



Explore

SPRING 2023

at Mallinckrodt



WILMETTE PARK DISTRICT



MALLINCKRODT

1041A RIDGE RD., WILMETTE, IL 60091



847-256-9623 | WILMETTEPARK.ORG

SPRING 2023 FITNESS SCHEDULE

AT MALLINCKRODT

MONDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 am	Strength Training*	In-Person	3/27-5/22	M-\$111 / NM-\$139	431043-01
		<i>Virtual</i>	<i>3/27-5/22</i>	<i>M-\$111 / NM-\$139</i>	<i>431043-03</i>
10:45-11:30 am	NEW! Zumba Gold	In-Person	3/27-5/22	M-\$93 / NM-\$116	431648-01
11 am-Noon	Tai Chi*	In-Person	3/27-5/22	M-\$111 / NM-\$139	431007-01
		<i>Virtual</i>	<i>3/27-5/22</i>	<i>M-\$111 / NM-\$139</i>	<i>431007-03</i>
Noon-12:45 am	Sit & Be Fit*	In-Person	3/27-5/22	M-\$93 / NM-\$116	431649-01
		<i>Virtual</i>	<i>3/27-5/22</i>	<i>M-\$93 / MN-\$116</i>	<i>431649-02</i>

TUESDAY

Time	Class	Type	Dates	Fees	Code
11:45 am-12:45 pm	Low Impact Fitness	In-Person	3/28-5/30	M-\$123 / NM-\$154	431563-01
		<i>Virtual</i>	<i>3/28-5/30</i>	<i>M-\$123 / NM-\$154</i>	<i>431563-02</i>

WEDNESDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 am	Pilates	In-Person	3/29-5/31	M-\$123 / NM-\$154	431483-01
		<i>Virtual</i>	<i>3/29-5/31</i>	<i>M-\$123 / NM-\$154</i>	<i>431483-02</i>
Noon-12:45 pm	Sit & Be Fit	In-Person	3/29-5/31	M-\$103 / NM-\$129	431649-03
		<i>Virtual</i>	<i>3/29-5/31</i>	<i>M-\$103 / MN-\$129</i>	<i>431649-04</i>

THURSDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 am	Strength Training	In-Person	3/30-6/1	M-\$123 / NM-\$154	431043-02
		<i>Virtual</i>	<i>3/30-6/1</i>	<i>M-\$123 / NM-\$154</i>	<i>431043-04</i>
10-11 am	BeMoved	In-Person	4/6-6/1	M-\$111 / NM-\$138	431622-01
11 am-Noon	Tai Chi	In-Person	3/30-6/1	M-\$123 / NM-\$154	431007-02
		<i>Virtual</i>	<i>3/30-6/1</i>	<i>M-\$123 / NM-\$154</i>	<i>431007-04</i>

FRIDAY

Time	Class	Type	Dates	Fees	Code
9:15-10:15 am	Zumba	In-Person	3/31-6/2	M-\$123 / NM-\$154	431551-01
10:15-11:15 am	Dynamic Strength & Balance	In-Person	3/31-6/2	M-\$123 / NM-\$154	431155-01
		<i>Virtual</i>	<i>3/31-6/2</i>	<i>M-\$123 / MN-\$154</i>	<i>431155-02</i>
11:15 am-Noon	Sit & Be Fit	In-Person	3/31-6/2	M-\$103 / NM-\$129	431649-05
		<i>Virtual</i>	<i>3/31-6/2</i>	<i>M-\$103 / MN-\$129</i>	<i>431649-06</i>

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

CARDS, GAMES AND SPECIAL INTEREST

NEW! PHOTOGRAPHY

Learn to take stunning photos with your digital camera, or even your cell phone, as we cover the basic concepts of digital photography. Each week, we'll focus on a different topic including exposure control, light and composition, and putting it all together to tell your story. Join our instructor, Alan Golden, a talented local photographer who is excited to share his passion for photography with you.

