

WINTER 2021 | VOL 5

SENIORS

A PUBLICATION FOR ORLAND PARK SENIORS

HOLIDAY SAFETY

Learn important tips for keeping yourself safe during the holidays
PG. 7

BUSINESS SPOTLIGHT

Discover why Heinie's McCarthy's has been an Orland Park staple for over 40 years
PG. 12



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UPCOMING OPPL EVENTS

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	

DECEMBER 15

LETTERS TO SANTA & LIGHT DECORATION CONTEST DEADLINE

DECEMBER 17-19

A CHRISTMAS CAROL PLAY (CULTURAL CENTER)

DECEMBER 20-23 & 27-30

CENTENNIAL PARK HOLIDAY BONFIRES (EXCLUDING WINTER WEEKEND BONFIRES)

DECEMBER 31

CHILDREN'S NEW YEAR CELEBRATION

JAN

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					

JANUARY 3-5

CENTENNIAL PARK HOLIDAY BONFIRES

JANUARY 7

LIFE & TIMES OF ORLAND PARK WOMEN (OPHM)

JANUARY 21

NO LIMITS LAUGH IMPROV

JANUARY 27

EXPLORE ART! (OPHM)

JANUARY 29

WINTER TEA TASTING EVENT (OPHM)

FEB

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					

FEBRUARY 5

CINDERELLA'S BALL

FEBRUARY 11

RICH & ROMANTIC EVENT (OPHM)

FEBRUARY 11-13

ART CONTEST AT THE CULTURAL CENTER

FEBRUARY 18

NO LIMITS LAUGH IMPROV



We have so much to be thankful for in Orland Park. I, for one, am thankful for the outstanding sense of community we have here in the Village. From longtime residents

to those who are new in town, from the newborn baby to the most recent centenarian...each and every one is an important part of what makes our community the welcoming and prosperous environment that it is.

Thank you to everyone who was able to join us for the annual Village of Orland Park Turkey Trot. It is always great to see everyone on Thanksgiving morning out as families enjoying a great start to the day. I hope you all enjoyed the Thanksgiving holiday with your families and friends.

It's beginning to look a lot like Christmas here in the Village! We debuted our inaugural Holiday Parade down Ravinia Avenue to the Christmas Tree this year where the one and only Santa Claus officially joined us to welcome the Christmas season. Thank you to the many community members who took part in the parade, holiday market and festivities. Please take a moment to enjoy the Christmas lights on display at Village Hall, at Crescent Park, along our main thoroughfares and at Centennial Park.

It is vital that we work together as a community to support one another in Orland Park. The Village has a strong partnership with Orland Park's senior community and we will continue to do everything we can to make sure communication flows smoothly in both directions. Please reach out with

questions, concerns and suggestions by phone, email, on social media and through the website.

Speaking of working together, we all need a little help sometimes. That is why the Village of Orland Park has established a Snow Angels program to pair up local volunteers with those who need assistance with snow removal at their homes. Please visit orlandpark.org/snowhelp or call (708)403-5000 to register for assistance by phone.

Please take a moment to review the many safety tips within this newsletter for information about the most recent ways criminals are targeting seniors in Orland Park. Many of the crimes are easily preventable if you know what to look for. Remember that the Police Department is here to help you, so if you suspect something is just not right, give them a call at (708) 349-4111 or dial 9-1-1 in the case of an emergency.

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.

I want to wish each and every one of you a very Merry Christmas, Happy Holidays, and Happy New Year. Here's to a happy and healthy 2022!

Keith Pekau | **Mayor**

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.

MAYOR

Keith Pekau

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

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 | [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.

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.



The safety of residents and guests in Orland Park is the first and foremost priority for the Orland Park Police Department.

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 may wish to take advantage of our senior population, especially during the holiday season.

Within the pages of this publication, you will find information regarding phone scams, identity theft and programs offered to make sure you, your assets and your home remain secure now and into the future.

Around the holidays, it is very important that you remain vigilant in recognizing threats, whether in person, by phone or online.

While out shopping, remember to remain aware of your surroundings, park in well-lit areas, shop with a friend or family member, have your key or key fob in hand when returning to your car, don't carry large amounts of cash and never leave valuables

visible inside of your vehicle. Following these safety tips can reduce the risk of falling victim to shopping-related crimes.

The Orland Park Police Department hosts events within the community such as Coffee with a Cop, Citizens Police Academy, Cones with Cops as well as the annual Citizens Police Academy that we host at the station. Please join us for some, or all, of these events and bring any questions/concerns you may have with you. Communication with residents is a vital component in making sure we have all of the information we need to maintain a safe Orland Park.

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**

Senior Newsletter

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



Visit 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

10-Digit Dialing Information

In 2020, the FCC established “988” as the new, nationwide three-digit phone number for the National Suicide Prevention Lifeline. The new three-digit dialing code will be available nationwide by July 16, 2022 and will provide an easy to remember and easy to dial three-digit number to reach suicide prevention and mental health counselors, similar to “911” for emergencies and “311” for local government services.

To help facilitate the creation of “988,” area codes that use “988” as a local exchange, or the first three digits of a seven-digit phone number, will need to use 10-digit dialing.

In order to support nationwide deployment of 988, mandatory 10-digit local dialing will be

implemented. Beginning on October 24, 2021, you should dial 10-digits (area code + telephone number) for all local calls. Some providers have already implemented 10-digit dialing and some are phasing in 10-digit dialing between now and July 15, 2022.

On and after this date, local calls dialed with only 7 digits may not be completed, and a recording will inform you that your call cannot be completed as dialed. You must hang up and dial again using the area code and the 7-digit number.

Transitioning to ten-digit dialing will not affect current telephone numbers. Phone numbers, including area codes, will not change. In the Illinois area code 708, you may be required to dial the number “1” before the area code and seven-digit phone number for local calls. Other Illinois area codes that are affected by this change are “309” and “618.”



