



TOWNSHIP OF ORLAND

For Immediate Release

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For More Information

Lisa Ruel (708) 403-4222

Paul A. O'Grady

Supervisor

Cindy M. Murray

Clerk

Patrick Feldner

Maria Sanfilippo

Antonio Rubino

John Lynch

Trustees

Rich E. Kelly

Assessor

Brian H. Younker

Highway Commissioner

Office Locations

Administrative Office

Assessor's Office

Youth & Family

Counseling Services

14807 S. Ravinia Ave.

Orland Park, IL 60462

Main Fax Number

(708) 403-4260

Administrative Office &

Assessor's Office

Telephone Number

(708) 403-4222

Youth and Family

Counseling Services Office

Telephone Number

(708) 403-4001

Highway Department Office

16125 S. Wolf Rd.

Orland Park, IL 60467

Phone: (708) 403-5148

Fax: (708) 403-5165

www.orlandtownship.org

Orland Township Invites Seniors to Try Free Classes *Trial classes offered in honor of Older Americans Month*

(Orland Township, IL – April 23, 2019) - Orland Township offers a variety of classes for seniors and other residents throughout the year. In celebration of Older Americans Month, many of these classes will offer one session, free of charge, for seniors to try, according to the office of Township Supervisor Paul O'Grady.

In an effort to encourage seniors to "Connect, Create, and Contribute" the 2019 theme of Older Americans Month, the following free classes will be offered in May:

Wednesday, May 1, 3:45 p.m. to 4:30 p.m. – Strong & Fit

This class of simple movements and light weight lifting will increase strength, improve bone density and enhance your mood. Participants should bring a mat and a set of light weights (between 1 pound and 5 pounds).

Thursday, May 2, 10:15 a.m. to 11:15 a.m. – Meditation

Regular meditation can help lower stress levels and have a positive effect on the mind and body. This class of guided meditation will take students to a place of deep calm and spiritual restoration.

Friday, May 3, 3 p.m. to 4 p.m. and Monday May 6, 9 a.m. to 10 a.m. – Tai Chi

Considered "mediation in motion," this graceful class emphasizes deep breathing and mental focus while utilizing slow speed styles to create balance, calmness and flexibility.

Monday, May 6, 10:30 a.m. to 11:30 a.m. – "Joints in Motion" (J.I.M.) Class

The Arthritis Foundation's "Joints in Motion" (J.I.M.) class is designed to help those who have difficulty with joint and/or muscle movement enjoy a more active lifestyle. Exercises can be done while sitting in a chair or standing.

Monday, May 6, noon to 1:30 p.m. – Line Dancing

This class will teach basic dance steps and build them into some of today's popular line dances. Couples and singles are welcome as well as all levels of dancing experience.

Tuesday, May 14, 4 p.m. to 5 p.m. – Yoga

Yoga can help you maintain your mental clarity and increase your energy level while improving sleep, balance and strength. Participants are asked to bring a yoga mat.

Thursday, May 16, 3:45 p.m. to 4:30 p.m. – Chair Yoga

Chair Yoga offers all the wonder benefits of traditional yoga without having to move up and down off the floor.

Thursday, May 23, 9 a.m. – 9:45 a.m. Ageless Grace.

Ageless Grace utilizes anti-aging exercises that are based on everyday movements, are natural and organic and done seated in a chair. The program focuses on techniques that stimulate all five functions of the brain while simultaneously addressing the 21 physical skills needed for functional and comfortable living.

Residents can also participate in DakimBrainFitness, the only clinically tested brain fitness software designed for active adults over 60. Residents should stop at the reception desk to borrow a set of headphones before going to the computer lab.

All classes will be held at Orland Township, 14807 S. Ravinia Ave., Orland Park. All fitness classes are taught by certified instructors.

“Orland Township is proud to celebrate Older Americans Month and offer so many opportunities for our seniors,” said Supervisor O’Grady. “I hope seniors will take advantage of our free classes in May and that it will inspire them to sign up for a full session of classes.”

In addition to the free classes, Orland Township will be hosting a Senior Health Fair on Tuesday, May 7 from 9 a.m. to noon. More than 20 local organizations will be present, many with free giveaways, to share their senior related information with residents. Free health screenings, including blood pressure checks, blood glucose, cholesterol tests and hearing screenings will be available during the health fair. Some tests may require an appointment, please call the Township at (708) 403-4222 for more information.

Free Podiatry screenings will be available at the Township on Wednesday, May 15, between 9 a.m. and 10:30 a.m. Interested residents should call (708) 403-4222 to schedule an appointment.

For a full list of Older Americans Month activities being hosted by Orland Township, visit the website orlandtownship.org, see the May-July edition of *The Orland Township Focus*, or stop by the Township office and pick up a May calendar.

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