431664-01 Wednesday 7-8 pm 4/12-6/14 M-\$100 / NM-\$125

INTRO TO DRAWING

Everybody draws! Learn--or relearn--drawing fundamentals in this low pressure class for adults. We will explore a variety of materials and approaches to drawing. Whatever your level of experience, learn and practice perspective, proportions, shading and line in a supportive and fun group setting. Supply kits can be provided for a nominal extra fee. Instructor: Nancy Rose.

431088-01 Thursday 10:30 am-Noon 3/30-5/25 M-\$130 / NM-\$150

WATERCOLOR CLASS

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.

431087-01 Monday 1-3:30 pm 3/27-5/22 M-\$156 / NM-\$195

CANASTA LESSONS

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.

431505-01 Wednesday 10 am-Noon 4/5-4/26 M-\$57 / NM-\$71

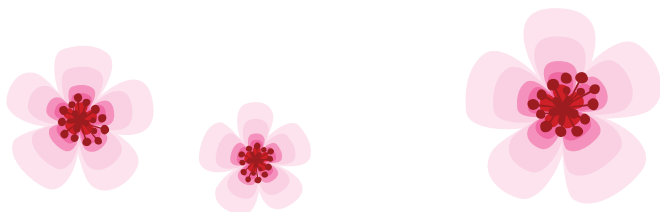
431505-02 Wednesday 10 am-Noon 5/3-5/24 M-\$57 / NM-\$71

MAHJONGG LESSONS

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.

431506-01 Friday 10 am-Noon 4/7-4/28 M-\$57 / NM-\$71

431506-02 Friday 10 am-Noon 5/5-5/26 M-\$57 / NM-\$71



EVENTS, OUTINGS & WORKSHOPS

TOMATO TIPS WITH THE CHICAGO TOMATO MAN

Join us as we welcome Bob Zeni, the Chicago Tomato Man, certified master gardener. He will go over tomato growing tips and discuss how to get the BEST tasting tomatoes out of your garden this summer. He grows 120 varieties of tomatoes that range in color, shapes, size and flavor. After his presentation, he will open the floor up for Q and A. This is a free session, but please RSVP to reserve a space.

431602-01 Thursday 2-3 pm 3/30 FREE

SOUP AND SANDWICH DAYS

Join your hosts Lisa and JoAnn as we celebrate a fresh and beautiful spring by hosting soup and sandwich days just for you! Come and enjoy soup, sandwiches, sides and socialization! Please register at least 3 days in advance.

431081-01 Wednesday 12-1 pm 4/12 M-\$15 / NM-\$18

431081-02 Wednesday 12-1 pm 5/3 M-\$15 / NM-\$18

FREE! WILMETTE DANCE TEAM PERFORMANCE

Come support the Wilmette Dance Team as they showcase their current choreography at this free event. This is an opportunity for our Dance Team to perform in front of an audience and refine their skills, while you get to see some live entertainment! Please RSVP to Mallinckrodt at (847) 256-9623 for this free event.

Thursday 4:30 pm 4/13 FREE

MOVIE AT MALLINCKRODT

Enjoy our monthly movie gathering, complete with popcorn! *Free to members, but pre-registration is required.*

April Movie - A Man Named Otto Drama starring Tom Hanks - A grumpy widower, makes an unlikely friendship, that turns his world upside down.

431630-01 Monday 1-3 pm 4/17 M-\$FREE / NM-\$2

May Movie - The Whale Drama starring Brendan Fraser- A story about a reclusive English teacher who attempts to reconnect with his estranged teenage daughter.

431630-02 Monday 1-3 pm 5/15 M-\$FREE / NM-\$2

SPRING FLING PARTY

Hello Spring! Enjoy a catered lunch with live entertainment to follow.

431056-01 Friday 11:30 am-1 pm 4/21 M-\$20 / NM-\$23

AURORA PREMIUM OUTLET MALL TRIP

Join us on a day trip to Aurora-we do the driving, you do the shopping! Find great deals at Kate Spade, Ann Taylor, Coach, Ralph Lauren, and Ugg to name a few. Fee is for transportation only.

