

# The Regent Report

MARCH 2022

### 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



## Message from Marissa

Dear Regent Center Members,

I am thrilled that we seem to be heading into better times. Participating at the Regent Center increased greatly in February, and

I'm optimistic for March and beyond. Make sure to sign up for the Eataly trip soon. Registration for May trips are also open, and early registration ensures trips do not get canceled.

I have some exciting news! The Regent Center will have summer hours this year. From Memorial Day to Labor Day, the Regent Center will stay open until 7pm, Monday through Friday. This means if you have a group that would like to meet later in the day, the building will be available. Please contact me if you would like your group to meet later in the day, or even in addition to the times you already meet. We will have some programs added to the evening, but I want to make sure I extend the invitation to our existing groups to change things up for the summer.

Stay well,  
Marissa Moravec



Linda Evola	March	8
Janet Satkowski	March	8
Audrey Hutchcraft	March	13
Joan Warlin	March	13
Joan Turf	March	17
Jack Hansen	March	24
Marge Moritz	March	26
Simone Bellini	March	27
Kim Spath	March	28



## Senior Citizen's Police Academy

Wednesdays, March 30-May 18, 1-3 pm

Held at the Regent Center

See Regent Center office for more information.

**POSTPONED:**

**AARP Driver's Safety**



# Day Trips

## **Eataly, Chicago**

Monday, March 14, 10 am–3 pm

Departs from the Regent Center

Cost: \$45 members/ \$55 nonmembers • Prog: 0025.23.1

**Registration deadline is March 1, 2022**

Eataly is a vibrant Italian marketplace that features an array of cafes, counters, and restaurants. Shop Italian pasta, tomatoes, coffee, olive oil and so much more. After a few hours of shopping and eating, we will stop at Garret Popcorn if anyone would like to purchase their freshly popped popcorn. This trip will include transportation. Lunch and shopping are on your own.

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## **Richardson Tulip Festival**

Tuesday, May 3, 11 am–5 pm

Departs from the Regent Center

Cost: \$79 members/ \$89 nonmembers • Prog: 0026.23.1

**Registration Deadline is April 19, 2022**

Tulips are known as the flower of passion! Richardson Farms offers five acres of tulips, including 30 different varieties. Participants will receive one free tulip with admission. There is a pick-your-own area if you choose to do so. The tulip fields are located a half mile from drop off to the tulip fields. There is also a gift shop with wine tasting, fresh donuts, popcorn, kettle corn, and indoor restrooms. Before we explore the farm, we will have lunch at Docker's in Fox Lake. Trip fee includes lunch, farm admission, and transportation.

## **Graceland Cemetery and Chicago History Museum**

Tuesday, May 17, 8:30 am–4 pm

Departs from the Regent Center

Cost: \$79 members/ \$89 nonmembers • Prog: 0027.23.1

**Registration Deadline is May 2, 2022**

Graceland Cemetery is the final resting place to many prominent Chicago figures, including athletes, politicians, industrialists and many of the finest architects of the last century. We will participate in a two-hour docent led tour of the cemetery. Afterwards we will enjoy a boxed lunch and self-led tour of the Chicago History Museum.

# MARCH REGENT CENTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<p><b>*Please Note:</b> <b>Blue=online program</b></p>	9:00 Chair Yoga 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	9:30 ACES <b>12:00 Bingo &amp; Lunch (Emil's Corned Beef and Cabbage)</b> 1:00 Bingo	9:00 ROM 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance <b>10:30 Breakfast Club</b> 12:15 Golden Hours 12:30 Mah Jongg	9:30 ACES 11:2:30 Bridge 12:30 Mexican Train 12:30 Pokeno
7	8	9	10	11
9:30 ACES 10:30 Mah Jongg <b>11:00 Brain Games*</b> 12:30 Pokeno 12:30 Pinochle	9:00 Chair Yoga 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	9:30 ACES 1:00 Bingo	9:00 ROM 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance 12:30 Mah Jongg	9:30 ACES 12:00 Double Decker Pinochle 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno
14	15	16	17	18
9:30 ACES <b>10 am Eatly Trip</b> 10:30 Mah Jongg <b>11:00 Brain Games*</b> 12:30 Pokeno 12:30 Pinochle	9:00 Chair Yoga 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg <b>4:00 Dinner Club</b>	9:30 ACES 1:00 Bingo	9:00 ROM 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance 12:15 Golden hours 12:30 Mah Jongg	9:30 ACES 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno
21	22	23	24	25
9:30 ACES 10:30 Mah Jongg <b>11:00 Brain Games*</b> 12:30 Pokeno 12:30 Pinochle	9:00 Chair Yoga 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	9:30 ACES 1:00 Bingo	9:00 ROM 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance 12:30 Mah Jongg	9:30 ACES 12:00 Double Decker Pinochle 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno
28	29	30	31	
9:30 ACES 10:30 Mah Jongg <b>11:00 Brain Games*</b> 12:30 Pokeno 12:30 Pinochle	9:00 Chair Yoga 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg	9:30 ACES 1:00 Bingo	9:00 ROM 9:15 Ed's Stretching <b>10:00 Zumba Gold*</b> 10:15 Line Dance 12:30 Mah Jongg	<b>Saturday, March 26</b> <b>Coffee &amp; Comedy</b> <b>at 10 am</b> <b>See page 3</b> <b>for details.</b>

## 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.

**BRAIN GAMES:** Challenge your brain with trivia from around the country and across the decades. Currently hosted on Zoom only. Led by Marissa on Mondays at 11 am.

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

**NEW! DUPLICATE BRIDGE:** The second and fourth Wednesdays of the month. Substitutes welcome. Contact Carol for more information at 847.816.7707.

**GOLDEN HOURS:** Social Pinochle on the 1st and 3rd Thursdays of the month. For more information, call Sheila at 847.898.2590.

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

**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 1pm and Thursdays at 12:30 pm.

**MEXICAN TRAIN:** Fridays at 12:30 pm.

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

**POKENO:** Mondays and Fridays at 12:30 pm

**POKER:** Men's and Women's. 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.

**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.



## 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.

**Thursday, March 3 at 10:30 am**

## 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.

**March menu:** Emil's Corned Beef and Cabbage

**April menu:** Mambo Italiano's Lasagna Di Spinaci (vegetarian)

PROG	DATE	DAY	TIME	M/NM
0038.23.1	Mar 2	W	12 pm	\$7/11
0039.23.1	Apr 6	W	12 pm	\$7/11

## Coffee and Comedy—Improv for Adults

Join our Kirk Player teacher/ improviser, (also aged 55 or better), for a fun workshop of improv games and activities. We will do some warm-ups, introduce you to the rules of improv and participate in exercises that will allow you to be creative, work on memory skills and express yourself!

It will be a fun opportunity to play and be creative, enjoy some fun physical and mental activity and meet some fun people. This workshop consists of basic exercises, training, and confidence building. No experience necessary. If you have always wanted to try improv, this is a fantastic opportunity. Please join us, wear comfortable clothes & get ready for some fun!

PROG	DAY	DATE	TIME	M/NM
0054.23.1	Sa	Mar 26	10-11:30 am	\$5/9
0055.23.1	Sa	Apr 30	10-11:30 am	\$5/9





 RUSH

Physical Therapy

CONTACT US TODAY TO SCHEDULE  
AN APPOINTMENT

847.388.5477

1401 North Midlothian Road  
Mundelein, IL 60060-1149

[rushpt.com](http://rushpt.com) | 



**THE REGENT CENTER**

*Mundelein Park & Recreation District*

1200 Regent Dr., Mundelein, IL 60060