

THE REGENT REPORT

Upcoming Park District Events:

Hocus Pocus in the Park

Friday, October 15

5–9 pm

Held at Community Park
Activities are free. Food
available for purchase.
Drive-in movie is sold out.

Free! Boo Bash

Saturday, October 23

2–5 pm

Held at Community Park
Must register by October
20 for a time slot. See
website for details.

Puzzle N' Pie Palooza

Saturday, November 13

11 am–2 pm

Cost: \$25 resident

\$29 nonresident

Prog: 0010.20.3



COVID-19 UPDATE:
Please wear your
mask while inside the
building.



Message from Marissa

Dear Regent Center Members,

I can't believe we are headed into October and only have a few months left of 2021. We have come a long way since March 2020 and I am so thankful for each and everyone of you that has continued to attend programs and events, whether on Zoom or in-person. Our participation numbers continue to climb each month, which keeps me optimistic.

Please note our new Bingo and Lunch program beginning in November. That will replace our Walk and Grill now that cooler weather is approaching.

As I write this, San Filippo only has a few spots remaining. Please remember to arrive at least 15 minutes before the trip departs. Masks are required on the bus and inside the facilities we visit at this time. I will update the members if anything changes with mask mandates.

Stay well,
Marissa Moravec





Day Trips

Naperville Trolley Halloween Tour

Monday, October 22, 3:30–9 pm

Departs from the Regent Center

Cost: \$79 members/ \$85 nonmembers

Prog: 0010.23.3

Registration deadline is Friday, October 8

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. Dinner will be at D'Agostino's.

San Filippo Mansion **ONLY 5 SPOTS LEFT!**

Tuesday, October 26, 11 am–5:15 pm

Departs from the Regent Center

Cost: \$89 members/ \$95 nonmembers

Prog: 0011.23.3

Registration deadline is Tuesday, 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. **please note the time of the trip has changed.*

Gurnee Mills Holiday Shopping

Wednesday, November 17, 11 am–4 pm

Departs from the Regent Center

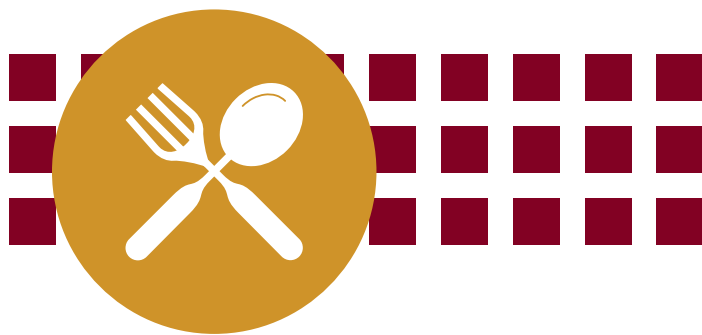
Cost: \$39 members/ \$45 nonmembers

Prog: 0011.23.3

Registration deadline is Friday, November 12

Take care of your holiday shopping with transportation provided by the Regent Center. We will first head to the Chocolate Sanctuary in Gurnee for lunch. Lunch includes a first course of the Sanctuary House Salad, second course is your choice of Steak Sandwich, Slow-Roasted Carved Turkey Sandwich, or Pork Sliders with Piece of Heaven for dessert. After lunch, we are headed to Gurnee Mills to spend a few hours crossing off our holiday shopping list. Fee includes lunch and transportation. Small bus will be taken for this trip, so space is limited.





Breakfast Club

Thursday, October 7 at 10:30 am
Triangle Café in Grayslake

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

Dinner Club

Tuesday, October 19 at 4 pm
Joanie's Pizzeria 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.

Bingo and Lunch

Join your Regent Center
 friends once a month for
 lunch before Bingo! Lunch
 will be served at noon,
 Bingo begins at 1 pm.



November menu: Luigi's –
 Chicken Parmigiana, Mostaccioli, and French
 bread

December menu: Hitz – Pot Roast, Mashed
 Potatoes, Vegetable Medley

PROG	DATE	DAY	TIME	M/NM
0023.23.3	Nov 3	W	12 pm	\$7/11
0024.23.3	Dec 1	W	12 pm	\$7/11

First Responders Breakfast

Wednesday, October 13, 11 am–12:30 pm

They're back! We are so excited to
 bring back our First Responders
 Breakfast. The Mundelein Police
 Department will be here in October.
 Please RSVP so we can prepare
 for breakfast. Located at the Regent
 Center.



POSTPONED: AARP Driver's Safety

This course has been postponed indefinitely
 per AARP. We will notify members as soon as
 a class is scheduled in 2022.

