

Posted on: October 16, 2013

Village Sportsplex Announces "Senior Week" Activities



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.

Offered October 21 through 25, the five-day health and fitness festival will offer an array 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.

Each day of "Senior Week at the Sportsplex" includes scheduled events held from approximately 8 a.m. until noon.

Scheduled opportunities include walking club, trigger point massage, injury screening, aerobics, bocce ball and others. Flu shots will be available for a fee and are free for seniors with Medicare insurance coverage. Total cholesterol checks will be available for a \$5.00 fee and the Sportsplex will offer light refreshments and breakfast on various days.

Workshops that have been added to the week's itinerary include "Choosing Supportive In Home Care," "A New Economy Requires A New Retirement Plan," "Vestibular (vertigo/dizziness) Therapy Talk," "Shoulder & Elbow Pain Talk," and "Retirement Mistakes to Avoid."

"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.