

THE REGENT REPORT

MARK YOUR CALENDARS!



Sept 11 & 12, 10 am–5 pm
Kracklauer Park
100 N. Seymour Ave.

ART • LIVE MUSIC • FOOD
FREE ADMISSION

Join us for a ribbon cutting on Saturday, Sept 11 at 10 am to commemorate our 10th anniversary



Thank you to all of our sponsors for their generous support including our Platinum Sponsors:



Message from Marissa



Dear Regent Center Members,

There is so much exciting news in this month's Regent Report. The first is that Anne's classes are finally returning to their pre-COVID schedule. For the month of August these classes will be hybrid – meaning that they will be offered both

in-person and online at the same time. In September, we will move to a completely in-person schedule. If there is any silver-lining from the changes made over the last 18 months, it is that we learned we could have these classes online. With that said, I will monitor weather during the colder months and determine if classes need to be moved virtual at any time due to the ability to get to the building safely.

Classes will run as follows:

ACES – Monday, Wednesday, and Friday at 9:30 am
 Zumba Gold – Monday and Friday at 10:30 am

Breakfast and Dinner Clubs have also returned, so please note the days, times, and locations in the newsletter.

Registration for fall programs and trips begin on August 4. Keep an eye on future Regent Reports, as I may add additional trips based on demand.

Stay well,
 Marissa Moravec



Day Trips

Four Winds Casino, New Buffalo, MI

Thursday, September 23, 9 am–6 pm

Departs from the Regent Center

Cost: \$45 members/\$55 nonmembers

Prog: 0016.23.3

Registration deadline is September 9

Third times a charm! We have been patiently awaiting our trip to Four Winds Casino, and we have finally made it.

Join us as we spend the day in New Buffalo, MI at the beautiful Four Winds Casino.

Registration will include \$15 instant slot credit and \$10 food credit to be used at the buffet, Timbers Fast Food & Deli, Grab N Go, or Kankakee Bar and Grill.

Naperville Trolley Halloween Tour

October 22, 3:30–p pm

Departs from the Regent Center

Cost: \$79 members/ \$85 nonmembers

Prog: 0010.23.3

Registration deadline is September 22

Dress up in your favorite Halloween costume or Halloween hat, and climb aboard the Naperville Trolley and Trolley around town looking at the highly decorated homes featuring many Halloween ghouls and goblins. You may have the opportunity to get off the Trolley at a home or two for a closer look. Halloween music played as we travel to the next home. Our first stop will be dinner.



San Filippo Mansion

October 26, 8:45 am–3 pm

Departs from the Regent Center

Cost: \$89 members/ \$95 nonmembers

Prog: 0011.23.3

Registration deadline is October 12

Jasper Sanfilippo, the nut and snack food magnate known for his Fisher and Evan's nut products, spent over 30 years assembling one of the world's greatest collections of restored antique music machines. In addition to touring the Music Room, seeing the world's largest organ, Tiffany-style lamps, phonographs, and the Carousel Building; we will walk through the recently added Perfume Passage. The Perfume Passage is an Art Deco wing added to the Sanfilippo estate home. Among its features are a "Paris avenue" flanked by designer perfume shop windows, an authentic, re-homed vintage drug store and ice cream parlor. A massive Art Deco display room houses the perfume and vanity museum. Our lunch for the day will be at Chessies, where we will dine inside a vintage 1927 rail car.



Illinois Lynch Solves Mysteries of History

Held at The Regent Center
Thursday, August 12

Time: 12–2 pm

Cost: \$10 member/\$12 nonmember

Program 0032.23.2

He's back! Join storyteller Terry Lynch as he investigates some of history's long-debated mysteries. Among the stories in this "historical dig" include (but are not limited to): The Murder of Zachary Taylor, The Flying Dutchman, The Lost Colony of Roanoke, The Anastasia Mystery, and the Heads of Easter Island. Lunch will be provided by Emil's of Mundelein and include Bake Mostaccioli, Broasted Chicken, and Garden Salad. Registration deadline Monday, August 9.

Breakfast Club

August 5: Garden Berry Café in Vernon Hills

The first Thursday of the month at 10:30am. Sign up at the Regent Center. Call Lois or Jerry at 847.543.6908 for more information.

