

FALL 2021 | VOL 4

# SENIORS

A PUBLICATION FOR ORLAND PARK SENIORS

## COMMUNITY PRIDE

See what Orland Park residents have been up to in the community  
PG. 5

## DINING AL' FRESCO

These local restaurants have outdoor patios for dining this Fall  
PG. 10



# LETTER FROM THE MAYOR



Dear Orland Park Seniors,

It's autumn in Orland Park, one of my favorite times of the year. Orland Park's trails, parks and facilities are ready for your visits and we have plenty in store for the season.

Market at the Park was a successful addition to our summer events. This year we extended the event to 10 full weeks of markets at Crescent Park. Each featured about 50 vendors, free live entertainment and a fun, community atmosphere.

Thank you to everyone who attended our July 4 event as well as our Centennial Park West Concerts this summer. It was so wonderful to see the community having fun together in public again. We appreciate the support we were given by local businesses at this event and look forward to seeing you all next summer. To see photos from these events, visit our website and social media accounts.

Earlier this summer, we also hosted our 18th Annual Taste of Orland Park the first weekend of August, and this year was definitely a treat. While many of the participating restaurants were long-time local favorites, some were relatively new to the event. It was great to see the large variety of offerings from local franchises as well as many independently-owned restaurants.

I am very happy that we were able to offer so many outdoor events and activities right here in our town. It is always such a pleasure to speak to residents at these events, so thank you to everyone that took a moment to say hello at these events.

In the meantime, we still have plenty of upcoming events this fall and I look forward to seeing you all there.

You also may have noticed that our Village website looks a bit different. We recently upgraded our website and currently are in a changeover period. All of the information that you need is still accessible at [orlandpark.org](http://orlandpark.org). For any web-related issues or concerns, contact [communications@orlandpark.org](mailto:communications@orlandpark.org).

Lastly, our Veterans' Commission was made aware of a local organization that is in need of supplies to send to currently deployed military troops. Kruse's Krew provides our troops with supplies to care for themselves while they are away from home. For more information and to support, please contact Darryl Wertheim at (708) 403-6115.

The public is always welcome to join us at any and all board meetings, but if you'd rather watch from the comfort of your home, you can do so on the Village's YouTube channel at [youtube.com/user/villageoforlandpark](https://youtube.com/user/villageoforlandpark). Looking forward to seeing everyone out and about this season!

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](http://www.orlandpark.org) to view!

## 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

# VILLAGE BOARD



Pictured (L to R) front: Trustee Brian J. Riordan, Trustee William R. Healy, Trustee Joni J. Radaszewski, Village Clerk Patrick R. O' Sullivan, Mayor Keith Pekau, Trustee Cynthia Nelson Katsenes, Trustee Michael R. Milani, Trustee Sean Kampas.

**Keith Pekau**  
Mayor

## TRUSTEES

**William R. Healy**  
**Cynthia Nelson Katsenes**  
**Michael R. Milani**  
**Sean Kampas**  
**Brian J. Riordan**  
**Joni J. Radaszewski**

## VILLAGE CLERK

**Patrick R. O' Sullivan**

## 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](http://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.

### 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 | [villageforlandpark](https://www.instagram.com/villageforlandpark)

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.

### twitter | [villageofOrlandPK](https://twitter.com/villageofOrlandPK)

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

### 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.

### 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.

## 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. As a result of these statistics as well as other features within the Village, the Village of Orland Park was recently named the Safest City in Illinois for 2021 by Safety.com.

With that being said, we must remain actively aware of those who make a habit of targeting our senior population. As summer comes to a close, we sometimes see a rise in door to door activity, including a rise in scams and ruse burglaries. Within the pages of this publication, you will find information regarding ruse burglaries as well as tips on how you can protect yourself from being victimized. Ruse burglaries are crimes in which the offender uses a “ruse” to distract their victim in order to commit a burglary. Remember to not allow anyone in your home unless you know them personally or it is an appointment that you scheduled yourself.

Please take a moment to review the pages of this edition of the senior newsletter to arm yourself with information so that you know what to do in this situation should it present itself.

You can view some of our annual report statistics on the opposite page. This is a great way to get a snapshot of the many aspects of the police department, the flow of activity through the department as we maintain the utmost level of safety within the Village of Orland Park.

I wanted to personally thank those of you who took the time to attend our community outreach events. It was great to see many of you at the Coffee with a Cop events recently at White Sheep and Stan’s Donuts. The Neighborhood Meetings this year held at the Civic Center were a great way to hear from many of you about your concerns and to also detail our ongoing quest to make sure our neighborhoods remain safe environments.

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**





# 2020 ORLAND PARK POLICE BY THE NUMBERS

**↓ 29%**  
INDEX CRIME RATES

LOWEST INDEX CRIME RATE  
IN THE ENTIRE STATE OF ILLINOIS

## PUBLIC SAFETY



**276,867**

CALLS FOR SERVICE ANNUALLY

**20,308**

CALLS TO 911 ANNUALLY

**20,000**

AVERAGE CALLS PER MONTH

**758**

AVERAGE CALLS PER DAY

**32**

AVERAGE CALLS PER HOUR

## MEDIA STATS

**18,495**

FACEBOOK FOLLOWERS

**3,771**

INSTAGRAM FOLLOWERS

**2,980**

TWITTER FOLLOWERS

## MENTAL HEALTH STATS

**\$744,039**

FEDERAL GRANT FOR MENTAL HEALTH

IN 2015, OPPD FORMED A

**12**

MEMBER CRISIS  
INTERVENTION TEAM

IN 2020, IT HAS GROWN TO A

**30**

STATE-CERTIFIED CRISIS  
INTERVENTION TEAM OF  
OFFICERS & SUPERVISORS

## EMPLOYEE STATS



**189**

CIVILIAN & SWORN  
PERSONNEL

**101**

FULL-TIME  
SWORN OFFICERS

**23**

PART-TIME  
SWORN OFFICERS

**19**

NEW PERSONNEL  
IN 2020

**7**

PERSONNEL  
PROMOTIONS  
IN 2020

## COMMUNITY SUPPORT



**171**

LETTERS OF  
APPRECIATION



**570**

POUNDS OF  
PRESCRIPTION  
MEDICATION  
COLLECTED

## Preventing Ruse Burglaries

Ruse Burglaries are crimes that occur on a regular basis throughout the United States. A Ruse Burglary is an incident in which a suspect approaches a residence and often pretends to be an official from a municipal department. Many times the suspect claims to be from the building or water department and needs to check inside the residence. Sometimes the suspect will ask the resident to exit the residence, in order to distract them outside.

While the resident is being distracted walking around with the suspect who approached the door, a 2nd or sometimes 3rd suspect enters the house without the resident even knowing. All suspects usually only stay inside the residence for approx. 5-10 minutes and often steal cash and jewelry items.

The ruse burglars target the elderly population because they tend to be more trusting and possess larger amount of cash and jewelry inside the residence.

### What should you do if someone you don't know approaches your door?

Never immediately open the door and let this person in. Additionally, never walk outside of your residence to speak with the person. If someone comes to your door and claims to be from a municipal department, ask for an identification badge. Look around the area for a Village of Orland Park municipal vehicle. If a situation even appears slightly suspicious, call the police department immediately.

1

### Based on past ruse burglaries, are there any common vehicle or suspect descriptions?

Yes, often times, but not always the suspects arrive in a non-descript truck, van or SUV. The vehicle rarely has any writing on it by design, to help make it more anonymous when trying to describe it to the police. Most recently, ruse burglars have been using rental vehicles, which often have out-of-state or dealer registration plates. Most suspects' skin complexion is described as light to olive skin colored, which could often lead to the suspect being one of numerous ethnicities. The anonymous ethnicity makes it hard for the police to develop a suspect. The suspects often wear a reflective vest, which may appear to make them look more official.

2

### Is there anything a non-target of a Ruse Burglary can do to help a stop a burglary from occurring in their neighborhood?

Absolutely, if you happen to be outside and observe what appears to be suspicious behavior at a neighbor's residence, especially an elderly neighbor, try to obtain as much of a description as you can and call the police department. The police would rather you call and error on the side of caution, than not call when an actual ruse burglary is taking place. If you are able to safely take a picture of the vehicle, take the picture and provide that photo to the police. The Police Department recommends to residents to install a camera or cameras at their residence. While the presence of a camera may not be enough to completely deter a crime from happening, it will assist the police in identifying a suspect.

3



## Cookout with A Cop

This summer, the Orland Park Police Department held three “Cookout With A Cop” events to interact with and educate the community. The free events gave residents of all ages a chance to get to know their local police officers while enjoying hot dogs and snacks in a fun and relaxed setting. Young residents also had the opportunity to see police vehicles up close and enjoy fun, games and prizes. The Orland Park Police Department extends a huge thank you to all attendees. A special thank you goes out to Joey’s for providing free hot dogs to everyone in attendance.