More information regarding the mandatory change can be found at the FCC website:

www.fcc.gov/consumers/guides/ten-digit-dialing.

Senior Newsletter



ORLAND PARK

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: _____

Letters From Leo

Well, hello there! I'm so excited to introduce myself to the Orland Park Senior Community. My name is Leo, and I am the Orland Park Police Department's newest addition.

They tell me I am now called a "therapy dog" but I like to think of myself as a friend to all who need a little encouragement and some nuzzles. I love hugs and attention, especially from the many new friends I have met since arriving here from Florida. I'm not sure who turned off the heat, but it sure is cold here!

After something they called "training" (I called it an interruption of my play time) with my new best friend Officer Miller, I am ready to step in whenever there are tears, sad faces, loneliness and grief. I've been told that I have a "pawsitive" influence on those around me. Of course I do, I have four of them!

Since my arrival, I have visited friends in their homes, met kids at the Sportsplex, visited Village Hall, met with an injured fellow police dog after his recovery and even went trick-or-treating for the first time. I'm not sure why everyone was dressed in strange clothing, or why people were giving out candy to people they do not know, but I loved it. Humans are weird in a fun way.

Please take a moment to stop and say hello if you see me. I enjoy ear scratches and belly rubs and look forward to your smiles. I'm willing to visit you at your community events, senior living facilities and any time you need me. Just contact Officer Miller at rmiller@orlandpark.org and he'll get the message to me. I can't wait to meet each and every one of you.

Love, Leo





Holiday Shopping Tips

SMART IN-PERSON SHOPPING

When holiday shopping this season, avoid showcasing any large amounts of cash when paying for goods. Doing so may attract the wrong kind of attention. Keep shopping bags out of view when leaving already purchased goods in vehicles while shopping. Park in well-lit areas and be aware of your surroundings when going to and from your car.

THINK BEFORE YOU POST

If you are planning to be away this holiday season, keep travel plans off social media networks. Never post where you are going, when you leaving, or when you will return. This is prime information for thieves who benefit when your house is unattended. Share vacation photos and posts when you return.

IT SHOULD APPEAR AS IF YOU ARE HOME

A simple timer can be added to lights in your home to make it appear as if someone is home and turning them on/ off at different times during the evening. Curtains should be left the way they normally are kept so that nothing seems different to anyone who may be watching. Also, it is hard for neighbors to notice any movement indoors and notify the police if curtains are closed.

NOTIFY A NEIGHBOR

Notify a trusted neighbor of your travel plans. Ask the neighbor to keep an eye on your house and report any suspicious activity. You'll also want this neighbor to keep your walks cleared of snow and pick up your mail and newspapers while you are away.

KEEP ALL VALUABLES HIDDEN

Ask a neighbor to take in any packages that are delivered in your absence. Pretty wrapped gifts under the Christmas tree look nice, but is also an invitation for a burglar. Try to keep your Christmas tree, with gifts underneath, away from windows. When you aren't home, it's easy to break through a window and grab all of your gifts. Put valuables away and out of sight.

REMOVE YOUR SPARE KEY

That plastic rock isn't fooling anyone. If criminals figure out you're away on vacation, it's likely that he or she will check your porch for a spare key. So reach under the mat, into the mailbox, above the door frame or into the flower pot to remove your spare key before you leave on your vacation.

Holiday Scam Prevention and Safety

1

ONLINE SHOPPING SCAMS

Shopping online is a quick and convenient way to order holiday gifts, but it also opens the door to the risk of fraud or identity theft. If you utilize online shopping, use a credit card instead of a debit card to deter fraud. Only shop from well-known and trusted online retailers and if a website looks unprofessional or suspicious, it should be avoided.



‘Tis the season of joy and peace, but unfortunately, the holidays are also a prime time for financial scams. Some of the top scams target older adults, who may be particularly vulnerable to the tricks and tactics used by today’s scammers. According to AARP, older adults lose billions of dollars each year to scammers, who ramp up their efforts to steal consumers’ money and personal information during the busy holiday season. Learning how to recognize the red flags of a scam will help you protect you from becoming a victim.

2

DELIVERY NOTIFICATION SCAMS

In recent years, there has been an increase in fake shipping notification emails attempting to steal consumers’ personal information. Scammers may pose as legitimate businesses such as FedEx or UPS and send an email with a hyperlink. When clicked, the link could download malware or spyware to the computer and steal information and passwords. Avoid clicking links from unknown sources.

Remember to never give out personal or financial information online, over the phone, or via text message. And, never wire money to someone you don’t know. By checking your credit card and bank statements frequently for errors or fraudulent charges, you can spot suspicious activity sooner and take steps to correct it. Scammers can strike at any time of the year, but it’s especially important to be vigilant around the holiday season. To stay on top of the most recent scams targeting seniors or to report a senior scam, visit the Federal Trade Commission’s consumer website at www.ftc.gov.

3

CHARITY SCAMS

Many people enjoy donating to charities during the holidays. But all too often, scammers take advantage of your generosity to solicit donations on behalf of phony charities. Be on the lookout for scammers who contact you via mail, phone, email, social media, or even door-to-door asking for donations.

Ruse Burglary Safety

Ruse burglaries continue to be a concern in the region. This type of crime is often being committed by career criminals specializing in ruse entries and home repair fraud. Ruse ploys often begin with the offenders creating an excuse to enter the victim's home. After selecting a home by profiling it, the offenders may claim to be a utility worker, Village employee or a contractor. They will attempt to gain entry to the home using the ruse of needing to check on something urgent, say a pipe, water leak, electrical fuse or other utility. While one offender keeps the homeowner occupied, one or more additional offenders enter the home undetected and commit a burglary.

