

# PARK NOTES

Spring 2022

## Lan-Oak Park District

**NEW!! FROM  
LAN-OAK  
PARK DISTRICT!!**

### ***New Bike Share Program Coming to Lansing***

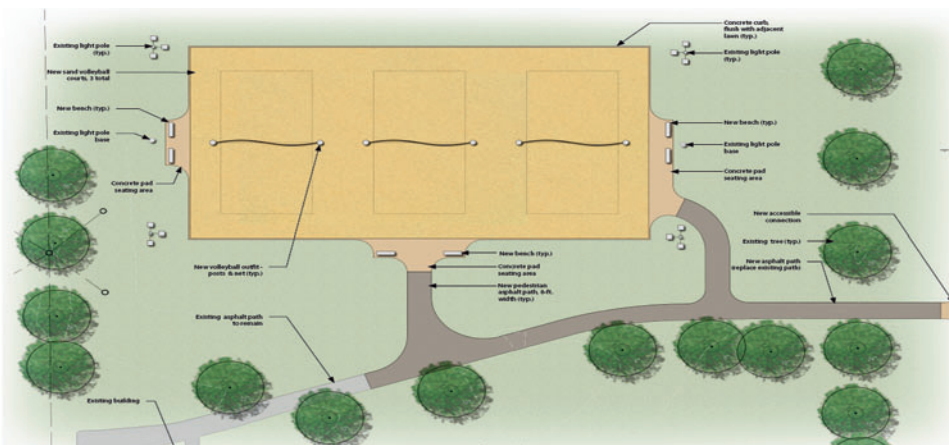


Most everyone remembers the joy and freedom that came with learning to ride a bike as a child. Few things are more enjoyable as feeling the wind whiz by as you ride downhill. Biking is a part of a healthy, happy lifestyle. The benefits of biking include stronger bones, more flexible joints, lower stress and anxiety levels, lower body fat levels, and cardiovascular fitness. The Lan-Oak Park District has for decades recognized biking as a priority for the community. The park district planned, built, and still maintains a 3-mile bikepath through Lansing connecting our community to Calumet City to the north and Munster, Indiana to the east.

This summer the park district will take the next step in making the bikepath accessible to all residents by starting a bike share program. Many residents may already be familiar with the lime green bikes so visible all over Chicago. Bike share programs provide a fun, healthy, low-cost transportation option as well as transportation flexibility. The environment benefits from lower vehicle emissions, reduced congestion, and reduced fuel consumption. Imagine traveling across town without traffic and stop lights!

The bike share program will include 7-speed bicycles equipped with puncture-resistant tires, a basket, a cup holder, and a bell. In multiple locations throughout Lansing bicycle docking stations will be installed. Each bike will be secured with a Bluetooth lock that releases once a user downloads the bike share app, registers, and pays for their bike use. The lock will allow users the ability to lock the bike in other locations during use.

This summer, rent your bikes, ride into town, shop eat, and enjoy healthy, clean, stress-free fun provided in the bike share program!



### **New Sand Volleyball coming this summer!**

Watch for construction in Lan Oak Park this spring as the old tennis courts and fence are removed and replaced with three new sand volleyball courts. Sand volleyball has been the fastest growing NCAA sport for the last five years. Plan on checking it out this summer in Lan Oak Park.



## Eisenhower Fitness Center Offers Free Fitness Memberships With Four Membership Programs

Since 2014 Eisenhower Fitness Center has participated in the Silver Sneakers Fitness Program.

SilverSneakers is a health and fitness program designed for adults 65 and up that's included with many Medicare plans, but there's no age requirement. If you have a Medicare plan, you may be eligible for a free fitness membership. You'll get a basic membership at Eisenhower Fitness Center and that means you can use: cardio equipment, such as treadmills and ellipticals, strength equipment, such as weights and strength machines, and amenities like the indoor pool, sauna, whirlpool, and steam room. In addition, twice each week Silver Sneakers members may participate in a fitness class free of charge.



Not long after initiating Silver Sneakers, Eisenhower added Prime fitness memberships. PRIME is a no-cost membership for participants ages 18-65 where membership costs are covered by insurance providers such as United Healthcare and many others.

Effective January 15, 2022 Eisenhower Fitness added the Renew Active and OnePass programs to its memberships. Both are offered by United Healthcare and provide free fitness memberships to United Healthcare members.

One Pass™

**Don't qualify for a free membership? No worries!** Take advantage of our two fitness membership specials offered throughout the year. Every January Eisenhower Fitness Center offers the January Buy One



Get One Free fitness membership special for 12-month memberships and every July the July Buy One Get One Free fitness membership special for 6-month memberships is very popular.

**Enjoy a free or discounted membership at a fitness center in your community next to neighbors and friends. Eisenhower Fitness has everything you need right in Lansing!**

## LOPD GARDENS

**The LOPD Gardens will be open for the 2022 growing season!**

Gardening can be very therapeutic and this is an excellent opportunity to get outside and enjoy the fresh air. Take advantage of a place to grow your own vegetables right in your own community.

Van Laten Park will offer 15' X 15' garden plots, a water source, and a shelter for resting. You must register for a garden plot by April 15. Gardeners will be notified when plots are ready for planting (weather-permitting). Gardeners must provide their own gardening tools, supplies, and seeds. Garden plots must be regularly and properly maintained. Garden plots will be staked. Rules and regulations apply and will be provided on our website and upon registration.

**ENJOY FRESH VEGETABLE THIS YEAR GROWN BY YOU!**



HAVE SOME FUN WITH UPCOMING SPECIAL EVENTS...



