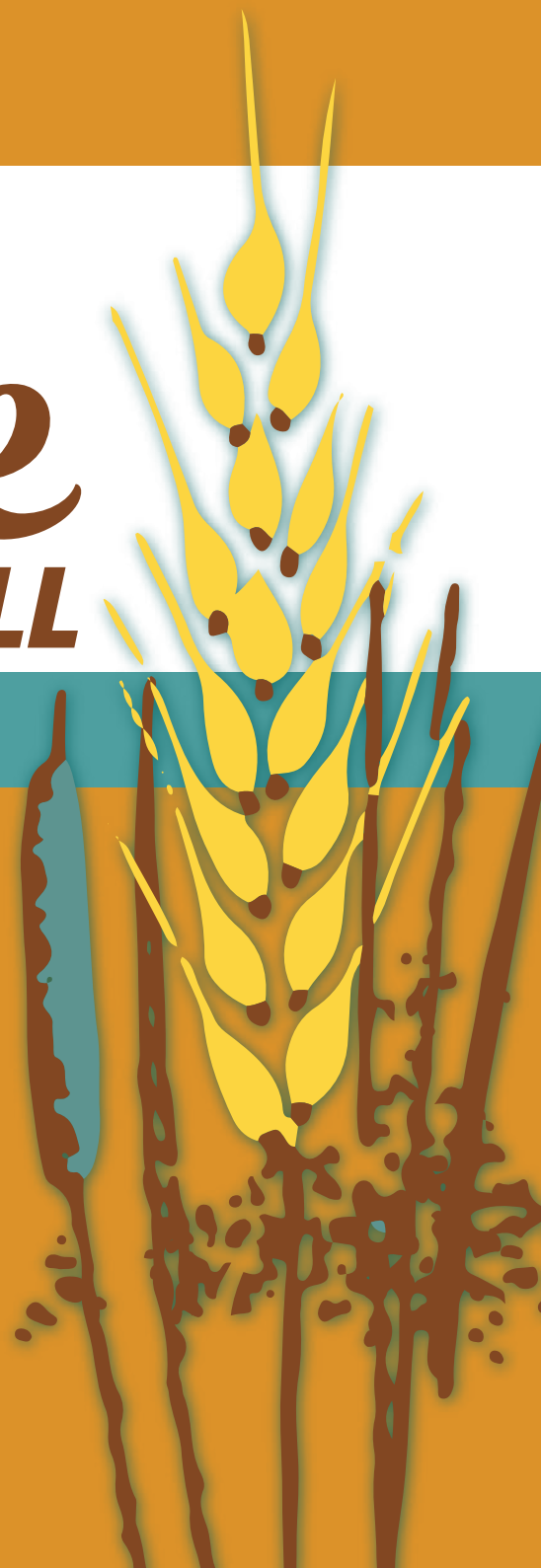


Explore **EARLY FALL**

at Mallinckrodt



WILMETTE PARK DISTRICT



MALLINCKRODT

1041A RIDGE RD., WILMETTE, IL 60091



847-256-9623 | WILMETTEPARK.ORG

EARLY FALL FITNESS SCHEDULE

AT MALLINCKRODT

MONDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 am	Strength Training*	In-Person	8/29-10/10	M-\$60 / NM-\$75	131043-01
		Virtual	8/29-10/10	M-\$60 / NM-\$75	131043-03
11 am-Noon	Tai Chi*	In-Person	8/29-10/10	M-\$60 / NM-\$75	131007-01

TUESDAY

Time	Class	Type	Dates	Fees	Code
11:45 am-12:45 pm	Low Impact Fitness	In-Person	8/23-10/11	M-\$96 / NM-\$120	131563-01
		Virtual	8/23-10/11	M-\$96 / NM-\$120	131563-02

WEDNESDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 am	Pilates	In-Person	8/24-10/12	M-\$96 / NM-\$120	131483-01
		Virtual	8/24-10/12	M-\$96 / NM-\$120	131483-02
10:45-11:30 am	Sit & Be Fit	In-Person	8/24-10/12	M-\$80 / NM-\$100	131649-01
		Virtual	8/24-10/12	M-\$80 / MN-\$100	131649-02

THURSDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 am	Strength Training	In-Person	8/25-10/13	M-\$96 / NM-\$120	131043-02
		Virtual	8/25-10/13	M-\$96 / NM-\$120	131043-04
10-11 am	BeMoved	In-Person	8/25-10/13	M-\$96 / NM-\$120	131622-01
11 am-Noon	Tai Chi (7 weeks)	In-Person	9/1-10/13	M-\$84 / NM-\$105	131007-02

FRIDAY

Time	Class	Type	Dates	Fees	Code
9:15-10:15 am	Zumba*	In-Person	8/26-10/14	M-\$84 / NM-\$105	131551-01
10:15-11:15 am	Dynamic Strength & Balance*	In-Person	8/26-10/14	M-\$84 / NM-\$105	131155-01
		Virtual	8/26-10/14	M-\$84 / MN-\$105	131155-02
11:15 am-Noon	Sit & Be Fit*	In-Person	8/26-10/14	M-\$70 / NM-\$88	131649-03
		Virtual	8/26-10/14	M-\$70 / MN-\$88	131649-04

For fitness class descriptions and more information, visit our website or contact the Mallinckrodt front desk! Details at the end of the newsletter.

