

OCTOBER 15-18

MONDAY-TUESDAY **9AM-12PM** | WEDNESDAY **8:30AM-12PM** | THURSDAY **4-7PM**

Bring a friend each day and earn extra chances to win prizes. Registration required on items marked with program numbers.

MONDAY OCTOBER 15

9:00 AM

Light breakfast provided by Evergreen Senior Living

9:00 AM to 12:00 PM

Information Table

- › Orland Fire Protection: Senior Advisory Council
- › Home For Life Advantage, Inc
- › Evergreen Senior Living
- › Orland Fire Protection District

9:00 AM to 12:00 PM

Jewel Osco-flu shots and pneumonia shots [program# 85985](#)

9:30 AM-10:30 AM

Pickleball with Evergreen Senior Living

10:00 AM

Walking Club [program# 85986](#)

10:30 AM

Cardio Combo [program# 85988](#)

11:30 AM

Fall Prevention Talk by Loyola [program# 85987](#)

TUESDAY OCTOBER 16

9:00 AM

Light breakfast provided by Sunrise Senior Living

9:00 AM to 12:00 PM

Information Table

- › Sunrise Senior Living
- › Orland Fire Protection District
- › League of Women's Voters Palos Orland Area
- › Parkview Orthopaedics

10:00 AM

Central Credit Union-"Chart Your Course For the Next 8000 Days"
[program# 85989](#)

11:00 AM

Walking Club [program# 85986](#)

11:30 AM

Light salads by Parkview Orthopaedics

WEDNESDAY OCTOBER 17

8:30 AM to 9:00 AM

Cardio/Queenax class with Laura

9:00 AM

Light Breakfast by Aishling Companion Home Care

9:00 AM to 12:00 PM

Information table

- › Orland Fire Protection District: Senior Advisory Council
- › UChicago Medicine Ingalls Memorial -blood pressure screening
- › Advanced Physicians Group -massage and game
- › Smart Living with Chris - bring your batteries and shoes
- › MB Financial

9:30 AM

"Difference between Home Health, Home Placement or Home Care"
[program# 85990](#)

10:30 AM to 11:00 AM

Interactive Trivia with MB Financial

11:15 AM to 11:45 AM

Osteoarthritis Management for Knees by Loyola [program# 85991](#)

11:00 AM

Walking Club
[program# 85986](#)

THURSDAY OCTOBER 18

4:00 PM to 7:00 PM

Information table

- › Orland Fire Protection District: Senior Advisory Council
- › League of Women Voters Palos Orland Area

5:00 PM

Bingo By Brannigan Chiropractic

5:30 PM

How to Stay Young-talk by Brannigan Chiropractic [program# 85992](#)

6:00 PM

Pizza Party by Brannigan Chiropractic

Raffle prizes and T-shirts will be awarded on Thursday night upon completion of 5 or more activities throughout the week. Each day seniors who bring a friend will receive an extra raffle ticket for the drawing.

