Orland Township FOCUS

SPRING 2025





Orland Township FOCUS

Table of Contents

02	Letter from the Township Supervisor Paul O'Grady
03	Dancing with the Senior Stars
05	Upcoming Events
07	Health & Wellness
09	The Food Pantry Meet the new coordinator!
10	Hope & Resilence Interfaith Food Drive Fills Shelves of Food Pantry
11	Minds Matter
12	Illinois Secretary of State
14	Orland Township Ahead of the Curve Addressing Issues Affecting Our Senior Population

Are you experiencing financial hardship?

Our General Assistance Office may be able to help.

Highlighted Events

I-Pass ON DEMAND

Saturday, April 26 9:00 a.m. to 12:00 a.m. Orland Township 14807 S. Ravinia Ave.

- Bring responders
- Get new stickers

May Luncheon

Tuesday, May 6
Orland Township
14807 S. Ravinia Ave.
9:00 a.m. to 10:00 a.m.
Fee: \$15 Residents Only

Tickets on sale now!

Older Americans Month Themed Senior Drop-In

Thursdays & Fridays

10:00 a.m. to 2:00 p.m. May 1 & 2 - Derby Day May 8 & 9 - Mother's Day May 15 & 16 - Cinco de Mayo May 22 & 23 - Memorial Day

Enjoy themed social gathering which includes a hearty snack followed by Bingo!

AARP Driver's Safety Class

Monday, May 19 &
Tuesday, May 20
Orland Township
14807 S. Ravinia Ave.
Time: 9:00 a.m. to 10:00 a.m.
\$20 Members /
\$25 Non-Members
(Participants must attend both days)





Letter from Orland Township Supervisor Paul O'Grady

Spring Forward: Celebrating Community Engagement, New Initiatives and Our Commitment to our Residents

As we welcome the vibrant season of spring, I would like to take a moment to reflect on our recent community activities and share some important updates that highlight our ongoing commitment to the residents of Orland Township.

This past quarter has been filled with wonderful events that bring our community together. I thoroughly enjoyed witnessing the enthusiasm and engagement at our Feel Fabulous February event, senior luncheons, dinner dances, and volunteer food sorting, where countless residents came out to support one another and enjoy everything our township has to offer. Your participation not only enriches our gatherings but also strengthens the fabric of our community.

In a significant step toward better serving our residents, I am pleased to announce that we have finalized a five-year lease with the Illinois Secretary of State. This partnership will facilitate expanded Saturday hours at our facilities to better accommodate those preparing for the May 7 Real ID deadline. We recognize that this transition period can be challenging, and we want to ensure you have the resources and time needed to obtain your identification comfortably.

For those in need, our food pantry continues to be a vital resource, and we are committed to making it accessible to all. Our newly added Saturday hours once a month are designated also been specifically for veterans and frontline workers, acknowledging your dedication and service to our community. Additionally, we have items specially curated for new moms available at the food pantry, as we understand the unique challenges that come with new parenthood.

I would also like to express my gratitude to everyone who attended our senior listening party. Your ideas and insights are invaluable, and they help shape the future of our township. Thank you for taking the time to share your thoughts and participate in this critical dialogue.

We are proud to be ahead of the curve in addressing the challenges facing our senior population. A recent study conducted by AgeOptions highlighted the financial and accessibility issues that many seniors encounter. Our township is already actively combating this crisis with an array of programs, services, and communication channels specifically designed to reach and assist our senior residents. We are committed to ensuring that every senior has access to the resources they need, allowing them to thrive within our community. Your ongoing support and participation make a significant difference in our collective efforts. I hope this spring brings you renewed energy and a sense of community spirit. As always, I encourage you to reach out if you have any questions or suggestions.

Together, we can continue to make Orland Township a wonderful place to live, work, and grow.

Paul O'Grady Supervisor

dancing with the Stars





Barbara Ziegler & Augie Tranowski, 2025 winners of Dancing with the Senior Stars of Orland Township

"Through dance, Barbara and Augie celebrate not just talent, but the connections that bring us all together." "This event not only highlights the remarkable talents of our seniors, but also fosters a sense of community and joy."

