

FEBRUARY 2021

SENIORS

A PUBLICATION FOR ORLAND PARK SENIORS

COVID-19

Learn more about recent vaccine scams and how to protect yourself
PG. 6

INDOOR WALKING

More info on indoor walking tracks
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WINTER SAFETY

Find tips to prepare for a safe winter season
PG. 10





Dear Orland Park Seniors,

We are proud to present the next edition of the Village of Orland Park Senior Newsletter, which you can count on for relevant and useful information for Orland Park’s senior community. I hope everyone’s new year is off to a great start and you are staying safe and healthy.

In these uncertain times, it is important that area seniors are staying updated and informed of available programming, facility updates, safety alerts and other important information.

We are doing our best to make sure online options are available for Village-run programming and services to limit in-person contact for seniors who are our most at-risk population. Please visit orlandpark.org to register for programming, pay bills, find useful information and to contact your elected officials and Village staff. If you are not comfortable with online transactions, give us a call instead. A handy list of contact information for Village departments is located below for your convenience.

For the latest updates regarding Coronavirus information, vaccine availability and news, please visit orlandpark.org/coronavirusinfo or see page 6 in this newsletter for the latest as of the printing of this edition.

We know that financial strain on seniors is an issue. That is why we chose to reduce property taxes at a recent board meeting and why we continue to look for ways to reduce costs for seniors in our community. Please see page 4 in this publication for more money-saving ideas for seniors in Orland Park.

Finally, I want to thank you for all that you are already doing to help keep the community safe and for all that you contribute to Orland Park. Please let us know how we can help answer questions or provide assistance by emailing publicinfooffice@orlandpark.org.

Keith Pekau | Mayor

Senior Newsletter

You can now find the digital interactive versions of the Senior Newsletters online for your convenience.

Visit www.orlandpark.org to view and download.



Got Questions?

- Water Billing..... (708) 403-6175
- Register for Programs..... (708) 403-5000
- Non-Emergency Police (708) 349-4111
- Mayor’s Office..... (708) 403-6160
- General Information..... (708) 403-6100



Pictured (L to R) front: Trustee Michael Milani, Trustee Cynthia Katsenes, Mayor Keith Pekau, Trustee Kathleen Fenton. Back: Trustee James Dodge, Village Clerk John Mehalek, Trustee William Healy, Trustee Daniel Calandriello.

Keith Pekau
Mayor

TRUSTEES

- Kathleen Fenton
- James Dodge
- Daniel Calandriello
- William Healy
- Cynthia Katsenes
- Michael Milani

VILLAGE CLERK

John C. Mehalek

Let’s Connect!

We want to hear from you! There are many ways to communicate with Village staff and your local representatives. From stopping by any Village buildings, giving us a call, interacting on social media, or sending us an email, we appreciate and encourage community input.

WEBSITE | orlandpark.org

The Village website has a wealth of information available to residents in just a few clicks. Looking for meeting dates and times? Want to know what events are happening around town? Check our website for this up-to-date information.

YouTube | [VillageofOrlandPark](https://www.youtube.com/VillageofOrlandPark)

Check out the many videos featuring local events, our cable shows and updates from the Mayor. Catch our board meetings and events LIVE and be sure to subscribe to be notified on when to tune in.

facebook | [VillageofOrlandPark](https://www.facebook.com/VillageofOrlandPark)

Events, important information and highlights of people in our community are featured on our page. Give us a “like” to stay up-to-date on all that’s happening.

Instagram | [villageoforlandpark](https://www.instagram.com/villageoforlandpark)

Capturing fun and light hearted sights around Orland Park, as well as keeping the community up-to-date on Village happenings is what you’ll find on our feed.

TikTok | [VillageofOrlandPark](https://www.tiktok.com/@VillageofOrlandPark)

Short, fun and joyful videos from events to community information is what you’ll find on our profile. Give us a “follow” to stay up-to-date on all that’s happening.

twitter | [VillageofOrlandPK](https://twitter.com/VillageofOrlandPK)

Receive timely tweets about events, traffic, public announcements and more.



Letter from the Chief of Police

The safety of residents and guests in Orland Park is the first and foremost priority for the Orland Park Police Department. We are proud of the fact that the Village of Orland Park currently has the lowest number of Index Crimes since 1994 and crime in Orland Park has continued to decrease. The Village of Orland Park has the lowest violent crime rate for municipalities over 50,000 residents in the entire state of Illinois.

With that being said, we must remain actively aware of those who make a habit of targeting our senior population.

Within the pages of this publication, you will find information regarding employment fraud scams, identity theft and vaccine scams that are popping up now that vaccines have become available to some. Please take a moment to review the pages of this edition of the senior newsletter to arm yourself with information so that you know a scam should it present itself.

The Orland Park Police Department is pleased to continue its Mental Health Response Unit partnership with Trinity Services. The partnership allows for real-time, thorough and in depth assistance for those in need, when they need it most. You can read more about the program in this publication and view our YouTube video for details at youtube.com/user/villageoforlandpark.

We ask that you, as residents and pillars of the community, do your part to let us know if you see anything that may seem odd or give you concern. As always, we ask that if you SEE SOMETHING, SAY SOMETHING and give us a call at (708) 349-4111 for non-emergencies or 9-1-1 in the event of an emergency.

Thank you for your support of the men and women of the Orland Park Police Department as we do our absolute best to continue to provide safety and security services to the community.

Joseph Mitchell | Chief of Police

Stay Warm!

The Orland Park police station is open as a warming center during the dangerously cold weather. The police station, at 15100 S. Ravinia Ave., is the Village's primary warming center. The station is open 24 hours a day, seven days a week. Please check on the elderly and disabled friends and neighbors during the cold wave.



Mental Health & Orland Park Police Department

In recent years, the State has cut over one hundred and thirteen million dollars in mental health services. During the same time, we saw the closure of a local mental health center, a decrease in services provided by mental health agencies and an increase in committals.

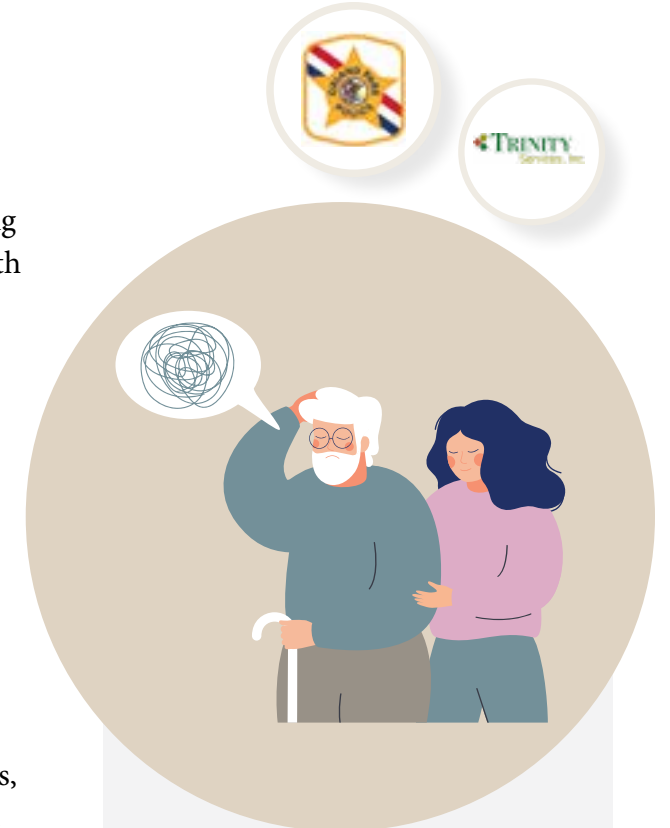
The Orland Park Police Department recognizes the need for assistance in addressing the increasing mental health crises. A Crisis Intervention Team was formed and formally trained to respond to calls involving mental health-related circumstances under the guidance of and cooperation with Trinity Services' mental health professionals.

