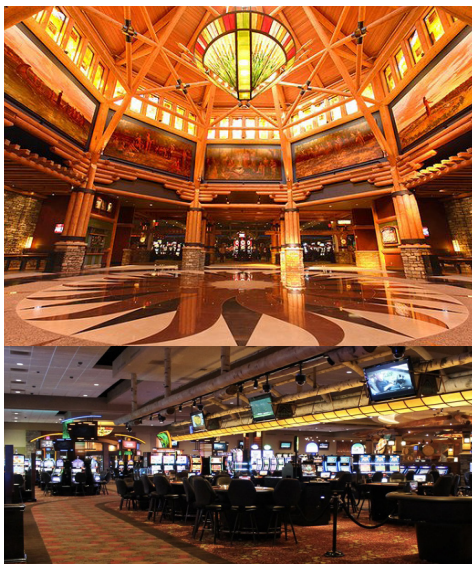
January 10

Our Souls at Night
Kent Haruf

February 14

Bad Blood
John Carreyrou





Trip to Four Winds Casino Resort

**Monday, March 23, 9 am–6 pm • Cost: \$45 member/\$54 nonmember
Program: 0003.23.1**

Join us as we spend the day in New Buffalo, MI at the beautiful Four Winds Casino. Registration will include: \$15 instant slot credit and \$10 food credit to be used at the buffet, Timbers Fast Food & Deli, Silver Birch Market, or Hard Rock Cafe. You must bring a valid photo ID on this trip to present at the casino.

Registration deadline March 16, 2020.



Patrick and the Saints of the Emerald Isle

**Tuesday, March 10, 12:00 pm
Held at The Regent Center
Cost: \$10 member/\$12 nonmember
Program: 0002.23.1**

Celebrate St. Patrick's Day at the Regent Center! Patrick is the patron saint of Ireland. Listen as Patrick tells the tales of his life as well as other Irish saints. This event includes a traditional corned beef and cabbage dinner catered by Emil's.

Please register by March 6, 2020.

January 2020

The Regent Center
Marissa Moravec, *Recreation Supervisor*
847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Center Closed	2 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	3 9:15 ACES 10:30 Zumba Gold 12:20 Bridge 12:30 Mexican Train
6 9:15 ACES 10:15 Mah Jongg 10:30 Zumba Gold 1:00 Pokeno 1:00 Pinochle	7 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 12:30 Poker 1:00 Beg. Mah Jongg	8 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo	9 9:00 Blood Pressure 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 12:30 Mah Jongg 1:00 50-UP Club	10 9:15 ACES 10:30 Zumba Gold 10:30 Book Talk 12:20 Bridge 12:30 Mexican Train
13 9:15 ACES 10:15 Mah Jongg 10:30 Zumba Gold 1:00 Pokeno 1:00 Pinochle	14 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 12:30 Poker 1:00 Beg. Mah Jongg 4 pm Dinner Club	15 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo	16 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	17 9:15 ACES 10:30 Zumba Gold 12:20 Bridge 12:30 Mexican Train
20 9:15 ACES 10:15 Mah Jongg 10:30 Zumba Gold 1:00 Pokeno 1:00 Pinochle	21 9:00 Chair Yoga 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:00 Beg. Mah Jongg	22 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo	23 9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Hand & Foot 12:30 Mah Jongg	24 9:15 ACES 10:30 Zumba Gold 12:20 Bridge 12:30 Mexican Train
27 9:15 ACES 10:15 Mah Jongg 10:30 Zumba Gold 1:00 Pokeno 1:00 Pinochle	28 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:00 Beg. Mah Jongg	29 8:30 Balance 9:15 ACES 10:30 Scrabble 11:00 Police Breakfast 1:00 Bingo	30 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg	31 9:15 ACES 10:30 Zumba Gold 12:20 Bridge 12:30 Mexican Train

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 847.543.6908 for more information.

BRIDGE: Drop in and play! Fridays, arrive at 12:20, play at 12:30.

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.

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 Mah Jongg on Mondays at 10:15 am. National Mah Jongg on Tuesdays at 1:00 pm and Thursdays at 12:30 pm. For National Mah Jongg League questions, 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 Rm 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 GOLD: Mon. & Fri. 10:30 am – 11:15 am. Shake it up baby! \$4 per session. Led by Anne McKenna.

