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Spring Creek Nursing Rehab

State Farm Insurance

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Wadell and Reed

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PARK**

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Sportsplex
VILLAGE OF ORLAND PARK



Senior Week

exercise • activities • screenings • raffles

OCTOBER 3-6

VILLAGE OF ORLAND PARK
11351 W. 159TH STREET, ORLAND PARK, IL 60467
orlandpark.org/sportsplex | 708.645.7529

October 3-6

Mon 9am-12pm | Tues 7:45am-12pm | Wed 9am-1pm | Thurs 4-8pm

*Bring a friend each day and earn extra chances to win prizes.

Monday

9:00 AM

Light breakfast by Spring Creek Nursing Home

9:00 AM to 12:00 PM

Information tables
–Midwest Orthopedic Rehab
–Loyola Medical Center
–Athletico-info and stretching
–Illinois State Treasurer

9:00 AM to 12:00 PM

–Massages by Brannigan Chiropractic

9:00 AM to 12:00 PM

–Walgreens-flu shots (*fee if no insurance*)
pneumonia shots (*fee applicable*)

9:30 AM

Heart Health by Palos—Program #81955

10:00 AM

–Stroke and Recovery Presentation
by Spring Creek Nursing Home
—Program #81956

10:00 AM to 10:30 AM

Walking club—Program #81913

10:30 AM

Morning mix—Program #81957

11:00 AM

Stretching class by Athletico
—Program #81963

11:30 AM

Light lunch by Loyola Medical Center

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Tuesday

7:45 AM to 8:25 AM

Light and Healthy Moves
—Program #81915

9:00 AM

Light breakfast by Berkots

9:00 AM to 12:00 PM

Information table
–Clarendale
–Ingalls Wellness-info and blood pressure testing
–Home Instead Senior Care
–MB Financial
–League of Women Voters-info on voter registration
–Illinois State Treasurer

9:00 AM to 12:00 PM

Advanced Physicians Group-info and massages

10:00 AM

Build your Financial Goal by Central Credit Union—Program #81917

10:30 AM to 11:30 AM

B I N G O by MB Financial

11:00 AM to 11:30 AM

Walking club—Program #81913

11:30 AM

“Insomnia and Sleep Deprivation”
—Program #81965

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Wednesday

9:00 AM to 1:00 PM

Information table
–Evergreen Living
–Medulla LLC/Chiro One-info and posture/spine screenings

9:00 AM to 9:30 AM

How to Prevent Falls, Trips and Slips
by Evergreen Living—Program #81920

9:00 AM to 11:00 AM

Total Cholesterol \$25 by Orland Township—Program #81962

9:30 AM to 10:30 AM

Pickleball tournament by Evergreen Living—Program #81919

10:30 AM to 11:00 AM

How to Best Communicate with those Struggling with Dementia by Evergreen Living —Program #81920

11:00 AM

Walking club—Program #81913

11:00 AM to 11:30 AM

Evergreen Living—blood pressure screening

11:00 AM to 11:30 AM

Healthy cooking demo by Evergreen Living—Program #81959

11:30 AM to 12:30 PM

Light lunch by Evergreen Living

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Thursday

4:00 PM to 8:00 PM

Information table
–Wadell and Reed
–State Farm

4:00 PM to 8:00 PM

Brannigan Chiropractic screening

4:00 PM to 8:00 PM

Orland Township-flu shots

5:00 PM to 5:30 PM

Ugi Ball with Laura—Program #81921

5:30 PM to 6:00 PM

Booty Barre for Seniors on walkway
—Program #81922

6:00 PM

Pizza party by Brannigan Chiropractic

6:00 PM to 8:00 PM

DJ Tune Times

6:30 PM

Raffle and t-shirt give away

7:00 PM

Long Term Care Decisions by State Farm—Program #81960

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*Attend 5 or more activities and Thursday night class and receive a free t-shirt.