



Explore

SUMMER
at Mallinckrodt



WILMETTE PARK DISTRICT



MALLINCKRODT

1041A RIDGE RD., WILMETTE, IL 60091



847-256-9623 | WILMETTEPARK.ORG

SUMMER FITNESS SCHEDULE

AT MALLINCKRODT

MONDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 a.m.	Strength Training	In-Person	6/13-8/8	M-\$96 / NM-\$120	531043-01
		<i>Virtual</i>	<i>6/13-8/8</i>	<i>M-\$96 / NM-\$120</i>	<i>531043-03</i>
11 a.m.-Noon	Tai Chi	In-Person	6/13-8/8	M-\$96 / NM-\$120	531007-01

TUESDAY

Time	Class	Type	Dates	Fees	Code
11:45 a.m.-12:45 p.m.	Low Impact Fitness	In-Person	6/14-8/9	M-\$108 / NM-\$135	531563-01
		<i>Virtual</i>	<i>6/14-8/9</i>	<i>M-\$108 / NM-\$135</i>	<i>531563-02</i>

WEDNESDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 a.m.	Pilates	In-Person	6/15-8/10	M-\$108 / NM-\$135	531483-01
		<i>Virtual</i>	<i>6/15-8/10</i>	<i>M-\$108 / NM-\$135</i>	<i>531483-02</i>
10:45-11:30 a.m.	Sit & Stretch	In-Person	6/15-8/10	M-\$90 / NM-\$112	531649-01
		<i>Virtual</i>	<i>6/15-8/10</i>	<i>M-\$90 / MN-\$112</i>	<i>531649-02</i>

THURSDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 a.m.	Strength Training	In-Person	6/16-8/11	M-\$108 / NM-\$135	531043-02
		<i>Virtual</i>	<i>6/16-8/11</i>	<i>M-\$108 / NM-\$135</i>	<i>531043-04</i>
10-11 a.m.	BeMoved	In-Person	6/16-8/4	M-\$96 / NM-\$120	531622-01
11 a.m.-Noon	Tai Chi	In-Person	6/16-8/11	M-\$108 / NM-\$135	531007-02

FRIDAY

Time	Class	Type	Dates	Fees	Code
9:15-10:15 a.m.	Zumba	In-Person	6/17-8/12	M-\$108 / NM-\$135	531551-01
10:15-11:15 a.m.	Dynamic St. & Bal.	In-Person	6/17-8/12	M-\$108 / NM-\$135	531155-01
		<i>Virtual</i>	<i>6/17-8/12</i>	<i>M-\$108 / NM-\$135</i>	<i>531155-02</i>
11:15 a.m.-Noon	Sit & Be Fit	In-Person	6/17-8/12	M-\$90 / NM-\$112	531649-03
		<i>Virtual</i>	<i>6/17-8/12</i>	<i>M-\$90 / MN-\$112</i>	<i>531649-04</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

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 May 30 and June 6

531087-01 Monday 1-3:30 p.m. 5/16-6/27 M-\$115 / NM-\$138

FREE GALLERY RECEPTION FOR STUDENTS

All ages

Join us to celebrate our artists' work! This Gallery Reception is free, but please register to RSVP.

531087-02 Thursday 5:30-7 p.m. 6/30 FREE

PHOTOGRAPHY CLASS

Age 16 & up

Learn to take stunning photos with a digital camera or even a cell phone! We'll cover the basic concepts of digital photography. Each week will focus on a different topic including exposure control, light, and composition, and in the end, putting it all together to tell your story. Instructor: Alan Golden

531664-01 Wednesday 7-8 p.m. 6/8-8/10 \$187

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.

531505-01 Wednesday 10 a.m.-Noon 6/8-6/29 M-\$52 / NM-\$65

531505-02 Wednesday 10 a.m.-Noon 7/13-8/3 M-\$52 / NM-\$65

531505-03 Wednesday 10 a.m.-Noon 8/10-8/31 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.

531506-02 Friday 10 a.m.-Noon 6/10-7/1 M-\$52 / NM-\$65

531506-04 Friday 10 a.m.-Noon 7/15-8/5 M-\$52 / NM-\$65

531506-06 Friday 10 a.m.-Noon 8/13-9/2 M-\$52 / NM-\$65

DAY ADVENTURES

A DATE WITH THE THEATRE! SOUND OF MUSIC AT LINCOLNSHIRE MARRIOTT

Age 21 & up

Join the Von Trapp family in the true-life telling of one of history's most thrilling and inspirational stories, while enjoying the fan favorite soundtrack including, "Favorite Things" and "Edelweiss". We'll enjoy a stop for lunch before the show at Half Day Brewing Company. Fee includes, ticket, lunch and transportation.

531615-01 Wednesday 10:30 a.m.-4 p.m. 6/1 M-\$75 / NM-\$94

FARMERS MARKET MANIA

Age 21 & up

Take a road trip with us to neighboring towns to visit other local farmers markets. Support local farmers and artisans while you shop for fresh produce, cheese, meats and other goods. Please bring a reusable shopping bag if possible. Fee includes transportation from Mallinckrodt to the market and back. We'll stop for a quick bite to eat on the way back (cost of lunch is not included).

