

# THE REGENT REPORT



## DON'T RUN OUT OF RETIREMENT INCOME

with Lars Rasmussen

November 18 at 10:30 am

Regent Center, Room B

Please sign up at the Center.

Light refreshments will be served.



*Lars Rasmussen,  
World Financial Group*

I am a Libertyville residence since 2006. I am in business with both my wife (Bente) and our son (Kim). We are all very passionate about educating and helping families. We focus on helping middle income families build a strong financial foundation. Navigating today's financial environment is quite different from the past decades, i.e. 9-11,000 baby boomers are turning 65 every day, potential future increased tax burdens and people living longer requires a new perspective. Plus, the planning needed "at retirement" is not the same as "for retirement". I am looking forward to review some of the challenges and potential solutions with you.

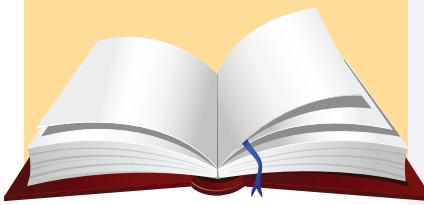
### Hours

Monday – Friday  
8:30 am – 3:30 pm

### Book Talk

November 11, 2016 *The Wright Brothers* by David McCullough.

December 9, 2016 *The Girl on the Train* by Paula Hawkins



## Free Hearing Screening and Otoscope Exam

Tuesday, December 6 from 9:30 – Noon

Regent Center

Please sign up at the Center

Audibel Hearing Aid Center in Libertyville, a leader in "Better Hearing Health" is pleased to offer a Free Hearing Screening and Otoscope Exam Event on Tuesday December 06, 2016 from 9:30 am – Noon at The Regent Center. Hearing Loss cannot be understated. It is the 3rd most common condition in older Americans. A John Hopkins study suggests hearing loss is directly tied into Dementia or Alzheimer's disease. Local Hearing Instrument Specialist Ray Wenc from Audibel Hearing Aid Center, Libertyville, will be on site performing Hearing Screenings and Otoscope Exams.

With your appointment, you'll receive:

- **FREE** Hearing Screening!
- **FREE** Ear Canal Examination!

  
**AUDIBEL**®



## Enjoy great country food, fun and music at the White Fence Farm

**Wednesday, December 7, 2016**

Settle in for a warm-hearted show featuring your favorite seasonal songs. Get ready to kick up your heels in this spirited show that will get you in the mood for Holidays! A guest artist, too!

Before the show enjoy White Fence Farm's famous four piece chicken dinner, baked potato, coleslaw, pickled beets,

kidney bean salad, cottage cheese, corn fritters and vanilla ice cream for dessert.

**Cost: \$84**

**Depart: 10:00 am**

**Return: 4:15 pm**

**Program # 6082**

***(Sign up only at the Regent Center)***

## Make Your Own Cheese

**Saturday December 3 from 9 am – 12 pm**

**The Regent Center**

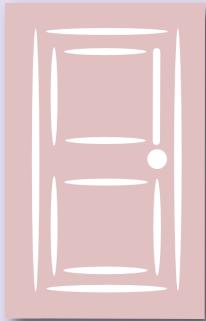
**Cost: \$35**

**Prog # 6024**

This is a hands on introduction to making soft cheeses from scratch. Come prepared to stretch, tug and shape your very own Mozzarella and learn about many



of the other soft cheeses that can be made in under an hour. Class includes snacks, samples and a good time! Led by Andy Denton of Perfect Brewing Supply. Cheese kits make great gifts! Just ask Andy!



## Lending Closet

Durable medical equipment such as walkers, canes, commodes, bath seats, transfer benches, raised toilet seats and periodically wheelchairs are available for temporary loan at The Regent Center. For more information call The Center at 847.566.4790.