## Special Olympics Bike Ride

The Orland Park Police Department’s late summer bike ride to benefit Special Olympics Illinois took place on Sunday, August 29. The ride began and ended at Fattie’s Pub Orland Park, 14420 John Humphrey Drive. “The Police Department bike ride is a great event --- it’s a beautiful ride through Orland Park and some of the forest preserves and it’s for a great cause,” said Orland Park Mayor Keith Pekau. The 15-mile course traveled through Orland Park and connected with the Tinley Creek Forest Preserve Trails. “Each summer, many people look forward to this event and it seems to be a community favorite,” said Chief Joe Mitchell. “It’s not a race, rather a leisurely paced bike ride and everyone remains together as a group,” the Chief said.



\*Photos are from 2020 Special Olympics Bike Ride





*Officer Rich Miller and Leo on his first day*

## Meet Orlando Park's Newest Addition: **Leo The Therapy Dog**

The Orlando Park Police Department recently welcomed the newest member to its team - Leo the therapy dog. The department has adopted a therapy dog to provide comfort and reduce the anxiety of victims of crime. The dog arrived this week to his new home in Orlando Park after training at Paws & Stripes, a rehabilitation program based in Florida.

A part of the Brevard County Sheriff's Office, the Paws & Stripes College is a dog obedience program implemented to help save the lives of

dogs in the Brevard County Animal Shelter. Shelter dogs are paired with trained, and carefully selected, jail inmates who use voice and hand signals to train them. For many dogs under the age of one, this disciplinary training is vital for ensuring obedience as they grow older.

The Police Department's new therapy dog was given the name Leo which pays homage to the Orlando Park Law Enforcement Organization. Leo has been trained to comfort and help reduce anxiety of trauma victims. This includes officers



who witness distressing situations every day. “There is a need for services such as this here in Orland Park,” said Orland Park Police Chief Joe Mitchell. “The rise in mental-health related cases and other cases that may cause distress make having a program such as this one a necessity,” explained Mitchell.

The program itself is free of cost, with the exception of a \$100 therapy dog certification. So far, over \$6,000 has been raised by an anonymous donor, the Orland Park Law Enforcement Organization and other benefactors.

Orland Park Assistant Support Services Manager Rich Miller underwent training as part of the program in order to become Leo’s trainer. “I am glad to be a part of the program which will bring comfort and relief to those in need,” said Miller. “It has been a great experience thus far and I look forward to seeing the great things that come from Leo’s presence at the station.”

The training ensures that all of the dogs are housebroken and learn basic obedience skills, which increases the odds of adoption. Within this program, selected canines qualify for an advanced training program to serve as Law Enforcement Therapy Dogs. According to Police Chief Joseph Mitchell, this dog will assist officers during mental health related emergencies, when working with children, and relieving anxiety when conducting an interview.



*During training at Paws and Stripes College*



*Leo’s Board Meeting Arrival*

## For More Information

To learn more about the Paws and Stripes program, visit <https://www.brevardsheriff.com/home/how-do-i/request/paws-stripes>

## Making A Donation

To make a donation to the therapy dog program in Orland Park visit <https://bit.ly/OPtherapydog>

# CALENDAR OF EVENTS

## OCT

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### OCT 8-10, FRIDAY, SATURDAY & SUNDAY

CHILDREN'S THEATRE, SNOW WHITE  
CULTURAL CENTER

### OCT 18-22, MONDAY - FRIDAY

SPORTSPLEX SENIOR WEEK

### OCT 22, FRIDAY

COMEDY IMPROV, CULTURAL CENTER

## NOV

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### NOV 11, THURSDAY

VETERANS DAY CEREMONY, VILLAGE HALL

### NOV 12, FRIDAY

COMEDY IMPROV, CULTURAL CENTER

### NOV 21, SUNDAY

TURKEY SHOOT CONTEST, SPORTSPLEX

### NOV 25, THURSDAY

TURKEY TROT, FRANKLIN LEOBE CENTER

### NOV 28, SUNDAY

HOLIDAY FESTIVAL & TREE LIGHTING, CIVIC CENTER

## DEC

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### DEC 3-4, FRIDAY & SATURDAY

SANTA'S NORTH POLE EXPRESS, 143RD ST.  
METRA STATION

### DEC 17-19, FRIDAY, SATURDAY & SUNDAY

THEATER PRODUCTION OF A CHRISTMAS CAROL,  
CULTURAL CENTER



ORLAND THEATRE TROUPE PRESENTS

# A CHRISTMAS CAROL

THE MUSICAL



MUSIC BY Alan Menken • LYRICS BY Lynn Ahrens  
BOOK BY Mike Ockrent & Lynn Ahrens  
BASED ON THE STORY BY Charles Dickens  
DIRECTED BY Tyler McMahon

AUDITIONS  
Cultural Center

MON • Oct 11 6-9p  
TUE • OCT 12 6-9p  
• OCT 15 6-9p

## REHEARSALS

Oct 19-Dec 16 • Sun 2-5p  
Tues, Wed, Fri 7-9:30p (Kids released by 9p) \*

## PERFORMANCES

Cultural Center • Dec 17, 18 & 19

\* Call backs if needed

**ONCE CAST, MEMBERS MUST PAY THE \$50 REGISTRATION FEE.**

A CHRISTMAS CAROL is presented through special arrangement with Music Theatre International (MTI).

All authorized performance materials are also supplied by MTI. [www.mtishows.com](http://www.mtishows.com)



VILLAGE OF ORLAND PARK BOARD OF TRUSTEES

MAYOR  
Keith Pekau

VILLAGE CLERK  
Patrick R. O'Sullivan

TRUSTEES  
William R. Healy

Cynthia Nelson Katsenes

Michael R. Milani

Sean Kampas

Brian J. Riordan

Joni J. Radaszewski





Although the COVID-19 pandemic drove many to stop dining out, the Village of Orland Park did all they could to ensure that restaurants in Orland Park had the means to stay afloat. One measure, brought upon by necessity and spurred by a little creative ingenuity, was the go-ahead to expand outdoor seating into available outdoor space to accommodate diners. With the newfound space, some restaurants jazzed up their parking lots with greenery, tents and white tablecloths while others utilized sidewalks and green space for their expanded alfresco dining offerings.

As a result, the outdoor dining options in Orland Park are plentiful and a pleasant addition to the dining experience for those who choose to dine al fresco!

Whether it's visiting a local favorite, or trying out a new bar and grill, Orland Park has more dining options than ever. And, don't forget, residents can score coupons and exclusive deals in the Orland Perks app (*see page 15 for details*).

