

Regent Center

www.mundeleinparks.org



Regent Center

Exclusively for adults, ages 50+
1200 Regent Drive, Mundelein
Hours: 8:30 a.m. – 3:30 p.m., Mon thru Fri

847-566-4790

Mary Yoho, Adult Program Supervisor

Mundelein Park & Recreation District's **Regent Center** is a multi-purpose center, serving the needs and interests of Mundelein and area residents, ages 50/+. It offers a wide variety of programs and services including health tips, exercise programs, day trips and special events.

Become a member today!

It's affordable—just \$8 individual (\$15 non-resident), \$12 couples (\$23 non-resident).
\$6 for the monthly newsletter (mailed).

Games and More

Program	Date	Details	Time	Cost
50-Up Club	2nd Thursday	Games galore! Bring your ideas to share.	1 p.m.	Free
Bingo	Wednesdays and 2nd Tuesday	Enjoy some old-fashioned fun with friends and a good game of B-I-N-G-O.	Wed (1 p.m.) Tue (6 p.m.)	3/cds. for \$1
Bridge	Fridays	This active card group boasts members from all over the county. You'll love it. Call to get in.	12:30 p.m.	Free
Canasta	Tuesdays	Enjoy the card game you grew up playing.	1 p.m.	Free
Crafts with Winchester House	2nd Thursday	Leisurely crafting with others. Sign up one week in advance.	10:30 a.m.	Free
Golden Hours	1st and 3rd Thursdays	Pinochle is the game. This group has its own membership in addition to the Regent Center.	12:30 p.m.	Free
Mah-Jongg®	Mon (traditional) Thu (Nat'l. Mah-Jongg League)	All skill levels can enjoy this ancient Chinese tile game.	Mon (10:15 a.m.) Thu (1 p.m.)	Free
Mexican Train	Fridays	An exciting dominos game sweeping the nation.	1 p.m.	Free
Pinochle	Mondays	Call for information on leaders or lessons. Lessons are by appointment.	1 p.m.	Free
Pokeno	Mondays	This fun game resembles bingo.	12:30 p.m.	Free
Poker	Tuesdays	A great way to spend an afternoon.	12:30 p.m.	Free
Scrabble®	Wednesdays	The classic brain exercise extraordinaire!	10:30 a.m.	Free
Computer Lab & Wii®	Sign up required	Don't let technology pass you by! Learn how to navigate, training and more.	on-going	Free

The Regent Center is available to rent for those special occasions. Call for details.

Enjoy day trips, special events, games and more—
exclusively for ages 50+!

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Health and Wellness

Program	Date	Details	Time	Cost
Ask the Doctor	3rd Wednesday	Take part in this open forum for Q & A concerning your health.	10:30 a.m.	Free
A.C.E.S.	Mon, Wed, Fri	Combines aerobics with balance, toning, and weight training for a great workout.	9:15 – 10:15 a.m.	\$1.50/class
Balance	Thursdays	It's natural to worry about the prospect of falling. The great news is that balance is a skill that almost all of us can keep throughout our lives.	9 a.m.	Free
Chair Massage	3rd Thursday, by appointment	Enhance your circulation with a massage—done while sitting in a chair. Stimulate your body's self-healing mechanisms, help reduce symptoms of fatigue, eyestrain, and aches. Great as a gift.	By appointment (call Mary)	\$10
Tuesday Thursday Exercise	Tuesday and Thursday	Stretching and flexibility class with low-impact aerobics.	9:15 a.m.	Free
Foot Care Clinic	3rd Friday, bimonthly	"R" Home Care Services, Certified Foot Care Specialists, soak and massage your feet before giving you a pedicure. Bring two towels and a washcloth. Pay at time of service.	By appointment (call Mary)	Per service
FYI	2 Fridays per month	It's great to learn something new! This speakers' program keeps you informed.	10:30 a.m.	Free
Line Dancing	Tue (beginner) Thu (experienced)	Have fun learning the steps to this fun, country dance.	10:15 a.m.	Free
Zumba® Gold	Mondays	An exciting cardio workout that increases heart rate and burns calories. Move to an energizing Latin sound—slide, shuffle, and spin with the cha-cha, salsa, meringue, and samba. Led by Anne McKenna.	10:30 a.m.	\$3

Social Calendar

Program	Date	Details	Time	Cost
Breakfast Club	4th Thursday	This club prefers a morning meal with good friends. Sign up and then meet at a chosen restaurant.	10:30 a.m.	on your own
Dinner Club	3rd Tuesday	Visit a different restaurant each month and enjoy fine food and each other's company. Sign up in advance. Rides available.	4 p.m.	on your own
Book Talk	2nd Friday	Book discussions led by Marie of Fremont Library.	10:30 a.m.	Free

Programs are free for Regent Center members unless noted.

• Try a day trip with the Regent Center or NEW Jazzercise® • Call for Details