Seniors are specifically targeted in this type of crime and many times crimes such as these go unreported. Offenders will target their victims by driving through neighborhoods looking for seniors doing yard work or by following them home from grocery stores or pharmacies.

The Orland Park Police Department urges residents to be observant of their surroundings and report suspicious persons or activities when they are occurring. As always, when you SEE SOMETHING, SAY SOMETHING! Dial 9-1-1 immediately if you suspect you are being followed home or if someone comes to your door unsolicited and attempts to gain entry.

Residents should also observe their neighbors' homes for suspicious activities. Be a good neighbor and remind others of this type of crime in the region.

If you are approached by someone purporting to be a worker needing to enter your house, DO NOT LET THEM IN without first contacting the utility, Village or the police. By requesting identification from the worker you may prevent yourself from becoming a victim by showing the offender that



you are aware of the possibility that they may not be who they claim to be.

The Village of Orland Park provides employees with identification cards which are required to be worn. Utility companies such as ComEd, Nicor, Comcast and AT&T also have identification cards. Utility workers will also have utility vehicles, so be wary of "workers" without an official vehicle. Utility workers from companies which provide services to your home generally only come to your home at your request, so if someone shows up at your door, verify who they are.

Additionally, avoid home repair scams by never allowing someone to perform driveway sealing or other repairs on the spot. Residents are advised not to let transient workers perform repair work without providing a business card, allowing you to check on the reputation of the business.

If ever in doubt, or if the person is persistent in their attempts to enter your home, close and lock your door and call 9-1-1 immediately. The Police Department would rather investigate an innocent misunderstanding than have a resident fall victim of this type of crime.

A Look Back At The Senior Luncheon

On October 11, The Orland Park Police Department hosted this year's annual Senior Luncheon! Heini's McCarthy's catered the event with plenty of delicious food served by local community service volunteers. Representatives from Pathlights and Dementia Friendly America presented and provided the older adult community with helpful resources and information. For important safety tips, like those shared at this event, see pages 6-9 of this newsletter.







Business of The Month: Celebrating Hienie's McCarthy's Legacy

Henry McCarthy, called "Hienie" by his family, was born in 1905 and lived on the south side of Chicago.

In 1947, Henry borrowed \$500 from his brother in law to open up a fresh fish store in Hammond, Indiana at 726 State Street. After a few months of being open, a customer named Mrs. Brown suggested to fry the fish, so, Hienie bought two fryers and started frying fish and shrimp. They started calling it "Hienie's Shrimp House". After that, business was successful and he had all four of his sons working. About a year later he moved the business to 9134 Mackinaw in Chicago only blocks away from US Steel Mills.

In those days, the store operated until 4:00am, so, in 1965 they built a new store at 9101 Mackinaw. Being harassed for protection money, they opened up a store on 8450 Commercial, Chicago. In 1983 Bob, Hienie's son, opened up a Hienie's on 10359 S Torrence.

In 1978 Hienie's McCarthy's was opened in Orland Park by Bob, for his children (Tami, Bob Jr., Denise and Paul). Obviously four siblings is a recipe for

disaster, so in 1986, Bob Jr. opened up a new store in Chicago Ridge at 10608 South Ridgeland. Hienie's on Torrence and Hienie's McCarthy's in Orland are still doing well today, operating as a family business for over 60 years and four generations.

The Village of Orland Park is proud award Hienie's McCarthy's with the Business of the Month Award for November 2021. Mayor Keith Pekau proclaimed "November 15, 2021 as Hienie's McCarthy's Day in the Village of Orland Park," at the November 15 board meeting.



NO LIMIT LAUGHS

Improv

Performances

8-10p

Ages 18 and up

Cultural Center—Exhibit Hall
14700 Park Lane
Orland Park, IL 60462

\$7 payable at the door

orlandpark.org

FRIDAY | JAN 21, FEB 18, MAR 18, APR 22 & MAY 20

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: Brian Riess

Questions? Contact Jean Petrow at ppetrow@orlandpark.org

KID'S IMPROVABLE

Our incredible Kids Improv-able cast will be performing for you. Enjoy these AMAZING young comics put on a show you won't forget! Off-the-cuff fun for the whole family.

SHOW DATES JAN 21, FEB 18, MAR 18, APR 22 & MAY 20

Directed by Tina Cucci Fischer & Brian Riess

PERFORMANCES:

DAY | TIME: Fridays, 6:00p-7:00p

LOCATION: Cultural Center

FEE: \$5 payable at the door



Shop, Dine and Play in Orland Park For The Holidays

“The pandemic has been difficult for everyone in Orland Park including our business community,” said Orland Park Mayor Keith Pekau. “Despite these hardships, so many in our business community have shown true dedication by continuing to operate at some capacity while managing to keep employees and customers healthy and safe.”

Orland Park is home to a myriad of small businesses and local chains. It’s important to shop local this holiday season, not only to support our local businesses who have been struggling for the past year, but to support members of the community who are part of those businesses.

Orland Park is home to 3,000 businesses which provide over 32,000 jobs. Within that, the retail industry employs the most people, providing 8,225 people in the community with jobs.

“Shopping local is a win-win for Orland Park,” said Pekau. “Every dollar you spend in Orland Park helps Orland Park residents and businesses. Local businesses provide jobs for local residents. This has a trickle-down effect since owners and staff also shop locally, which further boosts our economy. Shopping local also generates more sales tax revenue. One of the reasons that Orland Park has among the lowest municipal tax rates is because of our robust retail and auto sector.”

Unsure of local businesses in the area? Use the Shop OP website or Orland Perks app. On Shop OP you can conveniently sort businesses by category and view multiple businesses at once. It’s easier than using Google Maps or Yelp, and it includes local businesses you might not even know about.

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.