The Orland Park Police Department and Trinity Services, in collaboration with DePaul University, applied for and received a Mental Health Collaboration grant from the United States Department of Justice.

The Orland Park Police Department is pleased to continue its Mental Health Response Unit partnership with Trinity Services. The partnership allows for real-time, thorough and in-depth assistance for those in need, when they need it most. Together, we hope to provide those in need with the services they need with the Mental Health Response Unit.

The Orland Park Police Department and Trinity Services are pleased to have found a balance of services that allows for prompt and appropriate care for those in need of mental health services.

For more information about the Mental Health Response Unit, visit orlandpark.org or view the informational video on the Village's YouTube channel at youtube.com/user/villageoforlandpark.



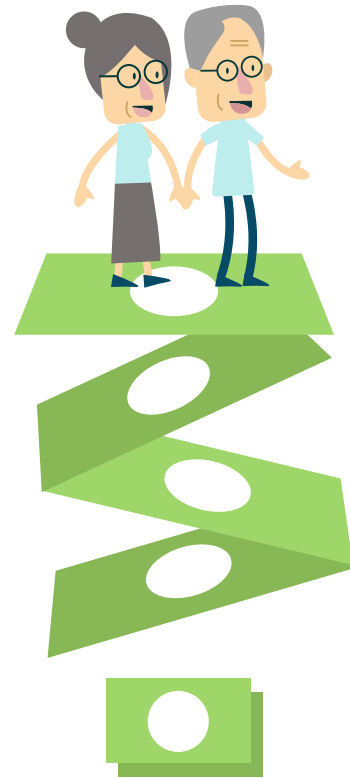
Are you or someone you know in need?

TRINITY SERVICES, INC.
Please visit trinityservices.org for more information on mental health services or call (815) 485-6197.

ORLAND PARK POLICE DEPARTMENT
If you observe a family member or friend who may need help please call (708) 349-4111.

Property Tax Reduction

A senior’s household finances can be burdensome for many. The Village of Orland Park is continuously looking for ways to ease the strain. In addition to discounts for Village services and programs, we are happy to announce that at the December 7, 2020 meeting of the Village Board, the board unanimously approved an ordinance to reduce the Village’s portion of the property tax levy. A 2.92% tax levy decrease was approved and the 2020 tax rate has now decreased by 6.92% (based on a 1.05% EAV increase) from the Village’s 2019 tax rate.



REDUCED BY
6.92%
FROM PREVIOUS LEVY



NEW BUSINESSES

Providing a variety of stores to shop, dine and visit is always important to us. In fact, over the past three years we’ve added over 530 new businesses!



GROCERY STORES

It makes sense to comparison shop at grocery stores to find the best price. The Village continues to add more options for grocery shopping with two new grocers expected this year alone.



SENIOR DISCOUNTS

Did you know that you receive discounts from the Village on vehicle stickers? Also check out Orland Park Health & Fitness, and Sportsplex Membership senior rates.

Illinois Department of Employment Security Fraud

Recently, the Orland Park Police Department has received an influx of reports from residents who received notice from the Illinois Department of Employment Security (IDES) pertaining to unemployment benefits that they did not apply for. This fraud has affected victims nationwide and is not exclusive to the residents of the Village of Orland Park.

In some cases, victims have received multiple letters and/or multiple debit cards in the mail. If you have received one of the KeyBank debit cards, DO NOT ACTIVATE THEM. We ask that you either turn it over to the Orland Park Police Department or destroy it and dispose of it accordingly.

We have been working in conjunction with a representative from the United States Secret Service and forwarding Victim information to them as we receive it. They in turn are working with the Illinois Department of Labor and the Illinois Department of Employment Security in an effort to clear up the identification of each and every victim.

If you have been affected by this recent fraudulent activity, you are encouraged to contact the Illinois Department of Employment Security at (800) 814-0513, or their website ides.illinois.gov to report it. We also urge you to perform a credit check with a reputable agency such as Equifax, Experian, or TransUnion.

In addition, residents are urged to visit the Internal Revenue Service website at irs.gov and create an Identity Protection PIN for yourself as an added level of security. This option can be found under the tab “File” on the upper left-hand corner of their website’s main page or by searching “IP PIN”.

As always, the safety and security of the residents of Orland Park is our utmost concern. If you have any additional concerns or questions at any time please contact us at (708) 349-4111.



There have been several variations of this unemployment fraud, described as follows:

- 1 | Victim may receive a letter from the IDES advising they filed for unemployment benefits.
- 2 | Victim may receive the letter accompanied by a KeyBank pre-paid debit card from the IDES.
- 3 | Victim’s employer (both current and former) may receive notification from the IDES that the victim has filed for unemployment benefits.
- 4 | Victim may receive notification that they requested a change of address from the IDES.

COVID-19 Vaccine Scams

The COVID-19 vaccine is being administered all across the country. It's been a busy time for Homeland Security as they work to stop foreign agents, as well as local scammers, from targeting victims with a COVID-19 vaccine scam.





The Better Business Bureau (BBB) said it has received reports of scammers impersonating officials from the Centers for Disease Control and Prevention and the World Health Organization in phishing emails that claim to have news about the disease. There has also been an increase in scams using robocalls to impersonate government officials, the bureau said. Additionally, there have been some reports of scam calls offering people a chance to avoid long lines and receive an early dose of the Pfizer vaccine for a fee. This vaccine is funded by taxpayer dollars, so it will be administered free of charge.

In Illinois, health care workers are first in line for the initial vaccines, followed by residents and employees at long-term care facilities. Gov. J.B. Pritzker has said widespread vaccine distribution to the general public might not occur until April 2021. Those who believe they may be eligible for a vaccine early should contact their health care providers. But the BBB said residents should be wary of telemarketing calls and texts, social media posts and even door-to-door visits — all methods used by scammers. The bureau also says people should ignore calls for immediate action and not buy any kind of COVID-19 vaccine or treatment online.

Those who've found a scam or have been scammed themselves can report it to the bureau at: [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker). Suspicious activity may also be reported to the Department of Homeland Security at: covid19investigations@dhs.gov.



Help prevent scams by informing yourself

-  Someone is reaching out to you in regards to getting the vaccine; especially if they're reaching out by text, email, or via the Internet.
-  Payment is requested in exchange for an early/or any COVID-19 vaccine.
-  Someone comes to your home in regards to a vaccine. Contact the Orland Park Police Department immediately at (708) 349-4111 or 9-1-1.
-  Someone attempts to gain your personal information in exchange for a vaccine.

