

The Regent Report

JANUARY 2023

Join Us! Become a Regent Center Member

Regent Center Membership Fees:
(Price change effective 1/13/2023)
Residents: \$20 | Nonresidents: \$30
Newsletter by mail: Add an additional
\$10 per year

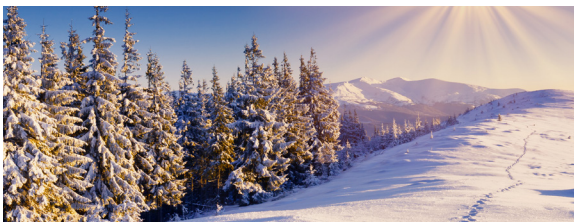
Questions? Contact Marissa Moravec,
Recreation Supervisor
at 847.566.4790 or mmoravec@mundeleinparks.org

Hurry! Early Bird Savings ends soon!



Join or renew your Regent Center Membership by January 13 and save! By joining during this time you will get 2022 pricing!

Prices will increase to \$20 for residents and \$30 for nonresidents starting January 14.



Message from Marissa

Dear Regent Center Members,

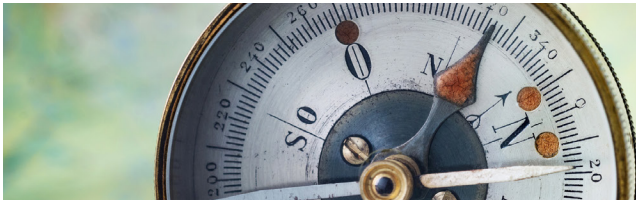
December was such a fun month with all of you. We had Bingo and Lunch on December 7 and enjoyed soup and bread from Picnic Basket. Then just a few days later we had a delicious lunch at Taste of Paris as part of our Sample Mundelein program. There is a signup sheet in the main room if you're interested in joining us for January. I did change the date for the January Bingo and Lunch, as I will be off the first week of January with my kids for part of their winter break. So please mark your calendars for Wednesday, January 11 for Bingo and Lunch.

We are closed a few days in January to observe New Years Day as well as Martin Luther King Jr Day. We will be closed on Monday, January 2 as well as Monday, January 16.

January tends to be a month that brings us goofy weather. Please add yourself to our email list if you are not on it already. You can simply stop by the office and ask to be added. I do my best to send out an email early in the morning if we are not going to be open due to heavy snow or below zero temperatures. I do this for your safety as well as the safety of the staff. As much as I love seeing each of you every day, I want to make sure that you stay safe and off the roads when the weather is bad.

This is your last reminder that our discounted membership renewal runs through January 13. After that, prices go up slightly for both residents and non-residents.

Stay well,
Marissa Moravec



Day Trips

Milwaukee Art Museum

Thursday, March 9, 9 am–5 pm

Cost: \$85 member/\$99 nonmember

Prog: 0069.23.1

Registration Deadline: February 27

The Milwaukee Art Museum is an icon for the City of Milwaukee and a must-see destination. Featuring a collection of over 30,000 works of art, the museum has a rich history spanning 125 years since its modest beginning in 1888 as Milwaukee's first public art museum. The day begins with a stop at the Wisconsin Cheese Mart and then a delicious lunch at Mader's restaurant where diners will enjoy German Sampler, Hungarian Style Beef Goulash, or Herb Crusted Salmon. Please let staff know of any dietary restrictions at the time of registration. **Departs from the Regent Center.**



Four Winds Casino, New Buffalo

Wednesday, April 12, 9 am–5 pm

Cost: \$49 member/\$59 nonmember

Prog: 0071.23.1 **Registration Deadline: March 27**

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. **Departs from the Regent Center.**