- Orland Township Supervisor Paul O'Grady

What an incredible evening it was at the 2025 Dancing with the Senior Stars of Orland Township! The atmosphere was charged with excitement as the community came together to celebrate the remarkable talents of our beloved senior dancers. Held at Georgios Banquets on March 6, the event featured captivating performances that reflected the passion and creativity of each of the participants.

The highlight of the evening was undoubtedly the competition between five talented couples who showcased their skills in two thrilling rounds in front of a live audience and an esteemed panel of judges. After an exhilarating display of dance moves and heartfelt performances, Barbara Ziegler and Augie Tranowski were crowned the winners of the 2025 Dancing with the Senior Stars. Their vibrant energy and dedication to dance shone brightly, captivating the audience. The couple, who met at church, exemplified the bond between love for dance and community spirit, making their victory truly exceptional.



The Stars Were Out!

Orland Township Supervisor Paul O'Grady perfectly captured the spirit of the night, stating "This event not ony highlights the remarkable talents of our seniors, but also fosters a sense of community and joy. We all dance together, laughed together and created unforgettable memories."

The event perfectly exemplified community spirit, as Orland Township Supervisor Paul O'Grady remarked on the importance of connection and joy among attendees. Winners Barbara Ziegler and Augie Tranowski dazzled the crowd while dancing alongside talented couples, including Martin Franek and Jenoveva Garcia, Dennis Gaeta and Vickie Swanson, Ken and Celeste Wilkas, and Lupe and Jim Orlando.









SPRING 2025 I APRIL, MAY & JUNE UPCOMING EVENTS

Did you know that Orland Township provides a diverse range of valuable services and events every month, designed to enhance the well-being of the community?

For instance, monthly health screenings like hearing and podiatry, are offered monthly to ensure personalized attention and care.

Donation Opportunity!

Tuesday, April 1 - Friday, April 11

Easter Basket Collection

Orland Township, 14807 S. Ravinia Ave. 8:30 a.m. to 4:30 p.m. daily Basket requirements online at www.orlandtownship.org/foodpantry



Wednesday, April 9 & Tuesday, April 15

FREE Hearing Screenings

Orland Township, 14807 S. Ravinia Ave. By appointment only, call (708) 403-4222

Friday, April 11

Westside Story (at Fireside Theatre

Fireside Dinner Theatre
1131 Janesville Fort Atkinson, WI
7:30 a.m. to 7:30 p.m.

Fee: \$125 Residents

\$130 Non-Residents

Tickets on sale now at Orland Township.

Saturday, April 26

I-Pass ON DEMAND

Bring transponders and get a replacement sticker!
Orland Township, 14807 S. Ravinia Ave.
9:00 a.m. - 12:00 p.m.

Tuesday, May 13

FREE "Joints In Motion" Exercise Class

Orland Township, 14807 S. Ravinia Ave. 9:00 a.m. to 10:00 a.m.

Thursday, May 15



LANTERN LIGHTING • VENDORS •
• LIVE MUSIC • LOCAL FOOD •
MENTAL HEALTH RESOURCES

6:30 - 8:30 PM @ ORLAND TOWNSHIP (14807 S. RAVINIA AVE., ORLAND PARK.)

TICKETS ON SALE NOW! ORLANDTOWNSHIP.ORG/MINDSMATTER

Minds Matter is more than just an event—it's a gathering focused on nurturing our mental well-being and fostering community connections.

Thursday, May 15

Salute the Troops Dinner Dance

Orland Chateau 14500 S. La Grange Road 5:00 p.m. to 10:00 p.m.

Fee: \$30 Residents

\$35 Non-Residents

Tickets on sale now at Orland Township.

Both Health Services and Youth & Family Services offer resources, workshops, and presentations, enabling attendees to learn wellness strategies and engage with health professionals.

Together, these events raise awareness and understanding of both physical and mental well-being.

Every other month, the township also hosts vibrant dinner dances and delightful luncheons, creating a warm and inviting atmosphere for seniors to step out, enjoy delicious food, and socialize with others.

Explore these enriching services and events to foster connections, promote well-being, and stay engaged in vibrant Orland Township!