COVID-19 Vaccine FAQ's

Why are only some people eligible?

The CDC is recommending states prioritize people with the highest risk of exposure to the new coronavirus that causes COVID-19 and greatest risk of severe illness from the disease. Illinois is allowing people who are 65 years old and older to get vaccinated. The first in line are health care workers and people who live or work in long-term care facilities, such as nursing homes.

How long will it take to vaccinate them?

State officials previously estimated it would take four to six weeks, but it will likely be longer because vaccine delivery to vaccinate healthcare workers and long-term care residents has been slower than expected. There are about 850,000 health care workers and long-term care residents and staff members in Illinois. The first health care workers received shots Dec. 15. CVS and Walgreens pharmacies are vaccinating long-term care residents and staff members. Doses are administered three to four weeks apart, depending on the type of vaccine.

How much will it cost?

There is no cost for the vaccine, but providers can charge an administration fee for giving the shot to someone, according to the CDC. That fee can be reimbursed by private insurance or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund, CDC states on its website.

Where will I go to get the vaccine?

Eventually, people will be able to get the vaccine from doctors' offices, pharmacies, hospitals and health centers. And the Illinois National Guard will stand up mass vaccination sites across the state like it did with COVID-19 testing sites, Gov. J.B. Pritzker said during a recent press briefing.

Want more COVID-19 info?

Please visit orlandpark.org/coronavirusinfo for the most up-to-date information from the Village.

CDC
[cdc.gov](https://www.cdc.gov)
(800) 232-4636

IDPH
dph.illinois.gov
(312) 814-2793

COOK COUNTY DEPT. OF PUBLIC HEALTH
[cookcountypublichealth.org](https://www.cookcountypublichealth.org)
(708) 633-4000

ILLINOIS DEPARTMENT OF PUBLIC HEALTH

PHASE 1 VACCINATION PLAN

PHASE 1A

Healthcare Personnel/Critical Population

- A.1 LTCF STAFF
- A.2 EMERGENCY MEDICAL SERVICES
- A.3 HOSPITAL-BASED STAFF
- A.4 LHD STAFF
- A.5 CLINIC FACILITY STAFF
- A.6 HOME-HEALTH PERSONNEL
- A.7 PHARMACY STAFF
- A.8 OTHER MEDICAL STAFF (DENTAL, OPT, ETC)
- A.9 OTHER HEALTHCARE WORKERS

PHASE 1B

Critical Workforce

- B.1 FIREFIGHTERS
- B.2 LAW ENFORCEMENT
- B.3 OTHER FIRST-RESPONDERS
- B.4 NATIONAL GUARD FOR COVID-19 RESPONSE
- B.5 CHILDCARE PROVIDERS
- B.6 CONGREGATE CARE FACILITY STAFF
- B.7 TEACHERS/EDUCATION STAFF
- B.8 STATE & COUNTY OFFICIALS
- B.9 CORRECTIONAL STAFF
- B.10 POSTAL SERVICE WORKERS
- B.11 FOOD PRODUCTION/DELIVERY/PROCESSING
- B.12 TRANSPORTATION



Finding ways to stay connected with others during the coronavirus can be more challenging as an older adult. Try using these strategies to feel less isolated and to stay connected with loved ones and others.

Communicate the Old-Fashioned Way

If you don't have access to smart phones or computers, consider sending a hand-written letter or card to loved ones instead. The Orland Park Public Library has a Pen Pal program to keep community members who may be feeling isolated during quarantine engaged. This is a simple way to do and feel good, and to connect with others. For more information please visit orlandparklibrary.org/pen-pal-program.

Watch Live Concerts Online

Many people find connection and resilience through music. Organizations like the Chicago Symphony Orchestra are finding new ways to share their services during these challenging times. Enjoy free live broadcasts of the symphony from the comfort of your own home. You can learn more about upcoming concerts and how to watch these live broadcasts at cso.org/tv.

Schedule Virtual Visits with Friends & Family

From free communication tools like Skype to smartphone apps like Facetime, there are a lot of ways to see and catch up with family and friends without having to leave your home. Many online communication tools provide a video feature to help you feel more connected to loved ones. When you're looking for a more simple solution, a quick phone call can also help lift spirits.

Celebrate Valentine's Day!

While things may look and feel different this year, there are still plenty of ways to make Valentine's Day special for your significant other.

Watch a Valentine's Day Movie

Pop some popcorn, grab some snacks, open up a bottle of wine and watch a Valentine's Day movie while snuggling under a blanket in the comfort of your home.

Stream A Virtual Concert

Take date night to the next level with a virtual concert. Many artists are making available virtual concerts since in-person concerts are not allowed.

Whip Up Breakfast in Bed

Breakfast in bed—Who doesn't love breakfast in bed? Spend the morning snuggling in bed with your love while enjoying a romantic breakfast!

The Orland Park Public Library serves the residents of the Village of Orland Park. The library moved into its award-winning 93,000 square foot building in September 2004. Patrons of all ages have access to a well-rounded collection of both print and non-print materials, educational and recreational programs, computers and instructional computer classes, excellent reference service, outreach programs for seniors and homebound patrons, and storytimes for children.

orlandparklibrary.org
(708) 428-5100



Intro to iPad

Mar 8 | 7:00 PM | Monday
Use your iPad to learn the basics of navigation, what is in the box, and other tips and tricks to ensure you are using your iPad effectively. Join this zoom webinar by following this link and using the password below:

LINK TO FREE CLASS
<https://us02web.zoom.us/j/81330935302?pwd=alVzenU2WHdZUXdLR3hENlZiT0QvQT09>
Passcode: 224939
Webinar ID: 813 3093 5302

Microsoft Word Basics

Mar 13 | 11:00 AM | Saturday
This introductory course will show you the basics of Microsoft Word. Join this zoom webinar by following this link and using the password below:

LINK TO FREE CLASS
<https://us02web.zoom.us/j/84392256325?pwd=Z0k0ZXF4VUoxdHAzOXNQblQxajg0QT09>
Passcode: 830809
Webinar ID: 843 9225 6325

Interested in a full list of classes?

Please visit orlandparklibrary.org/calendar/ for more a full calendar of events including book clubs, computer classes and educational sessions.

PRECAUTIONS DURING COVID-19

Installation of UV-C (Ultraviolet Germicidal Irradiation) lighting is expected early 2021.

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Injury While Shoveling Snow

It's one of the evils of winter – snow shoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have “thin bones” (osteoporosis). Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

PRECAUTIONS TO TAKE

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers, and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk. Cover up! All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away.

WARNING SIGNS | Know the warning signs of frostbite: skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately. If frostbite occurs, run the affected area under warm (not hot) water.

Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

WARNING SIGNS | Cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia.

PRECAUTIONS TO TAKE

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.

Fires and Carbon Monoxide Poisoning

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene, and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

WARNING SIGNS | If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.

