

The Regent Report

APRIL 2022



Tom Nevison	April 1
Yolanda Blake	April 3
Roberta Ellington	April 3
Josephine Gerardi	April 3
Sylvie Sander	April 3
Kathleen Komin	April 3
Terri Basso	April 3
Wendy Frasier	April 5
Jan Saiki	April 5
Geraldine Gaj	April 6
Gayle Kaplan	April 7
Gene Kaplan	April 7
Arlene Loncsar	April 8
Richard Schraufnagel	April 8
Cindy Nastali	April 10
Vince DeAngelis	April 17
Barbara Binversie	April 21
Janet Jesse	April 21
Frank Steslow	April 21
Patsy Schimpf	April 24
Jean Carroll	April 26
Asya Khodosevich	April 26
Mary Lutes	April 26
Katie Simmer	April 28
Maria Zeman	April 30



Message from Marissa

Dear Regent Center Members,

Spring has sprung! I am so excited for some warmer temperatures to accompany the fun programs that I have planned for this spring and summer.

I planned a spur-of-the-moment trip to Four Winds Casino at the end of April. It is already filling, so make sure to get your registration in soon. We also have the Mundelein Police Department back to offer the Senior Citizen Police Academy from the end of March to mid-May. It is an 8-week program that will give you the ins and outs of the Mundelein Police Department.

The Mundelein Fire Department will also be back starting in April to perform blood pressure checks. Please see the schedule for their upcoming visit.

We also have Bingo and Lunch, Jacqueline Kennedy by Leslie Goddard, the Richardson Tulip Festival and much more coming up. Please make sure to sign up for events and trips at least one week prior to the event or trip. This goes for Bingo and Lunch as well.

Stay well,
Marissa Moravec

Join Us!

**Become a Regent Center
Member**

Regent Center Membership Fees

Residents: \$15 | Nonresidents: \$25

Newsletter by mail: Add an additional \$9 per year

Questions? Contact Marissa Moravec, Recreation Supervisor
at 847.566.4790 or mmoravec@mundeleinparks.org



Day Trips

Four Winds Casino, New Buffalo, MI

Friday, April 29, 9 am–6 pm

Departs from the Regent Center

Cost: \$45 members/ \$55 nonmembers • Prog: 0061.23.1

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.



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.



Jacqueline Kennedy by Leslie Goddard

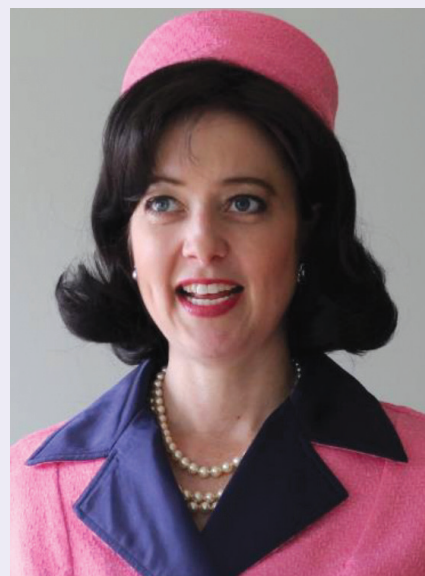
Held at the Regent Center

Thursday, May 26, 12–2 pm

Cost: \$10 members/\$15 nonmembers

Registration Deadline May 19, 2022.

Leslie Goddard transports us back to 1964 in this fascinating first-person performance of the former First Lady Jacqueline Bouvier Kennedy. Attempting to determine her next step, she reviews her life, sharing stories about her marriage, her fight for privacy amidst intense media scrutiny, her work to restore the White House, and her attempts to showcase the arts. As she gradually opens up, you will meet the private woman behind the public myth.



Adult Bingo

Friday, May 27, 6–9 pm

Held at The Regent Center

Cost: \$10 in advance/\$20 at the door

Prog: 0033.23.2

Grab some friends and your favorite adult beverage and join us for a night of Bingo. Games will include The New Yorker, Charlie Bingo, Cover All, and many more. This event sells out so make sure to sign up soon! *Proceeds go to the Mundelein Parks Foundation.*



Beginning American Mah Jongg (Ages 18+)

Monday, April 4–25, 6–8 pm

Held at The Regent Center

Cost: \$50 members/\$55 nonmembers

Prog: 0031.23.1

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. (4 wks)



Picnic & Paint



Saturday, May 7 • 10 am–12 pm

Held at Dunbar Recreation Center

Moms \$35 resident/\$39 nonresident • Prog: 0037.20.1

Kids (Ages 2–11) \$5 resident/\$9 nonresident • Prog: 0038.20.1

Deadline to register is April 22.

