MALLINCKRODT THEATRE OUTING

SHEN YUN

At the Auditorium Theater
THUR., APRIL 2
NOON-5 P.M.
#431634-01
$115/$135

The Salt Escape

Himalayan Salt Therapy
In Arlington Heights
THURSDAY, MAY 28
8:30 A.M.-2 P.M.
#431636-01 $60/$75
Doggie Fashion Show

Dress to impress & show us your strut!

Sat., June 13
11 A.M.-1 P.M.

#531572, $15 per entry

Adoption event to follow, offered by C.A.R.E.

Event kindly sponsored by Evanston Subaru & Kriser's Natural Pet.

GIVEAWAYS & CASH PRIZES!
UPCOMING EVENTS:

APRIL

HOME ORGANIZATION PRESENTATION

Wed., April 1   1-2:30 p.m.   #431639-01 $20/$25
Spring is a great time to get organized! This presentation will provide tips on what to keep and what to purge, with a focus on discarding your extra things in an environmentally-friendly manner. We will go through the general organizing process with professional organizer, Ev Greenberg of R-cubed. You will also be provided with many tools and strategies so that you can find what you need, when you need it.

SHEN YUN AT THE AUDITORIUM THEATER

Thur., April 2  Noon-5 p.m.  #431634-01 $115/$135
The gong resounds, the curtain opens, and a heavenly scene is right before your eyes. Fairies emerge from a sea of billowing clouds. Classic stories of love and loss, of humor and heroic deeds, come to life. You will be amazed by how vibrant, exciting, and profound classical Chinese culture can be. Price includes ticket and transportation.

MY FAIR LADY AT THE CADILLAC PALACE THEATRE

Wed., April 8  Noon-6 p.m.  #431633-01 $125/$150
MY FAIR LADY tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a “proper lady.” But who is really being transformed? Boasting classic songs as “I Could Have Danced All Night,” “The Rain in Spain,” “Wouldn’t It Be Loverly”, you don’t want to miss this! Price includes ticket & transportation.

MAY

THE SALT ESCAPE

Thur., May 28  8:30 a.m.-2 p.m. #431636-01 $60/$75
Salt therapy is known to have boundless benefits. Breathing in the Himalayan salt particles that completely saturate the air will help you to clear pollens, viruses, toxins, and other pollutants from the body. We will experience the benefits during a 90 minute session, lay back, breathe deeply and let the sound of the relaxing ocean waves transport your mind to a place of peace and relaxation. To complete the experience, the next stop will be lunch, with your choice of sandwich or salad. Please wear comfortable clothing and white socks.

ALL-TCHAIKOVSKY AT THE CHICAGO SYMPHONY ORCHESTRA

Wed., May 13  8 a.m.-1 p.m. #431635-01 $15/$20
Hear sparkling selections from The Nutcracker and the dazzling Violin Concerto, performed by CSO Concertmaster Robert Chen, in an all-Tchaikovsky program that exemplifies the Russian master’s multi-faceted music. Price includes this dress rehearsal performance and transportation.
UPCOMING EVENTS CONTINUED:

JUNE

42ND STREET AT LYRIC OPERA HOUSE
Thur, June 11  Noon-5 p.m.  #531637-01 $125/$150
Nobody does Broadway-style productions quite like the Lyric, and you won’t want to miss this Tony-winning song-and-dance spectacular performance. The story centers on a starry-eyed young dancer auditioning for a Broadway show and the seasoned diva who sees her star status eclipsed by this rising newcomer. Enjoy sensational tap numbers and memorable melodies like “Lullaby of Broadway” and “We’re in the Money”. With the full power members of the Lyric Orchestra and Chorus, don’t miss the spectacle of this Broadway blockbuster! Includes ticket and transportation.

DOG FASHION SHOW & ADOPTION EVENT OFFERED BY C.A.R.E.
Sat., June 13  11 a.m.-1 p.m.  #531572-01 $15 per entry
Bring your best friend to the gardens of Mallinckrodt for the third annual Dog Fashion Show. Dress them in fashionable ware for a chance to win cash prizes for 1st, 2nd and 3rd place. Sponsored by Evanston Subaru & Kriser’s Natural Pet.