*No classes: 9/5, 9/26, 10/7

CARDS, GAMES AND SPECIAL INTEREST

WATERCOLOR CLASS

Age 21 & up

Navigate techniques, materials, color, drawing and inspiration to paint in watercolor. Students at all levels will have fun creating satisfying projects in watercolor and building their skills. Instructor: Nancy Rose. No class September 5 & September 26

131087-01 Monday 1-3:30 pm 9/19-10/31 M-\$114 / NM-\$138

CANASTA LESSONS

Age 21 & up

Learn to play the new Canasta! We will guide you through the basics and provide written rules. Invite your friends to learn with you, and join our weekly Wednesday morning games! Instructor: Sylvia Taflove.

131505-01 Wednesday 10 am-Noon 9/7-9/28 M-\$52 / NM-\$65

131505-02 Wednesday 10 am-Noon 10/12-11/2 M-\$52 / NM-\$65

MAHJONGG LESSONS

Age 21 & up

Learn the basics or sharpen your skills in American Mahjongg, a game played by four people with unique tiles. Join the Center's friendly, active group on Friday mornings. Trained beginners are integrated right into the game! Instructor: Sylvia Taflove.

131506-01 Friday 10 am-Noon 9/9-9/30 M-\$52 / NM-\$65

131506-02 Friday 10 am-Noon 10/14-11/4 M-\$52 / NM-\$65

DAY ADVENTURES

TIKI TERRACE LUAU DINNER

Age 21 & up

Transport yourself to the Polynesian Islands and experience the sights, sounds and tastes of the South Pacific. This authentic Hawaiian experience truly is a unique package including Hawaiian food, music, and a grand finale Luau show! Dinner will start out with an appetizer of Egg Rolls Bora Bora, a side salad, followed by your choice of entrée and end with a delectable dessert! Cash bar is available for purchase. Price includes dinner, the Luau show and transportation.

131658-01 Wednesday 4:30-8:30 pm 9/21 M-\$60 / NM-\$75

DAY ADVENTURES CONTINUED...

SHIPSHEWANA & BROWN BAG TOUR

Age 21 & up

Board a luxury motor coach to Shipshewana, Indiana where we will make our first stop for an all you can eat family style Amish chicken meal. We will then visit unique, locally owned shops along the scenic Amish Country back roads, where you will get special treats to fill your Brown Bag. Finally, we will spend some time at the annual Fall Crafters Fair and in the shops of downtown Shipshewana. Price includes transportation, lunch and the Brown Bag.

131667-01 Thursday 7 am-7 pm 9/29 M-\$133 / NM-\$166

HELLO DOLLY AT LINCOLNSHIRE MARRIOTT

Age 21 & up

This musical adaptation of Thornton Wilder's hit play "The Matchmaker" bursts with humor, romance, and some of the greatest songs in musical theatre history. Starring Marriott Theatre favorite Heidi Kettenring. We will stop for lunch before the show in Lincolnshire. Fee includes lunch, show and transportation.

131668-01 Wednesday 10:30 am-4 pm 10/12 M-\$75 / NM-\$94

EVENTS & WORKSHOPS

BINGO & DESSERT

Age 21 & up

Get out of the house and play some BINGO! Win prizes, visit with friends and end the activity with a sweet treat.

131659-01 Wednesday 1-2:30 pm 9/7 M-\$8 / NM-\$10

MONDAY AT THE MOVIES

Age 21 & up

Check out new releases as well as the classics with us! We'll enjoy popcorn while watching the film. Check our web page for movie titles posted at the end of August.

131651-01 Monday 1:30-3:30 pm 9/12 M-\$FREE / NM-\$2

131651-02 Monday 1:30-3:30 pm 10/3 M-\$FREE / NM-\$2

EDIBLE INDOOR GARDEN WORKSHOP

Age 21 & up

Join a master gardener from the UIC Extension program and learn how to grow your own food, indoors! Benefits include-tastier, fresh produce all year long. Learn what kind of light, growing media to use, temperature and watering necessary to grow your own edible garden indoors. You will also learn which food you can re-grow from your own kitchen scraps.

131075-01 Tuesday 1-3 pm 9/20 M-\$FREE / NM-\$2

EVENTS & WORKSHOPS CONTINUED...

