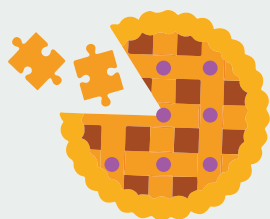


THE REGENT REPORT



Puzzle N' Pie Palooza

Saturday, November 13

11 am–2 pm

Cost: \$25 resident

\$29 nonresident

Prog: 0010.20.3

PLEASE NOTE:

**The Regent Center
will be closed Thursday,
November 25 and
Friday, November 26
in observation of the
Thanksgiving holiday.**



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



Message from Marissa

Dear Regent Center Members,

As we near the end of the year, I want to thank everyone that has continued to support the Regent Center and attends our programs whether virtually or in-person. This year didn't prove to be much easier than 2020, but you have all continued to make it seem easy and enjoyable.

Speaking of virtual programs, ACES and Zumba Gold will continue with the virtual option through March. I will then meet with Anne to evaluate if we still need the option of virtual classes going in to the spring and summer.

Many of you may know this already, but Mansi accepted a job closer to home, so she is no longer leading our Balance group on Wednesday mornings. She has given us several years of dedication out of her passion for our group. Her presence will be missed dearly.

Lastly, the 2021 membership year is almost over, and therefore it is time to renew. You will notice that in 2022 membership prices have increased slightly. As I'm sure many of you have heard me say, your membership prices help keep the lights on. We are increasing your fees as prices of utilities and general operations continue to rise. In order to continue offering a warm and bright facility for you to enjoy, we have to increase prices ever so slightly.

Stay well,
Marissa Moravec



Day Trips

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.

Racine Kringle Tour (Ages 50+)

Tuesday, December 9, 10:30 am–6 pm

Departs from the Regent Center

Cost: \$95 members/ \$105 nonmembers

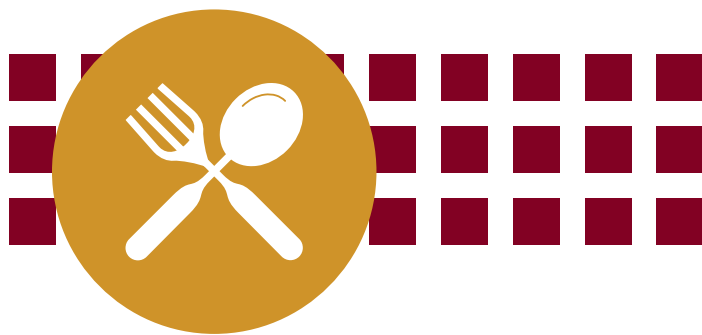
Prog: 0012.23.3

Registration deadline is Wednesday, November 14

This could be called the “everything you always wanted to know about Kringle but were afraid to ask” tour. We will delve into the infamous Racine Kringle, the official Wisconsin State Pastry, and visit multiple Kringle shops and Danish bakeries. In route to each location, your fully narrated tour includes an explanation how Racine came to be known as “Little Denmark”, entertaining stories of Danish holiday customs and traditions, Racine history and more. From the comfort of our motor coach, you will see some of Racine’s most stately neighborhoods, architectural gems, and historic landmarks.

PLEASE NOTE: Kringle pre-orders are available so your selection can be assured.





Breakfast Club

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

The 3rd Tuesday of the month at 4 pm. Sign up at the Regent Center. Call LaVerne at 847.949.5530 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

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.

First Responders Breakfast

Wednesday, November 10 , 11 am–12:30 pm

This month's presentation is a little different from our usual talks. Neptune Society tackles the sometimes-difficult subject of putting your wishes in places. We will discuss the benefits of pre-planning and cremation, as well as Veteran's benefits. Most commonly asked questions and concerns about cremation will be addressed and all individual questions are welcome. Please RSVP so we can prepare for breakfast. Located at the Regent Center.

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.**

Pickleball for 55+



Beginner Pickleball (Ages 55+)

Wednesdays, January 12–February 16

9:30–10:30 am

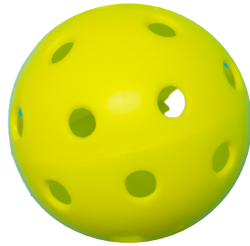
Held at Community Center Gym

Cost: \$59 resident/\$65 nonresident

Prog: 0546.221.1

This class is for those who have never played pickleball before or who have very limited experience with the sport. It will focus on pickleball basics such as forehand and backhand shots, serving, and court positioning. Players will also learn scoring and the rules of the game through drills and playing time. The slower pace of this class will give players the opportunity to develop the skills needed to play this fun and energetic game. All equipment will be provided. Led by SportsKids Inc. No class on March 23. (6 wks)

Advanced Beginner Pickleball (Ages 55+)