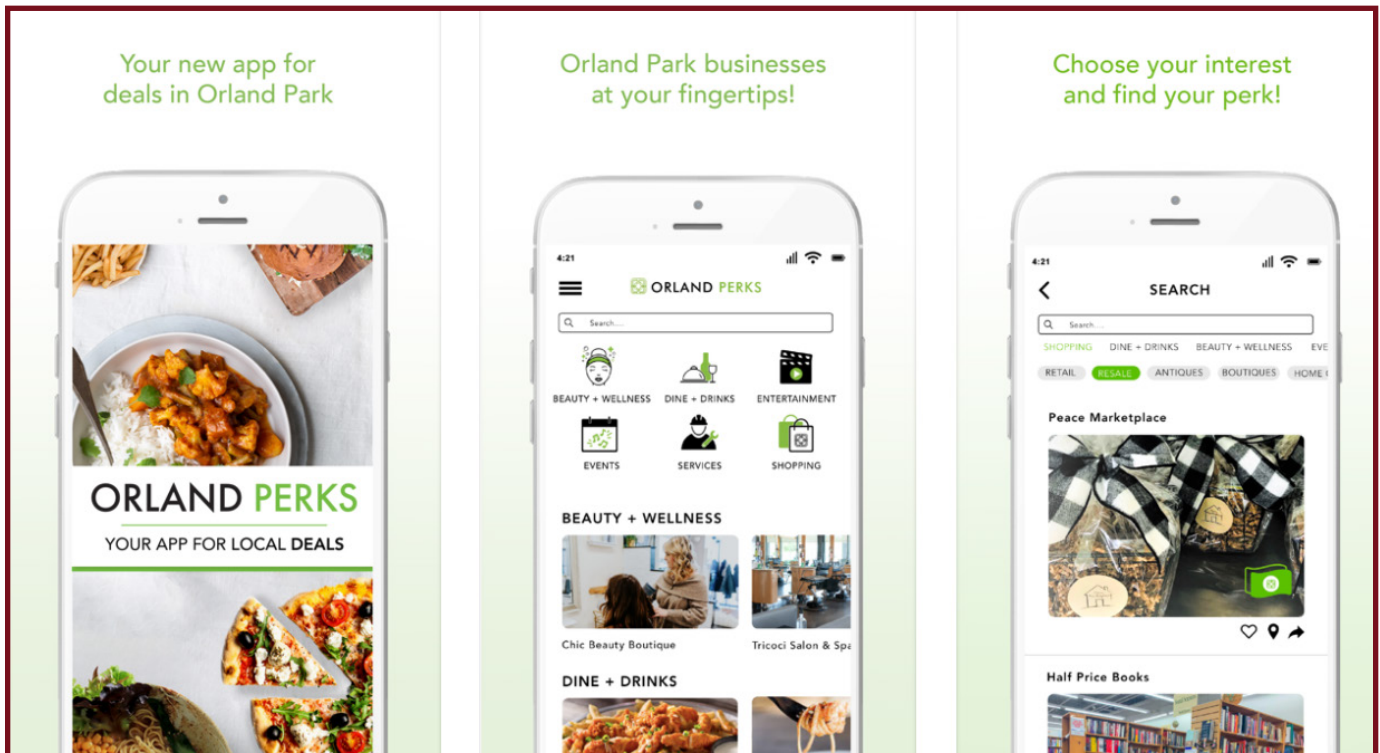
“This is just another way to assist Orland Park businesses in their efforts to remain strong during tough times,” said Mayor Keith Pekau. “I encourage businesses to take advantage of the app to reach even more of our residents and daily visitors in Orland Park.”

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.



HOLIDAY LIGHTS



Village Hall



Holiday lights have been hung around town to create a whimsical winter wonderland in Orland Park. The Village's wish is that its lights display will offer a fun-filled, memorable experience within the community that cherishes its small town traditions. Everything was created to celebrate the season and to invite people to shop, dine and play in Orland Park. Each photo is labeled with locations of the lighting arrangements so you can visit them all and witness the holiday magic for yourself.

Veteran's Day Ceremony

On November 11, The Village of Orland Park held an annual Veterans Day Ceremony in the Civic Center. Every seat in the building was filled with members of the community paying their respects to veterans, past and present. The event was hosted by the Orland Park Veterans Commissions, and speeches were given by Dale Carver, Reverend Don Borling, Jim Kruse, Colonel James D. Hannigan and Mayor Keith Pekau. Diane Starr led the crowd in the National Anthem, while American Legion Post #111 and VFW Reber-Tesmond Post #2604 performed the flag raising and Taps.





VILLAGE OF ORLAND PARK

HYDRANT HELPERS

In addition to the Village's Snow Angels shoveling Program, Orland Park officials are asking residents for their assistance in clearing away snow and ice blocking fire hydrants around the Village.

Students who help with the cleanup efforts can earn community service hours for their time and hard work. Snow and ice should be removed around 3 feet away from hydrants in order for emergency personnel to access a hydrant in case of a fire.

In order to earn the credit, students should send before and after photos of the hydrant that was cleared and send them along with the address of the hydrant location, their name and student ID and the school they attend and email them to snowangels@orlandpark.org.

Students wishing to participate in this effort should first contact their school's community service representative.



Local 2021 Holiday Donation Drives



This year the Village of Orland Park participated in three local toy drives for the holidays: Toys for Tots, Pediatric Oncology Treasure Chest Foundation, and Cook County Commissioner Sean Morrison's Holiday Pet Supplies Drive supporting P.A.W.S. of Tinley Park.

The Village has volunteered to run a local campaign for these donation drives and hosted

collections bins at various Village locations.

Although donations for Toys for Tots ended on December 10, Treasure Chest Foundation is still accepting gifts through December 23, and the Holiday Pet Supplies Drive will run through December 22.

