



Sportsplex

VILLAGE OF ORLAND PARK



active aging WEEK

OCTOBER 21-24

SCHEDULE OF EVENTS



ORLAND PARK

NO REGISTRATION REQUIRED

MONDAY OCTOBER 21

8-9 A.M.

Walking Club

9 A.M.

Breakfast

Muffins and Juice

by Evergreen Senior Living

9 A.M.

*Flex Your Financial Muscles: Sensible
Financial Tips to Seniors*

by Central Credit Union

9 A.M.-12 P.M.

Information table

- › Crisis Center for South Suburbia
- › Evergreen Senior Living
- › Orland Fire Protection District
- › Central Credit Union

9 A.M.-12 P.M.

Free Blood Pressure Testing
& \$10 Lipid Test (fasting required)

Provided by Orland Township

9 A.M.-12 P.M.

Free Drop-In Pickleball in Gym 1

9:30 A.M.

Dementia 101

Presented by University of Chicago

10 A.M.

Steps You Can Take to Reduce Cancer

Presented by Northwestern Medicine

10:30 A.M.

Fraud Safety

Presented by Detective Kois,
Orland Park Police Department

11:30 A.M.-12:25 P.M.

Gentle Yoga with Dina in Studio

By Sportsplex

TUESDAY OCTOBER 22

8-9 A.M.

Walking Club

9 A.M.

Breakfast

Provided by Humana

9 A.M.

Nutrition for Seniors

Presented by Marian Village

9 A.M.-12 P.M.

Information table

- › Team Rehabilitation (balance screenings)
- › Fox Rehab
- › Clear Captions
- › Home for Life Advantage
- › Orland Park Public Library
- › Humana Health
- › Orland Fire Advisory Council
- › Marian Village (snacks included)
- › Central Credit Union

9 A.M.-12 P.M.

Cholesterol Screening

\$20 Total Lipid Profile – fasting required

\$5 Blood Glucose Test

Provided by Orland Township

9:30 A.M.

Balance Workshop

Presented by Team Rehabilitation

10 A.M.

Fall Prevention

Presented by Fox Rehabilitation

10-11:30 A.M.

Balance Screening

Presented by Team Rehabilitation

11 A.M.

Navigating Recent IRA Changes

Presented by Central Credit Union

WEDNESDAY OCTOBER 23

8-9 A.M.

Walking Club

9 A.M.

Breakfast

Provided by Home Instead Senior Care

9-11 A.M.

Flu shots-free with Medicare Part B
& Covid Vaccine (subject to availability)

Provided by Jewel Osco

9 A.M.-12 P.M.

Information table

- › Orland Fire Protection District
- › Palos League of Women Voters
- › Bank Financial
- › Pathlights
- › Makin Travel and Events
- › Home Instead Senior Care

9:30 A.M.

Pathlights 101

Presented by Pathlights

10 A.M.

Fraud Bingo

Presented by Bank Financial

10:30 A.M.

Protect Against Senior Scams

Presented by Bank Financial

11:30 A.M.

Sit and Fit Sample

By Certified Personal Trainer
Lynette O'Meara

11:30 A.M.

Lunch

Presented by Sunrise Senior Living
of Palos Park

THURSDAY OCTOBER 24

12:30 P.M.

Senior Stretch (in studio)

By Certified Personal Trainer Lynette
O'Meara

4-5 P.M.

Walking Club

4-6:30 P.M.

Information table

- › Orland Fire Protection District
- › Makin Travel and Events
- › One Trust Loans

5:30 P.M.

Pizza

Provided by One Trust Loans

5:45 P.M.

Financial Challenges in Retirement

Presented by One Trust Loans

6:15 P.M.

T-shirts and Raffle

**Participate in at least
one activity this week
and receive a FREE
Active Aging T-shirt!**



SPECIAL THANKS TO ALL OUR SPONSORS

Bank Financial

Central Credit Union

Clear Captions

Evergreen Senior Living

Fox Rehabilitation

Home Instead Senior Care

Home for Life Advantage

Jewel Osco

Makin Travel and Events

Marian Village

Northwestern Medicine

Orland Fire Protection District Senior Advisory Council

Orland Fire Protection District

Orland Park Police Department

Orland Park Public Library

Orland Township

Palos League of Voters

Pathlights

SHARE Network: University of Chicago

Sunrise Senior Living

Team Rehabilitation



Sportsplex

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