**BURGER 21**

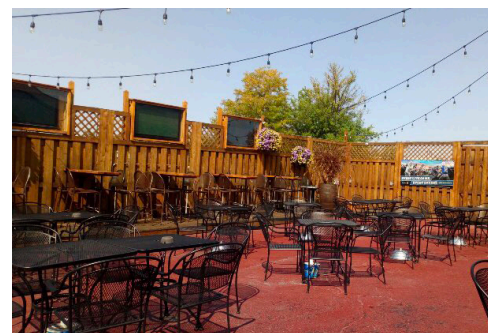
14650 LA GRANGE RD

**BONEFISH GRILL**

15537 S LA GRANGE RD

**MILLER'S ALE HOUSE**

15630 S LA GRANGE RD



**FATTIES PUB**

14420 JOHN HUMPHREY DR

**THE IRISH PATRIOT**

9875 W 143RD ST

**THE BRASS TAP**

14225 95TH AVE #400

**ROCK BOTTOM BREWERY**  
16156 S LA GRANGE RD

**BLISSFUL BANANA CAFE**  
15447 S 94TH AVE

**BUONA**  
9525 W 131 ST

**NOODLES & COMPANY**  
14662 S LA GRANGE RD

**POTBELLY'S**  
16111 S LA GRANGE RD

**ORIGINAL PANCAKE HOUSE**  
15256 S LA GRANGE RD

**PANERA**  
15252 S LA GRANGE RD



**GIRL IN THE PARK**  
11265 S 159TH ST

**CITY BARBEQUE & CATERING**  
14301 S LA GRANGE RD

**PETEY'S II RESTAURANT**  
15900 S LA GRANGE RD

**THE PATIO**  
7830 S W 159TH ST

**GASTON'S BISTRO**  
14438 JOHN HUMPHREY DR

**P.F. CHANG'S**  
14135 S LA GRANGE RD

**THE CHEESECAKE FACTORY**  
304 ORLAND SQUARE DR

**CHUY'S TEX MEX**  
15610 S LA GRANGE RD

**WU'S HOUSE**  
16310 S LA GRANGE RD

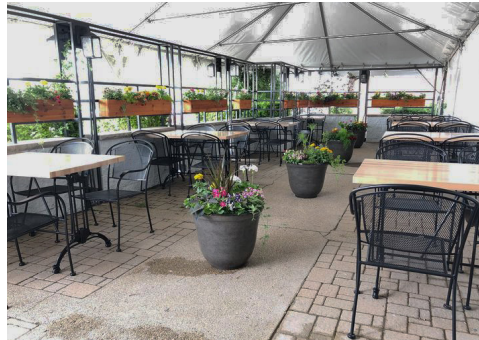
**COOPERS HAWK**  
15690 S HARLEM AVE

**SQUARE CELT ALE HOUSE**  
39 ORLAND SQUARE DR

**OTTIMO**  
16111 S LA GRANGE RD

**FOX'S PUB**  
9655 W 143RD ST

**CLEAN EATZ**  
15892 S LA GRANGE RD



**WHITE SHEEP**  
14355 S LA GRANGE RD

**PAPA JOE'S**  
14459 S LA GRANGE RD

**LONGHORN STEAKHOUSE**  
15531 S LA GRANGE RD

**MAMA MARIE'S**  
16117 S LA GRANGE RD

**CULVER'S**  
9130 159TH ST





ORLAND PARK



JOIN US FOR OUR ANNUAL

*Holiday Festival &  
Tree Lighting  
Ceremony*

NOV 28 2021 • 3:30PM • CIVIC CENTER

## OP311: Village Services

OP311 is a non-emergency system used to report Village concerns such as pot holes to noise violations to broken streetlights, residents often don't know which department to call. OP311 helps eliminate that confusion. Simply submit a request on [orlandpark.org](http://orlandpark.org) through the OP311 Portal. You may enter code enforcement related

requests anonymously. All other requests require registration. Registering allows a resident to view all of their submitted requests and receive updates about their requests via email. To register, open the OP311 Portal and click on the Login button. Within the Login screen, click on the Register button and fill out the requested information.



Incident reporting system for all non-emergency communications



OP311 allows users to submit requests and check incident history



Improves responsiveness to citizen requests



Provides follow-up tracking and documentation for reporting





## Orland Perks App

The Village of Orland Park has developed an app designed to promote and drive customers to local businesses. The app, Orland Perks, allows businesses to advertise their specials, or perks, within the searchable and location-specific mobile application. In turn, customers can easily locate specific items, services and locations for quick access via mobile map, phone call or company website.

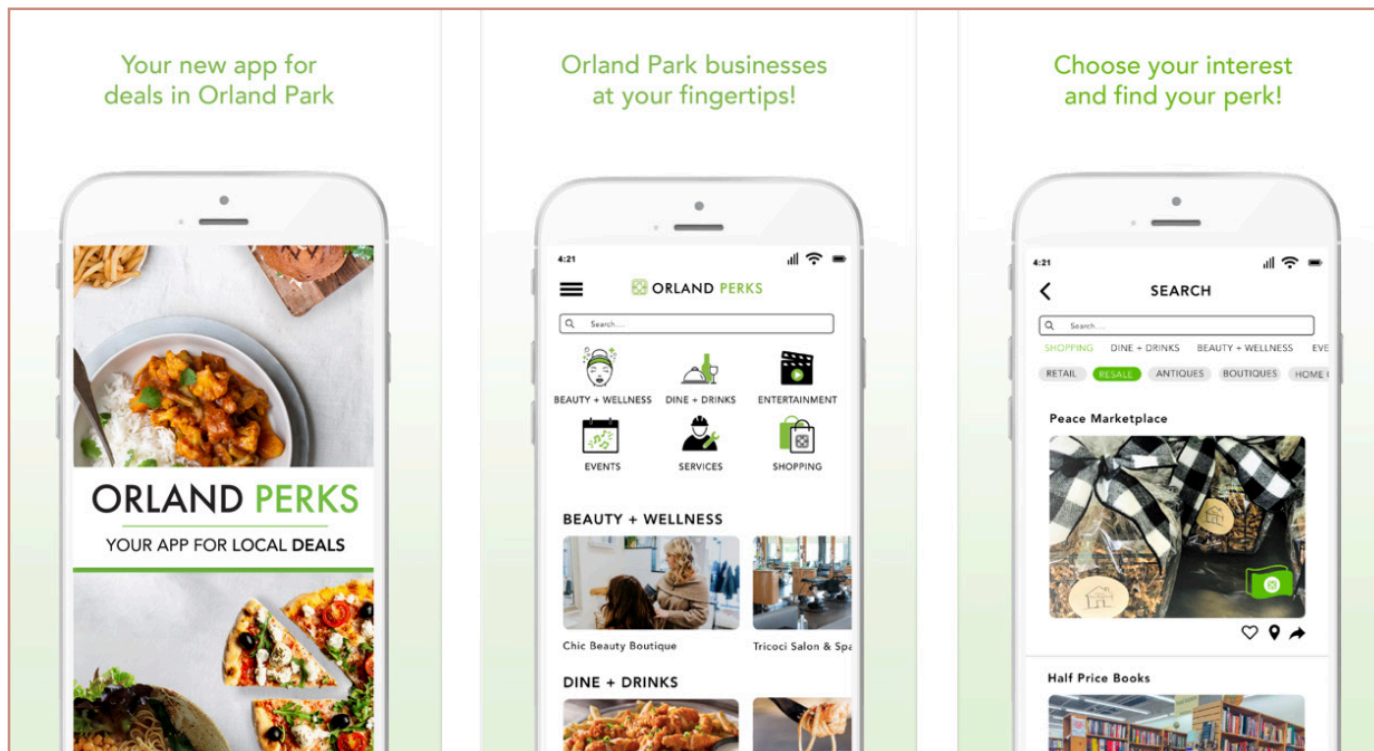
“This is just another way to assist Orland Park businesses in their efforts to remain strong during tough times,” said Mayor Keith Pekau. “I encourage businesses to take advantage of the app to reach even more of our residents and daily visitors in Orland Park.”

Participation in the app is completely free for both those who advertise and those who download the app to find Orland Park businesses.

“Residents and visitors can also take advantage of some of the great incentives offered by local businesses via the Orland Perks app,” said Pekau. “This app takes all Orland Park businesses, their offerings, hours, location and specials and placed them at the fingertips of shoppers...it really is a win-win for all involved,” explained Pekau.

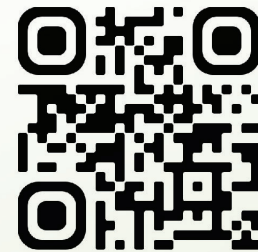
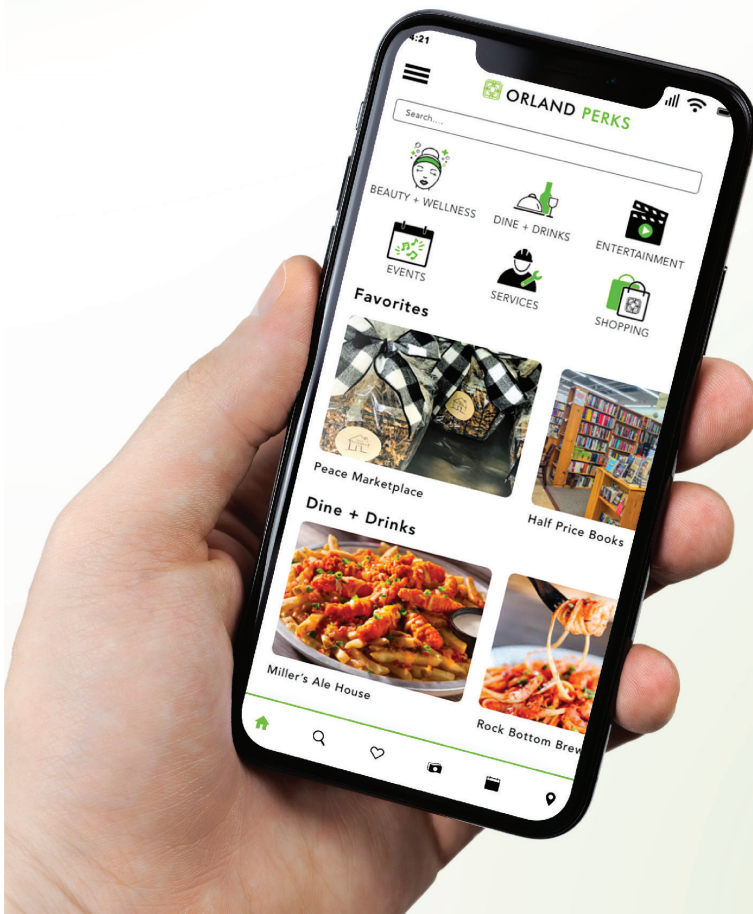
By using the app, potential customers can locate any business by searching for it by name, desired item such as “pizza” or “shoes” or even utilize the map feature to find what is in closest proximity to where the user is located.