We are incredibly thankful for all of the items that have been donated so far by members of the community, and look forward to continuing this tradition.



Treasure Chest Foundation

Treasure Chest Foundation collects toys for children diagnosed with cancer who are currently in the hospital. These small gifts have an immense impact on children, especially during the holiday season.

To make a donation, you can bring new, unwrapped, toys, gift cards, and gifts for teens to the drop-box located in Village Hall.

All toys are welcome, but stuffed animals cannot be accepted.



P.A.W.S. Holiday Pet Supplies Drive

Cook County Commissioner Sean Morrison is running an annual Holiday Pet Supplies Drive to support P.A.W.S. Tinley Park.

This toy drive will support the shelter and provide them with important items that they need to care for their rescued animals. Recommended donations include potty pads, bedding such as blankets, dog collars and leashes, and cat toys.



Toys For Tots Donation Drive

Toys for Tots collects toys with the assistance of local community agencies, and distributes them to less fortunate children in the community who may not receive toys on Christmas morning otherwise.

If you were unable to make a physical donation this year, you can still donate online. Visit toysfortots.org, treasurechest.org, and pawstinleypark.org for more information



ORLAND
PARK

HOMETOWN HEROES

MILITARY BANNER PROGRAM

HONORING THOSE WHO SERVE

2022 | HOMETOWN HEROES BANNER APPLICATION

Applications accepted from November 11th, 2021 - March 1st, 2022

Banners will be displayed on Ravinia Ave. from 143rd to 159th St. from Memorial Day through Veterans Day



Contact Name _____

Address _____ City _____ State _____ Zip _____

Phone(____) _____ Email _____

Hometown Hero Full Name _____

Rank _____ Years/ Era of Service(see below) _____

PURPLE HEART/ BRONZE STAR/ SILVER STAR RECIPIENT (CIRCLE IF APPLICABLE)

Would the applicant like the banner provided to them at the end of the display period?

YES

NO

PLEASE CHECK APPROPRIATE BOXES:

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> AIR FORCE | <input type="checkbox"/> MIA |
| <input type="checkbox"/> ARMY | <input type="checkbox"/> POW |
| <input type="checkbox"/> MARINES | <input type="checkbox"/> KIA |
| <input type="checkbox"/> NAVY | <input type="checkbox"/> OTHER _____ |
| <input type="checkbox"/> COAST GUARD | |

ERAS OF SERVICE:

(CIRCLE IF APPLICABLE)

- War Between the States:** 1861-1865
- Spanish-American War:** April 1898 - Aug. 1899
- World War I:** April 6, 1917 - Nov. 11, 1918
- World War II:** Dec. 7, 1941 - Dec. 31, 1945
- Cold War:** Sept. 2, 1945 - Dec. 26, 1991
- Korean Conflict:** June 27, 1950 - Jan. 31, 1955
- Vietnam Conflict:** Feb. 28, 1962 - Nov. 7, 1975
- Persian Gulf War:** Aug. 2, 1990 - Aug. 31, 1991
- Global War on Terror:** Sept. 22, 2001 - Present

PROUDLY SUPPORTED BY
MAYOR PEKAU & THE VILLAGE BOARD OF TRUSTEES

2022 | HOMETOWN HEROES BANNER APPLICATION

PLEASE SUBMIT ALONG WITH THE APPLICATION FORM:

- ◆ A high-resolution photograph of the honored Veteran in military uniform. Digital photos will also be accepted.
- ◆ A copy of the Veterans "DD Form 214" (certificate of release or discharge from active duty) or other official documents confirming the Veterans military service.
- ◆ A check in the amount of \$150.00 payable to the Village of Orland Park. **Fee is only \$100 in conjunction with engraved name on memorial wall.*

PLEASE SUBMIT THE APPLICATION AND PHOTO TO:

BY E-MAIL:

dwertheim@orlandpark.org

ONLINE:

orlandpark.org

BY MAIL:

Village of Orland Park
Attn: Hometown Heroes Program
14700 S. Ravinia Ave.
Orland Park, IL 60462

FOR ALL QUESTIONS & INQUIRIES:

Please contact Darryl Wertheim at 708.403.6115 or email dwertheim@orlandpark.org



PHOTO RELEASE ACKNOWLEDGEMENT:

I HEREBY GRANT THE VILLAGE OF ORLAND PARK, IL PERMISSION TO USE THE ATTACHED PHOTO IN THEIR HOMETOWN HEROES MILITARY BANNER PROGRAM, WITH THE UNDERSTANDING THAT THIS PHOTO, OR ITS LIKENESS, MAY BE USED FOR THE VILLAGE'S PROMOTIONAL USE. I ALSO UNDERSTAND AND HOLD THE VILLAGE HARMLESS FOR ANY SUBMITTED INCORRECT INFORMATION, OR ANY "ACTS OF GOD" OR VANDALISM THAT MAY DAMAGE OR DESTROY ANY SPONSORED BANNER. THE VILLAGE RESERVES THE RIGHT TO APPROVE ALL BANNERS, AND AS THIS IS A SPONSORSHIP, NO REFUNDS WILL BE GIVEN.

Signature _____ Date _____

Printed Name _____



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/snowhelp for more information.





Seasonal Snow Tips & Safety

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.

Come Prepared

The first step is to be sure to wear comfortable yet warm layers to adjust for the temperature outside. Cover your head, face & hands when outside for

prolonged periods of time. It is also ideal to have a pair of nonskid waterproof boots to prevent a slip or fall on black ice or slick snow.

It's also important to pick the right shovel for the weather. If the snow is super wet a shovel full of snow can weigh up to 15lbs! Reach for the smaller shovel to decrease the load of snow you are shoveling at each time. And always remember, it's okay to ask for help from community members. For information regarding snow help, see "Snow Angles" on pg 23.