Wednesdays, January 12–February 16

10:30–11:30 am

Held at Community Center Gym

Cost: \$59 resident/\$65 nonresident

Prog: 0549.221.1

This class is for advancing beginners who have some experience and want to move at a faster pace to improve their basic shots and strategy. Players will participate in challenging drills to work on consistency in forehand and backhand shots, serving, volleying, dinks and lobs. Through matches played each week, players will get the chance to take their game to the next level by learning how to play smarter, not harder. All equipment will be provided. Led by SportsKids Inc. No class on March 23. (6 wks)



NOVEMBER REGENT CENTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	2 9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	3 9:30 ACES 12:00 Bingo & Lunch 1:00 Bingo	4 9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 10:30 Breakfast Club 12:30 Golden Hours 12:30 Mah Jongg	5 9:30 ACES 10:30 Zumba Gold 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno
8 9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	9 9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	10 9:30 ACES 11:00 First Responders 1:00 Bingo	11 9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 12:30 Mah Jongg	12 9:30 ACES 10:30 Zumba Gold 12:00 Double Decker Pinochle 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno
15 9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	16 9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	17 9:30 ACES 11:00 Brain Games 1:00 Bingo	18 9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 12:30 Golden hours 12:30 Mah Jongg	19 9:30 ACES 10:30 Zumba Gold 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno
22 9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	23 9:00 Chair Yoga 9:15 Ed's Stretching 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	24 9:30 ACES 11:00 Brain Games 1:00 Bingo	25 	26 CLOSED
29 9:30 ACES 10:30 Zumba Gold 10:30 Mah Jongg 12:30 Pokeno 12:30 Pinochle	30 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 10:30 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.

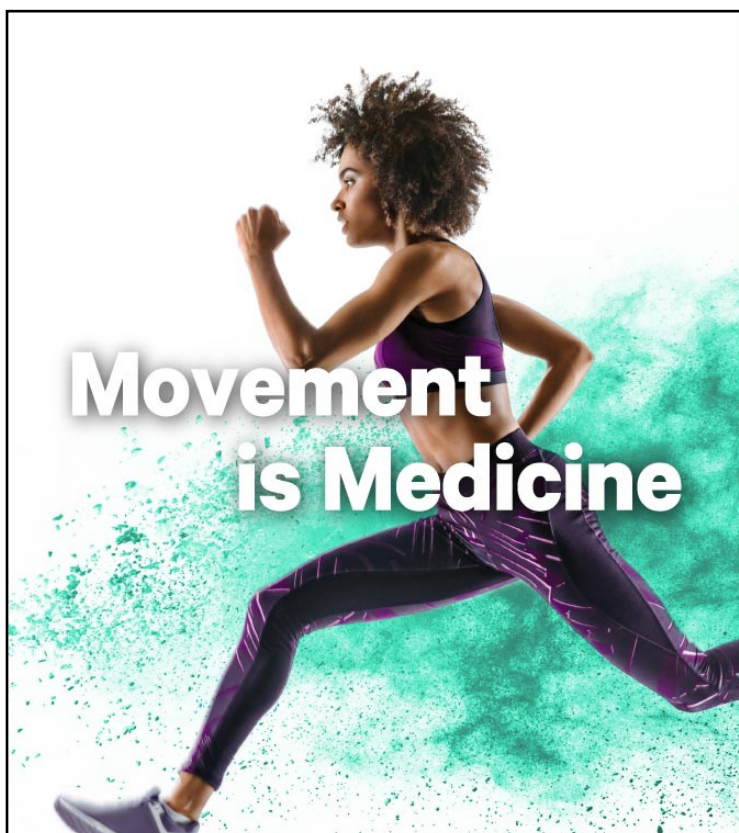
CHAIR YOGA: Tuesday at 9 am. \$8 per class. Led by Diane Capasso.

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.



Marie Gwizdz	November 1	Norma Schmuldt	November 13
Ginger Pepping	November 2	Eileen Halloran	November 14
Jan Pastko	November 3	Betty Luckow	November 18
Les Jezuit	November 4	Dee Roaper	November 21
Janet Shannon	November 10	Ila Sethna	November 24
Arlene Soling	November 12	Rosemarie Percox	November 28
Bette Buttermann	November 13	Carol O'Donnell	November 29
Frank Racanelli	November 13	Cheryle Racanelli	November 30



Movement is Medicine




Physical Therapy

**CONTACT US TODAY TO SCHEDULE
AN APPOINTMENT**

847.388.5477

1401 North Midlothian Road
Mundelein, IL 60060-1149

rushpt.com | 



The Winter/Spring Connections Program Brochure will be in homes soon! Registration begins on November 10.

THE REGENT CENTER

Membership Fees

Residents: \$15

Nonresidents: \$25

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