# NOV 2016

The Regent Center  
 Mary Yoho  
*Adult Program Supervisor*  
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot	2 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	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 1:00 Express Yourself
7  9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	8  <b>CENTER CLOSED</b>	9 9:15 ACES 10:30 Scrabble <b>10:30 pm Mayflower Presentation</b> 1:00 Bingo 1:15 Brain Exercise	10 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	11 9:00 Blood Pressure 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
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 Poker 12:30 Hand & Foot 4:00 Dinner Club	16 9:15 ACES 10:30 Scrabble 10:30 Ask the Doctor 1:00 Bingo 1:15 Brain Exercise	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 1:00 Express Yourself
21  9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	22  9:00 Chair Yoga 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot	23 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise	24  <b>CENTER CLOSED</b>	25  <b>CENTER CLOSED</b>
28  9:15 ACES 10:20 Mah Jongg 10:30 Zumba 12:30 Pokeno 1:00 Pinochle	29  9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot	30 9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise		

## HAVE SOME FUN *(Please bring exact change.)*

**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. Check the bulletin board or the newsletter. 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.

**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.

**ASK THE DOCTOR:** On the 3rd Wednesday of every other month at 10:30 am. Call for dates. Sign up at the Center.

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

**EXERCISE WITH ED:** Stretching & light aerobics class meets Tuesdays & Thursdays at 9:15 am.

**4 SENIOR FITNESS:** On hiatus. Bernie and John are re-vamping the class to better suit our participants.

Watch the December newsletter for more information on the "New & Improved" class beginning Monday, January 9 at 11:00 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



## FREE HEALTH FAIR & BLOOD DRIVE

**Saturday, November 12 • 8:30 am – 1 pm**  
**Mundelein Community Center Gymnasium**

Come learn about your health and wellness, fitness options, and your community resources at this **FREE** event.

**TAKE ADVANTAGE OF:**  
**FREE** Blood pressure screenings  
**FREE** Hearing screenings  
**FREE** Chair massages  
**FREE** Give-aways and more!

**LIFESOURCE**

### JOIN US AT THE HEALTH FAIR FOR A BLOOD DRIVE

For an appointment please call LifeSource at 877.543.3768 or log on to [lifesource.org](http://lifesource.org) and use code MN40. Appointments recommended.

### FREE RAFFLE!

Visit all of the booths for a free raffle entry for fitness prizes.

### GET YOUR FLU SHOT!



Marie Guizdz	November 1
Mary Luente	November 1
Roberta Peterson	November 1
Ginger Pepping	November 2
Nuncia Villaraza	November 2
Susan Stewart	November 3
Carole Doke	November 4
Les Jezuit	November 4
Nancy McGuire	November 5
Ruth Guthrie	November 9
Ted Preidis	November 9
Florence Umansky	November 9
Janet Shannon	November 10
Roy Klewer	November 11
Connie Dudley	November 12
Arlene Soling	November 12
Bette Butterman	November 13
Frank Racanelli	November 13
Norma Schmuldt	November 13
Eileen Halloran	November 14
Li-Chun Moy	November 17
Betty Luckow	November 18
Tatyana Petrosova	November 18
Elva Salazar	November 20
Marlene Pomerance	November 22
Ila Sethna	November 24
Nancy Cwik	November 28
Dick Parker	November 28
Marie Wells-Bryzek	November 29
Carol O'Reilly	November 30
Cheryle Racanelli	November 30

## NEW MEMBERS

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

Linda Michelau	Barbara Sullivan
Debra Haszel	Khasya Khodosevich
Kathryn Farrington	



## Chilly Outside? Walk Indoors at Park View

No need to risk it on slippery surfaces walking outdoors this winter, move your walk indoors on Park View's track (1/13 of a mile). The annual membership for residents is \$41 (\$32.80 for a senior 62+). To learn more call: 847.388.5430 or visit [mundeleinparks.org](http://mundeleinparks.org).

# THE REGENT CENTER 2016

## 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