Regular users can save their favorite businesses for easy viewing on the home screen of the app which also features tabs for beauty and wellness, dine and drinks, entertainment, events, services and shopping. Perks are easily identifiable by the green dollar perk symbol on the listing.



# DID YOU USE YOUR PERK?

Get exclusive deals on Orland Perks today!



See these Orland Perks posters featured in local businesses - scan the QR with your camera app



## Orland Park Public Library

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](http://orlandparklibrary.org)  
(708) 428-5100



## Microsoft Excel Intro

**Oct 28 | 7:00 PM | Thursday**  
**OPPL – RM104**

This introductory class will show you the basics of Microsoft Excel and how to use simple formulas. Please be prepared with an established email address for this computer class. Call the IT Desk at 708-428-5171 for questions.



In-Person Event

## Chair Yoga

**Nov 3 | 11:00 AM | Wednesday**  
**OPPL – RM104**

Chair yoga is a great way to enjoy the benefits of yoga while seated on a chair or using a chair as a support prop while doing modified standing poses. This class is a gentler approach to the practice, and is accessible to all.



In-Person Event

## Unwind Crafting

**Nov 10 | 10:00 AM**  
**Wednesday | OPPL – RM104**

Get ready to purl, cluster, backstitch, or embellish with Unwind! Bring your needle crafts and get to work with fellow crafters. This is a great way to get help with a tricky skill or learn about a project.



In-Person Event



# ENTERTAINMENT

## HOCUS POCUS - MATINEE

Oct 16 | Saturday  
2:00 PM

The Sanderson Sisters are returning to life thanks to a magic spell and the accidental actions of Max, the new-kid-in-town, the sisters have but one night to secure their continuing existence.

## HOLIDAY CONCERT

Dec 13 | Monday  
7:00 PM

A night of holiday cheer and music! The musical stylings from the surrounding schools of District 230 and Moraine Valley Community College will fill the lobby with joy and easy listening.

Register online at [orlandparklibrary.org/event](http://orlandparklibrary.org/event). Registration is limited and social distancing and mask wearing will be enforced. More spots may open up closer to the event depending on state social distancing guidelines. *\*Programs are for Orland Park residents only.*

### Cookie Exchange

Dec 3 | 7:00 PM | Tuesday  
OPPL – Multipurpose Room

For those that like to make cookies and those that like to eat them too! Pick a cookie recipe from a collection of cookbooks hand-picked by the Adult Services staff and share your creation with others.



In-Person Event

### BINGO for Adults

Dec 18 | 2:00 PM | Saturday  
OPPL – RM104

B-I-N-G-O is back! Join us for casual Saturday afternoon bingo fun! This program is open to adults (18+) and will be held in our newly-expanded Large Meeting Room. Drop-ins welcome.



In-Person Event

### Interested in a full list of classes?

—  
Please visit [orlandparklibrary.org/calendar/](http://orlandparklibrary.org/calendar/) for more a full calendar of events including book clubs, computer classes and educational sessions. Contact [outreach@orlandparklibrary.org](mailto:outreach@orlandparklibrary.org), Attn: **Duke** for any class related questions.





## DOWNTOWN ORLAND PARK

The Village of Orland Park and the Board of Trustees approved a Memorandum of Understanding (MOU) and Consulting Agreement with Edwards Realty Company. The Village of Orland Park took the next step in making the vision of a transformative, mixed use development for the Downtown Main Street Triangle District, a reality. The Village and Edwards Realty Company will now focus on finalizing a development agreement.

“I am thrilled we have agreed to this partnership with Edwards Realty Company to develop the Triangle, a project that began at the turn of the century. Being a local developer and Orland Park residents, Edwards Realty Company understands what will make this project successful in the eyes of our residents,” said Mayor Keith Pekau. He added, “This important step kicks off the process of engaging the community to create a mixed-use development that will be a go-to destination in Orland Park.”

The Downtown Main Street Triangle District

is situated west and northwest of 143rd Street and LaGrange Road intersection. The District is anchored by the 143rd Street Metra Station and is unique in the Chicagoland region as it is wholly Village-owned, master planned, zoned, and primed for development.

*We look forward to the future of this area where residents and visitors will have greater access to retail, entertainment and dining opportunities. I am confident that our partnership with Edwards Realty Company will result in outstanding results for the Main Street Triangle area.”*

*- Mayor Keith Pekau*

“We have been excited about this project from Day 1 and look forward to working closely with the Village to develop the Downtown Main Street Triangle site,” said Ramzi Hassan, President of Edwards Realty. “Our collaborative approach will take into consideration input from the community and other key stakeholders and set a new standard for offerings available to visitors, residents

and businesses in the Orland Park community.”

Edwards Realty Company’s vision for this development is to create a pedestrian-friendly and economically-vibrant place that embraces mixed-use retail, commercial, office, entertainment and residential development. This development

will build upon the remarkable success of recent developments in the area, including:

- **Orland Park Crossing** specialty shops (owned by Edwards Realty Company)
- **Mariano's Fresh Market**
- **Ninety7Fifty on the Park**, a mixed-use building with 295 luxury apartments, retail space, and structured parking
- **University of Chicago Medicine Center** for Advanced Care, a 4-story medical office building with first floor pharmacy store (CVS)
- **Residences of Orland Park Crossing**, a 231-unit residential development
- **500+ space public parking structure**, with 12,000 sq. ft. of first floor commercial space

“The Triangle project represents a key site and development that the residents of Orland Park deserve,” said Edward Hassan, Chairman and Founder of Edwards Realty Company. “This innovative, mixed-use project will help make the Village’s vision of attracting world-class companies contributing to the overall prosperity of the Village a reality. We are excited that Edwards Realty can help fulfill this vision.”

Under this MOU, the Village of Orland Park and Edwards Realty have twelve months to negotiate provisions of a development agreement. In that time, land, infrastructure, public improvements, financing options, a master plan, project milestones, timeline and public outreach will be discussed.



\*Rendering designs provided by Edwards Realty

## INTERESTED IN LEARNING MORE?

Visit [downtownorland.com](http://downtownorland.com) for more information or can be directed to Economic Development Coordinator Alex Scharf at (708) 403-6133.



JOIN OUR TEXT COMMUNITY  
for updates on Downtown Orland Park and to share any questions or comments with our team.

JUST TEXT  
"HELLO"

TO +1 (708) 578-7675



SCAN HERE TO JOIN





## ORLAND PARK NATURE CENTER

13951 S. LAGRANGE ROAD

The Village of Orland Park's latest project is a new Nature Center to serve area residents! Located on LaGrange Road just north of the Metra tracks it includes a flexible outdoor gathering space with an amphitheater that will accommodate a

variety of uses and group sizes, a new permeable paver parking lot and a looped trail system that meanders around the site. A boardwalk extends over the existing detention area to a bird watching station and wetland overlook. The wetlands on site serve not only as a focal point for the Nature Center, but also as a great opportunity for the preservation and restoration of an area known for its bird populations.

### Senior Newsletter

Do you know someone that would like to receive the Senior Newsletter? Please have them fill out this form and mail it to the address listed below to be added to the Senior Guide mailing list so they don't miss out on upcoming issues!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mail to: Village of Orland Park, Attn: Communications & Marketing,  
14700 S. Ravinia Ave. Orland Park, IL 60462







**Be Informed With CodeRED**

The CodeRED® Emergency Notification System is a high-speed telephone communication service the Village uses to notify residents and businesses of an emergency or urgent situation that requires immediate attention.

Residents and businesses are urged to complete the CodeRED Community Notification Enrollment and update their contact information. Required information includes first and last name, street address (physical address, no P.O. boxes), city, state, zip code, and primary phone number. Additional phone numbers, email address and text messaging are optional.

All businesses should register, as well as all individuals who have an unlisted phone number, have changed their phone number or address within the last year, or use a cellular phone as their primary telephone number.

The information you provide is used by the Village of Orland Park for notification purposes only. Your information will be kept confidential and will never be sold or disclosed to others.

**WHAT IS CODERED?**

1

The Villages uses CodeRed, an emergency alert system, to call, email, or text residents to alert them of major emergency situations.

**WHY SHOULD I SIGN UP?**

2

Residents should sign up each cell phone in the family to ensure each family member will be aware and up-to-date during an emergency.

**HOW TO SIGN UP**

3

Visit [orlandpark.org/departments/police/codered-emergency-notification-system](http://orlandpark.org/departments/police/codered-emergency-notification-system) to enroll in CodeRed public safety alerts and click the link to register all your family cell phones. Your information will be kept confidential.

**Fall Weather Warnings**

Tornado preparedness is incredibly important during the fall months to keep all of our residents safe. Registering for CodeRED will keep you up to date on inclement weather in Orland Park, including severe weather warnings.



