

THE REGENT REPORT



Hours

Monday – Friday
8:30 am – 3:30 pm

Book Talk

May 12, 2017
The Husband's Secret
Liane Moriarty

June 9, 2017
Little Heathens
Mildred A. Kalish



Medicare 101



Whether you need information for yourself or to assist your friends, this is the seminar for you! How and when does one sign up for Medicare? What are the differences between Parts A, B, C and D? What does Medicare cover and what is a supplemental policy used for? Light refreshments. No sales.

Tuesday, May 9 from 7 – 8 pm
The Regent Center
Cost: R/NR: \$5/7
Program #6778
Register at Mundelein Park District
1401 N Midlothian Rd., Mundelein

Be Fast. Save A Life.

Learn the signs and symptoms of stroke and heart disease and what to do in an emergency. Did you know that 80% of strokes can be preventable? That cardiovascular diseases claim more lives than all forms of cancer combined? Learn the signs, symptoms, causes, and treatments, of stroke and heart disease from a panel of experts. What you learn could save a life. Sponsored by ManorCare of Libertyville and Advocate Condell.



Thursday, May 11 from 6:30 – 8:30 pm
The Regent Center
Cost: Res. R/NR: \$5/7
Program #6781
Register at Mundelein Park District
1401 N Midlothian Rd., Mundelein



Wandering Tree Estate

Tuesday June 27, 2017

By special invitation, the Regent Center has been invited to visit one of the most exciting and unusual homes in the Midwest - Wandering Tree Estate!

At Wandering Tree Estate in North Barrington, visit the incredible home of Elaine Silets, internationally recognized Artist, designer and manufacturer of Model Railroads & Garden Railways. Her work has been featured in the John Hancock Center and the Christmas windows at Tiffany & Co. and she has appeared on the Oprah Winfrey Show. This morning you'll be transported into one of the most uniquely beautiful private event venues in the country. In this 10 acre garden you will experience: The Shabui Railway Garden; a Japanese water

garden and the Gloree and Tryumphant Railway Gardens, which includes 1500 feet of linear track, bridges, trestles, waterfalls all amongst beautiful flower gardens! The grounds also feature a greenhouse and an incredible miniature railroad display in a recreated train depot!

For lunch, enjoy a unique experience as we step into yesteryear at Chessie's Restaurant, once the Barrington, IL train station dating back to 1915. Inside the we'll dine inside a vintage 1927 railroad car! Later we'll have some free time at Norton's U.S.A. a unique American General Store selling ONLY products made in the United States. American made toys, housewares, clothing, glassware and more!

Depart: 8:00 am
Return: @2:00 pm

Cost: \$93
Program #:6674
Min/Max: 30/43

Sign Up Only at The Regent Center

Sign Up Begins:
Members: April 12, 2017
Non-Members: April 26, 2017

The Regent Center
1200 Regent
Drive, Mundelein
847.566.4790

May 2017

The Regent Center
Mary Yoho
Adult Program Supervisor
847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance 1:00 Pokeno 1:00 Pinochle</p>	<p>2</p> <p>9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg</p>	<p>3</p> <p>9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise</p>	<p>4</p> <p>9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg</p>	<p>5</p> <p>9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself</p>
<p>8</p> <p>9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance 1:00 Pokeno 1:00 Pinochle</p>	<p>9</p> <p>9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg</p>	<p>10</p> <p>9:15 ACES 10:30 Scrabble 1:00 Bingo 1:15 Brain Exercise</p>	<p>11</p> <p>9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club</p>	<p>12</p> <p>9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself</p>
<p>15</p> <p>9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance 1:00 Pokeno 1:00 Pinochle</p>	<p>16</p> <p>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</p>	<p>17</p> <p>9:15 ACES 10:30 Scrabble 10:30 FYI 1:00 Bingo 1:15 Brain Exercise</p>	<p>18</p> <p>9:15 Exercise 10:00 AED Demo 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg</p>	<p>19</p> <p>9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself</p>
<p>22</p> <p>9:15 ACES 10:20 Mah Jongg 10:30 Zumba 11:30 Balance 1:00 Pokeno 1:00 Pinochle</p>	<p>23</p> <p>9:00 Chair Yoga 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg</p>	<p>24</p> <p>9:15 ACES 10:30 Scrabble 10:30 FYI 1:00 Bingo 1:15 Brain Exercise</p>	<p>25</p> <p>9:15 Exercise 10:15 Line Dance 10:30 B'Fast Club 12:30 Mah Jongg 12:30 Hand & Foot</p>	<p>26</p> <p>9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train 1:00 Express Yourself</p>
<p>29</p> <p>CENTER CLOSED</p>	<p>30</p> <p>9:00 Chair Yoga 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:15 Begin Mah Jongg</p>	<p>31</p> <p>9:15 ACES 10:30 Scrabble 10:30 FYI 1:00 Bingo 1:15 Brain Exercise</p>		

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

BINGO: Wednesdays at 1 pm. 3 cards for \$1. Everyone has fun!

BOOK TALK: April 7 at 10:30 in Room A. 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. 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 Mah Jongg on Mondays at 10:20. National Mah Jongg League beginners on Tuesdays at 1:15 and experienced players on Thursdays at 12:30. All in Room B. For more information on the Tuesday and Thursday groups, please 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. Looking for new players.

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.

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

BE YOUR BEST w/ Balance: Mondays at 11:30 in Room A. Bernie & John will be back with an emphasis on core strength and balance. Classes are \$3 per session.

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

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

CHANGES ARE COMING OUR WAY!

This summer you may feel as though we have stepped back in time.

Beginning in June, we will once again be sharing The Regent Center with preschoolers! MPRD space is at a premium and our little ones need a place for Summer Camp.

We don't plan on cancelling any of our current programs, although a few things may change rooms or have a delayed start.

With a little cooperation, we will all have a wonderful time!



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

Jeanne Bowman
Linda Hirsekorn
Marcene Tekampe
Gloria Baratta
Debra Fitzsimmons
Lorraine Jankowski
Sue Abboreno



Marlene Bright	May 3
Muriel Graham	May 3
Terry Zimmerman	May 4
Donna Fischer	May 6
Kim Sook	May 8
Roz Golan	May 9
William Castiglioni	May 10
Dick Bosch	May 11

Wendy Sugarman	May 11
Gliceria Polidario	May 13
Karin Yacullo	May 14
Kent Tinucci	May 15
Mimi Wittert	May 17
Helen Ullrich	May 18
Dana Black	May 20
Rita Johnson	May 21

Linda Cerabona	May 23
Linda Hirsekorn	May 25
Barb Lea	May 25
Terry Knigge	May 27
Geri Kerrigan	May 28
Jeanne Bowman	May 30
Mary Kelly	May 31
Edward Kubik	May 31

Learn about Diabetes



People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. You are the one who manages your diabetes day by day. Taking care of yourself and your diabetes can help you feel good today and in the future. When your blood sugar (glucose) is close to normal, you are likely to have more energy, be less tired and thirsty and have fewer skin or bladder infections. You

will also have less chance of having health problems caused by diabetes such as heart attack or stroke, eye problems that can lead to trouble seeing or going blind or even general nerve damage.

An Osco pharmacist/educator will be here on **Friday, June 2 at 10:30 to help you learn more and take charge of your diabetes. Sign up at the Center.**

THE REGENT CENTER 2017

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