

# THE REGENT REPORT

**HOURS**  
**MONDAY - FRIDAY**  
**8:30 - 3:30**

**COMING  
SOON**  
**October**  
**16 FSC**



## BOOK TALK

**September 11**  
*Beautiful Ruins*  
by Jess Walter

**October 9**  
*The Boys in  
the Boat*  
by Daniel  
Brown

## NEW CLASSES !!!!

On September 17, **Ken Ning**, will bring 15 years of experience teaching TAI CHI to the Center. Classes begin Thursdays from 9 – 10 in Room A. Cost: \$11 per class.

**Sharon Gaughan**, a certified yoga teacher with advanced certification in Silver Age Yoga, will begin weekly classes here in September.

Classes will be held on Tuesdays from 9 - 10 in Room A, beginning September 15.

Cost: \$8 per class.

**Please bring exact change.**

**SPACE IS LIMITED. SIGN UP AT THE CENTER.**

## FLU SHOT CLINICS

The flu vaccine is the best way to protect yourself from the influenza virus. You should get one every year, unless you have a medical reason not to. Flu season can begin as early as October and last as late as May. It's best to get the vaccine as soon as it becomes available each fall.

**A pharmacist will be at The Regent Center  
from 9:00am - 11:00am on  
September 25 and October 16 in Room A.  
No appointment necessary.**



**CHRISTMAS REMEMBERED AT  
ROSEWOOD OF DELAVAN  
FRIDAY      DECEMBER 4, 2015**

Enjoy the holidays at Southeastern Wisconsin's newest destination, Rosewood. Experience "farm to table" cuisine as your Chef prepares a mouthwatering lunch for the group. Guests pre-order their choice of one of four entrees and your meal includes soup or salad (chef's choice), non-alcoholic beverage, bread or rolls and dessert. Spend some time at Rosewood's new boutique retail shops, where you can find everything from homespun treasures to delicious bakery goods.

Afterwards, step into the state of the art theater at Rosewood for a cabaret style holiday show entitled "Christmas Remembered" performed by the famous local duo of Mark and Gretch. Enjoy the songs, hymns and Christmas Carols that make the season so magical. Sing along to your favorite holiday classics like Silver Bells, White Christmas, Jingle Bell Rock and more!

Cost: \$79

Depart: 10:15am

Return: 5:00pm

Sign up begins

Members: August 31

Non-Members: September 14

**ENTRÉE CHOICES**

- 1 Roasted Citrus Garlic Crusted Organic Chicken with Char-Grilled Asparagus, Wild Rice Pilaf and Roasted Chicken Herb Demi Jus
- 2 Char-Grilled Seasonal Vegetable Risotto, Arugula, Parmesan Cheese and Sun-Dried Tomato Basil Pesto
- 3 Pan-Seared Tilapia with Sautéed Ratatouille, Roasted Baby Potatoes and Fresh Tomato Cilantro Crudo
- 4 Pan-Roasted Pork Medallions with Apple Cider Glaze, Sautéed Garlic Spinach, Sweet Potato Hash and Roasted Pork Apple Demi Jus



# September 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 Exercise 10:15 Line Dance 12:30 Poker 1:00 Canasta	2 9:15 ACES 10:30 Scrabble 1:00 Bingo	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
7 <b>CENTER CLOSED</b>	8 <b>AARP Smart Driver 9 - 1</b> 9:15 Exercise 10:15 Line Dance 12:30 Poker 1:00 Canasta	9 9:15 ACES 10:30 Coin & Jewelry 10:30 Scrabble 1:00 Bingo 1:15 On the Big Screen	10 9:15 Exercise 10:15 Line Dance 1:00 50-UP Club 12:30 Mah Jongg 1 Hand & Foot	11 9:15 ACES 10:30 Zumba 10:30 Book Talk 12:30 Bridge 12:30 Mexican Train
14 9 On the Big Screen 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 12:30 Pokeno 1:00 Pinochle	15 9 Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 1:00 Canasta 4 Dinner Club	16 9:15 ACES 10:30 Scrabble 10:30 Ask the DR. 1:00 Bingo	17 9 Tai Chi 9:15 Exercise 10:15 Line Dance 12:30 Golden Hours 12:30 Mah Jongg	18 9 Blood Pressure 9:15 ACES 10:30 FYI 10:30 Zumba 12:30 Bridge 12:30 Mexican Train
21 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 12:30 Pokeno 1:00 Pinochle	22 9 Yoga 9:15 Exercise 10:15 Line Dance 9:30 Chair Massage 12:30 Poker 1:00 Canasta	23 9:15 ACES 10:30 Scrabble 1:00 Bingo	24 9 Tai Chi 9:15 Exercise 10:15 Line Dance 10:30 B'Fast Club 12:30 Mah Jongg 1 Hand & Foot	25 <b>FLU SHOT CLINIC 9 - 11</b> 9:15 ACES 10:30 Zumba 12:30 Bridge 12:30 Mexican Train
28 9:15 ACES 10:20 Mah Jongg 10:30 Zumba 12:30 Pokeno 1:00 Pinochle	29 9 Yoga 9:15 Exercise 10:15 Line Dance 12:30 Poker 1:00 Canasta	30 9:15 ACES 10:30 Scrabble 1:00 Bingo		