Dinner Club

Tuesday, August 17 at 4 pm
Joanie's in Long Grove

The 3rd Tuesday of the month at 4 pm. Sign up at the Regent Center. Call LaVerne at 847.949.5330 for more information.

First Responders Breakfast

Wednesday, Sep 8, 11 am–12:30 pm

They're back! We are so excited to bring back our First Responders Breakfasts beginning in September. The Mundelein Fire Department will be here on Wednesday, September 8th with one of their vehicles. They will explain what these hospitals on wheels do and why they are such an asset to our community. Please RSVP so we can prepare for breakfast. Located at the Regent Center. Sponsored by McDonalds of Mundelein





AARP Driver's Safety

Wednesday September 1

Thursday, September 2, 9 am–1 pm

Cost: FREE

Prog: 0010.23.3

Refresh your driving skills and possibly save on your car insurance with this two day course. Please RSVP to the Regent Center office if you plan to attend.

Range of Motion

Begins Thursdays, September 9,

Time: 9–10 am

Cost: \$2 drop-in for members

Range of Motion promotes active aging by keeping your joints happy with the help of bands, balls and light weights. All activities will be low to no impact. Strength, balance and flexibility exercises are included to improve your quality of daily living. Taught by Diane Capasso.

Retirement Planning (Ages 50+)

Wednesdays, Oct 13–27, 6:30–8:45 pm

Cost: \$29 members/\$39 nonmembers

Prog: 0014.23.3

Thursdays, Oct 21–Nov 4, 6:30–8:45 pm

Cost: \$29 members/\$39 nonmembers

Prog: 0015.23.3

Held at The Regent Center

Learn to blend financial education with life planning to build wealth. Align your money with your values and achieve your retirement goals. Discover five strategies to manage investment risks. Eleven ways you may save money on this year's taxes, how to buy insurance coverage and how to invest in and take money out of your company's retirement plan. Registered couples may attend together for a single registration fee. Led by Dennis Ryan and Todd Rollins. **A \$25 material fee is payable at the first class.**



Beginning American Mah Jongg

Mondays, September 13–October 4, from 6–8 pm

Cost: \$50 member/\$55 nonmember

Prog: 0013.23.3

Come join this class to be part of the growing number of players that already enjoy this challenging, fascinating tile program. At the completion of class, you will know Mah-Jongg basics, the principles of the game and a number of different strategies. The class is perfect for complete beginners and for those who played the game years ago and need to brush up on their rules and skills. \$10 material fee paid to the instructor at the first class.

AUGUST REGENT CENTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	3 9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	4 8:30 Balance 9:30 ACES 11:00 Walk and Grill 1:00 Bingo <i>Fall registration begins</i>	5 9:15 Ed's Stretching 10:15 Line Dance 12:30 Golden hours 12:30 Hand and Foot 12:30 Mah Jongg	6 9:30 ACES 10:30 Zumba Gold 12:30 Bridge 12:30 Mexican Train
9 9:30 ACES 10:00 Tom's Farm Market Trip 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	10 9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 11:30 Lunch with Story Point 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	11 8:30 Balance 9:30 ACES 1:00 Bingo	12 9:15 Ed's Stretching 10:15 Line Dance 12 Terry Lynch Lunch 12:30 Golden hours 12:30 Hand and Foot 12:30 Mah Jongg	13 9:30 ACES 10:30 Zumba Gold 12:15 Double Deck Pinochle 12:30 Bridge 12:30 Mexican Train
16 9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	17 9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	18 8:30 Balance 9:30 ACES 1:00 Bingo	19 9:15 Ed's Stretching 10:15 Line Dance 12:30 Golden hours 12:30 Hand and Foot 12:30 Mah Jongg	20 9:30 ACES 10:30 Zumba Gold 12:30 Bridge 12:30 Mexican Train
23 9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	24 9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	25 8:30 Balance 9:30 ACES 1:00 Bingo	26 9:15 Ed's Stretching 10:15 Line Dance 12:30 Golden hours 12:30 Hand and Foot 12:30 Mah Jongg	27 9:30 ACES 10:30 Zumba Gold 12:15 Double Deck Pinochle 12:30 Bridge 12:30 Mexican Train
30 9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochl	31 9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg			

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

BINGO: Wednesdays at 1:00 pm. \$1/card. 18 games are played including the New Yorker, Charlie Bingo, Cover All, and Postage Stamp.