Frostbite Prevention

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.

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.

Protecting Against Injury

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.

Beware of 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.

Fire and Carbon Monoxide Safety

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

- Headache
- Weakness
- Nausea or vomiting
- Dizziness
- Confusion
- Blurred vision
- Loss of consciousness
- If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.
- 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.



**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 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**.



Has paying your property tax bill become a hardship?

Apply by March 1, 2022 for the Senior Citizen Real Estate Tax Deferral Program.

This State of Illinois program allows qualified homeowners who are 65 years or over to defer up to \$5,000 of the property taxes on their primary home. It's a form of low interest loan to be repaid when the property is sold or following the taxpayer's death. Many older adults who are living on a limited income and want to remain in their own home can benefit from this program.

Call us to learn more.

Schedule an appointment so we can help you file the application quickly and meet the March 1, 2022 deadline. Our trained professionals have forms and all of the information to assist with the application process. There is no fee for our service. **Please note** there are no extensions to this deadline and you must apply every year you participate.

Call 708.361.0219



Pathlights

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

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, and administered through AgeOptions. Other partial funding includes Cook County, local municipalities, United Way of Metro Chicago, and other interested parties. 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. 708-361-0219.

www.pathlights.org

Holiday Sing-Along Memory Café with Music Therapy

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! This virtual event is for people living with dementia and other forms of cognitive impairment and their care partners. Registration Required. Call Catherine at 708.274.0052 or e-mail cstowers@pathlights.org



Caregivers Connecting

Dec 15 | 10:00 AM | Wednesday

Jan 19 | 10:00 AM | Wednesday

Feb 16 | 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.

COVID-19 Zoom Update

December TBD |

Visit Website For More Details

When the pandemic began, Pathlights was one of the first to quickly organize a local healthcare event with a leading infectious disease expert to inform and educate the community about the virus and its impact on the aging community. Since March 2020, we've hosted eight virtual presentations featuring the latest news and updates from Dr. Michael Ison, MD MS FIDSA FAST, Professor, Divisions of Infectious Diseases and Organ Transplantation, Northwestern University Feinberg School of Medicine. Our next Zoom event with Dr. Ison will be held in December. This event date is not yet confirmed, for updates please visit www.pathlights.org

Pathlights keeps you connected with remote events. There is no charge for these events.

Family Caregiver Education Series

Multiple Dates | 6:30 PM

Do you care for an older family member, friend or neighbor as an “informal caregiver” providing unpaid support? Join this three-part series of classes in partnership with the Tinley Park Library. All classes start at 6:30 PM and take place in person at the Tinley Park Library, 7851 Timber Drive in Tinley Park, or via Zoom from the comfort of your own home. To register and learn more, call the Tinley Park Public Library at 708-532-0160. Events Include: “Caring For Someone with Alzheimer’s Disease or Related Disorders”, “Legal and Financial Concerns For Caregivers,” and “Caring For The Caregiver.”

Stress Busters: Stress Management Techniques

Jan 7 | 10:00AM | Friday

This is a new, 9-week course offered for nine offered for nine consecutive Fridays via Zoom. **If you Care for Someone with Alzheimer’s Disease or Dementia this program is a must to help you discover stress management techniques and relaxation and coping strategies.** The program meets for 90 minutes every week in small groups up to 8 people. Registration Required. Call Catherine at 708.274.0052 or e-mail 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. A zoom link will be sent following registration.



Monthly Memory Café

Dec 8 | 10:00 AM | Wednesday

Memory Café is a virtual social gathering for people living with dementia and other forms of cognitive impairment and their care partners. Registration required. Dial in by phone or Zoom in on the computer. Dial in and Zoom information will be provided after registration. Call Catherine at 708.274.0052 or e-mail cstowers@pathlights.org.

Note: Registration Required. Call Catherine at 708.274.0052 or e-mail cstowers@pathlights.org

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 for any questions.



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.

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 orlandpark.org/history 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.



Winter Tea Tasting

SATURDAY, JANUARY 29

1:00 PM - 2:30 PM

Join us for an afternoon of tea and hors d'oeuvres at the historic Humphrey House. A variety of teas will be offered for all to sample and enjoy! Tours of the home will be available and a short presentation about the history of Orland Park will be given. This event will be held at the John Humphrey House.

PROG#: 92953

Museum Member: \$20

Resident: \$25

Non-Resident: \$27



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

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+)	\$68
Senior Couple (62+)	\$120

GUEST PASS

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

PUNCH PASS

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

AQUATIC SCHEDULE

Reservations are required for lap lanes and therapy pool. View a full aquatic schedule online at 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 ideal for those with arthritis, joint replacement, fibromyalgia, chronic pain, etc. Participants engage in a variety of exercises that will improve range of motion and strengthen 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.

Adult Dance Classes

These classes will be a great workout while learning about ballet, tap or jazz. The beginner classes will introduce the fundamentals of basic steps, choreography and terminology while the intermediate tappers will work on more challenging steps and combinations. Please wear comfortable clothing. Tap, ballet or jazz shoes are required.

Classes Include:

- 92941 - Beginner Ballet - CAC
- 92943 - Beginner Jazz - CAC
- 92945 - Beginner Tap - FLC
- 92947 - Intermediate Tap - FLC

For more information or to register please visit orlandpark.org/recreation.

