



# TOWNSHIP OF ORLAND

## For Immediate Release

April 26, 2018

## 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](http://www.orlandtownship.org)

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

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 "Engage at Every Age" the 2018 theme of Older Americans Month, the following free classes will be offered in May:

### **Monday, May 7, 10:30 a.m. – 11:30 a.m. The Arthritis Association's "Joints in Motion."**

This exercise class is designed to help those who have difficulty with joint and/or muscle movement. Exercises can be done while sitting in a chair or standing.

**Tuesday, May 8, 1 p.m. – Senior CPR.** The Township has partnered with the Orland Fire Protection District to bring free CPR classes to the Township. Learn the skills that may help you save someone's life. *Registration is required for this class.*

**Thursday, May 10, 11 a.m. – 11:30 a.m. Ageless Grace.** This cutting-edge brain fitness program is designed for all ages and abilities. The exercises, based on everyday movements that are natural and organic, are done seated in a chair. The program focuses on anti-aging 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.

**Thursday, May 10, 1 p.m. – Meditation.** The customized approach to guided meditation will take students to a place of deep calm and spiritual restoration.

**Monday, May 14, 11 a.m. – Online Privacy.** This computer class will go over social media and the importance of safeguarding your personal information while online. It will also offer helpful tips to keep your personal information safe. *Registration is required for this class.*

**Monday, May 21, 12 p.m. – 1:30 p.m. – Line Dancing.** Grab your dancing shoes and learn some of today's popular line dances. Couples and singles are welcome as well as all dancing levels of experience.

**Wednesday, May 23, 3:45 p.m. – Strong N’ Fit & Yoga.** This class will combine our traditional yoga class with our simple movement weight lifting class. Participants are asked to bring a yoga mat and a set of 1 pound to 5 pound weights if possible.

**Tuesday, May 29, 11:30 a.m. – 12:30 p.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.

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 to ‘engage at every age’,” 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 also be offering free hearing screenings on Wednesday, May 2, 1 p.m. – 3 p.m. and free podiatry screenings on Wednesday, May 16, 9 a.m. – 10:30 a.m. Appointment are required for both screenings. Please call the Township at (708) 403-4222 to schedule appointments.

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

# # #