

Village of Orland Park Media Relations

NEWSRelease

**Frederick T. Owens Village Hall
14700 South Ravinia Avenue - Orland Park, IL 60462**

MEDIA CONTACT: Margie Owens-Klotz
708/403-6277

EVENT CONTACT: Deborah Geghen
Fitness Manager
Village of Orland Park Sportsplex
708/403-6285

FOR IMMEDIATE RELEASE PHOTO/VIDEO OPPORTUNITIES

October 12, 2010

Orland Park Sportsplex to Host Annual “Senior Week” *Promoting Healthy Lifestyles --- October 25 through October 29*

ORLAND PARK, ILLINOIS – Healthy lifestyles, physical fitness and medical screenings are just some of the activities offered during “**Sportsplex Senior Week**,” hosted annually by the **Village of Orland Park Recreation Department**. Planned for **October 25 through 29**, the five-day health and fitness festival will offer an abundance of healthy activities for the region’s many seniors, age 55 and older. All activities will be held at the Village of Orland Park Sportsplex, 11351 West 159th Street.

“We invite all area seniors to participate in Senior Week at the village’s Sportsplex,” said Village Trustee Patricia Gira, chair of the village’s Recreation, Parks and Environmental Initiatives Committee. “Senior Week promotes the health, wellness and interests of the area’s many seniors. It’s a great way to learn how to be active and healthy, while having fun in the process,” she added.

Each day of “Senior Week at the Sportsplex” includes scheduled events held from 8:00 a.m. until 1:00 p.m.

Scheduled opportunities include aerobics, yoga, stretching, bocce ball, soccer and others. Health screenings will be offered including blood glucose and skin cancer

screenings, both of which are free. Flu shots will be available for \$29.99 each and free for seniors with Medicare insurance coverage. Total cholesterol checks will be available for a fee and the Sportsplex will offer light refreshments and breakfast on various days.

“The Orland Park area has a wonderful senior population. The village’s Sportsplex is doing its part to help seniors live life to the fullest, offering programs and activities that are tailor-made for them,” Gira said.

“Participating seniors will receive a raffle ticket at each of the activities they participate in,” explained Orland Park Recreation and Parks Department Fitness Manager Deborah Geghen who coordinates the festival each year.

“The hospitals and offices have been generous donating prizes and baskets to make this a great week for seniors,” she added. Prizes from area businesses will be awarded at the end of the week, after the “Senior 100.”

The “Senior 100” is a fun exercise class to get participants moving Friday morning. The class, with music from the 1950s and 60s, will begin at 9:00 a.m. with breakfast being served at 10:00am. A raffle will follow with t-shirts, donated by Central Credit Union, distributed to those who complete six activities during the week as well as the “Senior 100.”

Pre-registration is required for many of the free events and seniors need not be Sportsplex members or residents of Orland Park to participate. Registration is ongoing. All events are free with the exception of the fees for the medical screenings.

Further information is available at the Village of Orland Park Sportsplex, 11351 West 159th Street. For more information, call the Sportsplex at 708/645-PLAY.

-30-

PHOTO CAPTION

The Village of Orland Park Sportsplex will host its annual Senior Week, October 25 through October 29. The five day health and fitness festival is open to all area seniors and attendees need not be Sportsplex members. For more information, call 708/645-7529.