

TRIAD

Supporting Lockport
and Local
Communities.



Mission and Information:

TRIAD works to improve the quality of life for seniors by providing an opportunity for the exchange of information between; residents, Law Enforcement, and the Lockport Township Community.

Every 4th Tuesday of the month a meeting is located at the Lockport Township Supervisors Community Room
1463 S. Farrell Rd.
Lockport, IL 60441

Registration is Required please call 815/838-2132 x2219 to reserve your seat, no later than 5 days from the meeting to ensure enough food for everyone!



Upcoming Date:

February 22, 2022 9:00AM



Silver Cross Hospital & Lockport Township Park Dist. “Heart Healthy Month”

Silver Cross Hospital staff member, Susan Nawara Schaffrath, RN, BSN, CMSRN, is going to speak about having a heart healthy diet and what you can do to help yourself stay healthy!

Lockport Park District will follow up with some chair exercises you can do at home to help you stay healthy and provide other information about the services the park district offers.

Zoom:

<https://us02web.zoom.us/j/85401820279?pwd=bnQ2MnFLRDM4ZU1YRE5PckxiYitLdz09>

Meeting ID: 854 0182 0279

Passcode: 599022

Free Breakfast will be provided by the Lockport Township Supervisors office, and catered by Honey Fields. Please advise if you have any food allergies when you register.

COVID-19: Masks will be required and all seating will be 6 Feet apart. We ask that everyone to please still exercise social distancing. Hand sanitizer will be available.