

THE REGENT REPORT

HOURS
MONDAY - FRIDAY
8:30 - 3:30

**COMING
SOON**

6/6 Pet Clinic
7/3 Center
Closed



BOOK TALK

May 8
*The Unlikely
Pilgrimage of
Harold Fry*
by Rachel
Joyce

June 12
Mayflower
by Nathaniel
Philbrick

LOW BACK PAIN

FRIDAY MAY 15 10:30am

Learn easy, effective and gentle movements to release low back tightness and pain. In this hour long session, you'll learn how to sit correctly to avoid pulling on your back muscles, how to retrain your brain to connect with your muscles, and how to add a few simple movements to your daily activities that don't take a lot of time.

Allison Wilmes helps people with low back and hip pain jump back into their lives. She is an experienced holistic movement therapist who incorporates therapeutic yoga, somatics, and an understanding of anatomy and alignment to eliminate pain. **Sign up at the Center.**

FIRE EXTINGUISHERS

THURSDAY MAY 21 10:00am

We all know how valuable a home fire extinguisher is. But do we own the correct one?

Would we feel comfortable actually using it? Steve D'Incognito of MFD will be our trainer.

Sign up at the Center.

LIVING WELL WITH HEARING LOSS

TUESDAY MAY 26 1:00pm

Approximately 20% of adults in the United States report some degree of hearing loss. This could be caused by a variety of different factors including: noise, health conditions, lifestyle choices, medical conditions, and genetics.

Carly J. Girard, Doctor of Audiology, will discuss these common causes of hearing loss, how to protect and preserve your hearing, and how to take control and live well with hearing loss. **Sign up at the Center.**

GET YOUR MOTOR RUNNIN'

FIREWORKS CRUISE

WEDNESDAY

JULY 22, 2012

Enjoy a fun summer evening in downtown Chicago for a great dinner followed by fireworks on Lake Michigan. At Pompei on Taylor Street you will feast on a delicious lasagna dinner, then it's off to Navy Pier for a one hour evening fireworks cruise with a spectacular Chicago city skyline as your back drop. Bring your OOHs & AHHs!

COST: \$79 DEPART: 4:30 pm RETURN: 11:00 pm

18520

SIGN UP BEGINS:

MEMBERS: May 4

NON-MEMBERS: May 18

The Regent Center
1200 Regent Drive
Mundelein



PET VACCINATION CLINIC



SATURDAY

JUNE 7

9-12

For pets owned by seniors age 55 and older only.

All animals brought to the clinic should be at least four months old. In addition, dogs must be leashed and cats placed in carriers. Cash payment is required at the time of vaccination. Cash only.

Animal Outreach will also be present, offering nail trims for a \$5 donation.

FOR PETS SPAYED/NEUTERED

One-year rabies vaccination and Lake County tag: \$10.00

One-year rabies vaccination, tag and distemper: \$20.00

Distemper complex only: \$10.00 Microchip: \$15.00

CASH ONLY

FOR PETS NOT SPAYED/NEUTERED

One-year rabies vaccination and Lake County tag: \$50.00

One-year rabies vaccination, tag and distemper: \$60.00

Distemper complex only: \$10.00 Microchip: \$15.00

CASH ONLY



MAY 2015

The Regent Center
1200 Regent Drive
Mundelein, IL 60060
847-566-4790
Mary Yoho -
Adult Program Supervisor

Mon	Tue	Wed	Thu	Fri
				1 9:15 ACES 10:30 Zumba 12:30 Bridge 1 Mexican Train
4 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 12:30 Pokeno 1:00 Pinochle	5 9:15 Exercise 10:15 Line Dance 12:30 Poker 1:00 Canasta 1 Ballroom Dance	6 9:15 ACES 10:30 Scrabble 1:00 Bingo	7 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours Lunch 1:00 Mah Jongg	8 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 1 Mexican Train
11 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 12:30 Pokeno 1:00 Pinochle	12 9:15 Exercise 10:15 Line Dance 12:30 Poker 1:00 Canasta	13 9:15 ACES 10:30 Coin & Jewelry 10:30 Scrabble 1:00 Bingo 1:15 On the Big Screen	14 9:15 Exercise 10:15 Line Dance 1:00 50-UP Club 1:00 Mah Jongg 1 Hand & Foot	15 9:15 ACES 10:30 Zumba 10:30 FYI 12:30 Bridge 1 Mexican Train
18 9 On the Big Screen 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 12:30 Pokeno 1:00 Pinochle	19 9:15 Exercise 10:15 Line Dance 12:30 Poker 1:00 Canasta 1 Ballroom Dance 4 Dinner Club	20 9:15 ACES 10:30 Scrabble 10:30 Ask the DR. 1:00 Bingo 1 Craft Circle	21 9 Blood Pressure 9:15 Exercise 10:00 FYI 10:15 Line Dance 12:30 Golden Hours 1:00 Mah Jongg	22 9:15 ACES 10:30 Zumba 12:30 Bridge 1 Mexican Train
25 CENTER CLOSED	26 9:15 Exercise 9:30 Chair Massage 10:15 Line Dance 12:30 Poker 1:00 Canasta 1:00 FYI	27 9:15 ACES 10:30 Scrabble 1:00 Bingo	28 9:15 Exercise 10:15 Line Dance 10:30 B'Fast Club 1:00 Mah Jongg 1 Hand & Foot	29 9:15 ACES 10:30 Zumba 12:30 Bridge 1 Mexican Train

