

# THE REGENT REPORT



## R - E - S - P - E - C - T

Ask anyone coming into our Center what they would like from others; they will likely say to be treated with respect. You can hear respect in a person's tone of voice, in their nonverbal communication, and in the words they use to address you.

Respectful people recognize that you have rights, opinions, wishes, experience, and competence. They demonstrate respect with courtesy, politeness, and kindness.

They listen to what others have to say and never speak over, butt in, or cut off another person. Disrespectful actions like insulting people, name calling, or putting down people or their ideas add up over time and constitute bullying.

Each of us was once the new person. Be the type of person you want to meet. Become aware of your own body language, your tone of voice, your demeanor and expression in all of your interactions. Be glad you are here ... we certainly are!

### HOURS

Monday – Friday  
8:30 am – 3:30 pm

### BOOK TALK

**Lila**  
*Marilynne Robinson*  
February 8

**The Stars are on Fire**  
*Anita Shreve*  
March 8

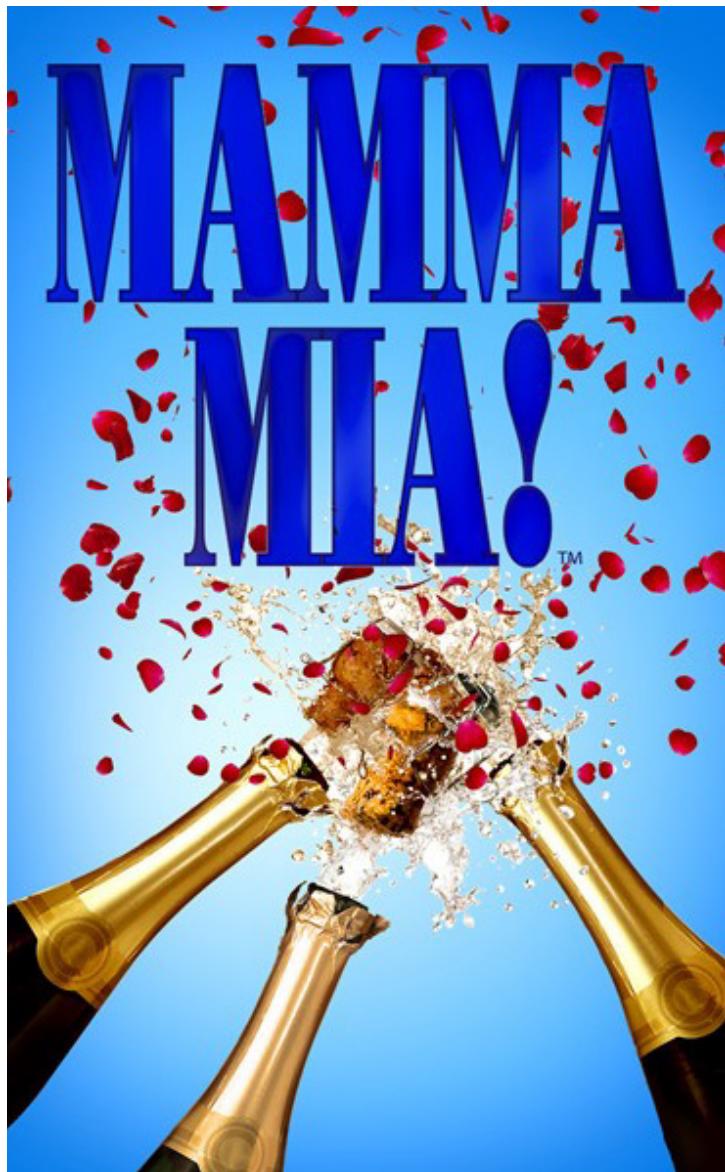


### Welcome New Members

Patti Brand  
Valerie Forrest  
Lynn Drott  
Nancy Bingham  
Mary Nordhaus  
MaryEllen Bebber

Luba Spasskaya  
Josephine Gerardi  
Karen LaManna  
Toni Guziec  
John Guziec





## Buon Appetito!

**Our luncheon includes a salad, choice of entrée, dessert and beverage.**

1. Grilled Chicken Breast with marsala sauce
2. Parmesan-crusted Flounder with caper beurre blanc
3. Crepe Florentine Artichoke Fontina cheese with Chablis cream sauce

**Mamma Mia!  
Drury Lane  
Thursday, April 4**

**Cost: \$97  
Depart: 9:15 am  
Return: 5:30 pm**

**The Regent Center  
1200 Regent Drive, Mundelein  
847.566.4790**

Join us for this uplifting musical, featuring the music of ABBA at Drury Lane. The musical includes such hits as "Super Trouper", "Dancing Queen", and the title track.