NORTHBROOK FARMERS MARKET:

531657-01 Wednesday 9:30 a.m.-1 p.m. 6/8 M-\$5 / NM-\$6

RAVINIA FARMERS MARKET:

531657-02 Wednesday 9:30 a.m.-1 p.m. 7/6 M-\$5 / NM-\$6

LIBERTYVILLE FARMERS MARKET:

531657-03 Wednesday 9:30 a.m.-1 p.m. 8/31 M-\$5 / NM-\$6

THE DAY-TRIP OF DREAMS! LAKE GENEVA AND FITZGERALD'S FISH BOIL

Age 21 & up

We will head up to lovely Lake Geneva for a leisurely afternoon of shopping and beautiful lake views. After our free time in Lake Geneva, we'll stop at Fitzgerald's Genoa Junction, just a short drive away in Genoa City. Fitzgerald's is known for their Door County-style fish boil! Our dinner will include fresh cod, BBQ chicken, boiled red potatoes and onions, coleslaw, homemade rye bread and dessert. Price includes transportation and all-you-can-eat dinner.

531616-01 Thursday 10:30 a.m.-7 p.m. 6/9 M-\$50 / NM-\$62

FOR THE CHOCO-HOLICS! MORKES CHOCOLATES/CHOCOLATE-MAKING CLASS

Age 21 & up

Celebrate National Chocolate Day as we take a trip to Morkes Chocolates in Palatine, where you will make your own chocolates to take home! After our 45-minute chocolate making class, we will head out for lunch to Jelly Cafe, included in the fee.

531617-01 Thursday 10:30 a.m.-3 p.m. 7/7 M-\$52 / NM-\$65

EVENTS & WORKSHOPS

MEMBERSHIP RENEWAL EVENT: Grab & Go Lunch

Age 21 & up

Renew or start a new membership at Mallinckrodt! Existing members may also attend by adding on a Walking Club membership. Register, start your membership & pick up your complimentary boxed lunch*. *This event is kindly sponsored by Citadel Healthcare.*

**Register in advance to pre-order your lunch. For lunch we'll enjoy Basic Belly Boxes from Potbelly's. Boxes come with a sandwich & chips - sandwiches include lettuce, tomato and condiment packets. Sandwich choices: Turkey Breast and Swiss, Veggie Melt, or Grilled Chicken & Cheddar*

FREE to new & renewing members!

431656-01 Tuesday Noon-1 p.m. 5/24 FREE, Members Only

MOVIE & POPCORN DAYS

Age 21 & up

Check out new releases as well as the classics with us! We'll serve popcorn and water to enjoy while watching the film. Check our web page for movie titles posted in June.

531651-02 Monday 1:30-3:30 p.m. 6/20 M-\$FREE / NM-\$1

531651-03 Monday 1:30-3:30 p.m. 7/18 M-\$FREE / NM-\$1

531651-04 Monday 1:30-3:30 p.m. 8/22 M-\$FREE / NM-\$1

BUILD A SUNDAE & CREATE A CRAFT

Age 21 & up

Get your creativity flowing as we create a patriotic craft just in time to display for 4th of July! Reward your hard work at our build-your-own ice cream sundae bar, including a wide selection of tasty toppings.

531650-01 Friday 1-2:30 p.m. 6/24 M-\$5 / NM-\$7

TABLETOP CONTAINER GARDENS WORKSHOP

Age 21 & up

Indoor plants add oxygen to the air and help reduce stress, as well as add a lovely organic element to your home. This workshop will provide step-by-step instructions for creating your own tabletop garden in a small glass or ceramic container, using plants, decorative stone, and miniature garden items. Join us to learn more about creative uses for houseplants. We provide all the materials.

531655-01 Thursday 3-4:30 p.m. 6/30 M-\$15 / NM-\$19

WALKIE TALKIES

Age 21 & up

Meet monthly with our staff to walk around our gorgeous gem, Mallinckrodt Park. Get to know us, get your body moving and enjoy some fresh air all at once! Enjoy light refreshments at the end of our walk. Walkie Talkies is free for Mallinckrodt members.

531655-01	Friday	1-1:30 p.m.	6/10	M-\$FREE / NM-\$2
531655-02	Friday	1-1:30 p.m.	7/15	M-\$FREE / NM-\$2
531655-03	Friday	1-1:30 p.m.	8/19	M-\$FREE / NM-\$2

BINGO!

Age 21 & up

Celebrate summer with the Mallinckrodt Center! We'll play an hour of Bingo with prizes, and enjoy a sweet treat for dessert.

531659-01	Wednesday	12:30-2 p.m.	7/20	M-\$10 / NM-\$13
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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 (Wed. 10 a.m.-Noon)
 - Humanities Discussion Group (Wed. 10 a.m.-Noon)
 - Mah Jong (Fri. 10 a.m.-Noon)

Start your Mallinckrodt membership today - 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 **Summer 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 a.m.-1 p.m.
Friday: 9 a.m.-Noon

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

Email: lsullivan@wilpark.org

SPECIAL THANKS TO OUR SUMMER SPONSOR:



**Comfort
Keepers.**

Elevating the
Human Spirit

COMFORT KEEPERS provides personalized in-home care services for seniors in Cook, Lake, DuPage, Kane and McHenry counties. We work with Private-Pay Clients, Community Care Programs and Veterans. **Call us at 847-215-8550 to learn more about how we can assist you and your family.**