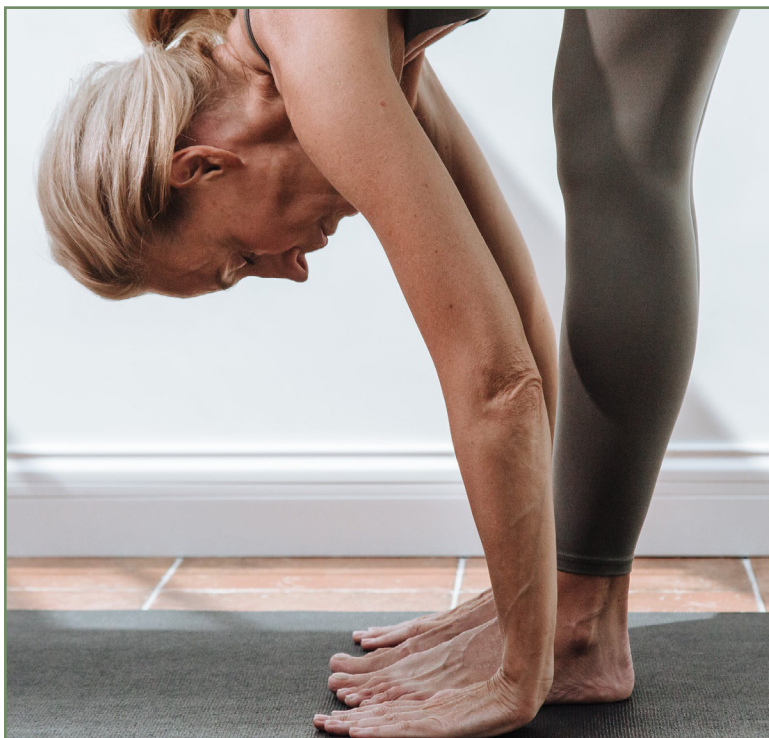
Massage Therapy

Ongoing Activity

Call for Appointment | OPHFC

Orland Park Health & Fitness Center hosts a unique combination of wellness and fitness services, including Massage Therapy. Book a massage for yourself or a loved one today

	Members	Residents	Non-Residents
30 Minutes	\$40	\$45	\$55
60 Minutes	\$60	\$65	\$75
90 Minutes	\$95	\$100	\$110



Gentle Yoga

Dec 3 - April 29

10:30 | Wednesday

6:00 PM - 7:00 PM | Wednesday

6:00 PM - 7:00 PM | Wednesday

OPHFC Studio B

A beginner Yoga class designed to meet the needs of seniors and other participants with special needs. Chairs will be used. This class will last 45 minutes.

Resident fee is \$10

FREE for Members



Leg Raises

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg. Remember, to use a sturdy chair. If using a desk chair with wheels, always lock them into place before beginning.



Seated Toe Touch

Sit up straight with your feet flat. Slowly lift your right leg toward your hands and then lower your foot back to the floor. Repeat with your left leg. Perform ten repetitions per leg, for a total of twenty reps. For an added challenge, pause for a five-count at the top of the movement.



Seated Forward Bend

Widen your legs, and place your feet flat on the floor. Slowly lean forward, dropping your torso toward your thighs. Relax your neck, and lower your hands toward your feet. When you feel a stretch, hold the position for thirty seconds then slowly return to the starting position. Repeat three times.



Short Squats

Sit in the chair, toward the edge of the seat. Slowly, sit up a few inches from the chair, then return to the seated position. This exercise can be difficult, try using the chair armrests for support to modify. Repeat ten times. Remember, to use a sturdy chair and always lock desk chair wheels into place before beginning.

**Exercises from Assisting Hands Yoga for Seniors Guide*

Butternut Sage Crostini

This Butternut-Sage Crostini with Ricotta and Pumpkin seeds will be a showstopper at your family Christmas! It's simple and delicious, plus, butternut squash is full of potassium and fiber which are helpful in managing cholesterol and maintaining good heart health. This recipe is from Better Homes and Gardens.

YIELD:	8 Servings
PREP TIME:	40 MIN
COOK TIME:	45 MIN

INGREDIENTS:

- 1** 2 pound butternut squash
- 3/4** cup ricotta cheese
- 1** teaspoon lemon zest
- dash of cayenne pepper
- 1/4** teaspoon of salt & pepper
- 1** tablespoon chopped sage
- 2** tablespoons lemon juice
- 2/3** cup toasted pumpkin seeds (optional)
- 1** French baguette
- 1** tablespoon olive oil
- fresh sage (optional garnish)



DIRECTIONS:

1. Preheat oven to 350°F. Roast squash for 35 to 40 minutes or until tender. Set aside to cool slightly. Increase oven temperature to 400°F.
2. Meanwhile, in a medium bowl combine ricotta cheese, lemon zest, black pepper, salt, and cayenne pepper; set aside.
3. Scoop flesh from squash halves and transfer to the bowl of a food processor. Add the chopped sage and the lemon juice. Cover and process until smooth; set aside.
4. Slice baguette diagonally into 1/2-inch slices. Bake for 5 to 6 minutes or until slices begin to brown. Turn baguette slices over; brush lightly with olive oil. Bake for 4 to 5 minutes more or until second sides begin to brown.
5. Thickly spread the butternut squash mixture over baguette slices. Top with ricotta mixture. Sprinkle with optional pumpkin seeds. Serve warm or at room temperature. If desired, garnish with whole sage leaves.

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/splex
(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/splex*
- 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 these months and receive:

JAN: 3 Months Free or 15% Off Regular Annual Membership

NOV: 15% Off Regular Annual Membership

DEC: 2 Months Free or 15% Off 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
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Line Dance Classes - Beginner & Intermediate

Beginner: 11:15 AM - 11:45 AM

Intermediate: 12:00 PM - 1:15 PM

Sportsplex – Aerobic Center

The beginner class is taught at a slower pace to introduce the dance steps and terminology.

This intermediate class is for more experienced line dancers who have previous dance experience and know the terminology of the dance steps.