BRIDGE: Drop in and play! Fridays at 12:30 pm. Please let Carol know if you'll be attending.

GOLDEN HOURS: Social Pinochle on the 1st and 3rd Thursdays of the month at 12:30 pm. For more information, call Dan at 847.526.9278

HAND & FOOT: Tuesday at 12:30 pm. Beginners welcome!

MAH JONGG: Traditional Mah Jongg on Mondays at 10:30am. National Mah Jongg on Tuesdays at 1 pm and Thursdays at 12:30 pm. For National Mah Jongg League questions, call Deb at 224.733.9669 or Audrey at 847.609.7626.

MEXICAN TRAIN: Fridays at 12:30 pm

PINOCHLE: Mondays at 12:30 pm. Call Pat at 847.949.8301 for more information.

DOUBLE DECKER PINOCHLE: Social Pinochle on the 2nd and 4th Friday of the month. Call Shelia for more information at 847.898.2590

POKENO: Mondays at 12:30 pm

POKER: Tuesdays at 12:30 pm

HEALTH & WELLNESS *(Please bring exact change.)*

A.C.E.S.: This one hour aerobics class meets Monday, Wednesday and Friday mornings at 9:30 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.

ED'S STRETCHING: Join your friends on Tuesdays and Thursdays at 9:15am to listen to a recorded routine of Ed's Stretching exercises.

LINE DANCE: Tuesday and Thursday at 10:15 am. Led by Margie Nison. \$2 per class.

CHAIR YOGA: Tuesday at 9 am. \$8 per class. Led by Diane Capasso.

ZUMBA: Mon. & Fri. 10:30 am – 11:15 am. Shake it up baby! \$4 per class. Led by Anne McKenna.

	Diane Max	August	14
	Donald Farrington	August	14
	Mary Anne Olson	August	15
	Mitzi Lober	August	16
	Loretta Ross	August	17
	Susan Chau	August	18
	Kathleen Janicki	August	18
	Heidi Johnson	August	18
	Ellen Kerrigan	August	20
	Char Ash	August	21
	Carmen Ochoa	August	21
	Hannelore Kampf	August	22
	Irene Klewer	August	22
	Anthony Palmsome	August	22
	Nancy Peterson	August	23
	Patsy Sweeney	August	24
	Phyllis Drell	August	24
	Scarlett Mankowsky	August	30
Gerald Caslavka	August	1	
Lee Ives	August	1	
Prakash Shah	August	1	
Gordon Cavers	August	2	
Rosalind Smith	August	2	
Kay Thermos	August	2	
John Lovsin	August	9	
Nick Tonkery	August	10	
Ruth Isaachsen	August	12	
Deb Oberst	August	12	
Joyce Antonson	August	13	



RUSH

Physical Therapy

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

847.388.5477

1401 North Midlothian Road
Mundelien, IL 60060-1149

rushpt.com |



Walk and Grill (Ages 50+)

Walk a few laps around the scenic lake located behind the Regent Center. Afterwards enjoy the delicious smell of burgers on the grill while you relax on the Regent Center patio. Your meal includes choice of burger or brat, chips, potato salad or coleslaw, desert, and lemonade. Make it a day out and stay for BINGO after you eat! Walk will begin at 11 am, lunch will be served at 11:30.

Held at The Regent Center

PROG	DAY	DATE	TIME	M/NM
0031.23.2	W	Aug 4	11 am–1 pm	\$5/7
0017.23.3	W	Sep 1	11 am–2 pm	\$5/9

THE REGENT CENTER

Membership Fees

Residents: \$12

Nonresidents: \$19

Newsletter by mail:

Add an additional
\$9 per year

Memberships run
on the calendar year.

Questions?

Contact Marissa Moravec
Recreation Supervisor
847.566.4790



THE REGENT CENTER

Mundelein Park & Recreation District

1200 Regent Dr., Mundelein, IL 60060