

MALLINCKRODT NEWSLETTER

SEPTEMBER-DECEMBER, 2019



HOPPY HOUR

SEPT. 13
5-7 P.M.

FOOD, DRINKS & FESTIVITIES,
AT MALLINCKRODT GARDENS!

FOR MORE INFO: JULIE MANTICE, JMANTICE@WILPARK.ORG

Meditation & Restoration



4 UNIQUE WORKSHOPS OF MIND & BODY HEALING

THUR., OCT. 3, 10, 17, 24, 5:30-7:30 P.M.
AT MALLINCKRODT

FOR MORE INFO: JULIE MANTICE, JMANTICE@WILPARK.ORG

The Barber of Seville

at the Lyric Opera House



Mallinckrodt Theatre Outing
THUR., OCT. 10, NOON-5 P.M.
Transportation included.

FOR MORE INFO: JULIE MANTICE, JMANTICE@WILPARK.ORG

MAHJONGG TOURNAMENT

AT MALLINCKRODT

SUN., OCT. 13, 10 A.M.-3 P.M.

Our very first tournament offers brunch, snacks and prizes. Bring a card and Mahjongg set for your table!



WILMETTE PARK DISTRICT
MALLINCKRODT

1041A RIDGE RD., WILMETTE 60091
847-256-9623 | WWW.WILMETTEPARK.ORG



UPCOMING EVENTS:

SEPTEMBER



HOPPY HOUR COMMUNITY EVENT IN THE MALLINCKRODT GARDENS

Fri., Sept. 13, 5-7 p.m.

FREE to enter Must be 21 or older

Join us for our very first Hoppy Hour in the historic gardens of Mallinckrodt! Win raffle prizes; enjoy live blue grass music with Jaxson Street Band, sip on your favorite beer or wine from Schaeffer's.

Cash required for alcoholic beverages. Sponsored by Comfort Keepers, Symphony, Rotary Club & North Shore Place.

NUMEROLOGY BLUEPRINT WITH WYNNE LACEY

Tue., Sept. 17, 1-2 p.m.

#131623-01 \$20

Blueprint Numerology can empower you to understand the frequency of your energy from your date of birth. Based on your unique birth date, this number acts as a blueprint for your whole life, and this one number will never change for you. Come learn more about your personal blueprint with Numerologist Wynne Lacey.

THE DOCUMENTARY "TOO SOON TO FORGET. THE JOURNEY OF YOUNGER ONSET ALZHEIMER'S DISEASE."

Thur., Sept. 19, 5-7 p.m.

FREE

The documentary Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease shows the experience of nine families living with Alzheimer's disease in mid-life: the isolation, the adjustments, and the healing power of community. Join us for a screening of the PBS documentary Too Soon to Forget, a film by the support group Without Warning of the Rush Alzheimer's Disease Center. Kindly Sponsored by Symphony. Reservation is required 847-256-9623.

HEALTH AND WEALTH: NAVIGATING OUR "NEW WORLD"

Tue., Sept. 24, 11:30 a.m.-1 p.m.

FREE

Lunch and Learn with Infinity Strategic Partners. Please join us for an interactive discussion regarding a variety of financial topics, including the intersection of Medicare's impact on both your finances and your healthcare choices. Come learn how to simultaneously manage your money and your stress while navigating complex health challenges safely and cost effectively. Free lunch included! Reservation is required 847-256-9623.

ANNUAL SHRED EVENT

Sat., Sept. 21, 9 a.m.-Noon

FREE

Save your documents for secure shredding. Held in the Mallinckrodt parking lot, rain or shine! Sponsored by Byline Bank.

CHICAGO ARCHITECTURAL TOUR AND LUNCH

Wed., Sept. 25, 9 a.m.-4 p.m.

#131614-01 \$125

One of our very own Mallinckrodt members will be our docent to explore over 50 buildings along the Chicago River. You will discover how Chicago grew from a small settlement into one of the world's largest cities in less than 100 years. Lunch and transportation included.



OCTOBER

DOMESTIC VIOLENCE PRESENTATION WITH SHALVA

Wed., Oct. 2, 11 a.m.-Noon

FREE

Space is limited! Reservation is required (847-256-9623)

October is domestic violence month! Join us for an interactive discussion about domestic violence, healthy versus unhealthy relationships and how to advocate for yourself, family and friends. Space is limited! Please call to reserve your spot, 847-256-9623.