HAVE SOME FUN

- BINGO** Wednesdays at 1:00 pm. 3 cards for \$1. Everyone has fun!
- BOOK TALK** 2nd Friday at 10:30. 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 Marie @ 847-367-0751.
- CANASTA** Tuesdays at 1:00 pm. Join the fun!
- COIN & JEWELRY APPRAISAL** 2nd Wed.at 10:30. Dave will return in March.
- CRAFT CIRCLE** 3rd Wednesday at 1:15 in Room B
- DINNER CLUB** The 3rd Tuesday of the month at 4:00 pm. Sign up at the Center. Call LaVerne @ 847-949-5530 for more information.
- 50-UP CLUB** 2nd Thursday of the month is game time!
- 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 Lois @ 847-548-8183 or Adrienne @ 847-837-1584
- HAIRCUTS by PHYLLIS** First Wednesday of the month by appointment. \$5.
- HAND & FOOT** 2nd & 4th Thursdays at 1pm, in Room A. Beginners welcome!
- MAH JONGG** Traditional on Mondays at 10:20 am and National Mah Jongg League Thursdays at 1:00 pm. For Th. group call Mitzi at 847-347-9942.
- MEXICAN TRAIN DOMINOES** Fridays at 1:00.
- ON THE BIG SCREEN** 2nd Wednesday at 1:15 & 3rd Monday at 9:00
- PINOCHLE** Mondays at 1:00 pm. Call Pat at 847-949-8301 for more info.
- POKENO** Mondays at 12:30 pm. **POKER** Tuesdays at 12:30pm.
- SCRABBLE** Wednesdays at 10:30 am in Room B.

HEALTH & WELLNESS

- A.C.E.S.** This one hour aerobics class meets Monday, Wednesday and Friday mornings at 9:15 am. \$1.50 per session payable at class time.
- ASK THE DOCTOR** On the third Wednesday of each month at 10:30 am. This open forum is free, so sign up at the Center.
- BALLROOM DANCING** First and third Tuesday at 1:00pm.
- BP Check** Monthly by MFD. See calendar
- CHAIR MASSAGE** 4th Tuesday of the month by appointment.
- EXERCISE** This low impact aerobics class meets Tu. and Th., 9:15 to 9:45.
- LINE DANCE** Tuesday and Thursday at 10:15 am
- ZUMBA** Monday & Friday 10:30 -11:15. Shake it up baby! \$3 per session

HAPPY BIRTHDAY !

Anne	Kaiser	May	1
Ann	Adinolfi	May	2
Marlene	Bright	May	3
Muriel	Graham	May	3
Terry	Zimmerman	May	4
Roseann	Lipavsky	May	7
Haeyoung	Choi	May	8
William	Castiglioni	May	10
Dick	Bosch	May	11
Gliceria	Polidario	May	13
Claire	Sherman	May	14
Karin	Yacullo	May	14
Mimi	Wittert	May	17
Marlene	Hoppe	May	18
Helen	Ullrich	May	18
Dana	Black	May	20
Juanita	Fehrman	May	21
Terry	Knigge	May	27
Geri	Kerrigan	May	28
Ann	Gentile	May	29
Edward	Kubik	May	31

PLEASE WELCOME OUR NEW MEMBERS AND MAKE THEM FEEL AT HOME

Rosemary Libutti
 Pauline Wagner
 Kum Pak
 Suzzette Baumann
 Gary Burchardt
 Cyndie Fahrner
 Barbara Ferguson
 Pat Capron
 Marion Collins
 Harriet Donndelinger
 Janet Greene
 Nick Betzold
 Maria Guizdz
 Pam Hegg
 Danuta Klaybon
 JoAnn Wilkinson
 Tracy Yeh

ON THE BIG SCREEN

MAY 13 at 1:15 & May 18 at 9:00

Ever wonder what life was really like
 the decade you were born? What
 were the most popular movies?
 How much did a gallon of gas cost?
 Prepare to go "back in the day"
 with this series that captures
 the life and times of

THE DECADE YOU WERE BORN.

THE 40's

THE REGENT CENTER
2015
MEMBERSHIP FEES

RESIDENTS

\$9

NON-RESIDENTS

\$14

NEWSLETTER

by mail:

An additional

\$6 per year

Memberships run on the
calendar year.

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Mary Yoho - Adult Program Supervisor