A PARIS LOVE STORY AT THE GOODMAN THEATER
Thur., June 25   Noon-5 p.m.  #531638-01 $60/$75
Virtuoso Hershey Felder takes us on a personal journey as he explores the life and music of Impressionist composer Claude Debussy. From the sweeping “La Mer” to the evocative “Prélude à l’après-midi d’un faune” and the mystical “Clair de lune,” you won’t want to miss this soaring tribute to a visionary. Fee includes ticket and transportation.

SAVE THE DATE IN AUGUST!

ELVIS MY WAY (at the Metropolis Performing Arts Center in Arlington Heights)
Wed., Aug. 26   1-6 p.m.     $60/$85
Brandon Bennett was named the “Ultimate Elvis Tribute Artist” by Elvis Enterprises at Graceland. His show traverses Elvis’ career: from the Rock n’ Roll of the 50’s, to the iconic comeback television concert of the 60’s, to legendary 70’s sounds!

CLASSES & LESSONS

WATERCOLOR CLASS WITH FRAN VAIL
Weds., April 1-May 6  1-3:30 p.m.   #431087-01 $114/$124
Weds., May 13-June 17  1-3:30 p.m.  #431087-02 $114/$124
Weds., June 24-July 29  1-3:30 p.m.  #431087-03 $114/$124
*Classes are 6-week sessions.
Get your creative juices flowing, learn & refine your skills in a friendly, small class environment. Renowned watercolor artist, Fran Vail will guide you to discover the talents within. New students are welcome, please ask for a supply list.

CANASTA LESSONS WITH SYLVIA TAFLOVE
Weds., April 1-29 (no class 4/8) 10 a.m.-Noon  #431505-01 $50/$60
Weds., May 6-27  10 a.m.-Noon  #431505-02 $50/$60
Weds., June 3-24  10 a.m.-Noon  #431505-03 $50/$60
*Classes are 4-week sessions.
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 you can join our weekly games!
MAHJONGG LESSONS WITH SYLVIA TAFLOVE
Fri., April 3-24 10 a.m.-Noon #431506-01 $50/$60
Fri., May 8-29 10 a.m.-Noon #431506-02 $50/$60
Fri., June 5-26 10 a.m.-Noon #431506-03 $50/$60

What is Mahjongg? It is a Chinese game played, usually by four people with 136 or 144 rectangular pieces called tiles. The object of the game is to collect winning sets of these tiles. Join the Center’s friendly active group on either Wednesday afternoon or Friday mornings. Trained beginners can play in the game!

SIMPLY MUSIC METHOD: PLAY PIANO INSTANTLY WITH LYNN SANDERS
FREE introductory Lessons
March 18 & March 25 2-3 p.m. FREE - Call 847-256-9686 to reserve a spot!

4-week sessions on Wednesdays, Beginners Sessions:
April 8-29 2:45-3:30 p.m. #431629-01 $140
May 6-27 2:45-3:30 p.m. #431629-02 $140
June 3-24 2:45-3:30 p.m. #431629-03 $140

4-week sessions on Wednesdays, Intermediate Sessions:
April 8-29 2-2:45 p.m. #431629-01 $140
May 6-27 2-2:45 p.m. #431629-02 $140
June 3-24 2-2:45 p.m. #431629-03 $140

There are many benefits of learning to play the piano both cognitively and physically. The Simply Music Piano Method is designed to maximize the likelihood of students acquiring and retaining music as a lifelong companion. A revolutionary approach with immediate results!