Beginner:

PROGRAM 92438 | Jan 11 - Jan 25

Resident fee is \$16

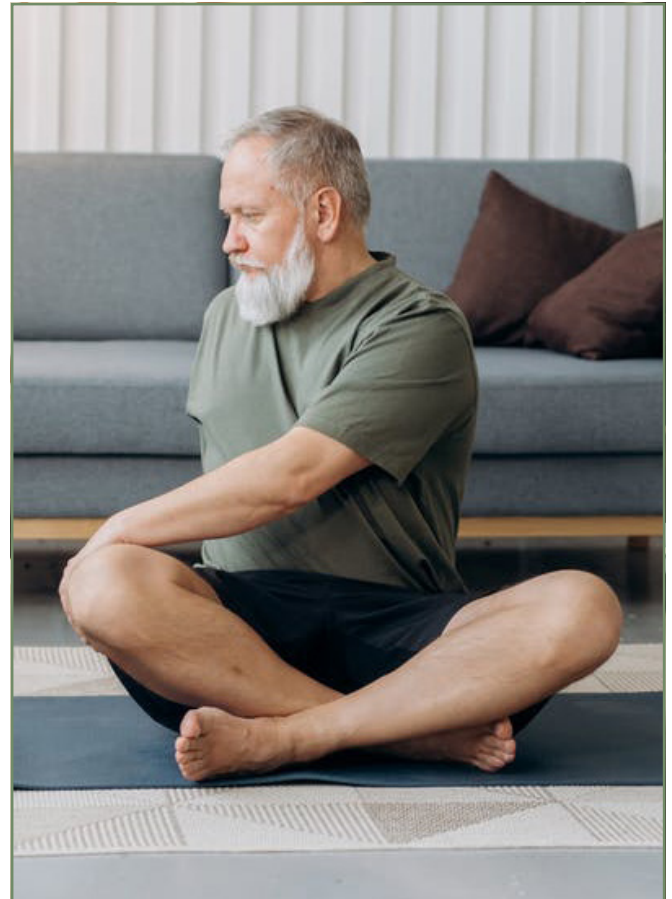
Non-resident fee is \$24

Intermediate:

PROGRAM 92958 | Jan 11 - Jan 25

Resident fee is \$16

Non-resident fee is \$24



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 | Monday

Sportsplex member FREE

Resident fee is \$25

SPORTSPLEX HOLIDAY HOURS

Christmas Eve, December 24	7 a.m. - 12p.m.
Christmas Day, December 25	CLOSED
New Years Eve, December 31	7 a.m. - 1p.m.
New Years Day, January 1	7 a.m. - 1p.m.
Easter Sunday, April 17	8 a.m. - 12p.m.

The Registration Office, Rock and Kidz Room will be closed on the holidays listed above.



Weight Training for Men & Women Over 50

Jan 10 - Feb 17

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 | 92478

Women | 92481

Sportsplex member \$55

Resident fee is \$60

Senior Fitness Boot Camp

Jan 11 - Feb 17

9:00 AM - 9:50 AM | Wednesday

9:30 AM - 10:20 AM | Thursday

Sportsplex – Fitness Center

Do you lose your balance or have a fear of falling? This class will help improve balance, strength, and cardiovascular endurance. Participants will work at their own pace and modifications will be made for those with an injury. This is a great class for seniors to challenge their personal fitness goals.

PROGRAM 92438

Sportsplex member \$80

Resident fee is \$105

Chair Yoga

Jan 11 - Mar 1

1:30 PM - 2:25 PM | Tuesday

Sportsplex – Aerobic Studio

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 92515

Sportsplex member \$75

Resident fee is \$80

FAMILY HEALTH EXPO

Saturday, April 2, 2022

9:00 AM - 12:00 PM



Activities include: blood pressure screening, cholesterol testing, nutrition counseling, free aerobics classes, injury screening, flexibility testing, and more.

Parkinson's Exercise Class

Jan 10 - Feb 16

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 92556

Sportsplex member \$100

Resident fee is \$105

Want to see a full list of classes?

—

Visit orlandpark.org/splex 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 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
(708) 428-5100



Senior Visit Week

Dec 20-22 | 10:00-11:30 AM
Offsite

Outreach Services brings a browsing collection of books and audiovisual materials to Senior Living Facilities.

Dec 20 - Smith Crossing
Dec 21 - Thomas Place
Dec 22 - Evergreen
Dec 22 - Warren Barr (1:30 PM)



In-Person Event

Pages and Pastries

Dec 27 | 10:00 AM | Monday
OPPL – Multipurpose Room

Take part in an engaging book discussion while enjoying some delicious pastries. This month's book discussion will cover *Migrations* by Charlotte McConaghy. Questions? Email kallan@orlandparklibrary.org or call 708-428-5150.



In-Person Event

DIY Drop-In Craft

Jan 5 | 3:00 PM | Wednesday
OPPL – RM104

Feeling crafty? Join us each month as we show you how to make a variety of fun and fabulous DIY creations! Please remember to wear a mask to all in-person events in accordance with the Cook County mask mandate.



In-Person Event



ENTERTAINMENT

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.

BINGO

Jan 15 | Saturday
2:00 PM

Join us for casual Saturday afternoon bingo fun! Drop-ins welcome. PLEASE NOTE: Due to the Cook County mask mandate for all individuals in public buildings must wear a mask while in the library.

Register online at 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.*

Dementia Support

Jan 10 | 2:00 PM | Monday
OPPL – Board Room 104A

Designed for those who are caring for a loved one with dementia. Come to relax, share, learn and get connected to other caregivers and local experts in the community.



In-Person Event

Caregiver Safety

Feb 10 | 2:00 PM | Thursday
OPPL – RM104

Megan Jarose, Memory Care Director of Alden Estates, will show you how to safely care for your loved one using proper body mechanics, including a variety of lifting techniques. For more information call (708) 428-5114 ext. 5114.



In-Person Event

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. Contact outreach@orlandparklibrary.org, Attn: **Duke** for any class related questions.



ORLAND PARK

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(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

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