On the Greek island of Kalokairi, 20-year-old bride-to-be Sophie Sheridan reveals to her bridesmaids, Ali and Lisa, that she has secretly invited three men to her wedding without telling her mother, Donna. They are the men that her mother's diary reveals could have been her father: Irish-American architect Sam Carmichael, Swedish adventurer and writer Bill Anderson, and British banker Harry Bright. She dreams of being given away by her father at her wedding, and believes that after she spends time with them she will know which is her father.

# February 2019

The Regent Center  
 Mary Yoho  
 Adult Program Supervisor  
 847.566.4790

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train
4 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	5 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:15 Begin Mah Jongg	6 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo	7 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	8 <b>NO ACES</b> <b>NO ZUMBA</b> 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train
11 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	12 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:15 Begin Mah Jongg	13 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo	14 9:15 Exercise 10:15 Line Dance 12:30 Mah Jongg 12:30 Hand & Foot 1:00 50-UP Club	15 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train
18 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	19 9:00 Chair Yoga 9:15 Exercise 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:15 Begin Mah Jongg 4:00 pm Dinner Club	20 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo	21 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	22 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train
25 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 1:00 Pokeno 1:00 Pinochle	26 9:00 Chair Yoga 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Hand & Foot 1:00 Poker 1:15 Begin Mah Jongg	27 8:30 Balance 9:15 ACES 10:30 Scrabble 1:00 Bingo	28 9:15 Exercise 10:15 Line Dance 10:30 Breakfast Club 12:30 Hand & Foot 12:30 Mah Jongg	

## 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.

**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:** 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



# Happy Birthday!

Judy Nutschig	February	1
Mary Ellen Bebber	February	3
Cheryl Bryan	February	4
Maria Flores	February	4
Lois DeAngelis	February	9
Kitty Schwartz	February	9
David Henning	February	13
Kathryn Farrington	February	15
Carol Krinski	February	15
Natalie Tiernan	February	17
Erna Roseler	February	18
Diane Whetter	February	18
Alva Thompson	February	20
Barbara Stone	February	21
Robert Palazzo	February	22
Valerie Thorp	February	25
Larry Shannon	February	27

## Upcoming Events at the Regent Center

### AARP Driver Safety Program

April 10 & 11  
8 am-1 pm

### Yoga for strong bones

April 25  
6:30-8:30 pm  
Program # 9205



**1st of a  
3-part  
series**

## Organic Gardening

This is the first set of classes within a 3-part series that extends over the course of the entire growing season: From the beginning with soil, to mid-season maintenance, to harvest time, and prepping soil for next year. This is a lot of fun to learn, and will absolutely help your garden yield more and higher quality produce for you to enjoy!

### Getting Started

Learn about the fundamentals of organic gardening. First step is how to prepare your soil, and how to use the eco-web within your soil. This is THE KEY to healthy plants! Second, we will discuss the difference in transplants, and seed types. (Yes, this is hugely important!) Next, we will discuss companion planting, root space, soil nutrients, and which nutrients are preferred by which plants. Led by David Rych, Certified in Sustainable Agriculture. Min/Max: 8/30

### Held at The Regent Center

Program #: 9209

Wednesdays  
February 20, 27 and March 6, 13

Time: 7-8:30 pm  
\$55 resident/\$59 nonresident

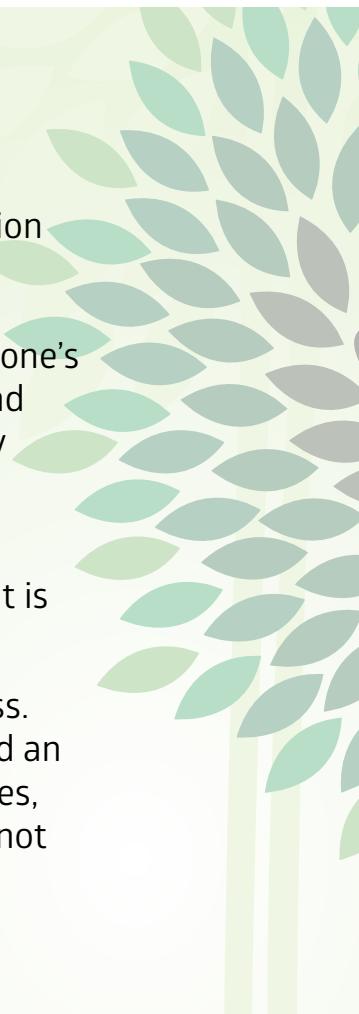
## Mundelein Park District's Tree Dedication Program

Mundelein Park District's Trees Dedication Program is a great way to remember, honor and commemorate. Recognize a special person or event in your or someone's life —all while keeping things "green" and benefiting the environment, community and future generations.

Trees are planted in the fall and spring, typically May or October. If a tree dies, it is replaced free.

Trees are purchased locally for hardiness. Costs include planting, maintenance and an engraved plaque. To best protect all trees, decorations or personal mementos cannot be left at the site.

**QUESTIONS?** Call 847.388.5463



# THE REGENT CENTER 2019

### 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