MEDICARE CHANGES FOR 2020: HOW DOES IT AFFECT YOU?

Thur., Oct. 3, 1-2 p.m.

FREE

Please join us for an informative presentation presented by Pami Luthi. This presentation is for anyone who is nearing their open enrollment period (Oct. 15 – Dec. 7) or knows of someone who is contemplating options. Class is designed to inform you about the significant changes in Medicare as of January 1, 2020, what Medicare covers, what it does not cover and your potential out-of-pocket exposure. Reservation is required, 847-256-9623.

FREE! QUILT PROJECT SPONSORED BY BROAD STREET HOME CARE

Fri., Oct. 4, 9:30-11:30 a.m. FREE

Tues., Oct. 22, 9:30-11:30 a.m. FREE

Tues., Nov. 12, 9:30-11:30 a.m. FREE

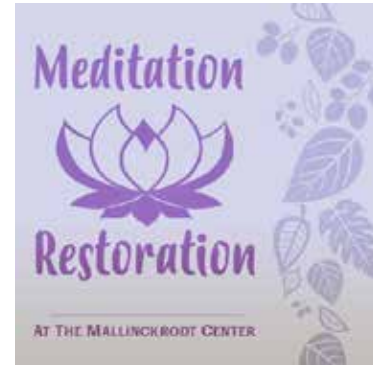
Have you snuggled with a quilt at some point in our lives or maybe you have one that was passed down from a relative. Quilts, like many forms of textile art, can be traced back to ancient times and these traditions are kept alive by contemporary crafters. Become a contemporary crafter by joining us in creating a Mallinckrodt quilt! Coffee and treats will be served! Reservation is required, 847-256-9623.

FALL MEDITATION AND RESTORATION SERIES

Thursdays, October 3 – October 24

This 4 week series offers a sampling of various modalities for self-healing, featuring a different discipline each week, with a variety of presenters.

4-week series		#231540-01	\$100
Gong Meditation	Oct. 3	#231540-02	\$40
Chakra Clearing	Oct. 10	#231540-03	\$40
Sound Healing	Oct. 17	#231540-04	\$40
Healing the original wound	Oct. 24	#231540-05	\$40



BARBER OF SEVILLE AT THE LYRIC OPERA HOUSE

Thur. Oct. 10, Noon-5 p.m. #131617-01 \$150/\$175

Come along with us to the Lyric Opera House for the most popular of all operatic comedies, inspiring smiles and laughter of every page of the score. The cleverest character in all of Seville is the famous Barber Figaro, who services are sought after by everyone for everything. Transportation included.

SUPER SENIOR DAY (SECRETARY OF STATE)

Fri., Oct. 11, 10-11:30 a.m. Members Only

Super seniors is a convenient program for driver's license renewal, which includes Rules of the Road classroom instruction, and a vision-screening exam. The Rules of the Road Review Course also includes a review of safe driving techniques and Illinois driving laws. Note that drivers over the age of 75, a road test at a Secretary of State facility is mandatory. Please call to register by Fri., Oct 5 - 847-256-9623.



MAHJONGG TOURNAMENT AT MALLINCKRODT

Sun., Oct. 13, 10 a.m.-3 p.m. #231615-01 \$55

Our very first! This social Sunday tournament offers brunch, snacks and prizes. Play with friends, or let us know if you would like to be grouped with others. There is no rotation. The tournament follows the national Mahjongg league rules located on the 2018 card. Bring a 2018 card and your own Mahjongg set for your table!

PRESERVE YOUR ASSETS AND PLAN FOR RETIREMENT SERIES

w/ Art Miller, President of Capital Preservation Strategies

Tues., Oct. 15-29, 6:30-8 p.m. #231628-01 \$25/series

This series will cover strategies that will teach you how to integrate and maximize income from a variety of sources including social security, pensions and retirement plans. Classes will address many of the challenges one faces during retirement such as asset risk, preservation of income, inflation, taxes, longevity, chronic illness, long-term care costs and options and estate issues.

