

Village of Orland Park Media Relations

NEWSRelease

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PHOTO/VIDEO OPPORTUNITIES
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Orland Park Sportsplex to Host Annual “Senior Week” *Promoting Healthy Lifestyles --- October 19 through 22*

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 and Parks Department**. Held **October 19th through the 22nd**, the four-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.

“Sportsplex Senior Week promotes the health, wellness and interests of the area’s many senior citizens,” said Sportsplex Administrator Ray Piattoni. “This is a great week during which seniors can learn how to be active and healthy, while having fun in the process,” he added.

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

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VILLAGE OF ORLAND PARK

SENIOR WEEK AT THE SPORTSPLEX

Scheduled opportunities include using the facility's golf cages, aerobics, yoga, stretching, bocce ball, bean bags and others. Health screenings will be offered including, blood glucose and cholesterol testing, for which they are free. Flu shots will be available for \$25 each and free for seniors with Medicare insurance coverage. The Sportsplex will offer light refreshments and breakfast on various days.

"The Orland Park area has a wonderful senior population. We, at the Village of Orland Park Sportsplex, want to do our part to help seniors live life to the fullest, offering programs and activities that are tailor-made for them," explained Orland Park Recreation and Parks Department Fitness Manager Deborah Geghen who coordinates the festival each year.

"Participating seniors will receive a raffle ticket at each of the activities they participate in," Geghen explained. "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.

Seniors participating in at least six activities held during the four-day program will each receive a free t-shirt donated by Central Credit Union.

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.