TECHNOLOGY CLASSES WITH GEORGE LOWMAN, KINDLY OFFERED BY ARGENTIUM HOME CARE
Tuesdays 2 p.m. FREE - Call 847-256-9686 to reserve a spot!
March 24 Digital Resources at the Wilmette Library (movies, audio-books, e-books)
March 31 Technology accessories - What Smartphone and Tablet accessories are nice to have.
April 7 Everything you can dictate on your iPhone
April 14 How to get around using your iPhone or iPad (Uber/Pace/etc.)
April 21 Using Word on your iPhone or iPad – Part 1
April 28 Using Word on your iPhone or iPad – Part 2
May 5 Using a VPN to add security when connecting to the Internet.
May 12 How to hook up stuff to your TV
May 19 Cut the Cord (Saving money by streaming rather than using Premium Cable.)
May 26 iPhone/iPad Series: Using the Files app on your iPhone or iPad
June 2 When to Upgrade your Computer, Phone or Tablet
June 9 iPhone/iPad Series: Using Apple’s Cloud with your iPhone or iPad
June 16 iPhone/iPad Series: Music services on your iPhone or iPad
June 23 Traveling with Digital Devices
June 30 Using Apple Pay and Apple Pay Cash on your iPhone or iPad

MALLINCKRODT MEMBERSHIP & INFO

JOIN AND BECOME A MALLINCKRODT MEMBER TODAY!
12 Month Membership $45; Includes discounts on classes & day trips, access to free drop in activities and discussion groups, and a fitness room.

LOOKING FOR VOLUNTEERS AT MALLINCKRODT!
We need the help of kind people that would like to make a difference in the lives of members of our community. There are several opportunities available at Mallinckrodt, such as working in the office, leading a program, or helping with various activities at our center. Inquire at the front desk or call 847-920-3651.
ONGOING ACTIVITIES & PROGRAMS

Please note – group size and skill level may be a consideration to participate in some groups. All groups meet at Mallinckrodt.

GAMES & GROUPS

- **CANASTA** - Wed., 10 a.m.
- **MAHJONGG** - Wed., 12:30 p.m. & Fridays, 10 a.m. New players welcome. Call Sylvia Taflove 847-614-0597.
- **BRIDGE** - Tue. & Thur., 12:30 p.m.

JEOPARDY FAN CLUB

*Wed., April 1, 15, 22 & 29 at 3:30 p.m.*

Join other Mallinckrodt members while we watch Jeopardy on our big screen TV, along with some time to socialize and snack on some refreshments. FREE to members!

DISCUSSION GROUPS

Discussion Groups are exclusive for Mallinckrodt Members. Ask at the front desk for membership information!

- **CURRENT EVENTS GROUP** - Mon., 10 a.m. Moderated by Alan Minoff. Keep up with the times!
- **MEMOIR WRITING** - Every other Tue., 10 a.m. Newcomers welcome! Moderated by Al Smith.
- **HUMANITIES** - Wed., 10 a.m. A lively discussion group moderated by Al Smith.

MALLINCKRODT BOOK CLUB THIRD WEDNESDAY OF THE MONTH

*Wed., 1:30-3 p.m.*

Mallinckrodt is hosting a monthly book club, led by our very own Marlene Leitch. We will meet at 1:30 p.m. in the Mallinckrodt library. Books will be available in the office each month. Upcoming book in March will be “The only Women in the Room” by Marie Benedict

MALLINCKRODT LIBRARY SERVICES

VISIT THE MALLINCKRODT LIBRARY!

Our dedicated librarians, Dolores, Marianne and Donna shelve and maintain current copies of hard covered books. All books are kindly provided by the Wilmette Public Library and are available to be checked out by Mallinckrodt members only.
# FITNESS & HEALTH

**FITNESS ROOM AT MALLINCKRODT**
Included in your membership! Work out in a private space, overlooking the beautiful gardens of Mallinckrodt. This fitness room offers: 2 PreCor treadmills, 3 Cybex cycles, 1 NuStep and free weights. Open 9 a.m. to 4:45 p.m., Monday - Friday.

**WALK YOUR WAY TO FITNESS INDOORS** ($37 annual fee at the Center Fitness Club)
*Located at the Center Fitness Club on Skokie Boulevard and Glenview Road, on the second level of the facility.* Reap the benefits of walking year-round on a safe surface. 12 laps make a mile, so count your steps and spring into fitness.