- Headache
- Weakness
- Nausea or vomiting
- Dizziness
- Confusion
- Blurred vision
- Loss of consciousness

PRECAUTIONS TO TAKE

- Call an inspector to have your chimneys and flues inspected – preferred annually.
- Open a window (when using a kerosene stove) – just a crack will do.
- Place smoke detectors and battery-operated carbon monoxide detectors in strategic places – especially in areas where you use fireplaces, wood stoves, or kerosene heaters.
- Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding, and furniture.
- Never try to heat your home using a gas stove, charcoal grill, or other stoves not made for home heating.
- If there is a fire, don't try to put it out. Leave the house and call 911.

Do you have a question about winter street parking? Not sure how to participate in Village programs online? You aren't alone.

Here are some of the most frequently asked topics and answers:

What services can I access online?

Water Billing: Even though Village Hall is open for visitors, many are opting to utilize contactless options for bill payment. Water billing customers can visit orlandpark.org from any computer, smart phone or tablet and click "Pay Online" then "Pay Water Bill" to access online payment. Call (708) 403-6170 with questions or assistance with online water billing payments.

Program Registration: Register for any recreational program by visiting orlandpark.org, clicking "services" then "recreation" to access online program registration.

Can I park on the street in the winter?

Orland Park's Winter Parking Ban takes effect once two inches of snow falls. Once two inches or more of snow falls, parking of any kind on village-owned streets for a period of time longer than three minutes for unloading or loading of passengers or 30 minutes for loading and unloading of property is not allowed. This ban applies for a period of eight hours after the snow stops falling, or until the streets have been cleared of snow. Residents can assist Village crews (and avoid a parking ticket) in the snow removal efforts by parking vehicles in driveways or other off-street areas.

What activities can I participate in from home?

Tune in on Youtube or Facebook to join our events happening LIVE. Our cable channel also broadcasts board meetings as well. Also don't forget to check out our online Virtual Bingo. ([more info on pg 22.](#))

How can I watch board meetings if I cannot attend in person?

All Village of Orland Park committee and board meetings are broadcast live on the Village's YouTube channel and subsequently broadcast on the Village's public access cable channel on Comcast channel 4 and AT&T UVerse Channel 99. An audio recording of the meeting is also available online at orlandpark.org on the day following the meeting. Please email publicinfooffice@orlandpark.org with questions.



Group Exercise Classes

Orland Park Health & Fitness Center and Sportsplex have in person or online group exercises classes. Please visit ophfc.com or orlandpark.org/sportsplex to see a full list of all available classes.

Pools & Water Exercise

Utilize the warm water therapy & lap pools located at Orland Park Health & Fitness Center for low-impact activities that are easy on the joints. Visit ophfc.com for a pool schedule and center hours.

Walking Tracks

Check out the indoor tracks at Orland Park Health & Fitness, Sportsplex and the FREE track at Franklin E. Loebe Center to stay active this winter season while avoiding dangerously cold temperatures.



What Does Your Membership Include?

- Indoor walking/running track
- 25-yard lap pool, warm-water therapy pool
- Massage services **Additional Fee*
- FREE fitness assessment and personalized exercise plan to help you achieve your goals
- 90+ group exercise classes, FREE to members. View our full list of classes at ophfc.com.
- Access to personal training and specialty programs led by our degreed and certified fitness specialists
- Locker rooms: towels, locker service, sauna, whirlpool, and steam room



As a proud member of the Medical Fitness Association (MFA), we focus on health benefits and preventative care along with transformational exercise. We believe that both a healthy mind and body are essential to healthy living. That's why we approach health and wellness from a medically integrated perspective. It's all here for you at Orland Park Health & Fitness Center.

ophfc.com
(708) 226-0555

Senior Membership Dues

Individual	\$66/ per month
Couple	\$116/ per month
\$0 Zero Enrollment Fee - If you pay for a full year - receive a free month	

Guest/ Punch Pass

Daily Pass	\$10
3 Visits	\$25
5 Visits	\$40
10 Visits	\$75

*To qualify as a Senior, must be 62 or older. Prices shown are for residents - additional fees may incur for non-residents.

***Please call the center to confirm if they are taking guests at this time and if all amenities are available.**

RESPONDING TO COVID-19

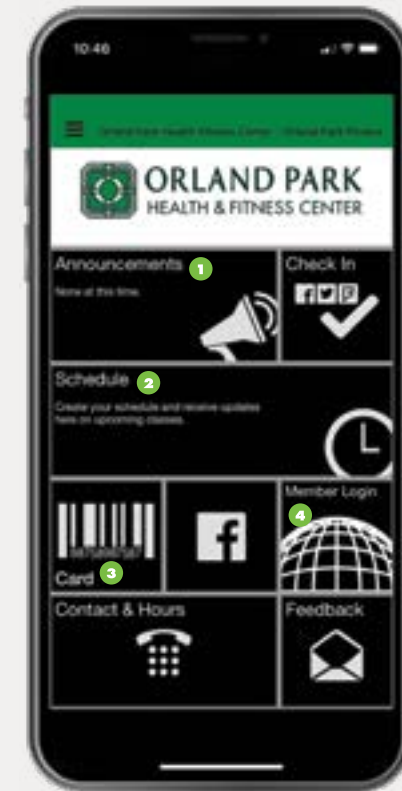
Our Orland Park Health & Fitness Center team has implemented additional cleaning and safety protocols to keep us all healthy and safe. During your visit to the center you'll notice the following mitigation efforts:

- Member screening upon entry
- Social distance markings
- Continuous disinfection schedule for center
- Additional signage and markers to reinforce hand washing and cleaning of equipment after use
- Readily available hand sanitizing stations and equipment
- Classes sizes have been reduced to maintain social distancing

DOWNLOAD OUR OPHFC MOBILE APP

Gain easy access to the people and programs that keep you healthy with our mobile app.

- 1 Receive notifications and announcements
- 2 Access the latest group exercise schedule and enroll in upcoming classes
- 3 Check in with a virtual membership card
- 4 Manage your account



Make the most of your membership by getting center updates quickly, use touchless check-in, and more.

SEARCH "ORLAND PARK FITNESS" TO FIND OUR MOBILE APP ON THE APP STORE OR GOOGLE PLAY.™



Interested in a full list of classes?

Visit ophfc.com to see the full list of group exercise classes. You can also call (708) 226-0555 to confirm class schedule. Use of the OPHFC Mobile App will help you stay the most up-to-date.

Do I need to sign up for classes?

Yes, registration is required on or the day before the class date. Please call (708) 226-0555 to sign up. Call center to confirm class schedule and if they are taking guests at this time.

DUE TO COVID-19, SOME ASPECTS OF PROGRAMS MAY BE ALTERED TO ENSURE A SAFE EXPERIENCE FOR ALL PARTICIPANTS. FOR THE LATEST UPDATES PLEASE FOLLOW US AT VILLAGE OF ORLAND PARK ON FACEBOOK, TWITTER, INSTAGRAM AND ORLANDPARK.ORG OR CALL US 708-403-6100.

Make Every Bite Count

Healthy eating is an important part of staying healthy as you age. Choosing healthy foods can help you maintain a healthy weight, get the nutrients you need, lower your risk of chronic disease, and help you stay active and independent. Did you know that the definition of healthy eating changes a little as you age? For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.

