

BANTA CENTER NEWSLETTER

605 Beech Street, Valparaiso, IN 46383 | (219) 462-1301

Open **MONDAY** through **FRIDAY, 9:00AM - 3:00PM**

CLOSED SATURDAY AND SUNDAY

www.ValpoParks.org | www.Facebook.com/605BeechSt

Wellness Wednesday Resources to help you manage your health

| Monday | Tuesday | Wellness Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 3 9:30 Exercise 9:30 Golf Cards 10:00 Ping Pong 11:30 Lunch 12:15 Pinochle 12:15 Mexican Train 12:15 Cornhole | 4 9:30 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco | 5 ASK THE NURSE (St. Mary's Medical Center) 10AM - 2PM upstairs 9:15 Pilates 10:00 Ping Pong 10:30 Duplicate Bridge 11:30 Lunch 12:15 Canasta 1:00 Line Dancing | 6 9:00 Knitting/Crocheting 9:15 Advanced Bridge 9:30 Exercise 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 1:00 Golf Cards | 7 9:00 Bingo - First Light Home Care 9:15 Pilates 9:30 Exercise 10:00 Ping Pong 10:00 Writing Workshop 11:30 Lunch 12:15 Pinochle 1:00 Qi Gong JANUARY BIRTHDAY CUPCAKES |
| 10 9:30 Exercise 9:30 Golf Cards 10:00 Ping Pong 11:30 Lunch 12:15 Pinochle 12:15 Mexican Train 12:15 Cornhole | 11 9:30 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco | 12 9:15 Pilates 10:00 Ping Pong 10:30 Duplicate Bridge 11:30 Lunch 12:15 Canasta 1:00 Line Dancing | 13 9:00 Knitting/Crocheting 9:15 Advanced Bridge 9:30 Exercise 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 1:00 Golf Cards | 14 9:00 Bingo - Valpo Senior Village 9:15 Pilates 9:30 Exercise 10:00 Ping Pong 10:00 Writing Workshop 11:30 Lunch 12:15 Pinochle 1:00 Qi Gong |
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| 24 9:30 Exercise 9:30 Golf Cards 10:00 Ping Pong 11:30 Lunch 12:15 Pinochle 12:15 Mexican Train 12:15 Cornhole | 25 9:30 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco | 26 9:15 Pilates 10:00 Ping Pong 10:30 Duplicate Bridge 11:30 Lunch 12:15 Canasta 1:00 Line Dancing | 27 9:00 Knitting/Crocheting 9:15 Advanced Bridge 9:30 Exercise 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 1:00 Golf Cards | 28 9:00 Bingo - Life Care Center of Valparaiso 9:15 Pilates 9:30 Exercise 10:00 Ping Pong 10:00 Writing Workshop 11:30 Lunch 12:15 Pinochle 1:00 Qi Gong |
| 31 9:30 Exercise 9:30 Golf Cards 10:00 Ping Pong 11:30 Lunch 12:15 Pinochle 12:15 Mexican Train 12:15 Cornhole | | | | Coffee 50 cents Free Refills! <i>Panera</i> Mondays & Fridays NEEDED PLEASE! Sandwich bags, quart and gallon zip-lock bags. |

THE BANTA *Times*

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SAFETY INFORMATION FOR MEMBERS

During stormy weather or high winds **please** be certain your cell phone is **charged and ON**. We want to be able to reach you even when electricity and telephone landlines are out for hours, such as during the storm Saturday, December 11th. Stay safe!



LUNCHTIME CARD GAMES

Wednesdays around lunchtime are a great time for card games! We have **Duplicate Bridge** upstairs, and **Canasta** downstairs in the library. Newcomers are always welcome! If you want to get started with regular Bridge there are groups every Tuesday and Thursday at noon.



NUTRITION PROGRAM

Please remember that to qualify for meals you **MUST** fill out a form. This is a grant subsidized program that requires this paperwork. Suggested donation is **\$1.50** if you complete the form and are aged **60+**. Guests or those **under 60** pay **\$7.30**. If you have signed up for a meal but know you can't make it, please let us know 2 days in advance to help us keep the amount of wasted food to a minimum. Thank you!

Banta Center WEATHER CLOSINGS

As in the past, we will look to the local schools for winter weather closures. As a general rule, if either the Valparaiso or East Porter County schools are **closed** for winter weather (even if they call for e-learning day as a substitute), **Banta will also close**. Tune in to **Indiana 105.5** radio for closure announcements.



A drop box for Toys for Tots is located in the lobby! We accept new, unwrapped toys.

BUS/TRANSPORTATION INFORMATION

The City's VLINE bus has several stops through Valpo. Anyone 65 or older may ride the VLINE for **50 cents** one-way. Call **(219) 476-9393** for more information about routes. You may request a deviation from routes when time allows.

PCACS is working hard to find drivers so it can provide increased bus transportation. PCACS bus service costs **\$1.00** one-way. Starting June 1, they are hoping to provide rides to and from Banta! Call **(219) 462-4302** three working days ahead to see if a ride is available.