## HAVE SOME FUN

- 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 Marie @ 847-367-0751.
- CANASTA** Tuesdays at 1:00 pm. Join the fun!
- COIN & JEWELRY APPRAISAL** 2nd Wed. at 10:30 am.
- 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! 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** The 1st and 3rd Thursdays of the month. For more info call Dan at 847-526-9278
- 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 12:30 pm. For Th. group call Mitzi at 847-347-9942.
- MEXICAN TRAIN DOMINOES** Fridays at 12:30 in Room A.
- ON THE BIG SCREEN** 2nd Wednesday at 1:15 and 3rd Monday at 9 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

- 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.
- BLOOD PRESSURE CHECK** Monthly by MFD. See calendar
- CHAIR MASSAGE** 4th Tuesday of the month by appointment.
- EXERCISE WITH ED** Stretching & light aerobics class meets Tu & Th at 9:15.
- LINE DANCE** Tuesday and Thursday at 10:15 am
- TAI CHI** Thursday at 9am beginning 9/17. \$11 per class. Sign up at the Center.
- YOGA** Tuesday at 9am beginning 9/15. \$8 per class. Sign up at the Center.
- ZUMBA** Monday & Friday 10:30 -11:15. Shake it up baby! \$3 per session

# HAPPY BIRTHDAY !

Patricia	Sikora	September	1
Stanley	Merrill	September	3
Barbara	Ferguson	September	4
Susan	Schlitt	September	5
Frank	Howard	September	6
Susan	Radke	September	6
Helen	Berke	September	9
Brad	Hansen	September	9
Patricia	Koenig	September	9
Mary	Shimoda	September	9
Carol	DeReu	September	10
Barbara	Stone	September	10
Janet	Greene	September	11
Carol	Keane	September	11
Arlene	Fiore	September	12
Feather	Schroeder	September	12
Harriet	Donndelinger	September	13
Rita	Stockbridge	September	14
Jack	Kiefer	September	15
Dolores	Wagner	September	15
Eileen	Fehlberg	September	16
Rosemary	Ginnis	September	19
Natalie	Schwartz	September	19
Delores	Artus	September	20
Virginia	Moore	September	20
Adrienne	Schultz	September	20
Pamela	Ambrose	September	23
Yvonne	Piazzzi	September	23
Lori	Sweeney	September	24

PLEASE WELCOME OUR  
NEW MEMBERS AND  
MAKE THEM FEEL AT  
HOME

Linda Rodriguez  
Henry Sorby  
Ruth Ammentorp  
Ajit Sheth  
Naveen Kumar  
Myrna Wells  
Audrey Hill  
Donna Thomas  
Judith Gaca  
Patricia Howard  
Frank Howard  
Susan Stewart

## FYI 10:30

### 9/18 Fire Extinguisher Training

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

# **ON THE BIG SCREEN**

September 9 at 1:30  
September 21 at 9:00

## **CHICAGO'S NORTH SHORE**

Geoffrey Baer

### **THE REGENT CENTER**

**2015**

### **MEMBERSHIP FEES**

RESIDENTS

\$9

NON-RESIDENTS

\$14

NEWSLETTER

by mail:

An additional

\$6 per year

The Regent Center  
1200 Regent Drive  
Mundelein, IL 60060  
847-566-4790