Range of Motion

Thursdays, 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. Led by Diane Capasso.

Retirement Planning (Ages 50+)

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.**

Getting active doesn't have to be a workout.



#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

One small step for mankind, one giant leap for your overall wellness.

We've all got busy schedules, but it's important to remember to set aside time for some movement. It might be hard to believe, but it's possible (actually, pretty easy) to go an entire day without having to walk more than a few hundred steps.

Making slight modifications to your daily routine can lead to monumental life transformations. Simple activities such as walking, gardening, or even climbing a few extra flights of stairs can positively impact your overall health, reducing the risk of developing diabetes and helping with weight management. If you want to expand your range of motion and incorporate more physical activity into your day, then you've got to go small and walk home.

Here is our list of other small changes you can make to your daily routine that can help you become more active.

Take a Lap (Around the House)

It might not seem like much, but tidying up the house or simply walking from room to room

are two simple ways to re-introduce yourself to some low stress movements.

Move with Music

Music is a powerful motivator. Put on a playlist — rock, jazz, POP...whatever gets you going, and let the tunes take over.

Track Your Progress

Wearable fitness devices like an Apple Watch or Fitbit can serve a number of functions like track steps and distances, measure the calories burnt, and monitor heart rate and sleep quality. Tracking your progress and seeing improvements will help keep you motivated and committed to your activity goals.

Suggest a "Walking" Coffee Date

We know that everyone loves a meet-up over coffee, but what if you could take your chat outside? Ask for your Joe to-go, and try walking and talking — you'll get fresh air and extra exercise.

Park Far Away

May not seem like much, but those extra steps in and out of your barber shop or grocery store do add up.

Chores Build Cores

No, this isn't a way of tricking you into cleaning the stove top or lint-rolling couch cushions. By giving the house or apartment a thorough cleaning, you're doing your body a lot of good by engaging muscles that you may not use otherwise. A little bit of elbow grease goes a long way.

Take a Class Outdoors

We're not talking extreme kayaking or rock climbing. Learning a new skill that gets you out of the house — be it photography, birdwatching, or gardening — can help add a surprising number of steps to your daily routine.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>OCTOBER REGENT CENTER SCHEDULE</h1>				1
				9:30 ACES 10:30 Zumba Gold 12:15 Double Deck Pinochle 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno
4	5	6	7	8
9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	8:30 Balance 9:30 ACES 11:00 Walk and Grill 1:00 Bingo	9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 10:30 Breakfast Club 12:30 Golden Hours 12:30 Mah Jongg	9:30 ACES 10:30 Zumba Gold 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno
11	12	13	14	15
9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	8:30 Balance 9:30 ACES 11 am First Responders Breakfast 1:00 Bingo	9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 12:30 Golden hours 12:30 Mah Jongg	9:30 ACES 10:30 Zumba Gold 12:15 Double Deck Pinochle 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno
18	19	20	21	22
9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg 4:00 Dinner Club	8:30 Balance 9:30 ACES 1:00 Bingo	9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 12:30 Golden hours 12:30 Mah Jongg	9:30 ACES 10:30 Zumba Gold 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno 3:30 Naperville Trolley Tour
25/31	26	27	28	29
9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 11:00 am San Filippo Mansion Trip 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	8:30 Balance 9:30 ACES 1:00 Bingo	9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 12:30 Golden hours 12:30 Mah Jongg	9:30 ACES 10:30 Zumba Gold 12:15 Double Deck Pinochle 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno

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 10:30 am. 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.

NEW! RANGE OF MOTION (ROM): Master proper technique to keep your joints happy. Thursdays at 9 am. Led by Diane Capasso


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



Alene Falk	October 1	Vern Lappe	October 17
Ann Bengé	October 1	Lee Fischer	October 19
Anne Karolczak	October 4	Linda Thompson	October 21
Catherine Henning	October 6	Mary Wadsworth	October 21
Diane Starostecka	October 6	Nilesh Shah	October 21
Elaine Noworyta	October 7	Rhonda Schuessler	October 23
Ginny Fitzgerald	October 8	Robert Alfredson	October 24
James Stivers	October 10	Robin Litz	October 27
Joan Spence	October 13	Ron Greenberg	October 28
John Rizzotto	October 16	Rose Csukor	October 29
Karen LaManna	October 16	Ruth Kelly	October 31
LaVerne Racanelli	October 17	Terri Ori	October 31



**Movement
is Medicine**




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
0018.23.3	W	Oct 6	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