Celebrate you and all your hard work with a relaxing picnic and paint event! Each mom will receive a stained wood plank to paint using a variety of stencils, acrylic paints and brushes. While painting you can munch on grazing boards filled with fruit, cheese, crackers, chocolates, pastries and more. The event will be held outside of the Dunbar Center. If weather is bad, the event will be held in the Dunbar Center. You will receive an email prior to the event to choose which stencil & wood stain you would like to use.

New! Leave the kids at home or bring them along and staff will entertain them during the event with Mother's Day crafts, games & treats in a separate area so you can relax. You must register each child that attends. Children must be 2 years or older.

Questions? Contact kschillaci@mundeleinparks.org.



Blood pressure checks are back!

The Mundelein Fire Department will be holding monthly blood pressure checks at the Regent Center.

Tuesday, April 12, 9:30–10:15 am

Wednesday, May 18, 12:15–1 pm

Tuesday, June 14, 9:30–10:15am

APRIL REGENT CENTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>*Please Note: Blue=online program</p>		<p>1</p> <p>9:30 ACES 11:30 Bridge 12:30 Mexican Train 12:30 Pokeno</p>
<p>4</p> <p>9:30 ACES 10:30 Mah Jongg 11:00 Brain Games* 12:30 Pokeno 12:30 Pinochle</p>	<p>5</p> <p>9:00 Gentle Yoga 9:15 Ed's Stretching 10:00 Zumba Gold* 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg</p>	<p>6</p> <p>9:30 ACES 12:00 Bingo and Lunch (Lasagna Di Spinachi) 1:00 Bingo</p>	<p>7</p> <p>9:00 ROM 9:15 Ed's Stretching 10:00 Zumba Gold* 10:15 Line Dance 10:30 Breakfast Club 12:15 Golden Hours 12:30 Mah Jongg</p>	<p>8</p> <p>9:30 ACES 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno</p>
<p>11</p> <p>9:30 ACES 10:30 Mah Jongg 11:00 Brain Games* 12:30 Pokeno 12:30 Pinochle</p>	<p>12</p> <p>9:00 Gentle Yoga 9:15 Ed's Stretching 9:30 Blood Pressure 10:00 Zumba Gold* 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg</p>	<p>13</p> <p>9:30 ACES 1:00 Bingo</p>	<p>14</p> <p>9:00 ROM 9:15 Ed's Stretching 10:00 Zumba Gold* 10:15 Line Dance 12:15 Golden hours 12:30 Mah Jongg</p>	<p>15</p> <p>CLOSED (Spring Friday)</p>
<p>18</p> <p>9:30 ACES 10:30 Mah Jongg 11:00 Brain Games* 12:30 Pokeno 12:30 Pinochle</p>	<p>19</p> <p>9:00 Gentle Yoga 9:15 Ed's Stretching 10:00 Zumba Gold* 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg 4:00 Dinner Club</p>	<p>20</p> <p>9:30 ACES 1:00 Bingo</p>	<p>21</p> <p>9:00 ROM 9:15 Ed's Stretching 10:00 Zumba Gold* 10:15 Line Dance 12:30 Mah Jongg</p>	<p>22</p> <p>9:30 ACES 12:00 Double Decker Pinochle 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno</p>
<p>25</p> <p>9:30 ACES 10:30 Mah Jongg 11:00 Brain Games* 12:30 Pokeno 12:30 Pinochle</p>	<p>26</p> <p>9:00 Gentle Yoga 9:15 Ed's Stretching 10:00 Zumba Gold* 10:15 Line Dance 12:30 Poker 12:30 Hand & Foot 1:00 Mah Jongg</p>	<p>27</p> <p>9:30 ACES 1:00 Bingo</p>	<p>28</p> <p>9:00 ROM 9:15 Ed's Stretching 10:00 Zumba Gold* 10:15 Line Dance 12:15 Golden hours 12:30 Mah Jongg</p>	<p>29</p> <p>9:00 Four Winds Trip 9:30 ACES 12:00 Double Decker Pinochle 12:30 Bridge 12:30 Mexican Train 12:30 Pokeno</p>

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.

GENTLE 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.

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.



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

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

Coffee and Comedy—Improv for Adults

Saturday, April 30, 10–11:30 am

Held at the Regent Center

Cost: \$5 members/\$9 nonmembers

Prog: 0055.23.1

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!





RUSH

Physical Therapy

**CONTACT US TODAY TO SCHEDULE
AN APPOINTMENT**

847.388.5477

1401 North Midlothian Road
Mundelein, IL 60060-1149

rushpt.com | 



THE REGENT CENTER

Mundelein Park & Recreation District

1200 Regent Dr., Mundelein, IL 60060