431632-01 Wednesday 10 am-4 pm 4/26 M-\$6 / NM-\$8

EVENTS, OUTINGS & WORKSHOPS CONTINUED

DENNY DIAMOND AT WHITE FENCE FARM

Enjoy an afternoon of lunch and entertainment! Denny Diamond is known for performing the music of Neil Diamond. He has a carefree, fun-loving attitude on stage, but what really sets him apart is his full-throated, robust baritone voice. In this variety show he will also cover songs made famous by legendary artists like Tom Jones, Barry Manilow, Elvis and many others. Lunch will include White Fence Farm's famous chicken entrée, which also includes several delicious sides, and a beverage. Lunch, live entertainment and transportation included.

431620-01 Wednesday 10 am-4 pm 5/10 M-\$55 / NM-\$68

NEW! LUNCH CLUB

Join us as we travel to a new lunch spot every other month! We do the driving, you do the dining. Fee includes transportation, cost of lunch is on your own.

Plateia - Authentic Greek Cuisine

431631-01 Wednesday 11 am-2 pm 5/24 M-\$6 / NM-\$8

RULES OF THE ROAD

The Rules of the Road Review Course is designed to give drivers - especially senior citizens and persons with disabilities - the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam. This class is free, but you do need to pre-register to secure a spot.

431654-01 Friday 10:30 am-12:30 pm 6/2 FREE

MEMBERSHIPS & MEMBER BENEFITS

2023 MALLINCKRODT MEMBERSHIP

Annual Membership Fee: \$47

Available for ages 50 & up! Membership Perks:

- Discounted Mallinckrodt programs, trips & events
- Reservations for the Mallinckrodt Fitness Room
- Mallinckrodt Library access
- Promotional members-only events and 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)
 - Movie at Mallinckrodt

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



VIEW THE LATEST ON OUR WEBSITE!

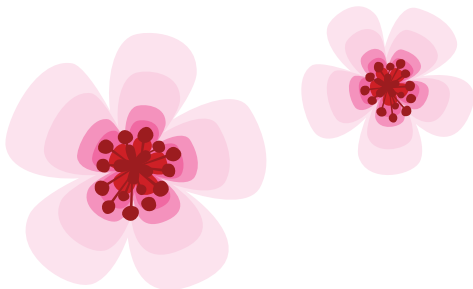
WALKING CLUB

Fee: \$38/year

Spring can be a rainy season, but we have just the thing to keep you going through the showers! Walk the temperature controlled Indoor Track At the Center Fitness Club. Get a discount with your Mallinckrodt Membership. Must be a member of Mallinckrodt Center (\$47/year). The Center Fitness Club is located on the 2nd floor of the Community Recreation Center, 3000 Glenview Road, Wilmette. Call Mallinckrodt for more information on this fabulous benefit for members.

All programs and activities at Mallinckrodt are for ages 21 & up. 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 **EXPLORE SPRING 2023 PROGRAMS**
- Scroll down on the left side bar and select **Spring 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: Mon., Wed., Thur. & Fri.: 9 am-1 p.m.

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

Email: lsullivan@wilpark.org

SPECIAL THANKS TO OUR SPRING SPONSOR:

McGRATH EVANSTON SUBARU



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.

CALL US AT: 847-869-5700

FIND US AT: WWW.EVANSTONSUBARU.COM

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

A promotional graphic for McGrath Evanston Subaru. At the top, the dealership name "McGRATH EVANSTON SUBARU" is written in large, bold, blue letters. Below this, "2.9% Financing" is displayed in white text on a blue background. The background shows the exterior of the dealership building with "EVANSTON" and "SUBARU" signs. In the foreground, a white 2023 Subaru Outback is shown from a front-three-quarter view. Text overlays include "SUBARU" in a small box, "All Wheel Drive" in a script font, and "2023 Subaru Outback 32 MPG" in large, bold, blue and red letters at the bottom left.