6 Easter  
**Egg Hunt**  
April 16th  
10AM  
Lan Oak Park 178th & Arcadia

Meet the Bunny!!

Ages 2-11

Bring a Basket or Bag!

The poster features a white silhouette of a child running on a green hill with several large, colorful Easter eggs (yellow, purple, orange, blue). A white bunny is peeking out from behind a yellow egg. Small silhouettes of other children and a butterfly are also visible.



**OH SNAP!**

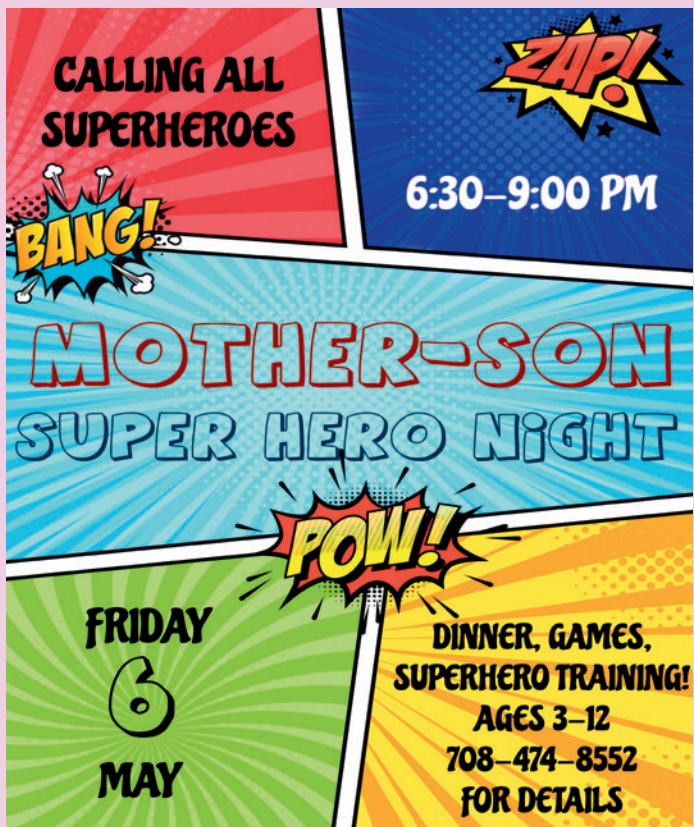
**COMMUNITY GARAGE SALE**

SATURDAY, JUNE 11 9AM-2PM  
LAN OAK PARK 178TH & ARCADIA

Sellers \$10 (20X20 Space) Pre-Registration Required  
Seller Set Up 7-9am Clean Up 2-3pm

LAN-OAK PARK DISTRICT  
QUESTIONS? 708-474-8552

The poster has a yellow and white background with a black arrow pointing down at the top and a black arrow pointing up at the bottom.



CALLING ALL SUPERHEROES

**BANG!**

6:30-9:00 PM

**MOTHER-SON SUPER HERO NIGHT**

**POW!**

FRIDAY 6 MAY

DINNER, GAMES, SUPERHERO TRAINING!  
AGES 3-12  
708-474-8552 FOR DETAILS

The poster uses a comic book style with a red, blue, and yellow background, featuring comic book sound effects like 'BANG!' and 'POW!' in starburst shapes.



**BINGO**

LAN-OAK PARK DISTRICT

GRANDPARENT/GRANDCHILD NIGHT  
FRIDAY, APRIL 8 5:30-7:30PM

FOR MORE INFORMATION PLEASE CONTACT  
708-474-8552 HURRY - ENROLL NOW  
WWW.LANOAKPARKDISTRICT.ORG

The poster features a blue background with white stars and several bingo balls with numbers 3, 7, 9, and 5. A green ball with the word 'FREE' is also shown. The word 'BINGO' is written in large, colorful letters.

# NEWS & EVENTS

Catch up on some park district news tidbits...

**SUMMER CAMP** is right around the corner. Our summer camp brochure will be released on April 1, 2022. Watch our website for the camp brochure or have one mailed to you by calling 708-474-8552.



## SAVE THE DATE!

Enjoy our Independence Day fireworks display - the best in the area!

Sunday, July 3

Gates open at 7:30pm

Fireworks start at 9:30pm

Lan Oak Park 178th & Arcadia

Watch for our **SUMMER 2022 PROGRAM BROCHURE** in April. This season our program brochure will be delivered to every house by Door-to-Door Direct.



**JULY BUY ONE GET ONE FREE FITNESS MEMBERSHIP SPECIAL**  
Masks and vaccines are gone - it's time to get back to fitness. In July buy a 6-month fitness membership already offering a twosome option and get your 2nd person **FREE!!!**



## The Park Board

is composed of five non-paid individuals selected by voters to serve elected terms: John Kelly, Bob Tropp, Chris Gales, Lolly Lewis, Gina Aguilar.

## LAN-OAK PARK DISTRICT

# HELP WANTED!

## OUTDOOR PARK MAINTENANCE

## SUMMER CAMP COUNSELORS

2550 178th Street Lansing, IL  
708-474-8552

Perfect for  
College Students

Summer Hours  
30-40 hours per  
week

LAN-OAK PARK DISTRICT  
2550 178th Street  
Lansing, Illinois 60438  
708-474-8552

ECRWSS  
RESIDENTIAL CUSTOMER  
Lansing, Illinois 60438

[www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)

PRESORTED  
STANDARD  
US POSTAGE PAID  
LANSING, IL 60438  
PERMIT 216