For most individuals, no matter their age or health status, achieving a healthy dietary pattern will require changes in food and beverage choices. The good news is that a healthy dietary pattern is not a rigid prescription. It is important to create a framework of core elements within which individuals can make tailored and affordable, nutrient-dense choices that meet their personal preferences and cultural traditions.

Shop Smart to Stay on Budget

The cost of food can eat up a big part of your budget. Once you have a budget, consider these tips while food shopping:

- Consider store brands — they usually cost less.
- Use coupons when you can.
- Try to buy in bulk, but only buy a size you can use before it goes bad.
- Focus on affordable fruits and vegetables like bananas, apples, oranges, cabbage, sweet potatoes, dark-green leafy vegetables, green peppers, and regular carrots.

Learn About Resources In Your Community

Sometimes accessing basic nutrition can be a challenge for older adults living independently or with significant limitations. PLOWS Council on Aging can help older adults understand and access the SNAP (Supplemental Nutrition Assistance Program) program and their Advocacy & Benefits experts have the latest information regarding eligibility, ordering groceries online, and coupons for farmers' markets. For more information, visit www.plows.org or call (708) 361-0219.

GUIDELINES TO HELP

- 1 | Follow a healthy dietary pattern at every life stage.
- 2 | Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- 3 | Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
- 4 | Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



YIELD: 2 Servings
PREP TIME: 15 MIN
COOK TIME: 15 MIN

Baked Salmon with Cherry Tomatoes and Fennel

INGREDIENTS:

- 2 skin on salmon fillets, 5- 6 ounces each
- ¼ teaspoon salt
- 1 small spring onion, thinly sliced
- 2 thin lemon slices
- 12 small cherry tomatoes, halved
- 4 thin slices fennel bulb
- 2 thin, quarter size slices fresh ginger, peeled
- 2 large basil leaves
- ¼ teaspoon pepper
- extra virgin olive oil

DIRECTIONS:

1. Heat the oven to 425°. Cut two 12 inch squares of heavy duty aluminum foil. Put the foil squares, shiny side down, on a work surface; brush olive oil in the center of each square. Brush each salmon fillet with olive oil; put a fillet, skin side down, on each foil square. Season the fillets with salt and pepper and top each with one fourth of the onion, a lemon slice, six cherry tomatoes (halved), two fennel slices, a ginger slice and a basil leaf, scattering the ingredients over and around the salmon. Seal the packages securely.
2. Place foil packages on a baking sheet; bake 15-18 minutes. Allow to rest a few minutes before opening to avoid hot steam.
3. Unseal the packages. Transfer the contents of each to shallow bowls, pouring any juices over the fish.



Lela Iliopoulos
 Registered Dietitian



The recipe was submitted by Palos Health Registered Dietitian Nutritionist Lela Iliopoulos. Lela is a diabetes and nutrition counselor at the Palos Health South Campus in Orland Park. To schedule an appointment with Lela or a colleague, call (708) 226-2626.



LEARN ABOUT NAVIGATING THE AGING LIFE CYCLE IN SOUTH SUBURBAN COOK COUNTY

ABOUT US

Our programs and services help people aged 60+ who are navigating the life cycle and we also provide specific services to people with disabilities aged 18+ living at home. We bring integrated solutions that help individuals maintain their health, dignity and self-worth in the community, ensuring independence in their homes for as long as possible.

CONTACT US

Visit plows.org or call us at (708) 361-0219. PLOWs Council on Aging continues to operate remotely. Please call us Monday – Friday 9 AM – 5 PM.

Are you an informal caregiver who could use a break?

Respite is available seven days a week and can be used for as little as three hours, an entire day, or possibly even several days when you care for an older adult who requires 24-hour care and cannot be left alone. Learn more by calling PLOWs Council on Aging at (708) 361-0219.

Do you care for someone with Alzheimer’s Disease or other cognitive impairment?

We help caregivers, friends and family members explore strategies to connect at every stage of the disease. Right now, we are accepting registrations for an online 9-week program for family caregivers of people with Alzheimer’s disease or dementia. The Caregiver Stress-Busting Dementia Program teaches stress management techniques, relaxation, and coping strategies. Learn more by calling PLOWs Council on Aging at (708) 361-0219.

Do you know about all the benefits that you may qualify for as an older adult?

Your budget is part of the foundation on which you make your plans to age well. If you are living on a limited income, PLOWs can guide you and maximize your budget by helping you apply for benefits, which may lower your monthly expenses in areas such as utility bills, property taxes, prescriptions, transportation, and other necessities. Learn more by calling PLOWs Council on Aging at (708) 361-0219.



Advocacy & Benefits Assistance

Applying for critical government-related benefits can be challenging and overwhelming. Our professionals can assist you or another qualified older adult during individual calls to discuss services such as: Medicare Savings Program, SNAP/Food Stamps, Senior Health Insurance, Energy Assistance, and more.

WHO?

For people 60+ years or over and adults with disabilities living in the 20 communities within Palos, Lemont, Orland, and Worth Townships.

WHEN?

Schedule a call-in appointment Monday through Friday by calling (708) 361-0219.

Resources for Grandparents & other Relatives raising children

In Illinois, 100,000+ grandparents are responsible for their grandchildren. These relatives provide a vital safety net and often begin care with little or no warning or preparation. PLOWs Council on Aging is a community resource for these caregivers – providing free consultation, education, encouragement, and, in some cases, emergency funding.

WHO?

For older adults who are the primary caregiver for a grandchild or other family member under 18.

WHAT?

Our services include consultation and support about financial assistance, legal issues, self-care, and more.

Memory Café



Mar 10 | 10:00 AM | Wednesday

Join us from the comfort of your own home for our monthly Memory Café, a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. Dial in by phone or Zoom in on the computer. This session features “Mindfulness Meditation and Mind/Body” with Jaci McCarty. Jaci has more than 15 years of experience in mindfulness and yoga and the program focuses on techniques for the mind/body connection, breathing, and movement.

Registration required please contact: Catherine Stowers, Program Manager, PLOWS Council on Aging (708) 274-0052 or email c.stowers@plows.org.

**Zoom link will be sent following registration.*



This event is FREE

This event is offered via Zoom

Caregiver Stress-Busting Dementia Program



Do you provide care for someone with Alzheimer’s disease or dementia? This program will teach Stress Management Techniques, Relaxing and Coping Strategies. Dial in on your phone or visit by video with a computer.

Registration required please contact: Catherine Stowers, Program Manager, PLOWS Council on Aging (708) 274-0052 or email c.stowers@plows.org.

**Zoom link will be sent following registration.*



Caregivers Connecting Support Group



Mar 17 | 10:00 AM | Wednesday

Are you caring for an older relative, friend, or neighbor? Join our monthly support group and talk with others in similar situations, share experiences, advice, and words of encouragement. Dial in on your phone or visit by video with a computer.

Registration required please contact: Catherine Stowers, Program Manager, PLOWS Council on Aging (708) 274-0052 or email c.stowers@plows.org.