OKTOBERFEST AT THE HOFBRAHAUS IN ROSEMONT

Thur., Oct. 17, 11 a.m.-3 p.m. #231616-01 \$60/\$75

Hofbrahaus is the first and only German microbrewery, beer hall, restaurant and beer garden to call Chicago home. As a replica of the legendary Hofbräuhaus in Munich, Germany, this restaurant takes great pride in giving you an experience as authentic and unforgettable as the 400-year-old original! Transportation is included.



SHINGLES VACCINE CLINIC HOSTED BY JEWEL OSCO

Fri., Oct. 18, 1-2:30 p.m.

Members Only

Mallinckrodt is offering the Shingle Vaccine at the facility for members. Quantities are limited, so please call Mallinckrodt to secure an appointment. Must provide proper identification and insurance card.

MALLINCKRODT HEALTH FAIR AND BLOOD DRIVE

Fri., Oct. 25, 9 a.m.-Noon

FREE

Take a morning for your health! Mallinckrodt will offer comprehensive medication reviews; osteoporosis, hearing, eye screening, diabetic foot ware evaluation, blood pressure and glucose screenings; pneumonia, flu vaccinations; and more. Bring your insurance card, please. Jewel/Osco will be on-site. Mallinckrodt is also hosting a Blood Drive with Heartland-Versiti Blood Centers. Help us save lives!

NOVEMBER

LUNCH AT SPIAGGIA

Thur., Nov. 7, 9 a.m.-4 p.m.

#231582-01 \$60/\$75

Enjoy an elegant lunch at Spiaggia on Michigan Avenue. This culinary experience sets the standard for Italian dining, ambiance, earning four-star reviews, international praise & numerous awards. After lunch, we will stroll along Oak Street to window shop local boutiques. Transportation is included.



DECEMBER

MALLINCKRODT HOLIDAY PARTY AT GUSTO IN WILMETTE

Wed., Dec. 6, Noon-3 p.m.

#231013-01 \$45/\$60

Join us as we celebrate the holiday season. We will gather in downtown Wilmette at Gusto Wilmette to enjoy a special luncheon, entertainment and fabulous door prizes.



DOWNTOWN FOR THE HOLIDAYS

Thur., Dec. 13, 10 a.m.-4 p.m.

#231618-01 \$65/\$80

We will dine shop and enjoy the beautiful sights of downtown Chicago during one of the most special times of the year. Enjoy a luxurious lunch at Lawry's, shopping at the Christ kindle Market and finally Macy's on State.

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT AT CAHN AUDITORIUM

Thur., Dec. 20, Noon-5 p.m.

#231608-01 \$50/\$60

Joseph and the Amazing Technicolor Dreamcoat is a musical with lyrics by Tim Rice and music by Andrew Lloyd Webber. The story is based on the "coat of many colours" story of Joseph from the Bible's Book of Genesis.

CLASSES & LESSONS

SIMPLY MUSIC METHOD: PLAY PIANO INSTANTLY WITH LYNN SANDERS

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.

FREE introductory lessons:

Wed., Aug. 28 & Sept. 4, 1-2 p.m.

FREE lessons

4-week session offerings:

Sept. 11-Oct. 2, 1-2 p.m.

#131629-01 \$130

Oct. 30-Nov. 20, 1-2 p.m.

#231629-01 \$130

Nov. 27-Dec. 18, 1-2 p.m.

#231629-02 \$130



BASIC SEWING CLASS ON THURSDAYS WITH COURTNEY LYONS

Sept. 5-Oct. 24, 1-3 p.m.

#131625-01 \$160

This basic course is a set of eight (8) classes designed to get you comfortable with a sewing machine and teach you pattern layout, cutting, essential construction skills and finishing techniques. Machines and materials are included

FAMILY SEWING PROJECT ON THURSDAYS WITH COURTNEY LYONS

Thur., Nov. 2, 1-3 p.m. #231625-01 \$50

Thur., Dec. 7, 1-3 p.m. #231625-02 \$50

Gather family and friends for a sewing project at Mallinckrodt. Create unique and beautiful gifts for the holidays! Machines and materials are included.

WATERCOLOR CLASS WITH FRAN VAIL

Weds., Sept. 4 - Oct. 23, 1-3:30 p.m. (8 weeks) #131087-01 \$150

Weds., Oct. 30 - Dec. 18, 1-3:30 p.m. (7 weeks) #131087-01 \$130

*No class on November 27. Happy Thanksgiving!