Wednesday, May 14 & Tuesday, May 20

FREE Hearing Screenings

Place: Orland Township, 14807 S. Ravinia Ave. Time: By appointment only, call (708) 403-4222

Wednesday, May 14

Wellness Wednesday

Place: Orland Township, 14807 S. Ravinia Ave. Time: By appointment only, call (708) 403-4222

Fee: Varies based on service





Free Hearing Screenings* Provided by

Orland Park Lion's Club & Orland Hearing

Free

- Basic Cholesterol Test
- Blood Pressure Screening +Vendors
- Total Lipid Profile Test

& Giveaways!



Friday, May 23

Murder On the Orient Express at Fireside Theatre

Place: Fireside Dinner Theatre

1131 Janesville Fort Atkinson, WI

Time: 7:30 a.m. to 7:30 p.m.

Fee: \$125 Residents

\$130 Non-Residents



Tickets on sale now at Orland Township.

Wednesday, June 11

Wellness Wednesday

Place: Orland Township, 14807 S. Ravinia Ave. Time: By appointment only, call (708) 403-4222

Fee: Varies based on service

Friday, June 20

Podiatry Screening

Place: Orland Township, 14807 S. Ravinia Ave. Time: By appointment only, call (708) 403-4222.

Fee: \$15

Thursday, May 22

Making Kolacky with Diane

Time: 4:00 to 5:00 p.m.

Fee: \$25 per person

per person

Thursday, June 26

Making Tamales

with Diane

Time: 6:00 to 7:30 p.m. Fee: \$35 per person



@ Orland Township, 14807 S. Ravinia Ave. Register now at Orland Township!

HEALTH & WELLNESS



clinics, medical screenings, and different vendors, including: other health services offered by Orland Township, the Health • Services department will host a • Gift of Hope: Senior Health Fair, sponsored by Walmart, with refreshments provided by Humana.

The fair will be held at Orland Township, located at 14807 S. Ravinia Ave. in Orland Park, on May 27 from 9 AM to 12 PM.

Admission is free, and we will offer free hearing screenings, cholesterol testing, total lipid profiles, and blood pressure screenings. Hearing screenings are limited for walk-ups, so an appointment is encouraged.

For more information, call (708) 403-4222.

Besides the numerous monthly The fair will feature a variety of

- Cook County Sheriff
- Organ & Tissue Donor Network
- Humana
- Joint Relief Institute
- JourneyCare
- M.W.R.D. of Greater Chicago
- **Orland Fire District**
- **Orland Hearing**
- Orland Park Fitness Center
- Orland Police Department,
- **Orland Township Senior Services**
- Orland Township S.H.I.P.
- **Regional Transportation Authority** (RTA)
- Right at Home
- Tinley Park Chamber
- United Health Care
- Ventimiglia Realty Team Keller Williams Preferred
- Vitas Healthcare
- We Can Insurance Solutions

Nurse's Closet

Medical equipment is expensive. Many insurance plans do not cover the full cost or, in some cases, any of the cost of buying or renting medical equipment. Orland Township is proud to be able to provide medical equipment at no charge for use for any Orland Township resident. Wheelchairs, shower seats, scooters, crutches, braces, canes and more are available for use.

"Orland Township is proud to be ahead of the curve, anticipating and providing the essential services for the needs of our senior population," said Orland **Township Supervisor Paul** O'Grady. "Without hesitation, seniors in need should contact our offices should they find themselves in need of services. We will always make sure assistance is made available and solutions are found to close the gap."

Please visit orlandtowship.org or call (708)403-4222 for more information and to find events, services and programs to suit your needs.

FEATURED EXCERCISE CLASSES

Zumba

A fitness program that combines international music with dance moves. Routines incorporate alternating fast and slow rhythms to help improve cardiovascular fitness and boost your mood.

Dates: Wednesdays, April 9 to May 28

Time: 9:00 to 10:00 a.m. Fee: 8 weeks – \$48 residents

\$53 non-residents



Joints in Motion

A program designed to help individuals living with arthritis. Exercises are done while sitting in a chair or standing and classes are led by an instructor certified by the Arthritis Foundation.

Dates: Tuesdays, April 22 to June 24

Time: 9:30 to 10:30 a.m. Fee: 6 weeks - \$18 residents

\$23 non-residents

NEW! Intermediate Tap Dance

This adult program will allow you to exercise to great music! Dancers will learn intermediate steps to rhythmic routines, and develop their tap skills at your

own pace Great for exercise and mental stimulation.