**Zoom link will be sent following registration.*



A Legal Map for Aging Well

Apr 7 | 11:00 AM | Wednesday



We all hope to age well with excellent physical, cognitive, and mental health. Have you thought about your financial and legal health, too? Our presenter is Helen Mesoloras, JD, Elder Law Attorney and Partner at Dutton Casey & Mesoloras. 1.0 CE Credit for Illinois nurses, social workers, and counselors. Dial in by phone or Zoom in on the computer.

Registration required please contact: Catherine Stowers, Program Manager, PLOWS Council on Aging (708) 274-0052 or email c.stowers@plows.org.

**Zoom link will be sent following registration.*



Pickleball

9:00 AM - 2:00 PM | Monday - Friday
Sportsplex – Pickleball Court

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Pickleball is available at the Sportsplex with Monday, Wednesday and Friday geared toward beginner/open play, and Tuesday and Thursday for the Intermediate/Advanced players.



SPORTSPLEX DROP IN FEE:

- Resident \$4 • Non-resident \$15
 - Senior Non-resident 55 & up \$6
 - Sportsplex Member FREE
- * For court reservations & availability, call Kurt at (708) 403-6284. Sportsplex hourly rates apply.

Virtual Bingo

6:00 PM - 7:00 PM | Thursday

Our popular Virtual Bingo program continues! Pencil us in your calendar for an hour of fun and chances to win some fabulous prizes. Your Zoom link and Bingo card will be sent to your listed email address. What a great way to break the winter blues!

- PROGRAM 90661 | Feb 4
 - PROGRAM 90662 | Mar 4
 - PROGRAM 90663 | Apr 1
- Resident fee is \$5.00



DUE TO COVID-19, SOME ASPECTS OF PROGRAMS MAY BE ALTERED TO ENSURE A SAFE EXPERIENCE FOR ALL PARTICIPANTS. FOR THE LATEST UPDATES PLEASE FOLLOW US AT VILLAGE OF ORLAND PARK ON FACEBOOK, TWITTER, INSTAGRAM AND ORLANDPARK.ORG OR CALL US 708-403-6100.

Senior Painting

10:30 AM - 12:00 PM | Wednesday
Cultural Center – Room 203

Never painted before? This is the class for you! Create a VanGogh theme masterpiece on a 9 x 12 canvas. All supplies are included and templates will be provided.

PROGRAM 90345 | Apr 7
Resident fee is \$15

Adult Watercolor Painting

1:00 PM - 3:00 PM | Thursday
Cultural Center – Art Studio

Learn watercolor techniques such as wet-in-wet, negative painting, use of masking fluid, spattering or color sponging, salt scraping, and more. Geared for beginning to intermediate students, this class will enable you to produce exciting paintings in this very popular medium with various subject matters. Supply list available at registration.

PROGRAM 90310 | Apr 8 - May 13
Resident fee is \$77

Want to see a full list of classes?

Visit Services > Recreation section on orlandpark.org to see the view a full program guide and list available classes.

Do I need to sign up for these classes?

Yes, registration is required. You can sign up online (*see instructions listed below*) or in-person at the Village Hall.

Online Sign Up Instructions

Access our up-to-date program information at orlandpark.org. Click on Services, then select Recreation. On this page you will select the category you are interested in and this will bring you to all available activities.

- Click the “Activities” tab to browse our programs and register for your class.
- If you would like to register, select to ‘Add to Cart’ button. Verify your selections, review all fees, then ‘Proceed to Checkout’
- Note: A \$2.50 non-refundable online convenience fee will be added. Enter your payment information, agree to the liability waiver, and select Pay & Finish.
- Your receipt will then appear on screen.

Village of Orland Park Unveils Adopt-A-Park Program

The Village of Orland Park’s new Adopt-A-Park Program is designed to encourage the community to work hands-on to help keep the Village’s parks clean, safe, and attractive. The program offers the opportunity for residents to get more involved in the community in a way that promotes civic pride, appreciation and awareness. The new Adopt-A-Park program will provide volunteer opportunities for local citizens to participate in the care and maintenance of the Village’s parks. This community-wide initiative would ask that adopters periodically clean up, remove weeds, report vandalism, and keep an eye on the park while reporting any necessary issues to the Public Works Department for addressing.

The Adopt-A-Park Program is open to individuals, youth groups, neighborhood associations, civic groups, religious organizations, service organizations, schools (school groups and teams), businesses and other community organizations throughout the Village of Orland Park.

Volunteers and/or their organizations would be recognized with a sign, located near the main park sign, signifying their service and dedication to the community.

WHAT ARE PROGRAM BENEFITS?

It is a great way for your group to spend quality time together and feel good about giving back to your community through improving your favorite park.

Your organization’s name will be acknowledged on a sign in the designated area of the park.

It gives groups a chance to have a hands-on role in keeping their park clean and beautiful.

It better the parks of Orland Park for community members and better the community as a whole.

Interested in more information?

Please visit orlandpark.org or call (708) 403-6350.



Northwestern Medicine Welcomes Palos Health

Palos Health has joined Northwestern Medicine on January 1, 2021. Earlier this year, the governing boards for both organizations approved the merger and definitive agreement. All regulatory approvals have now been received.

“We look forward to welcoming Palos Health to Northwestern Medicine,” said Dean M. Harrison, President and Chief Executive Officer, Northwestern Memorial HealthCare. “We will join the physicians and staff of Palos Health to provide convenient access to world class care in the southwest suburbs.”

With Palos Health joining, Northwestern Medicine will offer care across Chicago at 11 hospitals and more than 200 ambulatory sites, provided by a combined workforce of more than 36,000 physicians, nurses and staff.

“This affiliation will only serve to enhance the already excellent quality of care provided to the community by Palos Health.” said Terrence Moisan, MD, President and Chief Executive Officer of Palos Health. “As a part of Northwestern Medicine, we will be able to further develop and grow specialized services for our patients and community. We look forward to a bright future together.”



Northwestern Medicine – Chicago, IL



Palos Health – Orland Park, IL

Want more info on Northwestern Medicine?

To learn more about Northwestern Medicine, please visit nm.org/about-us/northwestern-medicine-newsroom/media-relations/about-our-health-system.



Want more info on Palos Health?

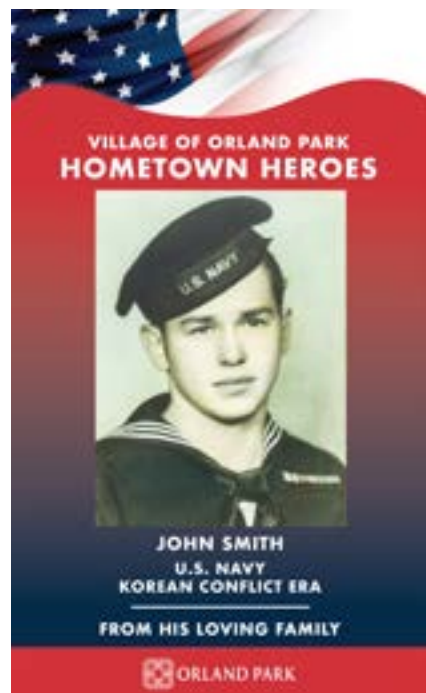
To learn more about Palos Health, please visit paloshealth.com/about-us/.