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 Orlando Park Health & Fitness Center.

—  
**ophfc.com**  
**(708) 226-0555**

## 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

### MEMBERSHIP FEES

Senior Individual (62+)	\$66
Senior Couple (62+)	\$116

### GUEST PASS

Daily	\$10
Weekly	\$30
Monthly	\$78

### PUNCH PASS

3-Punch	\$25
5-Punch	\$40
10-Punch	\$75

A new look with *new* inspiration,  
Next Steps Fitness Programs is now



Through healthcare provider-based referrals and guided exercise, MyFitRx pathways are designed to help you improve your level of physical activity and feel comfortable and confident about fitness.



**Cancer Fitness**

Guides movement to help reduce fatigue while improving muscle function and range of motion.



**Cardiac Fitness**

Delivers guidance to help reduce risk factors for cardiovascular disease, gain strength and increase endurance.



**Cognitive Health**

Uses exercise to help support and improve mental capacity, self-esteem, mood, sleep, energy and stress levels.



**Diabetes Fitness**

Encourages management of prediabetes and type 1 and type 2 diabetes by balancing physical activity levels and promoting healthy habits.



**Fit for Surgery**

Helps build muscular strength and endurance prior to surgery to aid in recovery.



**Functional Fitness**

Promotes pain reduction through gentle movement for conditions such as arthritis, fibromyalgia, lupus, multiple sclerosis, and other autoimmune conditions.



**Orthopedic Fitness**

Encourages strength training in targeted muscle groups after physical therapy.



**Pulmonary Fitness**

Develops specialized plans to help improve breathing capabilities, muscle function and exercise tolerance.



**Transitional Care**

Provides motivation to help improve stamina and health-related issues due to an inactive lifestyle.



**Weight Management**

Encourages realistic goal setting for healthy weight and helps develop physical activity habits.

Ask your provider if a referral to MyFitRx is right for you. Begin any pathway today for *just* \$99. (Members \$49)

Program is open to the community. Orland Park Health & Fitness Center membership not required.

Some prerequisites apply. Contact Orland Park Health & Fitness Center for details.



©2017–2021 POWER WELLNESS MANAGEMENT, LLC. All rights reserved.



## AQUATIC SCHEDULE

Reservations are required for lap lanes and therapy pool. View a full aquatic schedule online at [ophfc.com](http://ophfc.com).

### Aqua Aerobics

8:30 AM - 9:15 AM | Monday  
9:30 AM - 10:15 AM | Tuesday  
10:00 AM - 10:45 AM | Wednesday  
8:30 AM - 9:15 AM | Thursday  
6:00 PM - 6:45 PM | Thursday  
9:30 AM - 10:15 AM | Friday  
8:30 AM - 9:15 AM | Saturday  
OPHFC Lap Pool

Put the water resistance to work for you during this high-energy cardiovascular workout. The class concludes with strengthening exercises and a stretch.

**Resident fee is \$10**  
**FREE for Members**



### WET Program

10:45 AM - 11:30 PM | Mon & Wed  
12:00 PM - 12:45 PM | Mon, Wed & Fri  
12:30 PM - 1:15 PM | Tues & Thurs  
7:00 PM - 7:45 PM | Thurs  
OPHFC Therapy Pool

This class is deal for those with arthritis, joint replacement, fibromyalgia, chronic pain, etc. Participants engage in a variety of exercises that will improve range of motion and strength muscles and joints.

**Resident fee is \$10**  
**FREE for Members**

### Aqua Zumba

5:30 PM - 6:15 PM | Monday  
OPHFC Lap Pool

Perfect for those looking to make a splash by adding low impact high-energy aquatic exercise to your fitness routine. With less impact on joints, water creates natural resistance, which means every step is more challenging and helps tone your muscles!

**Resident fee is \$10**  
**FREE for Members**

### Senior Aqua

9:15 AM - 10:00 AM  
Monday & Wednesday  
OPHFC Therapy Pool

This class will focus on light cardiovascular conditioning, long with basic aquatic toning exercises, equipment will be used.

**Resident fee is \$10**  
**FREE for Members**

**LAND SCHEDULE**

To view a full land schedule online at [ophfc.com](http://ophfc.com).

**Yoga for Pelvic Wellness**

**Oct 1-Nov 5**  
**3:00 PM - 4:00 PM | Friday**  
**OPHFC Studio B**

Join us for a relaxing, informative yoga experience focusing on your pelvic wellness. This class helps improve bowel, bladder and sexual health. Men and women will learn to breathe into the pelvis and to create optimized feelings of wellness. This workshop is for all levels and ages. Peripartum welcome and encouraged.

**Resident fee is \$100**  
**Member fee is \$95**

**Yoga for Lymphatic Health**

**Oct 4 - Nov 8**  
**8:30 AM - 9:30 AM | Monday**  
**OPHFC Studio B**

This workshop is designed for anyone who has been in cancer treatment, whose life has been impacted by someone going through cancer treatment, who wants improved immune response or to reduce the effects of harmful stress. Learn to improve your function, energy and wellness with poses that increase lymphatic flow safely while increasing flexibility and strength.

**Resident fee is \$100**  
**Member fee is \$95**



**Intro to Yoga**

**Sep 22-Nov 10**  
**12:00 PM - 1:00 PM | Wednesday**  
**6:00 PM - 7:00 PM | Wednesday**  
**OPHFC Studio B**

Join E-RYT teacher Paula Gardner for this 8-week introduction to yoga. Learn foundational yoga breathing, poses and protocols that will allow you to comfortably and safely join group yoga classes and/or practice at home. Participants will receive handouts that will help you take your yoga home.

**Resident fee is \$150**  
**Member fee is \$145**



VILLAGE OF ORLAND PARK

# VOLUNTEER PROGRAM

Share your time and talent with the Village of Orland Park where you can make a difference. The Village of Orland Park offers a wide variety of volunteer opportunities throughout the season. If you are interested in volunteering at any of our events please mail or this form to the Recreation Administration, 14600 Ravinia Ave., Orland Park, IL 60462, email [orlandrecreation@orlandpark.org](mailto:orlandrecreation@orlandpark.org), or fax 708.403.3208. Students—Earn Community Service Hours! If earning Community Service hours, please list your school.

## 1 MAKE A DIFFERENCE AND BECOME A VOLUNTEER!

Print Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Are you under 18 years of age?  YES  NO

## 2 CHOOSE AN EVENT, OR TWO!

*Events with multiple dates, choose one or more days to volunteer. You will be contacted if needed.*

- Great Pumpkin Party | Oct 2 | 9a to 7p (various shifts) | Centennial Park
- Kid's Turkey Trot | Nov 20 | 8:30a to 12:30p | Centennial Park
- Turkey Shoot Out | Nov 21 | 1p to 5p | Sportsplex
- Turkey Trot | Nov 25 | 6:30a to 10:30a | Franklin Loebe Center
- Holiday Fest | Nov 28 | 2p to 8p | Civic Center
- Children's New Year's Celebration | Dec 31 | 10a to 2p | Centennial Park Ice Rink
- I am willing to volunteer as needed.

## 3 READ AND SIGN THE VOLUNTEER CONSENT AND RELEASE FORM

*I offer to volunteer my services to the Village of Orland Park and recognize that I will not be paid in any way. As a volunteer, parent, or legal guardian of a volunteer I acknowledge that there are certain risks of physical injury to volunteers in their activities and I agree to assume full risk of any and all injuries, damages or loss that I may sustain as a result of said participation. I agree and covenant on behalf of myself and any minor child/ward of mine that I/we will not under any circumstances file any claim or suit against the village or any of its agents, employees or representatives based on my voluntary participation in any village activity. I do further agree to hold harmless, indemnify and defend the Village, it's trustees, officers, officials, agents, and employees from any claim, suit, demand or liability being asserted at any time in the future by me or by the minor child/ward or on his/her/our behalf for any loss, costs or damages (including reasonable attorney's fees and costs of defense) resulting from the death, bodily injury or property damage suffered by me or the minor resulting from any volunteer activities as outlined above. In applying to be a volunteer for a Village of Orland Park children's recreational program (or the parent of a minor child/ward offering to be a volunteer for such a program) I certify that I (or the minor child/ward) have neither been convicted of a sex offense nor found to be a child sex offender. Additionally I hereby give consent for the Village of Orland Park to use photos or video coverage of me and my minor child/ward in future publications and promotions, and that these photos/videos remain the property of the Village of Orland Park.*

\_\_\_\_\_  
Signature of adult volunteer or parent/guardian of minor volunteer

\_\_\_\_\_  
Date





## Tomato Tart

This easy recipe is packed with lycopene and vitamin C to boost vision health. Using frozen puff pastry and a few ingredients most have on-hand, this is a tasty lunch or dinner that anyone would enjoy!