## ONGOING FITNESS CLASSES

<table>
<thead>
<tr>
<th>DAY</th>
<th>CLASS</th>
<th>INSTRUCTOR</th>
<th>PROGRAM #</th>
<th>DATES</th>
<th>FEES (M/NM)</th>
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<td></td>
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<tr>
<td>9:15-10:15 am</td>
<td>Strength</td>
<td>Nancy</td>
<td>#431043-01</td>
<td>April 27 - June 22</td>
<td>$85/$99</td>
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<tr>
<td>10:30-11:15 am</td>
<td>Joints in Motion</td>
<td>Lisa</td>
<td>#431303-01</td>
<td>April 27 - June 22</td>
<td>$70/$85</td>
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<tr>
<td>9-10 am</td>
<td>Foundational Strength</td>
<td>Joyce</td>
<td>#431584-01</td>
<td>April 28 - June 23</td>
<td>$85/$99</td>
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<tr>
<td>10-11 am</td>
<td>Gentle YOGA</td>
<td>Joyce</td>
<td>#431155-01</td>
<td>April 28 - June 23</td>
<td>$85/$99</td>
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<td>11:15 am-12:15 pm</td>
<td>Beginner Pilates</td>
<td>Nancy</td>
<td>#431483-01</td>
<td>April 28 - June 23</td>
<td>$85/$99</td>
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<td>4:30-6 pm</td>
<td>Alexander Technique</td>
<td>Recebba</td>
<td>#431566-01</td>
<td>April 28 - June 23</td>
<td>$85/$99</td>
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<tr>
<td>9:15-10:15 am</td>
<td>Balance Core &amp; More</td>
<td>Karen</td>
<td>#431563-01</td>
<td>April 29 - June 24</td>
<td>$85/$99</td>
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<td>10-11 am</td>
<td>Pelvic Strength</td>
<td>Elizabeth</td>
<td>#431626-01</td>
<td>April 29 - June 24</td>
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<td>11-11:45 am</td>
<td>Int. Pelvic Strength</td>
<td>Elizabeth</td>
<td>#431626-02</td>
<td>April 29 - June 24</td>
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<td>Nancy</td>
<td>#431043-02</td>
<td>April 30 - June 25</td>
<td>$85/$99</td>
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<td>10:30-11:15 am</td>
<td>Joints in Motion</td>
<td>Lisa</td>
<td>#431303-02</td>
<td>April 30 - June 25</td>
<td>$70/$85</td>
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<td><strong>FRIDAYS:</strong></td>
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<tr>
<td>9:15-10:15 am</td>
<td>ZUMBA</td>
<td>Ruben</td>
<td>#431551-01</td>
<td>May 1 - June 26</td>
<td>$85/$99</td>
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<td>11 am-Noon</td>
<td>Tai Chi</td>
<td>Evelyn</td>
<td>#431007-01</td>
<td>May 1 - June 26</td>
<td>$85/$99</td>
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Mallinckrodt Center
Wilmette Park District
1041A Ridge Road
Wilmette, IL 60091
(847) 256-9623

Center Staff
Lisa Sullivan, Manager
Penny Bashford, Assistant Manager

Front Desk Volunteers
Steve Denemark
Nayfeh Ghantous
Judy Thalman

PROFESSIONAL SERVICES

CLINICAL COUNSELING SERVICES WITH PENNY BASHFORD LCPC  Penny is a Licensed Clinical Professional Counselor skilled in providing emotional support and awareness for a variety of concerns. Her past clinical focuses include anxiety, depression, domestic abuse, divorce, PTSD, parenting, relationships, adjusting to new situations and loss. She is now offering services to help you work through any emotional pain. Call Penny at Mallinckrodt.

THERAPEUTIC MASSAGE THERAPY SESSIONS WITH LISA SHUWAL, LMT  30, 60 and 90-minute sessions available by appointment. Call Lisa at 847-414-0757.

NUTRITION EDUCATION AND COACHING WITH CHIA LEAH  Leah Bostrom is a certified health coach who works with clients to achieve their wellness goals by implementing small changes in nutrition, stress management, sleep habits and exercise. Leah offers one-time consultations or ongoing support & accountability. She can be contacted at leah@chialeah.com or 773-495-6665.

SENIOR RESOURCES SPECIALIST  Call the Center to make an appointment. Resource Specialist Kathy Gaeding will assist with information, referral and advocacy for government benefits and community resources. Courtesy of CJE Senior-Life.

THANK YOU TO OUR SPONSOR!