Hometown Heroes Military Banner Program

The Village of Orland Park, Mayor Pekau and the Village Board of Trustees are proud to offer this military banner program to honor the current and former residents of the community who have served or are currently serving our country in any branch of the military.

“We are happy to be able to honor Orland Park’s veterans by offering the Orland Park Hometown Heroes program for the first time,” said Mayor Keith Pekau. “Those who venture down Ravinia Avenue will be able to see first-hand all of the many Orland Park heroes who bravely served our great nation and safeguarded our freedoms.”



SAMPLE BANNER

Banner Size: 24" W x 48" H

BANNER DISPLAY

Application are accepted through March 1st, 2021. All banners will be displayed on Ravinia Ave from 143rd to 159th from Memorial Day through Veterans Day. If requested, banners that are removed at the end display period will be provided to the applicant.

ELIGIBILITY

First preference goes to applicants who are residents of Orland Park, members of the American Legion Orland-Memorial Post 111 or the Orland-Palos Rebbert-Tesmond VFW Memorial Post 2604.

- Applicants must have served in the following branches of service:
- Army
 - Air Force
 - Marines
 - Navy
 - Coast Guard

COST

The fee for sponsoring your Hometown Hero’s banner is \$150. This fee includes the cost of the banner as well as the placement and removal. **Fee is only \$100 in conjunction with engraved name on memorial wall.*

ORDERING A BANNER

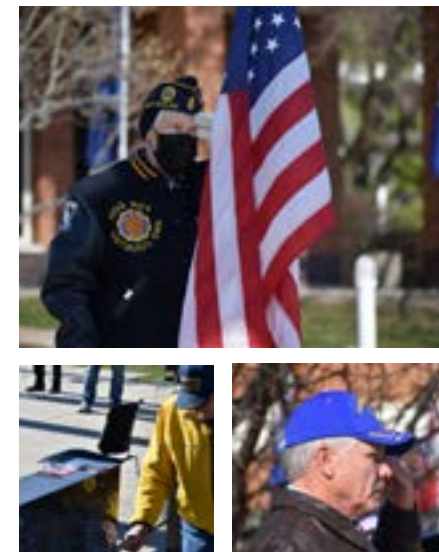
To apply for a banner, fill out the application available in person at Village Hall or on the Village’s website at orlandpark.org

PHOTO REQUIREMENTS

Submitted photos must be clear and in good condition. Digital photos will also be accepted. It is preferred that the applicant in the photo be in uniform, but is not required. The original photo will be returned.

Who do I contact for additional questions?

For questions or inquiries, please contact Orland Park Veterans Program Assistant Darryl Wertheim at (708) 403-6115 or email dwertheim@orlandpark.org.



Do you want to Honor and Remember a Veteran?

Each Memorial and Veterans Day, the Village’s Veterans Commission adds the names of veterans to the granite wall surrounding Orland Park’s Veterans’ Memorial, “Ara Pace ~ Place of Peace. You can find this application available in person at Village Hall or on the Village’s website at orlandpark.org/services/veterans.

ORLAND PARK HISTORY MUSEUM MEMBERSHIP

The Orland Park History Museum invites you to contribute to history by signing up for an individual or family membership! Your membership will support museum exhibits, programs, and the preservation of artifacts. A membership also provides discounted prices on special events or programs and discounts on some items the museum may sell from time to time. Memberships may be purchased at the Sportsplex Office, Village Hall cashier's office, at the museum, or online. Membership benefits both you and your museum.

\$10.00 Individual / \$20.00 Family



The Capone & Route 66 Connection

Feb 5 | Friday
6:30 PM - 8:00 PM
Orland Park History Museum

Many businesses on or near Route 66 had ties to Al Capone, including breweries, race tracks, and speakeasies. It was also on Route 66 that Capone took his car to get armor-plated and where a mob hit took place, becoming part of the reason O'Hare Airport acquired its name. You do not want to miss this NEW Capone program at the museum!

Member Fee \$10/ Non-member \$15

PRECAUTIONS TAKEN DURING COVID-19

- Social Distancing— participants and staff must strive to maintain 6 feet between them at all times.
- All instructors and staff are required to wear masks.
- All visitors and participants are strongly encouraged to wear masks.
- Designated entrances will be used for entering and exiting our facility.
- Hand sanitizer will be available.
- Class size limits have been reduced to remain compliant to local restrictions.
- The Village may cancel a program even if mandatory restrictions are not currently in place, if it judges in its sole discretion that holding the program would be impracticable or a risk to public health. In the event of a cancellation by the Village, fees will be refunded as appropriate.



From Emancipation to Inauguration
 THE BLACK EXPERIENCE IN CHICAGO

Feb 20 | Saturday
11:00 AM - 12:30 PM
Orland Park History Museum

From Chicago's first settler to the Nation's Chief Executive, the African American presence is deep in Chicago's history. Hear all about these various historic figures and how they impacted Chicago!

Member Fee \$10/ Non-member \$15



It's all Fun & Games
 FAVORITE PAST TIMES IN ORLAND PARK

Learn all about the favorite pastimes of Orland Park's children and adults, going as far back as the 1890s! Read about Orland's hidden bowling alley, the mischief of teens during the Halloween season, the gambling inside early saloons, and much more! Exhibit is free and open to all ages.

Exhibit will run thru June 5, 2021.

Want to see a full list of programs?

Visit orlandpark.org/services/museum to see the full list of program of events.

Do I need to sign up for these museum events?

Yes, registration is required. Please [see page 23](#) for online sign up information or call (708) 873-1622 for any questions.



The Village of Orland Park Sportsplex is not a typical health club. As a municipal recreation facility, our mission is to serve and support you in the pursuit of a healthy lifestyle. Sportsplex offers an array of equipment and employs knowledgeable, certified staff whose focus is to help you achieve your wellness goals.



orlandpark.org/sportsplex
(708) 645-7529

What Does Your Membership Include?

- No initiation fees
- New Life Fitness strength equipment
- 1/10 mile indoor track
- 90+ weekly group exercise classes, Discounted for members. [View our full list of classes at orlandpark.org/sportsplex](#)
- Personal health assessment, equipment orientation, and exercise prescription
- Locker rooms and towel services

Sweet February Special

Get 15% off regular annual membership purchased during the month of February.

March Anniversary Special

Get 2 months free or 15% off regular annual membership purchased during the month of March.

Senior Membership Dues

12 Month	\$250
3 Month	\$108

*Additional fees may incur if you are not an Orland Park resident.

Day Pass

Day Pass	\$10
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Senior Drop In Pass

Senior Drop In	\$3
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*To qualify as a Senior, must be 55 or older. Prices shown are for residents - additional fees may incur for non-residents.

*Please call the center to confirm if they are taking guests at this time and if all amenities are available.

FITNESS CENTER DURING COVID-19

- Hand Sanitizer is readily available at entrance to group fitness classes and fitness center.
- Over 20 cleaning stations are available throughout fitness center and group exercise. Class participants will be asked to wipe all equipment before and after usage.
- In fitness classes, instructors will wear masks and stay socially distant where appropriate.
- Class limits are 15 per class and socially distant markers are used where needed.
- There are no hands-on spotting in classes.
- Large fitness equipment is 6-8 feet apart.
- Cardiovascular equipment is spaced to use every other day in fitness center depending on day of the week.

