

# Explore

## WINTER 2024

at Mallinckrodt



**WILMETTE PARK DISTRICT**



**MALLINCKRODT**



1041A RIDGE RD., WILMETTE, IL 60091

847-256-9623 | [WILMETTEPARK.ORG](http://WILMETTEPARK.ORG)

# WINTER 2024 FITNESS SCHEDULE

## AT MALLINCKRODT

### MONDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 am	Strength Training	In-Person	1/8-3/18	M-\$136 / NM-\$170	331043-01
		Virtual	1/8-3/18	M-\$136 / NM-\$170	331043-03
10:45-11:30 am	Zumba Gold	In-Person	1/8-3/18	M-\$113 / NM-\$141	331648-01
11 am-Noon	Tai Chi	In-Person	1/8-3/18	M-\$136 / NM-\$170	331007-01
		Virtual	1/8-3/18	M-\$136 / NM-\$170	331007-03
Noon-12:45 am	Sit & Be Fit	In-Person	1/8-3/18	M-\$113 / NM-\$141	331649-01
		Virtual	1/8-3/18	M-\$113 / MN-\$141	331649-02

### TUESDAY

Time	Class	Type	Dates	Fees	Code
11:45 am-12:45 pm	Low Impact Fitness	In-Person	1/9-3/19	M-\$136 / NM-\$170	331563-01
		Virtual	1/9-3/19	M-\$136 / NM-\$170	331563-02

### WEDNESDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 am	Pilates	In-Person	1/10-3/20	M-\$136 / NM-\$170	331483-01
		Virtual	1/10-3/20	M-\$136 / NM-\$170	331483-02
Noon-12:45 pm	Sit & Be Fit	In-Person	1/10-3/20	M-\$113 / NM-\$141	331649-03
		Virtual	1/10-3/20	M-\$113 / MN-\$141	331649-04

### THURSDAY

Time	Class	Type	Dates	Fees	Code
9:30-10:30 am	Strength Training	In-Person	1/11-3/21	M-\$363 / NM-\$170	331043-02
		Virtual	1/11-3/21	M-\$136 / NM-\$170	331043-04
10-11 am	BeMoved	In-Person	1/11-3/21	M-\$136 / NM-\$170	331622-01
11 am-Noon	Tai Chi	In-Person	1/11-3/21	M-\$135 / NM-\$170	331007-02
		Virtual	1/11-3/21	M-\$136 / NM-\$170	331007-04

### FRIDAY

Time	Class	Type	Dates	Fees	Code
9:15-10:15 am	Zumba	In-Person	1/12-3/22	M-\$136 / NM-\$170	331551-01
10:15-11:15 am	Dynamic Strength & Balance	In-Person	1/12-3/22	M-\$136 / NM-\$170	331155-01
		Virtual	1/12-3/22	M-\$136 / MN-\$170	331155-02
11:15 am-Noon	Sit & Be Fit	In-Person	1/12-3/22	M-\$113 / NM-\$141	331649-05
		Virtual	1/12-3/22	M-\$113 / MN-\$141	331649-06

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

## PARTIES, DAY TRIPS AND SPECIAL INTEREST CLASSES

### 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.

#### ***Fat Rosies-Lincolnwood, Mexican Fare***

331063-01      Wednesday      11:30 am-2 pm      1/17      M-\$6 / NM-\$8

#### ***Hangar Two-Glenview-Familiar Favorites***

331063-02      Wednesday      11:30 am-2 pm      3/6      M-\$6 / NM-\$8

### SOUP AND SANDWICH DAYS

Join your hosts Lisa and JoAnn as we try and stay warm this winter by hosting soup and sandwich days just for you! Come and enjoy soup, sandwiches, sides and socialization! Just perfect on a cold, winter day! Please register at least 3 days in advance.