Dates: Thursdays, April 3 to April 24

Time: 4:00 to 5:00 p.m. Fee: 4 weeks - \$15 residents \$20 non-residents



Tai Chi

Tai Chi Master & Chi Kuna Sam Johnson is back! Considered "meditation in motion," this graceful class emphasizes deep breathing and mental focus while utilizing slow speed styles to create balance and flexibility.

Dates: Fridays, April 11 to June 6

Time: 3:00 to 4:00 p.m. Fee: 8 weeks – \$30 residents

\$40 non-residents

Zumba GOLD

This modified class recreates the original moves at a lower-intensity. Zumba GOLD helps to improve cardiovascular fitnesss, muscular conditioning, flexbility, and balance!

Dates: Fridays, April 4 to June 6

Time: 9:00 to 11:00 a.m.

Fee: 8 weeks – \$48 residents

\$53 non-residents



NEW! Special Needs Hip Hop

Experience the joy of learning dynamic dance moves set to your favorite contemporary music. This exciting program not only quarantees fun but also offers an invigorating workout that will leave you feeling energized and accomplished.

Dates: Tuesdays, April 7 to May 19

Time: 4:00 to 5:00 p.m. Fee: 8 weeks - \$96



This class of simple movements and light weight lifting will increase your strength, improve bone density, and enhance your mood. Instructed by Barb Cachey.

Dates: Tuesdays, April 22 to June 10

Time: 3:45 to 4:30 p.m.

Fee: 8 weeks -\$40 residents

\$45 non-residents



Yoga

This class will accommodate all levels of experience. We'll bring the body through ranges of motion to improve mobility, strength, and relieve tension and stress. Instructed by Barb Cachey.

Dates: Wednesdays, April 23 to June 11

Time: 3:45 to 4:30 p.m.

Fee: 8 weeks - \$48 residents

\$53 non-residents

THE FOOD PANTRY

Meet the New Food Pantry Coordinator, Kathleen Love



As a resident of Orland Park for 15 years and a proud single mother of three teenagers, Kathleen knows firsthand the importance of community support and connections. A constant engine for her family, Kathleen is a natural caregiver with a background in health and wellness.

"I'm so proud to serve the community in which I live and to be a part of providing this invaluable service" said Kathleen of her new role. "What I truly cherish about this position has been the incredible people I have met through our pantry. Every interaction reinforces the essence of our community; mutual respect, compassion, and an unyielding drive to support one another."

"My background as a practitioner of both Eastern and Western medicine has equipped me with a unique outlook on health and wellness, which I bring to my role at the pantry," explained Kathleen who also cares for her elderly parents and checks in on her neighbors.

Currently, studying to become a Registered Dietitian, Kathleen's goal is to give back to her community through nutrition education and community health classes, ensuring that everyone has access to the knowledge necessary for healthy living. She is multilingual, fluent in Spanish and learning Arabic, which fosters communication across cultures at the pantry.

Stop by the Orland Township Food Pantry and meet the new Coordinator!

PANTRY HOURS

MONDAY-FRIDAY 10 a.m. - 3 p.m.

NEWLY ADDED!
SATURDAY:
APRIL 12, MAY 10, JUNE 14
10 a.m. - 12 p.m.

ATTENTION: NEW MOTHERS

Orland Township Food Pantry provides formula, diapers, and other pertinent items for newborns and babies.

If you are in need of these items, please contact the Food Pantry, 708-403-4222

SNAP/LINK

Recipients of SNAP/LINK have options to inquire about available benefits:

- Visit ABE.Illinois.gov
- Call (800) 843-6154
 (Dept. of Human Services Helpline)
- Call (773) 843-5416
 (Greater Chicago Food Depository)

Hope & Resilience

Interfaith Food Drive Fills Shelves of Food Pantry

"It is truly uplifting to witness how communities can come together to support one another; in a world where so many face food insecurity, our collective efforts can foster hope and resilience,"

- ORLAND TOWNSHIP SUPERVISOR, PAUL O'GRADY

Parkview Christian Church recently made a remarkable impact during the Interfaith Food Drive, collecting three truckloads of food for the Orland Township Food Pantry over just one weekend. This outstanding effort showcases the church's deep commitment to supporting those in need within the community and demonstrates the incredible spirit of generosity among its parishioners. Generous contributions were also received from the Orland Park Prayer Center, St. Francis of Assisi, St. Michael Church, All Saints Lutheran Church, and St. Stephen Deacon and Martyr. The amount of food gathered and volunteer to assist not only reflects the church's dedication but also serves as a vital resource for many families facing food insecurity.