NUTRITION 101 WORKSHOP

Age 21 & up

Let's meet after summer for real talk about reducing inflammation, what not to feed your biome, up to date relevant information about gut health and a quick and easy cooking demo with fall recipes. Hope to see you there!

Gina Phillips has a masters of nutrition and is a certified holistic health coach and personal trainer.

131076-01 Thursday 12:30-1:30 pm 10/6 M-\$FREE / NM-\$2

SUPER SENIOR DAY (*Members ONLY - Held by the Secretary of State's office*)

Age 50 & up

Super Senior Day is a voluntary program for driver's license renewal, which includes Rules of the Road classroom instruction (10-11:30 am), followed by a vision-screening exam. RSVP by 10/1 by calling 847-256-9623.

RSVP Required Friday 10 am-2 pm 10/7 *FREE for Members*

MEMBERSHIPS & MEMBER BENEFITS

2022 MALLINCKRODT MEMBERSHIP

Annual Membership Fee: \$46

Available for ages 50 & up! Mallinckrodt Membership Perks:

- Discounted Mallinckrodt programs, trips & events
- Reservations for the Mallinckrodt Fitness Room
- Mallinckrodt Library access
- Promotional members-only events
- Access to free drop in games and groups:
 - Canasta (Wednesday, 10 am-Noon)
 - Humanities Discussion Group (Wednesday, 10 am-Noon)
 - MahJongg (Friday, 10 am-Noon)

Sign up online or contact Lisa Sullivan at LSULLIVAN@WILPARK.ORG.

WALKING CLUB

Fee: \$37/year

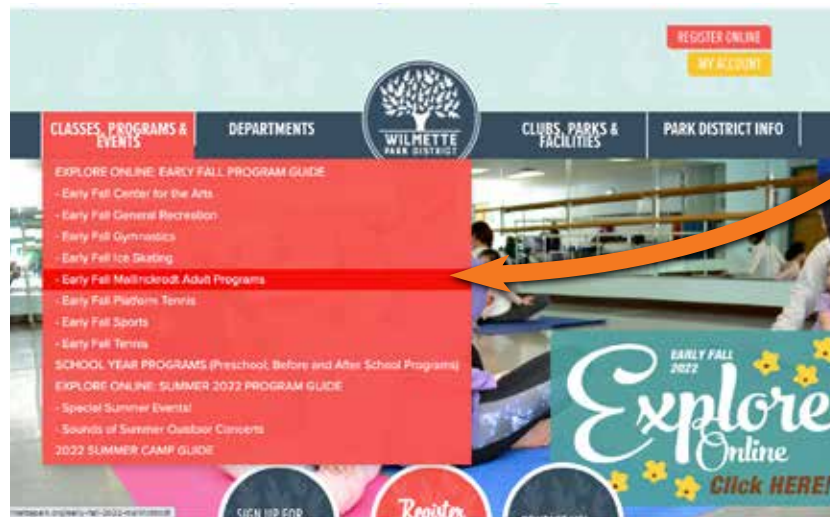
Join our Walking Club for Mallinckrodt Center members only. Walk indoors this spring at Center Fitness Club, located on the 2nd floor of the Community Recreation Center, 3000 Glenview Road in Wilmette. Call Mallinckrodt for more information about this

fabulous benefit for members!

VIEW THE LATEST ON OUR WEBSITE!

Programs, classes and events are always up-to-date on WILMETTEPARK.ORG. Check our website for changes and new programs.

- Open **WWW.WILMETTEPARK.ORG**
- Hover over the **CLASSES, PROGRAMS & EVENTS** tab on the top left
- Navigate down to **Early Fall Mallinckrodt Adult Programs**
- Look through the page to see what we have in store for the season
- Click on the blue program titles to view additional details and register



CONTACT US AT MALLINCKRODT

Mallinckrodt is located on the first floor at the south entrance. For in-person assistance, please stop by our front desk during our facility hours.

Address: 1041A Ridge Rd., Wilmette, IL 6009

Phone: 847-256-9623

Facility Hours: Monday, Wednesday, Thursday: 9 am-1 p.m.
Friday: 9 am-Noon

For information about a program, trip or event, please contact Lisa Sullivan, Mallinckrodt Center Manager.

Email: lsullivan@wilpark.org

SPECIAL THANKS TO OUR EARLY FALL SPONSOR:



CALL US AT: 847-869-5700

FIND US AT: WWW.EVANSTONSUBARU.COM

VISIT US AT: 3340 OAKTON ST., SKOKIE, IL 60076

Here at McGrath Evanston Subaru, it is our mission to be the automotive home of drivers in the Skokie, IL area. We provide a vast selection of new and used vehicles, exceptional car care and customer service with a smile! People from everywhere including Evanston, Chicago and Wilmette count on McGrath Evanston Subaru as their all-wheel-drive expert.