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# TINLEY PARK-PARK DISTRICT **NEWS RELEASE**

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## **FOR IMMEDIATE RELEASE**

July 26, 2019

### **Tinley Park-Park District and DuPage Medical Group Team Up for Seniors!**

**Tinley Park, Illinois:** The Tinley Park-Park District and DuPage Medical Group are hosting a week of exciting events for people age 50 and over from September 9 to 13, 2019.

The Senior Olympics give everyone an opportunity to participate! Monday kicks off with coed billiards and table tennis games in the Rec Center Pit Stop, followed by four different men's and women's swimming events on Tuesday at the Tinley Fitness indoor pool. Wednesday's events include a ½-mile walk and one mile run on the Bettenhausen Rec indoor track, and a basketball free-throw contest in the gym. The Olympic events wrap up on Thursday at McCarthy Park with men's and women's softball homerun derby and longest throw, base running and a coed mini-golf tournament.

Registration for the Senior Olympics is open until August 26. The complete schedule is at [www.tinleyparkdistrict.org/senior-olympics-and-active-aging-week/](http://www.tinleyparkdistrict.org/senior-olympics-and-active-aging-week/). Please contact Erin Cortilet at the Tinley Park-Park District for more information at 708-342-4213.

The Park District, Tinley Fitness and DuPage Medical are also hosting various Active Aging programs open to the public and the Olympic participants. There will be nutrition and cooking demos provided by Tinley Fitness Nutritionist, Katie, and Juice Plus consultant Cathy Pruim. TK Insurance will present info on navigating the ever-changing world of Medicare. Throughout the week, DuPage Medical doctors and staff will be on hand providing various screenings, a Walk with the Doc at McCarthy Park and other health and wellness events. Programs are still being finalized so watch the Park District website for the latest information.

This week of fun concludes on Friday, September 13 from 9 am – 12 pm with a free Active Aging Expo that will include vendors, giveaways, free games with prizes, raffles, snacks and refreshments. The first 100 attendants will receive a free bag from Hanover Place! At noon there will be a Celebration of Athletes lunch and award ceremony for all the Senior Olympics participants.

The Tinley Park-Park District is committed to creative recreational programming opportunities and outstanding customer service while providing and maintaining exceptional recreational facilities and parks to enhance the quality of life in Tinley Park. If you have any questions about any of the Park District's programs and events, call 708-342-4200 or visit [www.tinleyparkdistrict.org](http://www.tinleyparkdistrict.org).

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