



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

TOWNSHIP OF ORLAND

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For More Information
Lisa Ruel (708) 403-4222

Seniors Celebrate Older Americans Month with Orland Township

Orland Township spent the month of May celebrating its seniors in commemoration of Older Americans Month, according to the Office of Township Supervisor Paul O'Grady.

On May 1st, the Township hosted a senior health fair to kick-off the month-long celebration. More than 30 local vendors were in attendance with information and free samples and giveaways of various items for the seniors. Additionally, seniors were able to have free medical screenings done, including blood pressure checks, cholesterol and blood glucose tests. Nearly 100 seniors attended the health fair throughout the day.

Every Wednesday and Friday, the Township hosts senior drop-in from 9 a.m. to 2 p.m., where seniors gather and play bingo, cards, socialize and are treated to a snack or light meal. During May, each week had a special theme: Cinco de Mayo, Derby Days, Salute the Troops and Memorial Day.

At the Cinco de Mayo days, attendees were treated to a Mexican feast catered by Pepe's Restaurant and played 'musical sombreros' (patterned after musical chairs). Derby Days, celebrating the Kentucky Derby, featured a hat contest where ladies and gentlemen sported their best Derby headwear. Salute the Troops and Memorial Day drop-ins had special guests from the Orland Palos VFW Post 2604 and the Orland Fire Protection District and attendees were treated to a grilled hot dogs and hamburgers.

Free trials of nearly a dozen different classes, ranging from fitness and wellness to CPR and computer were offered throughout the month. Seniors were urged to try the free classes to and see if they might find a new interest.

Specially themed drop-in days and free fitness classes are just a few of the events that will encourage seniors to "Engage at Every Age," the 2018 theme of Older Americans Month.

"Orland Township is always working to provide programs and services to all our residents, however, during the month of May we focus on celebrating our seniors," said Supervisor O'Grady. "We are proud to provide programs and services for these wonderful members of our community not only in May but all year long."

For more information on Orland Township's senior programs and services, visit the website, orlandtownship.org, or call (708) 403-4222.

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Photo Captions

Photo: Health Fair

Supervisor O'Grady chats with one of the vendors at Orland Township's Senior Health Fair, the kick-off event for a month-long celebration of seniors during May, which was Older Americans Month.



Photos: Derby 2

Ladies and gentlemen competed in a best hat contest during Orland Township's Kentucky Derby Drop-In Day.



Photos: Cinco de Mayo 1

During Orland Township's Cinco de Mayo Drop-in Days, attendees participated in "musical sombreros" (patterned after musical chairs). Pictured are the winners from each table.



Picture: ofpd ot drop in

Orland Fire Protection District Public Education Coordinator Betsy Dine (standing) demonstrates safety lights that seniors were given during Salute the Troops and Memorial Day celebration drop-in days at Orland Township.



Photo: ot drop in veterans

Orland Township paid tribute to veterans who attended drop-in days celebrating Salute the Troops and Memorial Day during May.