DUE TO COVID-19, SOME ASPECTS OF PROGRAMS MAY BE ALTERED TO ENSURE A SAFE EXPERIENCE FOR ALL PARTICIPANTS. FOR THE LATEST UPDATES PLEASE FOLLOW US AT VILLAGE OF ORLAND PARK ON FACEBOOK, TWITTER, INSTAGRAM AND ORLANDPARK.ORG OR CALL US 708-403-6100.

RX for Health

Participant will receive a pre and post assessment for this 8-week program. Exercises will be prescribed by a certified personal trainer geared toward client's needs. Workouts will focus attention to several health needs including:

- Post Cardiac Rehab
- Arthritis Management
- Diabetes Management
- Weight Management
- Post Orthopedic Care Rehab

Supervised group workouts will be done twice a week with days and times announced after initial assessment. Session begins from the first day of the assessment. Free membership during the 8-week program.

Schedule Day/Time with personal trainer
Sportsplex member \$90.00
Resident fee is \$95.00

Gentle Yoga

Mar 1 - Apr 26
11:30 AM - 12:25 PM | Monday
Sportsplex – Aerobics/ Dance Studio

Less rigorous stretches with easy yoga poses will be stressed to increase flexibility.

PROGRAM 89989
Sportsplex member \$75.00
Resident fee is \$80.00

Senior Fitness Boot Camp

Feb 16 - Apr 1
10:00 AM - 10:55 AM | Tuesday
10:30 AM - 11:25 AM | Thursday
Sportsplex – Fitness Center

Do you lose your balance or have a fear of falling? This class will help improve balance, strength, and cardio vascular endurance. Participants will work at their own pace and modifications will be made for those with an injury.

PROGRAM 89825
 Sportsplex member \$100.00
 Resident fee is \$105.00

Weight Training for Men & Women Over 50

Feb 15 - Apr 1
6:00 PM - 6:55 PM | Men | Mondays
6:00 PM - 6:55 PM | Women | Thursdays
Sportsplex – Fitness Center

Don't be intimidated by free weights. A personal trainer will set up a program with your needs in mind that will help you build, tone, and streamline your muscles. These exercises can help prevent osteoporosis, build strength & stamina, tone and firm muscles while improving your daily living.

PROGRAM
Men | 89968
Women | 89971
 Sportsplex member \$55.00
 Resident fee is \$60.00

Parkinson's Exercise Class

Feb 15 - Mar 31
10:30 AM - 11:25 AM | Monday & Wednesday
Sportsplex – Gym 3

The focus of this exercise class is to improve mobility. When you've been diagnosed with a neurodegenerative disease, it is very important to stay moving and keep active. Exercise has been shown to be helpful in maintaining mobility throughout the lifespan. This class provides safe strengthening exercises with an emphasis on postural awareness, breathing, balance, and rhythmical movement. These exercises aim to increase joint mobility, range of motion, improve balance recovery, gait mechanics, and prevent joint deformation.

PROGRAM 90584
 Sportsplex member \$100.00
 Resident fee is \$105.00

Want to see a full list of classes?

Visit orlandpark.org/services/recreation/sportsplex to see the full list of group exercise classes.

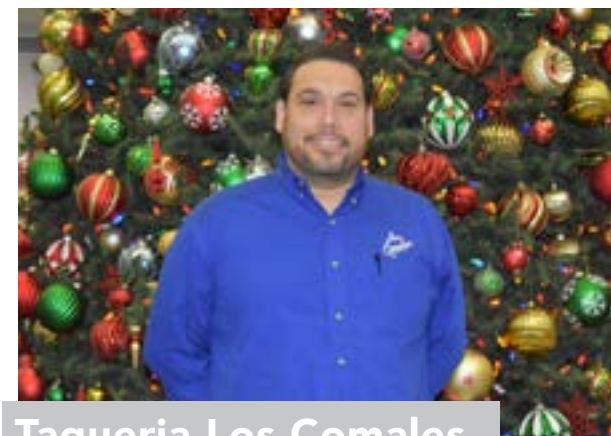
Do I need to sign up for these classes?

Yes, registration is required. You can sign up online ([see instruction on pg 23](#)) or in-person at the Village Hall.

Clean Eatz, a healthy lifestyle restaurant concept that provides customers with multiple options to pursue their healthy lifestyle goals, is coming to Orland Park! The restaurant will offer meal plan meals, kid's meals, catering, smoothies, spices, snacks, supplements and more at the previous Firehouse Subs location at 15892 LaGrange Road. The project is anticipated to bring an additional 10 jobs to the area. Please join us in welcoming business owners Mickey and Jane Smith and Clean Eatz to Orland Park!



Clean Eatz



Taqueria Los Comales



Taqueria Los Comales is anticipating a Feb/March 2021 opening in Orland Park. The proposed project includes the redevelopment of the former Dunkin Donuts located at 15609 S. Harlem Ave. into an approximately 2,508 square foot restaurant establishment. The location, which includes a drive-thru, is a part of a family-owned business that offers fresh authentic Mexican Food in a comfortable family environment at an affordable price. The business has been serving delicious tacos, tortas, burritos, and more throughout the Chicagoland area since 1973. (Pictured is Lawrence Gonzalez of Los Comales/ Valley Grande Foods & Supplies)

DUE TO COVID-19, SOME ASPECTS OF PROGRAMS MAY BE ALTERED TO ENSURE A SAFE EXPERIENCE FOR ALL PARTICIPANTS. FOR THE LATEST UPDATES PLEASE FOLLOW US AT VILLAGE OF ORLAND PARK ON FACEBOOK, TWITTER, INSTAGRAM AND ORLANDPARK.ORG OR CALL US 708-403-6100.



ORLAND PARK

FREDERICK T. OWENS VILLAGE HALL
14700 SOUTH RAVINIA AVENUE
ORLAND PARK, IL 60462
orlandpark.org

Prsrt Standard
U.S. Postage
PAID
Orland Park, IL
Permit Number 33

VILLAGE FACILITIES

CULTURAL CENTER

14760 Park Lane
(708) 403-5000

ORLAND PARK HISTORY MUSEUM

14415 Beacon Ave.
(708) 873-1622

ORLAND PARK CIVIC CENTER

14750 South Ravinia Avenue
(708) 403-6200

ORLAND PARK HEALTH AND FITNESS CENTER

15430 West Avenue
(708) 226-0555

RECREATION AND PARKS DEPARTMENT

14600 South Ravinia Avenue
(708) 403-5000

PUBLIC WORKS DEPARTMENT

15655 South Ravinia Avenue
(708) 403-6350

ORLAND PARK POLICE DEPARTMENT

15100 South Ravinia Avenue
(708) 349-4111(non-emergency)
Dial 9-1-1 for emergency

FREDERICK T. OWENS VILLAGE HALL

14700 South Ravinia Avenue
(708) 403-6100

VILLAGE OF ORLAND PARK SPORTSPLEX

11351 West 159th Street.
(708) 645-7529

FRANKLIN E. LOEBE RECREATION CENTER

14650 South Ravinia Ave.
(708) 403-6259