Parkview Christian Church's contributions are commendable and serve as a powerful reminder of the difference that collective action can make in the lives of others. As part of the Interfaith Food Drive, Orland Township is actively encouraging local residents and religious institutions to join this heartwarming initiative. The goal is to unite individuals from various faiths in a shared mission of compassion and support for those in need. By working together, we can significantly enhance our community's ability to provide essential resources to everyone.

Whether through donations of non-perishable food items or volunteering time, every contribution plays a crucial role in this effort. Let's come together and show our solidarity for those who are struggling. A heartfelt thank you to Parkview Christian Church for shining as a beacon of hope and inspiring us all to contribute to the welfare of our community! Together, we can ensure that no one goes without the support they need during these challenging times.









THURSDAY, MAY 15, 2025 6:30 - 8:30 PM AT ORLAND TOWNSHIP (14807 S. RAVINIA AVE., ORLAND PARK.)



Minds Matter, hosted by Orland Township's Youth & Family Services, is set for May 15, 2025, from 6:30 p.m. to 8:30 p.m. at the Orland Township building, located at 14807 South Ravinia Avenue in Orland Park.

Minds Matter is more than just an event—it's a gathering focused on nurturing our mental well-being and fostering community connections. Attendees will have the opportunity to explore a variety of vendors showcasing products and services that promote mental health. It's a chance to discover unique offerings, connect with caring professionals, and access resources that can guide you on your mental health journey. Throughout the evening, you can enjoy delightful samples from local restaurants while soaking in the uplifting atmosphere created by live music.

Tickets are available now for \$15 at www.orlandtownship.org/mindsmatter

Senior Discount

Many local restaurants, grocery retail stores offer discounts for Orland Township's senior population. This issue, we'd like to highlight local restaurant Gaston's Bistro, where seniors can enjoy free coffee everyday while dining in for breakfast, lunch or dinner as well as 20% off on Tuesdays.



Gaston's Bistro 14439 John Humphrey Drive (708)403-3663

Have a favorite local business that offers senior discounts? Let us know and we will feature them in a future issue of the Orland Township Focus! email communications@orlandtown ship.org!

SECRETARY OF STATE

"This initiative is about making compliance easier for our community. We encourage all residents to take advantage of these extended hours to secure their Real ID before the deadline approaches."

 ORLAND TOWNSHIP SUPERVISOR, PAUL O'GRADY

In an effort to better serve our residents and ensure they have access to essential identification services, Orland Township is pleased to announce the improved availability of Real ID services by introducing extended Saturday hours at the Orland Township Secretary of State office as well as the 5-year lease renewal at the facility.

"We recognize the urgency surrounding the Real ID deadline, and we want to ensure our residents have ample opportunities to obtain their identification without disrupting their weekday schedules," said Supervisor Paul O'Grady. "By securing these extended Saturday hours, we're making it easier for everyone to access this important service."

Through May 10, 2025, the Orland Township building located at 14708 S. Ravinia Ave. will be open every Saturday from 7:30 AM to 5 PM. This initiative comes as a critical response to the upcoming federal deadline of May 7, 2025, by which all residents will need a Real ID to access federal facilities and board commercial flights. Appointments are required and can be made at realid.ilsos.gov.



TO OBTAIN A REAL ID,

you must present specific documentation, including:

- Proof of identity (e.g., U.S. passport, birth certificate)
- Proof of Social Security (e.g., Social Security card, tax form)
- Proof of residency (e.g., utility bill, rental agreement)
- Proof of signature (e.g., credit card, check)

For a comprehensive list of acceptable documents, residents are encouraged to visit realid.ilsos.gov.

HOURS OF OPERATION

MONDAY 8:00 A.M. - 4:00 P.M. 8:00 A.M. - 5:30 P.M. *NOW THROUGH MAY 10

APPOINTMENTS ARE REQUIRED. Visit realid.ilsos.gov or scan here:



WITH YOUR PHONE CAMERA!