Ragtime at the Metropolis

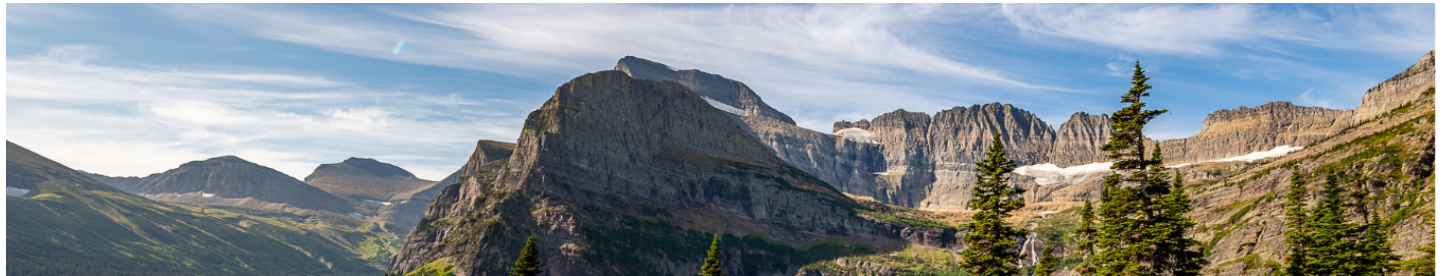
Saturday, May 13, 11:30 am–6 pm

Cost: \$99 member/\$115 nonmember

Prog: 0070.23.1 **Registration Deadline: April 28**

Celebrating its 25th Broadway anniversary, Ragtime is based on the novel by E.L. Doctorow. Ragtime depicts an African-American family, a Jewish immigrant family, and a wealthy white suburban family in turn-of-the-century America; who collide in pursuit of the American Dream. Nominated for 13 Tony Awards® including “Best Musical;” and winning for “Best Original Score” and “Best Book of a Musical,” Ragtime is a powerful portrait of life during the turn-of-the-century, exploring America’s timeless contradictions of freedom and prejudice, wealth and poverty, hope and despair. Before the show, we will enjoy a delicious lunch at Palm Court with your choice of Chicken Marsala, Pasta Primavera, or Top Sirloin. Transportation, show tickets, and lunch are included. **Departs from the Spray Park Parking Lot.**

Extended Trips by Premier World Discovery



Canadian Rockies & Glacier National Park • June 21, 2023 – June 27, 2023

Tour Highlights

- Three nights in Banff
- Head-Smashed-In Buffalo Jump
- Waterton Lakes National Park
- Glacier National Park
- Kootenay National Park
- Banff Gondola – Sulphur Mountain
- 1930's Red Jammer Touring Cars
- Going-to-the-Sun Highway
- Banff Tour Area
- Peyto Lake
- Lake MacDonald
- Moraine Lake & Valley of the Ten Peaks
- Lake Louise & Victoria Glacier
- Icefields Parkway
- Athabasca Glacier Ice Explorer
- Prince of Whales Hotel



Treasures of Ireland • October 17, 2023 – October 25, 2023

Tour Highlights

- Dublin City Tour
- Trinity College – Book of Kells
- Whiskey Distillery
- Pub Dinner
- Guinness Storehouse
- Cliffs of Moher
- Ring of Kerry
- Bunratty Castle Medieval Banquet
- Jaunting Car Ride in Killarney
- Limerick Tour
- Galway
- Adare
- Irish Entertainment & Dinner in Killarney
- Kilkenny



Regent Center Readers

Calling all Regent Center Readers! Book Club will be back under a new name; Regent Center Readers. This group will be moderated by Janis Nowak. Books are available in the Regent Center office. Please note only 20 copies will be available, but you can also read using Hoopla, Overdrive, and Libby. Audio versions of the book are also available.

Wednesday, January 25 at 10 am


Bel Canto by Ann Patchett

Somewhere in South America, at the home of the country's vice president, a lavish birthday party is being held in honor of the powerful businessman Mr. Hosokawa. Roxane Coss, opera's most revered soprano, has mesmerized the international guests with her singing. It is a perfect evening—until a band of gun-wielding terrorists takes the entire party hostage. But what begins as a panicked, life-threatening scenario slowly evolves into something quite different, a moment of great beauty, as terrorists and hostages forge unexpected bonds and people from different continents become compatriots, intimate friends, and lovers.



Maria Gotfryd	January	26
Linda Hayes	January	1
Sheryl Singh	January	1
Deb Harrison	January	1
Margaret Laupp	January	1
Frida Evangelista	January	2
Sun Luckow	January	3
Carol Arvo	January	3
Jeanne Brown	January	4
Marilyn Kahn	January	4
Ruth Hutter	January	5
Margaret Blume	January	6
Carol Daniels	January	10
Kathryn Logan	January	10
Kathy Youngs	January	11
Constance Akim	January	11
Jerry Karolczak	January	12
Catherine Werner	January	14
Marcia Wade	January	15
John Pietraszewski	January	17
Rosemary Alfredson	January	19
Donna Knepper	January	20
Yolanda Strutzel	January	21
Jashvant Soni	January	23
Hokan Haraldsson	January	25
Sherry Hehr	January	27
Marla Schneider	January	28
Darlene Barnes	January	28
Christine Ihlenburg	January	29
Julie Hovorka	January	29
Danuta Klaybon	January	30