331081-01      Wednesday      Noon-1 pm      1/24      M-\$15 / NM-\$18

331081-02      Wednesday      Noon-1 pm      2/14      M-\$15 / NM-\$18

331081-03      Wednesday      Noon-1 pm      3/20      M-\$15 / NM-\$18

### BINGO PIZZA PARTY

Tomorrow is National Pizza Day! Celebrate with the Mallinckrodt Center with a pizza lunch followed by Bingo with prizes.

331659-01      Thursday      12:30-2 pm      2/8      M-\$10 / NM-\$13

### SALT ESCAPE: A DAY IN THE HIMALAYAN SALT CAVE

Experience the ultimate wellness escape with a morning visit to a one-of-a-kind Himalayan salt cave. Immerse yourself in the serene atmosphere as you inhale the therapeutic, salt-infused air. The dry salt room's natural benefits are known to enhance health, beauty, and overall wellbeing, even boosting your immune system. After your soothing salt cave session, indulge in a delightful lunch, savoring delicious flavors to complete your rejuvenating journey.

331057-01      Wednesday      10:30 am-2 pm      2/21      M-\$60 / NM-\$75

### MOVIE DAYS

A movie will be shown once a month, complete with popcorn! Free to members, but pre-registration is required.

331630-02      Monday      1-3 pm      2/26      FREE for members

331630-03      Monday      1-3 pm      3/11      FREE for members

### WATERCOLOR CLASS

Navigate techniques, materials, color, drawing and inspiration to paint in the medium of watercolor. Students at all levels will have fun creating satisfying projects in watercolor and building their skills. Our instructor, Nancy Rose, studied at the American Academy of Art and the Evanston Art Center. She has been painting in watercolor for decades, and has been teaching private clients for many years. Join us in this relaxed, supportive setting, and grow together. Please ask for a supply list at time of registration. Monday afternoons

331087-01      Monday      1-3:30 pm      1/8-2/12      M-\$120 / NM-\$150

331087-02      Monday      1-3:30 pm      2/19-3/18      M-\$100 / NM-\$125

## 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

331505-01	Wednesday	10 am-Noon	1/10-1/31	M-\$58 / NM-\$72
331505-02	Wednesday	10 am-Noon	2/7-2/28	M-\$58 / NM-\$72
331505-03	Wednesday	10 am-Noon	3/6-3/27	M-\$58 / NM-\$72

## 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.

Professional artist Nancy Rose Instructs. Thursday mornings.

331088-01	Thursday	10:30 am-Noon	1/11-2/15	M-\$90 / NM-\$112
331088-02	Thursday	10:30 am-Noon	2/22-3/21	M-\$75 / NM-\$94

## MAHJONGG LESSONS

Learn the basics or sharpen your skills in American Mahjongg, a game played by four people with unique tiles. A game of skill, strategy and calculation with a degree of chance, the object of the game is to make a hand with tiles, called a Mahjongg. Join the Center's friendly active group on Friday mornings. Trained beginners are integrated right into the game! Instructor: Sylvia Taflove

331506-02	Friday	10 am-Noon	1/12-2/2	M-\$58 / NM-\$72
331506-04	Friday	10 am-Noon	2/9-3/1	M-\$58 / NM-\$72
331506-06	Friday	10 am-Noon	3/8-3/29	M-\$58 / NM-\$72

## 2024 MEMBERSHIP INFORMATION

### 2024 MALLINCKRODT MEMEBERSHIP

Mallinckrodt Membership: \$49/year

Special membership for age 50 & up! Members enjoy discounts on all Mallinckrodt programs, trips & events; FREE Mallinckrodt library & fitness room access; FREE members-only programs/events; plus, FREE drop-in members-only programs:

- Humanities Discussion Group-Wednesdays, from 10 am-Noon
- Canasta Games-Wednesdays, 10 am-Noon
- MahJongg Games-Fridays, 10 am-Noon
- Monthly Movie Days-Mondays, 1-3 pm

Contact Lisa Sullivan at [LSULLIVAN@WILPARK.ORG](mailto:LSULLIVAN@WILPARK.ORG).