**YIELD:** 4 Servings

**PREP TIME:** 30 MIN

**COOK TIME:** 30 MIN

### INGREDIENTS:

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 1 cup of your favorite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
- 2-3 large tomatoes (multiple colors make a beautiful tart, but red works just as well)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

### DIRECTIONS:

1. Preheat the oven to 425 F and line a baking sheet with parchment paper or non-stick aluminum foil.
2. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.
5. Bake for 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!



## Pathlights

**Enriched by experience.  
Empowered in life.**

**Pathlights, formerly known as PLOWS Council on Aging helps navigate and celebrate aging in the Southwest Suburbs of Cook County.**

For more than 45 years, we have guided individuals, caregivers, families, and friends along the best path to aging – providing resources, advocacy programs, and services needed to live with independence and dignity in the community.

### CONTACT US

Visit [pathlights.org](https://pathlights.org) or call us at **(708) 361-0219**. Pathlights continues to operate remotely. Please call us **Monday – Friday 9 AM – 5 PM**.

### How to save on healthcare costs

Pathlights has trained Senior Health Insurance Program (SHIP) counselors who can help Medicare beneficiaries and their caregivers determine the best match to meet their needs. They can also help you find out more about the Medicare Medicaid Alignment Initiative (MMAI) – a program that is eligible to people enrolled in Medicare Part A & Part B, who receive full Medicaid, without a spend down. Learn more by calling Pathlights at **(708) 361-0219**.

### How to cope with the pain of loss

Let us help you find healthy ways to cope grieving from the pandemic, the death of a loved one, a major life change, loneliness, or pain. Pathlights six-week group will meet virtually on a weekly basis to help each other through shared experiences. The group provides education and healing in a supportive environment. Call us to register for this free series of sessions and we'll set the start date soon! Learn more by calling Pathlights at **(708) 361-0219**.

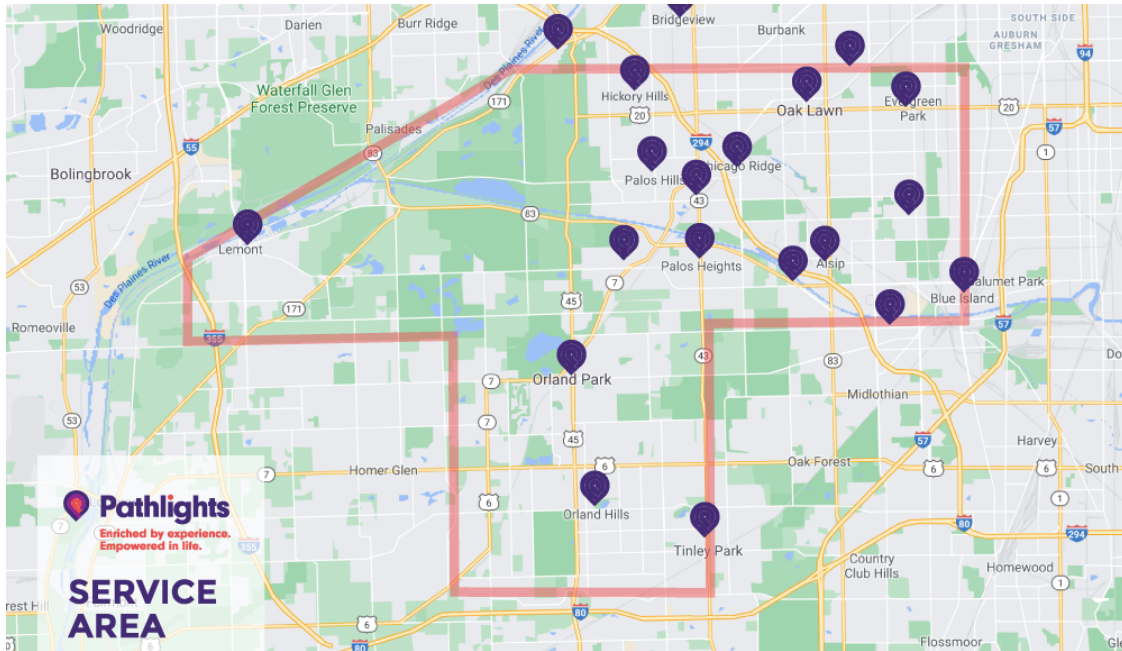
### Are you unsure of the benefits for older adults

Your budget is part of the foundation on which you make your plans to age well. If you are living on a limited income, Pathlights can guide you and maximize your budget by helping you apply for benefits, which may lower your monthly expenses through a license plate fee discount and free rides on fixed-route transit systems. Please note that eligibility is determined by income, residency, age and/or disability utilizing an online application. Learn more by calling Pathlights at **(708) 361-0219**.



# COMMUNITIES WE SERVE

**Pathlights helps navigate and celebrate aging in 20 communities in the Southwest Suburbs of Cook County. We guide people in Palos, Lemont, Orland, and Worth Townships along multiple paths of the aging process.**



**ALSIP**

**BLUE ISLAND**  
(north of 135th St. and west of Western Ave.)

**BRIDGEVIEW**  
(south of 87th St.)

**CHICAGO RIDGE**

**CRESTWOOD**  
(north of 135th St.)

**EVERGREEN PARK**

**HICKORY HILLS**  
(south of 87th St.)

**HOMETOWN**

**LEMONT**

**MERRIONETTE PARK**

**OAK LAWN**

**ORLAND HILLS**

**ORLAND PARK**

**PALOS HEIGHTS**

**PALOS HILLS**

**PALOS PARK**

**ROBBINS**  
(north of 135th St. and west of Western Ave.)

**TINLEY PARK**  
(west of Harlem Ave. and north of 183rd)

**WORTH**

**WILLOW SPRINGS**  
(south of 87th St.)



**Pathlights**

Enriched by experience.  
Empowered in life.

**LEARN MORE:**

**Call us at 708.361.0219**

**Visit [www.pathlights.org](http://www.pathlights.org)**

Formerly known as PLOWS Council on Aging

Partial funding for Pathlights' programs is provided by federal and state government agencies, made possible through the Older Americans Act, AgeOptions (Suburban Area Agency on Aging), local municipalities, townships, and United Way of Suburban Cook County. Pathlights does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708-361-0219.

### Animal Quest Memory Café

Oct 13 | 10:00 AM | Wednesday

Memory Café is a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. This month, Animal Quest is bringing the zoo to your home in this fun and educational virtual show! The show will be presented by an expert animal handler and feature a menagerie of amazing live animals. Along the way, you'll learn more about animal behavior, diversity and conservation. We can't wait to (virtually) see you there! Registration is required.



### Caregivers Connecting

Oct 20 | 10:00 AM | Wednesday

Nov 17 | 10:00 AM | Wednesday

Dec 15 | 10:00 AM | Wednesday

This monthly meet up is for family caregivers to share experiences, encouragement, advice, and discuss community resources for themselves and the older relative, friend, or neighbor they care for.

### Fun at the Children's Museum for Grandparents & Other Relatives Raising Children

November | Visit Website For More Details

Older adults often serve a vital safety net to children. Did you know that more than 1.1 million grandparents aged 60 and older in the US are responsible for the basic needs of one or more grandchildren under age 18 living with them? Of these family caregivers, 59% are grandmothers and 41% are grandfathers. Stay tuned and watch for more details about our upcoming event with the Children's Museum of Oak Lawn. This free event will help you learn about resources that Pathlights offers to support grandparents and other relatives raising children and we'll offer a behind-the-scenes tour of the museum and entertaining projects you can do with your grandchildren. Connect with your grandchildren in a fun way! This event date is not yet confirmed, for updates please visit [www.pathlights.org](http://www.pathlights.org).



## Are You Ready For Medicare D Open Enrollment?

Oct 13 | 6:00 PM | Wednesday

Find out the value of screening our Medicare D prescription drug plan annually. Many Medicare participants don't realize that plan and drug prices can change substantially from one year to the next. A Pathlights Senior Health Insurance Program (SHIP) counselor will provide an unbiased explanation of prescription drug plan options.

## How Medicare and Medicaid Work Together

Oct 20 | 6:00 PM | Wednesday

Attendees will learn from Pathlights Senior Health Insurance Program (SHIP) counselors how Medicare and Medicaid plans work independently, or in some cases together through the Medicare Medicaid Alignment Initiative (MMAI) plan. Our counselors will explain program qualifications and important considerations when evaluating health plan needs.

*NOTE: Workshops are FREE but registration is required. You can attend in person at the Oak Lawn Public Library located at 9427 Raymond Avenue in Oak Lawn or virtually. For more information on events, please visit [pathlights.org](http://pathlights.org).*



## Holiday Sing-Along Memory Cafe

Dec 8 | 10:00 AM | Wednesday

Sing along with us and spend time together connecting with music! Board-certified music therapists from Greater Chicago Music Therapy Inc., will help us use a variety of music and instruments to actively engage, make holiday music together, and learn how music benefits our brains and well-being. No musical experience is needed! The Café is a social gathering for people living with dementia and other forms of cognitive impairment and their care partners.