Questions? Call Marissa Moravec, *Adult Program Supervisor* at 847.566.4790

Retirement Planning (Ages 50+)

Wednesdays, January 22–February 5

Time: 6:30–8:45 pm

Held at Regent Center

Cost: \$29 resident/\$39 nonresident
Prog 0001.23.1

Align your money with your values and achieve your retirement goals. Discover five strategies to manage investment risks. Eleven ways you may save money on this year's taxes, how to buy insurance coverage and how to invest in and take money out of your company's retirement plan. Registered couples may attend together for a single registration fee (please note at time of registration). Led by Dennis Ryan and Todd Rollins. A \$25 material fee is payable at the first class. (3 wks)

New! Police Breakfast



The Regent Center has teamed up with the Mundelein Police Department and Fire Department to speak with our group once a month about a relevant topic in our community. January will feature the Police Department. Bagels or muffins will be provided by a local business.

Line Dance

Margie Nison will instruct Line Dance on Tuesdays and Thursdays at 10:15am for a fee of \$2 or use your punch card.

Punch Cards

Punch cards are now available for purchase. Punch cards can be used for A.C.E.S., Line Dance, or Balance. Punch cards are \$20 and are worth 10 visits. You may continue to pay \$2 per class if you choose.



Nova Care Fitness Center Tours

Join us on Friday, January 17 or January 24 for a tour of the Nova Care Fitness Center. Nicole Schaller will give our group a detailed tour around the facility so that you're comfortable and ready to take advantage of our **Free Fridays** in February.



HAPPY BIRTHDAY

Maria Gotfryd	January 1
Deborah Harrison	January 1
Sheryl Singh	January 1
Sun Luckow	January 3
Yolanda Strutzel	January 3
Sonia Arias	January 4
Carol Arvo	January 4
Marilyn Kahn	January 5
Mary Willcox	January 5
Marion Collins	January 6
Ruth Hutter	January 6
Bobbie McCabe	January 6
Lynn Chmiel	January 7
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
Jerry Karolczak	January 14
Debbie Haszel	January 15
Catherine Werner	January 15
Ernie Shymanik	January 16
Janet Whetter	January 17
Shirley Thomas	January 18
Rosemary Alfredson	January 20
Lee Nufer	January 21
Kathy Heiden	January 23
Li Li	January 25
Sherry Hehr	January 28
Margaret Laupp	January 28
Christiane Ihlenburg	January 29
Mel Wolf	January 29
Beverly Schnite	January 30
Danuta Klaybon	January 31



Welcome New Members

Penny Charbonnier
Ray Charbonnier
Cynthia Penar



FREE WALKING CLUB

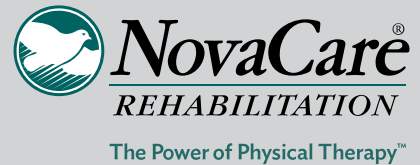
Indoor walks during winter are held at Mundelein Community Center, 1401 N. Midlothian Rd.

Thursday, January 9, 6 pm

Thursday, February 13, 6 pm

For more information, contact Tracie Ouimet at 847.388.5429 or touimet@mundeleinparks.org

Experience The Power Of Physical Therapy



By choosing NovaCare Rehabilitation, you are choosing an established leader in physical therapy. We work hard to create a positive clinical and customer service experience for our patients.

Goals of Physical Therapy

- Improve Balance
- Reduce/Eliminate Pain
- Increase Strength
- Improve Mobility



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- Post-Joint Replacement
- Low Back Rehab
- Fall Prevention

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Our Physical Therapists

Becky and Jake



Conveniently located within the Mundelein Park District

1401 N. Midlothian Road
847-388-5477

Hours: Monday, Tuesday and Thursday 11:00am - 7:30pm
Wednesday and Friday 7:00am - 3:30pm

CONNECT



NOVACARE.COM



FRIDAY HERO WORKOUTS

January 10 - March 20

Calling all Veterans, our Healthy Minds Healthy Bodies team will be offering a FREE group fitness class to all Veterans who have a Regent or NovaCare Fitness membership every Friday, January 10–March 20.

Join Maggie, Kwame and Christine for a different 50 minute workout and occasional yoga practice each week. Build camaraderie while improving strength, balance and range of motion.

No registration required. Arrive at 11:50 am and check in at the Community Center front desk.

THE REGENT CENTER 2020

Membership Fees

Residents: \$12

Nonresidents: \$19

Newsletter by mail:

Add an additional
\$9 per year

Memberships run
on the calendar year.

Questions?

Contact Marissa Moravec
Recreation Supervisor
847.566.4790



THE REGENT CENTER

Mundelein Park & Recreation District

1200 Regent Dr., Mundelein, IL 60060