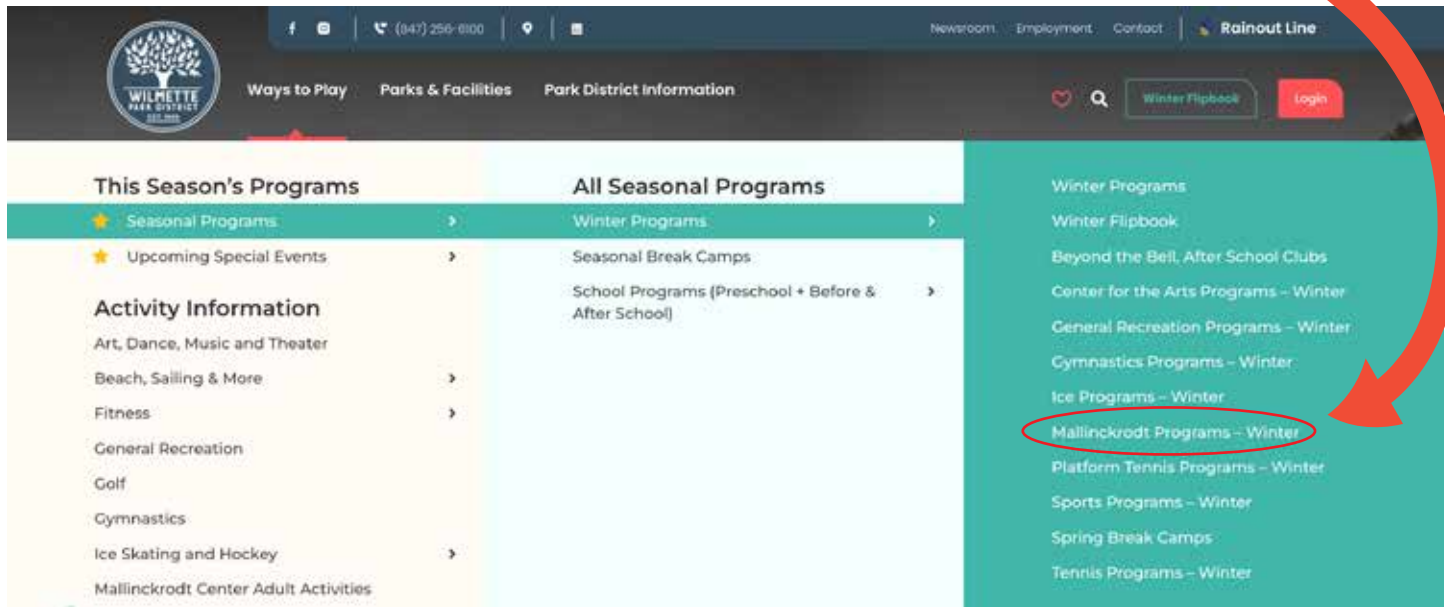
### 2024 WALKING TRACK MEMBERSHIP

Walking Track Membership Add-On: \$41/year

Keep active over the winter months and walk the temperature controlled indoor track at the Center Fitness Club (3000 Glenview Rd.). Mallinckrodt Members are eligible to purchase this exclusive additional benefit. 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](http://WILMETTEPARK.ORG). Check our website for changes and new programs.

- Open [WWW.WILMETTEPARK.ORG](http://WWW.WILMETTEPARK.ORG) and click on the WAYS TO PLAY tab
- Navigate down to SEASONAL PROGRAMS and hover over to Winter Programs, then hover over again to select [Mallinckrodt Programs - Winter](#)
- Look through the page to see what we have in store for the season
- Click on the individual "+" buttons 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 pm

For information about a program, trip or event, please contact-

**Lisa Sullivan**, Mallinckrodt Center Manager

**Email:** lsullivan@wilpark.org