*Note: Registration Required. Call Catherine at 708.274.0052 or e-mail [cstowers@pathlights.org](mailto:cstowers@pathlights.org)*






### How do I sign up for these events?

Pre-register for classes by contacting Catherine Stowers, Program Manager at Pathlights by calling (708) 274-0052 or email [cstower@spathlights.org](mailto:cstower@spathlights.org). A zoom link will be sent following registration.

### What is the cost of these events?

These events are all **FREE**. Please contact Catherine Stowers, Program Manager at Pathlights by calling (708) 274-0052 or email [cstowers@pathlights.org](mailto:cstowers@pathlights.org) for any questions.

# ORLAND PARK AT A GLANCE

<p><b>1892</b> INCORPORATED</p>	<p><b>GOVERNMENT:</b> THE VILLAGE UTILIZES THE COUNCIL-MANAGER FORM OF GOVERNMENT.</p>	<p><b>INFRASTRUCTURE</b></p> <p><b>381</b> MILES OF WATER MAINS</p>
<p><b>22</b> SQUARE MILES</p>	<p><b>RECREATION &amp; PARKS</b></p>	<p><b>224</b> MILES OF STREETS</p>
<p><b>25</b> MILES SOUTHWEST OF CHICAGO</p>	<p><b>90K</b> SQ. FOOT RECREATION &amp; FITNESS CENTER</p>	<p><b>339</b> MILES OF SIDEWALKS</p>
<p> <b>58,703</b> POPULATION</p>	<p><b>25K</b> SQ. FOOT OUTDOOR WATER PARK</p>	<p><b>3,674</b> MILES OF STREETLIGHTS</p>
<p><b>30,610</b> LABOR FORCE</p>	<p><b>78K</b> SQ. FOOT HEALTH &amp; FITNESS CENTER</p>	<p><b>14</b> MILES OF TRAFFIC SIGNALS</p>
<p><b>\$90,345</b> MEDIAN HOUSEHOLD INCOME</p>	<p> <b>63</b> MILES OF WALKING &amp; BIKING PATHS</p>	<p><b>PRINCIPAL EMPLOYERS</b></p> <ul style="list-style-type: none"> <li>▪ SCHOOL DISTRICT #135</li> <li>▪ VILLAGE OF ORLAND PARK</li> <li>▪ CARL SANDBURG HIGH SCHOOL</li> <li>▪ JEWEL/OSCO</li> <li>▪ DARVIN FURNITURE</li> </ul>
<p><b>2,934</b> BUSINESSES</p>	<p> OVER <b>100</b> ATHLETIC FIELDS &amp; COURTS</p>	<ul style="list-style-type: none"> <li>▪ LOWE'S HOME IMPROVEMENT</li> <li>▪ PANDUIT - ORLAND PARK LOCATION</li> <li>▪ LIFETIME FITNESS</li> </ul>
<p>PUBLIC SAFETY <b>300,000</b> CALLS FOR SERVICE ANNUALLY</p>	<p> <b>95</b> ACRE STOCKED LAKE</p> <p> <b>4,500</b> PARK TREES</p>	<ul style="list-style-type: none"> <li>▪ THE HORTON GROUP</li> <li>▪ THE HOME DEPOT</li> </ul>





# VILLAGE OF ORLAND PARK SNOW ANGELS

Are you looking for assistance with snow removal during the winter months? Or are you hoping to find a way to connect with your neighbors to offer assistance with shoveling? The new **Snow Angels Program** now connects residents with volunteers who are willing to help.

## HOW TO REGISTER

To request assistance or volunteer with shoveling please visit [orlandpark.org/departments/public-works/snow\\_removal](https://orlandpark.org/departments/public-works/snow_removal) for more information.



## 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 Monday thru Friday from 9:00 AM - 2:00 PM, 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.*



## Beginner Pickleball

**6:00 PM - 7:30 PM | Thursday**  
**Doogan Pickleball Court**

Have you ever been interested in learning more about the game of Pickleball? You see your friends playing it, but don't know how to get started? This is a great introductory class to learn more about the game and play in a fun non-competitive atmosphere. If you always wanted to learn, here is your chance. Register today to start your fun!

**PROGRAM 92003 | Sep 16 - Oct 14**  
**Resident fee is \$60**

## Community Cards

**10:00 AM | Bridge | Tues, Wed & Fri**  
**10:00 AM | Mahjong | Thurs**  
**Cultural Center – Commons**

Do you like to play cards? Looking for a game? Drop by the Cultural Center and join in a FREE game on any of the days listed above.



**Want to see a full list of classes?**

Visit Services > Recreation section on [orlandpark.org](http://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](http://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.



**Sportsplex Senior Clubs**

**10:00 AM - 12:00 PM | Sportsplex Facilities**

Senior Clubs are open to those age 55 & better. Groups will meet each week at the Sportsplex to utilize the fitness center, walk the track, play volleyball, bocce ball, and finish with some camaraderie with fellow Senior Club members. his is a great way to meet friends, be active and stay fit.

**Women: Thursdays | Men: Fridays**  
**Resident fee is \$25 Semi-Annually**

**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. Special attention will be made to color mixing, good composition and perspective. Supply list available at registration. No class November 25.

**PROGRAM 91675 | Oct 28 - Dec 9**  
**Resident fee is \$75**



### Veterans Appreciation Luncheon

Oct 10 | Sunday | 1:00 PM - 4:00 PM  
Orland Park Civic Center | Adults \$15

Veterans of all eras, and their families, are invited to a Veterans Appreciation Luncheon (formerly known as the Veterans Steak Fry.) Tickets are available, at the cashiers' office in Orland Park Village Hall. Seating is limited to the first 100 guests that purchase tickets. Lunch and entertainment will be provided.

### Veterans Day Ceremony

Nov 11 | Thursday | 11:00 AM  
Orland Park Veterans Memorial

Everyone is invited to honor military veterans this Veterans Day. The ceremony is held by the Orland Park Veterans Memorial located in front of Orland Park Village Hall. You may also choose to forever honor and remember your loved ones who have served in the US Military by adding their name to the Orland Park Veterans Memorial, "Ara Pace—Place of Peace." Applications are available online at [orlandpark.org](http://orlandpark.org) and at Orland Park Village Hall. Veterans may be living or deceased and need not live in Orland Park.



#### 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](mailto:dwertheim@orlandpark.org).

#### Have you seen the Hometown Heroes Banners?

The 2021 Hometown Heroes Banners are lined up on Ravinia Ave & 159th, check them out today!



## Hometown Heroes Walking Tour

Thank you to everyone who was able to join us on July 3 as we honored the brave men and women of Village of Orland Park who proudly served our country.







## ORLAND PARK

HISTORY MUSEUM

The Orland Park History Museum aims to inspire a sense of community by offering engaging and educational exhibits and programs and by collecting and preserving artifacts that document the history of the Orland area and its relationship to local, state and national history.

### JOIN THE OPHM TODAY!

Your membership helps support museum exhibits, programs, and the preservation of artifacts. A membership also provides discounted prices on special events and programs. Memberships may be purchased in person at Sportsplex, Village Hall, at the museum, or online at [orlandpark.org](http://orlandpark.org).

### MEMBERSHIP FEES

Individual Membership	\$10
Family Membership	\$20

### DONATE TO THE MUSEUM

We are always looking for new items to accept and add to the permanent collection to preserve and use for future exhibitions. If you have something you would like to donate, please call (708) 873-1622!

### INTERESTED IN MORE?

Visit [www.orlandpark.org/services/museum.com](http://www.orlandpark.org/services/museum.com) to see the full list of program of events. Registration is required for events. Please see page 33 for online sign up information or call (708) 873-1622 for any questions.



### Carry Nation

THE FAMOUS AND ORIGINAL  
BARROOM SMASHER

Oct 22 | Saturday

6:30 PM - 8:00 PM

Orland Park History Museum

Hear from Carry Nation and how she traveled through the Midwest, spreading her message of sobriety, temperance, and home defense. This is a live, costumed performance where visitors will be transported back in time where rum was “evil” and a hatchet was used to smash liquor bottles! Wine and beer included in the ticketed price.

PROGRAM 91943

Member Fee \$20/ Non-member \$25





**ORLAND PARK**  
HISTORY MUSEUM

**DON'T MISS OUT – SIGN UP FOR THE NEWSLETTER**  
Sign up to receive your own copy of the Historic Front Newsletter by calling (708) 873-1622 or email [museum@orlandpark.org](mailto:museum@orlandpark.org).