Get your creative juices flowing, learn the basics or 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., Sept. 4-25, 10 a.m.-Noon (4 weeks) #131505-01 \$50/\$60

Weds., Oct. 2-23, 10 a.m.-Noon (4 weeks) #131505-02 \$50/\$60

Weds., Nov. 6-27, 10 a.m.-Noon (4 weeks) #231505-01 \$50/\$60

Weds., Dec. 4-18, 10 a.m.-Noon (4 weeks) #231505-02 \$50/\$60

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., Sept. 6-27, 10 a.m.-Noon (4 weeks) #131506-02 \$50/\$60

Fri., Oct. 4-25, 10 a.m.-Noon (4 weeks) #131506-04 \$50/\$60

Fri., Nov. 6-27, 10 a.m.-Noon (4 weeks) #231506-02 \$50/\$60

Fri., Dec. 4-18, 10 a.m.-Noon (4 weeks) #231506-04 \$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 are integrated right into the game!

ARGENTIUM HOME CARE TECHNOLOGY CLASSES WITH GEORGE LOWMAN

Tuesdays at 2 p.m. FREE (Call 847-256-9686 to reserve a spot!)

Sep 3	No Class	Nov 5	Google docs
Sep 10	How to stay safe of Facebook	Nov 12	Facebook basics
Sep 17	Digital Security	Nov 19	What's new in iOS 13
Sep 24	Choosing a cell phone plan	Nov 26	Protecting online privacy
Oct 1	What is New in iOS 13	Dec 3	Online safety when shopping online
Oct 8	What is new in IOS 13ipad	Dec 10	Avoiding scams and frauds
Oct 15	iPhone/iPad camera	Dec 17	Windows 10 Basics
Oct 22	How to make the most of iCloud		
Oct 29	Texting with your iPhone/iPad		



GROUP GATHERINGS

MEANINGFUL CONVERSATIONS AT MALLINCKRODT W/ PENNY BASHFORD

Licensed Clinical Professional Counselor and Anita Scott, Stephen Minister

Fri., 10:30 a.m.-Noon

Join us in a confidential group setting where members can meditate, meet, share experiences, receive resources and support while exploring new coping strategies. 6 week topic driven discussion group. Call for details: 847-256-9623.

ONGOING ACTIVITIES & PROGRAMS

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

GAME GROUPS

- **BOWLING AT CLASSIC** - Tues., 9:30 a.m. 3 games for \$8 Held at the Classic Bowl in Morton Grove. NEW BOWLERS WELCOME! Free coffee and snacks provided. Call Joy Reis 773-631-1064.
- **CANASTA** - Weds., 10 a.m. Meets at Mallinckrodt.
- **MAHJONGG** - Weds., 12:30 p.m. & Fridays, 10 a.m. New players welcome. Call Sylvia Taflove 847-614-0597.
- **BRIDGE** - Tues. & Thurs., 12:30 p.m.

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 Tues., 10 a.m. Newcomers welcome! Moderated by Al Smith.
- **HUMANITIES** - Wed., 10 a.m. A lively discussion group moderated by Al Smith.

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

*BALLROOM DANCE ON WEDNESDAYS WITH DEB GIORDANO

Sept. 4-Oct. 9, 7-8 p.m. (6 weeks) #131627-01 \$120

Oct. 16-Nov. 20, 7-8 p.m. (6 weeks) #231627-01 \$120

Focus on your technique and learn the social dances like fox trot, cha-cha and swing from Master Deb Giordano of Giordano Dance Studio! Partner is not needed. Come experience the joy of classic ballroom dance!



*BEMOVED DANCE FITNESS ON MONDAYS WITH JOANIE

Aug. 12-Oct. 7, 9:15-10:15 a.m. #531622-01 \$85/\$99

Oct. 14-Dec. 2, 9:15-10:15 a.m. #131622-01 \$85/\$99

BeMoved is a dance experience that inspires people of all ages and movement levels to fully participate in a fun workout. This 60 minute class is a full body workout to music, is easy to follow, and most importantly, it gives you energy.

*PELVIC STRENGTH ON WEDNESDAYS WITH ELIZABETH

Aug. 21-Oct. 9, 10-11 a.m. #131626-01 \$85/\$99

Oct. 16-Dec. 18, 10-11 a.m. #231626-01 \$85/\$99

Are you always rushing to the bathroom or leaking when you laugh, cough or sneeze. Try this low-impact, full body workout led by a physical therapist to improve your strength, balance, and bladder control. Each class includes behavioral and nutritional tips on how to regain control.

