

THE REGENT REPORT



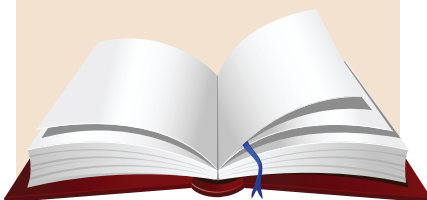
Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

True Colors
Kristin Hannah
September 14

Hero of the Empire
Candice Millard
October 12



Beware Of The Latest Scams

Join us on Wednesday, September 12 from 11 am – 12 pm when the Mundelein Police Department will be here to educate us about scams, especially those prevalent in our area. Those over the age of 60 are more likely to lose money due to a financial scam than someone in their 40s. To avoid becoming victims of fraud scams, it is important to understand what schemes and tactics are commonly used and how these schemes might affect us. Everyone is a potential target, because fraud isn't limited by race, ethnic background, gender, age, education, or income. Protect yourself with information! **Please sign up at the Center.**



Take Charge Of Your Diabetes

Thursdays, 10 am – 12:30 pm,
September 13 – October 18 (6 wks)

Who is controlling your health? Are you in charge, or do you feel your diabetes is controlling you? Learn how to set goals that can improve your health and your life.

Register for this evidence-based health program for older adults and their caregivers. Sign up at The Regent Center, 1200 Regent Drive.



Express Yourself: Decorating With Leaf Prints

Friday, September 14, 1 pm

Marlene is back with another crafting adventure for you! Make lovely leaf prints on paper or fabric and turn them into quilts, cards, t-shirts or seasonal décor. Don't worry about supplies ... Just bring your imagination!





Charming Cedar Creek

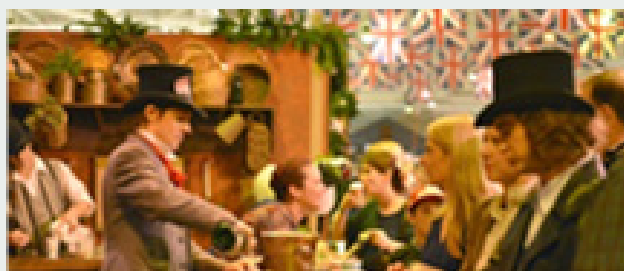
Wednesday, October 10 • Departs: 8:30 am • Returns: 4:30 pm

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!

Sign Up (Only at The Regent Center)

Cost: \$74 • Program: 8490



Coming soon . . . Dickens Holiday Village and Wonderland Express

Friday, November 30

Cost: \$81 • Program #8491

Depart: 9:30 am • Return: 3:30 pm

Sign up:

Members: October 15

Nonmembers: October 29

Recreation Advisory Committee

Share your ideas! The Mundelein Park & Recreation District Advisory Committee is looking for another member of the committee and would like to include someone that is an active adult. They meet quarterly in an effort to continually provide outstanding recreation programs, services and events. For more information, contact Superintendent of Recreation, Matt LaPorte at 847.388.5458 or mlaporte@mundeleinparks.org.

September 2018

The Regent Center
Mary Yoho
Adult Program Supervisor
847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CENTER CLOSED	4 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	5 9:15 ACES 10:30 Scrabble 1:00 Bingo	6 9:00 Blood Pressure 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	7 9:15 ACES NO Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
10 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	11 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	12 9:15 ACES 10:30 Scrabble 10:45 FYI 1:00 Bingo	13 9:15 Exercise 10:15 Line Dance 10:30 FYI 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	14 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
17 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	18 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg 4:00 Dinner Club	19 9:15 ACES 10:30 Scrabble 1:00 Bingo	20 9:15 Exercise 10:15 Line Dance 10:30 FYI 12:30 Golden Hours 12:30 Mah Jongg	21 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself
24 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	25 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg	26 9:15 ACES 10:30 Scrabble 1:00 Bingo	27 9:15 Exercise 10:15 Line Dance 10:30 FYI 10:30 Breakfast Club 12:30 Mah Jongg 12:30 Hand & Foot	28 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself

Coming Soon:

CONSTRUCTION ZONE!

WATCH FOR SIGNS



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.

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

SEPTEMBER BIRTHDAYS

Fran Campise	Sept 1
Carol LaMagdeleine	Sept 1
Patricia Sikora	Sept 1
Susan Schlitt	Sept 5
Marianne Gherardini	Sept 8
Vickey Ustaszewski	Sept 8
Mary Shimoda	Sept 9
Carol DeReu	Sept 10
Susan Devanie	Sept 12
Arlene Fiore	Sept 12
Rita Stockbridge	Sept 14
Dolores Wagner	Sept 15
Joanne Cimino	Sept 16
Louis Amatucci	Sept 18
David Snell	Sept 18
Donna Stevenson	Sept 18
Hilda Waggoner	Sept 18
Rosemary Ginnis	Sept 19
Natalie Schwartz	Sept 19
Jim Volpe	Sept 19
Helen Chmura	Sept 20
Adrienne Schultz	Sept 20
Kitty Hynes	Sept 23
Yvonne Sweeney	Sept 24
Dawn Hall	Sept 27
Zenaida Estrella	Sept 28
Teri Bakanec	Sept 30



Gentle Yoga For Healthy Aging (Ages 40+)

Each class in these gentle yoga series will focus on different areas of the body including: neck and shoulders, arms and legs, core and side-body, hips and low back. We will work to gently stretch, strengthen, and heal. Bring your own yoga mat. All other props will be provided. Led by Sharon Gaughan.

Thursdays, October 4, 11, 18, and 25

Held at The Regent Center

\$32 resident/ \$40 nonresident

5:30 – 6:30 Gentle Chair Class All yoga postures are done seated in the chair, or standing and using the chair for support, as needed. Min/Max: 8/24. **Program 8493**

7:00 – 8:00 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. **Program 8494**



Please welcome our newest members

Kathy Young
Mel Wolf
Lynn Pawela
Virginia Amatucci
Louis Amatucci

Zenaida Labordo
Theresa Malone
Carol Davis
Mary Lutes
Ed Tauscher

Marge Moritz
Yolanda Strutzel
Diane Whetter
Harold Riffer
Janet Whetter

MUNDELEIN ARTS FESTIVAL

Sept 8 & 9



10 am – 5 pm



100 N. Seymour Ave.

mundeleincommunityconnection.org

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