**A Killer Among Us**

KILLER, FIENDS, AND WEIRDOS OF THE VICTORIAN ERA

**Oct 21 | Thursday**  
**6:30 PM - 8:00 PM**

**Orland Park History Museum**

Welcome the Halloween season with this new program about Chicago criminals. The Victorian Era gave our city much to cherish, as well as despise. This period in history gave us a bazaar cast of characters. From America's first Serial Killer...to the Lake View Vampyre...to the Sausage Vat Murderer... and many more strange stories. Beer and wine will be available for purchase.

**PROGRAM 92243**

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

**Pride and Prejudice:**

ZOMBIES JUST WON'T DIE

**Oct 22 | Friday**  
**6:30 PM - 8:00 PM**

**Orland Park History Museum**

Zombies came from folktales and landed directly onto the silver screen in 1929! Learn all about how zombies are taking over popular culture. Lecture will examine both scientific and folklore origins of the zombie construct. Beer and wine will be available to purchase.

**PROGRAM 91941**

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

**Holiday Luminary Walk**

Friday, Dec 3 6:00-9:00pm

Come visit the Old Orland District for the holidays! Walk the luminary path down Beacon Avenue, shop the local antique shops, and stop at Peace Marketplace for more holiday fun! Meets at The Museum.

**PROGRAM 91950**

**Member Fee \$15/  
Non-member \$20**



Village of Orland Park Improv

**NO LIMIT LAUGHS** ahead...

LOL! HEEHEEHEE HAHA HAHA

Performances Oct 22 & Nov 12

**FRIDAYS**

### COMEDY IMPROV

Get your funny on and join the No Limit Laughs Orland Park Comedy IMPROV players for an unforgettable night of improvised comedy. Each show is guaranteed to be a unique experience, as the audience's suggestions fuel off-the-cuff fun!

**DIRECTOR:** Kristie Ansinn | **AGE:** 18 years & up  
**TIME:** 8p-10p | **FEE:** \$7 payable at the door  
**LOCATION:** Cultural Center—14760 Park Lane



**3<sup>RD</sup> ANNUAL** VILLAGE OF ORLAND PARK  
**TURKEY TROT**  
 RECREATION & PARKS 

**6:30 AM Check-In | 8:00AM Start Time**  
**November 25 | Franklin Loebe Center**

Join us Thanksgiving morning for this annual Thanksgiving Day tradition and earn that feast! This 2.5 mile chip timed cross country race is run through the streets, paths and woods of Orland Park near the Village Hall. All participants receive a long-sleeve drift race shirt and are entered into the post-race raffle. Pre-race packets are available from November 19-23 at the Human Race, 15148 S. LaGrange Road.

PRE-REGISTRATION IS REQUIRED.  
 Registration Deadline: November 15 or when full, whichever occurs first.

Those 18 years and older must sign their own registration form. No day of race registration will be accepted! This event fills up quickly, so REGISTER EARLY! Event fee is non-refundable

**AWARDS: Prize turkeys will be awarded to the top overall male and female finishers, and the top three finishers in 14 age groups, male & female, ranging from U9 to 70+.**

**PROGRAM 92237**  
**All Ages**  
**Member Fee \$21 / Non-member \$20**

**Garage Sale**

**Nov 6 | Saturday**  
**9:00 AM - 1:00 PM**  
**Orland Park Civic Center**

We will be hosting a huge indoor garage sale! This event is held to raise funds for the Special Recreation program. This sale is bound to be fun for everyone. Please come out and shop 'til you drop or rent a table and sell your goods.

**Turkey Shoot Free-Throw Contest**

**Nov 21 | Sunday**  
**2:00 - 4:00 PM**  
**Sportsplex - Gym 1**

Win a turkey for Thanksgiving dinner at our Annual Turkey Shoot. Teams will consist of one parent and one child and will be grouped according to age. Registration will be taken for the child only, as parents may compete with more than one child. All ages are welcome. Mini basketballs hoops will be used for the younger age levels.

**PROGRAM 92237**  
**Resident Fee \$4 /**  
**Non-resident Fee \$6**

# Sportsplex

VILLAGE OF ORLAND PARK

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](http://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](http://orlandpark.org/sportsplex)*
- Personal health assessment, equipment orientation, and exercise prescription
- Locker rooms and towel services

## MEMBERSHIP SPECIALS

Purchase a new or upgrade to a 1-year membership during the month of:

**SEP-OCT:** Receive 3 Months Free

**NOV:** Receive 2 Months Free

**DEC:** Receive 1 Month Free or 15% Regular Annual Membership





**MEMBERSHIP DUES**

Yearly Senior (55+)	\$250
Monthly Senior (55+)	\$27
3 Month Senior (55+)	\$108

**DAY PASS FEE**

Day Pass	\$10
----------	------

**DROP IN PASS FEE**

Day Pass	\$3
----------	-----

**SPORTSPLEX SENIOR WEEK**

Mark your calendars for the Annual Sportsplex Senior Week. Watch for more details to come.

**OCT 18 – 21, 2021**

**Health Coaching**

Ever wonder what else you might be able to do outside of the gym to move you towards your goals? Have you asked yourself why you are always starting the same resolutions? Do you often think when am I going to fit health and wellness into my schedule? If so, Health Coaching may be a great fit for you! Health coaching consists of conversations which focus on behavior change, goal orientation, strategy prevention and action steps. Individual weekly sessions are approximately 45 minutes in length. Call Deborah at 708.403.6285 or stop in the office to book your health coaching session today and reach your health and wellness potential! Fees are per session.

**One Session Fee:** Sportsplex member \$40  
**Member Package Fee:** 5 Session \$185



**Sportsplex Senior Club**

**10:00 AM - 12:00 PM**

**Sportsplex – Fitness Center**

Senior Clubs are open to those age 55 & better. Groups will meet each week at the Sportsplex to utilize the fitness center, track, play volleyball, bocce ball, and finish with some camaraderie with fellow Senior Club members. This is a great way to meet friends, be active and stay fit. Club enrollment includes use of locker rooms and towel service during the club meeting time. *Registration is required.*

**Men’s Club | Friday**

**Women’s Club | Thursday**

Sportsplex member FREE

Resident fee is \$25

## Walk This Weigh

Sep 15 - Nov 3

9:30 AM - 10:25 AM | Wednesday

Sportsplex – Fitness Center

A great class for seniors to challenge their personal fitness goals! This functional training class combines power walking at medium intensity and hill climbs for weight loss, while emphasizing muscle development, definition, and balance.

### PROGRAM 91873

Sportsplex member \$80

Resident fee is \$85



## Weight Training for Men & Women Over 50

Nov 1 - Dec 16

5:30 PM - 6:25 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 | 91101

Women | 91103

Sportsplex member \$55

Resident fee is \$60

## Transition Training

Sep 15 - Nov 3

10:00 AM - 10:55 PM | Wednesday

Sportsplex – Fitness Center

Have you recently finished cardiac or orthopedic rehab and are ready for the next phase? You may qualify for this form of training if you finished cardiac or orthopedic rehab, or if you have a condition such as arthritis or diabetes. Supervised small group workouts will be held and exercise selection will be based upon individual prescription by a personal trainer. Unlimited membership to the facility during the 8-week program.

### PROGRAM 91872

Sportsplex member \$80

Resident fee is \$85



## Chair Yoga

Sep 14 - Dec 7

1:30 PM - 2:25 PM | Tuesday

Sportsplex – Gym 2

Chair yoga is a good way to enjoy the benefits of yoga while seated on a chair or standing using the chair for support. This is great for anyone who needs more support or just wants a more gentle approach to the practice. Postures are modified and accessible for all.

### PROGRAM 91876

Sportsplex member \$115

Resident fee is \$120

## Gentle Yoga

Sep 13 - Dec 6

11:30 AM - 12:25 PM | Monday

10:00 AM - 10:55 AM | Friday

Sportsplex – Aerobics Studio

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

### PROGRAM 91832 & 91833

Sportsplex member \$115

Resident fee is \$120



## Parkinson's Exercise Class

Oct 25 - Dec 8

10:30 AM - 11:30 AM | Monday & Wednesday

Sportsplex – Gym 3

The focus of this exercise class is to improve mobility of individuals with Parkinson's and other neurodegenerative diseases. When you've been diagnosed with Parkinson's, it is very important to stay moving and keep active in order to maintain optimal function. 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, prevent joint deformation and elevate overall strength and stamina.

### PROGRAM 91874

Sportsplex member \$100

Resident fee is \$105

### Want to see a full list of classes?

—  
Visit [orlandpark.org/services/recreation/sportsplex](http://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 instructions on pg 31*) or in-person at the Village Hall.



# ORLAND PARK

FREDERICK T. OWENS VILLAGE HALL  
14700 SOUTH RAVINIA AVENUE  
ORLAND PARK, IL 60462  
[orlandpark.org](http://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