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

DAY	CLASS	INSTRUCTOR	PROGRAM #	DATES	FEES (M/NM)
MONDAYS: (No class on Labor Day, 9/2)					
9:15- 10:15 am	*BeMoved	Joanie	#531622-02	Aug 12 – Oct 7	\$85/\$99
	*BeMoved	Joanie	#131622-01	Oct 14 – Dec 2	\$85/\$99
9:15- 10:15 am	Strength	Nancy	#131043-01	Aug 26 – Oct 21	\$85/\$99
	Strength	Nancy	#231043-01	Oct 28 – Dec 16	\$85/\$99
10:30-11:15 am	Joints in Motion	Lisa	#131303-01	Aug 26 – Oct 21	\$68/\$85
	Joints in Motion	Lisa	#231303-01	Oct 28 – Dec 16	\$68/\$85
TUESDAYS:					
9-10 am	Foundational Strength	Joyce	#131584-01	Aug 20 – Oct 8	\$85/\$99
	Foundational Strength	Joyce	#231584-01	Oct 15 – Dec 17	\$85/\$99
10-11 am	Gentle YOGA	Joyce	#131155-01	Aug 20 – Oct 8	\$85/\$99
	Gentle YOGA	Joyce	#231155-01	Oct 15 – Dec 17	\$85/\$99
11:15 am-12:15 pm	Beginners Pilates	Nancy	#131483-01	Aug 20 – Oct 8	\$85/\$99
	Beginner Pilates	Nancy	#231483-01	Oct 15 – Dec 17	\$85/\$99
4:30-6 pm	Alexander Technique	Rebecca	#131566-01	Aug 20 – Oct 8	\$85/\$99
	Alexander Technique	Rebecca	#231566-01	Oct 15 – Dec 17	\$85/\$99
WEDNESDAYS:					
9:15-10 am	Balance Core & More	Julie	#131563-01	Aug 21 – Oct 9	\$68/\$85
	Balance Core & More	Julie	#231563-01	Oct 16 – Dec 18	\$68/\$85
10-11 am	*Pelvic Strength	Elizabeth	#131626-01	Aug 21 – Oct 9	\$85/\$99
	*Pelvic Strength	Elizabeth	#231626-01	Oct 16 – Dec 18	\$85/\$99
7-9 pm	*Ballroom Dancing	Deb	#131627-01	Sept 4 – Oct 9	\$120
	*Ballroom Dancing	Deb	#231627-01	Oct 16 – Nov 20	\$120
THURSDAYS: (No class on Thanksgiving Day, 11/28)					
9:15-10:15 am	Strength	Nancy	#131043-02	Aug 22 – Oct 10	\$85/\$99
	Strength	Nancy	#231043-02	Oct 17 – Dec 12	\$85/\$99
10:30-11:15 am	Joints in Motion	Lisa	#131303-02	Aug 22 – Oct 10	\$68/\$85
	Joints in Motion	Lisa	#231303-02	Oct 17 – Dec 12	\$68/\$85
11:15 am-12:15 pm	Pilates	Nancy	#131483-02	Aug 22 – Oct 10	\$85/\$99
	Pilares	Nancy	#231483-02	Oct 17 – Dec 12	\$85/\$99
FRIDAYS:					
9:30-10:15 am	ZUMBA	Ruben	#131551-01	Aug 23 – Oct 11	\$85/\$99
	ZUMBA	Ruben	#231551-01	Oct 18 – Dec 20	\$85/\$99
10-10:30 am	Balance	Julie	NONE	ONGOING	FREE
11 am-Noon	Tai Chi	Evelyn	#131007-01	Aug 23 – Oct 11	\$85/\$99
	Tai Chi	Evelyn	#231007-01	Oct 18 – Dec 20	\$85/\$99



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Mallinckrodt Center

Wilmette Park District
1041A Ridge Road
Wilmette, IL 60091
(847) 256-9623

Center Staff

Julie Mantice, Manager
Penny Bashford, Assistant Manager

Front Desk Volunteers

Steve Denmark
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 violence, 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 SPONSORS!