Questions? Call (312) 793-1010

Orland Township Services Ahead of the Curve Addressing Issues Affecting Our Senior Population



A recent article published by the Chicago Tribune highlights challenges faced by the South Suburban senior population. Citing a study conducted by AgeOptions in partnership with Polco, a company specializing in surveys and assessments for local governments, it was revealed that the senior population faces financial and accessibility challenges living in suburban Cook County.

According to the study, key issues faced by older adults are limited awareness of available services, social isolation, housing concerns and financial insecurity.



"Orland Township has an extensive array of programs, services and channels of communication already in place to combat the issues reveled by this recent study," said Orland Township Supervisor Paul O'Grady. "It is crucial that we work together as a community to ensure that our cherished senior population feels supported and connected."

Awareness of Available Services and Resources

The Township offers several channels of communication in an effort to reach Township residents. In addition to the quarterly Orland Township Focus publications that is delivered by mail to each and every resident and business. We maintain a regular email newsletter to keep everyone who prefers email communication informed and updated about the latest events and new developments. Mailers are used in the form of letters, postcards and notices to remind residents of upcoming services, programs and events available.

Social Isolation

Orland Township has long known that hosting senior programs and events can significantly benefit communities by addressing and alleviating social isolation among older adults.

"Some of the seniors who attend our Supervisor Supper Club events shared that this is the only time they have socialized in months," said O'Grady. "These opportunities are more than a night out, they are a shared social experience that aids in mental wellbeing and promotes camaraderie among community members."



It is well known that regular social interaction can lead to lower rates of depression and anxiety among seniors, positively impacting their overall mental health. Participation in various programs stimulates cognitive functions which can help delay the onset of dementia or cognitive decline.

Financial Insecurity

Orland Township has also, once again, created a program to help find property tax savings for Township residents through their Property Tax Exemption Program. The program is available online at orland.propertytaxfox.com and aims to assist residents in finding property tax exemptions they qualify for as well as helping them obtain refunds for up to four years of previous years' exemptions they were unaware they were owed.

"Orland Township is proud to be ahead of the curve, anticipating and providing the essential services for the needs of our senior population," said O'Grady.

"Without hesitation, seniors in need should contact our offices should they find themselves in need of services. We will always make sure assistance is made available and solutions are found to close the gap."

Please visit orlandtowship.org or call (708)403-4222 for more information and to find events, services and programs to suit your needs.

ARE YOU EXPERIENCING FINANCIAL HARDSHIP?

Orland Township's General Assistance Office may be able to help.

The mission of the General Assistance Office is to provide financial support, information, and referrals to Orland Township residents experiencing financial hardship by addressing their critical needs and helping them to achieve self-sufficiency through two programs.



The **General Assistance (GA)** program is a state-mandated initiative that provides temporary financial support for shelter, utilities, and food to Orland Township residents who are ineligible for other aid and lack sufficient income.

In addition, **Emergency Assistance (EA)** is available once every 24 months, providing one-time financial support for life-threatening circumstances or essential work-related expenses, requiring documentation of the crisis and meeting income guidelines.

Both programs require applicants to prove residency and income, with applications available at the Orland Township office. Residents should call to schedule an appointment for further assistance after obtaining an application.

NICOR SHARING LEADER

Congratulations to Orland Township, a Salvation Army Service Extension partner site, who administered \$65,000 in Nicor Gas Utility Grants for FY2024-2025!

Elected Officials

Paul O'Grady -Supervisor-

Cindy M. Murray -Clerk-

Patrick Feldner Maria Sanfilippo John Lynch Michael Maratea -Trustees-

Antonio Rubino
- Highway Commissioner -

Rich E. Kelly -Assessor-

Office Locations
Main Office

- Administrative Office -

- Youth & Family Counseling Services -

14807 S. Ravinia Avenue Orland Park, IL 60462 Phone: (708) 403-4222 Fax: (708) 403-4260

- Assessor's Office -(708) 403-4712

Highway Department 16125 S. Wolf Road Orland Park, IL 60467 Phone: (708) 403-5148 Fax: (708) 403-5165

orlandtownship.org

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Join Orland Township in the month-long celebration of Older Americans Month this May.

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2025 theme is Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Visit www.orlandtownship.org/OAM for a list of events.



For more information call (708) 403-4222 or visit www.orlandtownship.org

SPRING MAGAZINE April – June 2025

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