JANUARY REGENT CENTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED NEW YEAR'S DAY OBSERVED	3 9:00 Gentle Yoga 9:15 Ed's Stretching 10:15 Line Dance 11:30 Hand & Foot 12:30 Poker 1:00 Mah Jongg	4 9:30 ACES 10:30 Zumba Gold 1:00 Bingo	5 9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 12:00 Golden hours 1:00 Mah Jongg	6 9:30 ACES 12:30 Bridge 12:30 Pokeno
9 9:30 ACES 10:30 Zumba Gold 12:30 Pokeno1 2:30 Pinochle	10 9:00 Gentle Yoga 9:15 Ed's Stretching 10:15 Line Dance 11:30 Hand & Foot 12:30 Poker 1:00 Mah Jongg	11 9:00 Balance 9:30 ACES 10:30 Zumba Gold 12:00 Bingo & Lunch 1:00 Bingo	12 9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 12:30 Canasta 1:00 Mah Jongg	13 9:30 ACES 11:30 Sample Mundelein 12:00 Double Decker Pinochle 12:30 Bridge 12:30 Pokeno
16 CLOSED MARTIN LUTHER KING DAY OBSERVED	17 9:00 Gentle Yoga 9:15 Ed's Stretching 10:15 Line Dance 11:30 Hand & Foot 12:30 Poker 1:00 Mah Jongg	18 9:30 ACES 10:30 Zumba Gold 1:00 Bingo	19 9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 12:00 Golden hours 1:00 Mah Jongg	20 9:30 ACES 12:30 Mexican Train 12:30 Bridge 12:30 Pokeno
23 9:30 ACES 10:30 Zumba Gold 12:30 Pokeno 12:30 Pinochle	24 9:00 Gentle Yoga 9:15 Ed's Stretching 10:15 Line Dance 11:30 Hand & Foot 12:30 Poker 1:00 Mah Jongg	25 9:00 Balance 9:30 ACES 10:00 Book Club 10:30 Zumba Gold 1:00 Bingo	26 9:00 ROM 9:15 Ed's Stretching 10:15 Line Dance 12:30 Canasta 1:00 Mah Jongg	27 9:30 ACES 12:00 Double Decker Pinochle 12:30 Bridge 12:30 Pokeno
30 9:30 ACES 10:30 Zumba Gold 12:30 Pokeno 12:30 Pinochle	31 9:00 Gentle Yoga 9:15 Ed's Stretching 10:15 Line Dance 11:30 Hand & Foot 12:30 Poker 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.

CANASTA: The second and fourth Thursday of the month at 12:30pm. Please let us know if you plan to attend!

DOUBLE DECK PINOCHLE: Social Pinochle on the 2nd and 4th Friday of the month. Call Shelia for more information at 847.899.2590.

GOLDEN HOURS: Social Pinochle on the 1st and 3rd Thursdays of the month. For more

information, call Sheila at 847.899.2590.

HAND & FOOT: Tuesday at 11:30 pm.

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.

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. (Active Citizens Exercising Simultaneously): 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: Wednesdays at 9 am. \$2 drop-in per class. Led by RUSH Physical Therapy

ED'S STRETCHING: Join your friends on Tuesdays and Thursdays at 9:15 am 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. Led by Diane Capasso. \$6 per class.

RANGE OF MOTION (ROM): Master proper technique to keep your joints happy. Thursdays at 9 am. Led by Diane Capasso. \$6 per class.

ZUMBA GOLD: Mon. & Wed. 10:30 am–11:15 am. Led by Anne McKenna. \$4 per class.



DINING OUT

Sample Mundelein

Once a month we will be exploring hidden gems in Mundelein and neighboring communities. RSVP to the Regent Center so that we can make reservations. Transportation and cost of your meal will be on your own. Join Marissa or another Regent Center employee as we have dinner and try new foods!

Friday, January 13 at 11:30 am at El Barrio



Bingo and Lunch

Join your Regent Center friends once a month for lunch before Bingo! Lunch will be served at noon, Bingo begins at 1pm. Curious about what we'll be having for lunch each month? Check the monthly Regent Report for our featured restaurant each month.

January menu: Chili and cornbread from Hitz Pizza

February menu: Chinese Food from Hong Kong Chop Suey

March menu: Half a Ruben Sandwich and Coleslaw from Emil's

April menu: Broasted Chicken and Broasted Potatoes from Emil's

PROG	DAY	DATE	TIME	M/NM
00058.23.1	W	Jan 11	12-3 pm	\$9/15
00059.23.1	W	Feb 1	12-3 pm	\$9/15
00062.23.1	W	March 1	12-3 pm	\$9/15
00063.23.1	W	April 5	12-3 pm	\$9/15



Bunco Party!

Warm up this winter with a fun afternoon of Bunco! What would a Bunco party be without food? We will snack on appetizers and play several games of Bunco. Prizes include gift cards and themed baskets.

PROG	DAY	DATE	TIME	M/NM
0066.23.1	Th	Feb 9	12-3pm	\$15/19

Sponsored by



Come in from the cold.

Walk indoors at the Mundelein Community Center

Did you know that Mundelein Health & Fitness Center offers year-round track memberships? **Track membership for seniors is only \$58.50 per year.**

Questions? Call 847.388.5430 or stop in at 1401 N. Midlothian Rd., Mundelein.



 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