

July  
2022

# BANTA CENTER NEWSLETTER



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

Monday and Wednesday: 9:00AM - 4:00PM

Tuesday, Thursday, 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
<p>Coffee 50 cents Free Refills!</p> <p><i>Panera</i> Mondays &amp; Fridays</p> <p><b>NEEDED PLEASE!</b> Sandwich bags, quart and gallon zip-lock bags.</p>	<p><b>*JULY 18 Breakfast</b> 9AM</p> <p>Sausage Gravy and Biscuits \$5 per person</p>	<p><b>OUTSIDE WALKING GROUP</b></p> <p>DAILY 10am or 1pm</p>		<p>1</p> <p>9:00 Bingo - At Home by Choice Home Care</p> <p>9:00 Exercise</p> <p>9:15 Pilates</p> <p>10:00 Ping Pong</p> <p>10:00 Writing Workshop</p> <p>11:30 Lunch</p> <p>12:00 Pinochle</p> <p>12:15 Hand and Foot</p> <p>1:00 Qi Gong</p>
<p>4</p> <p><b>CLOSED</b></p> <p><b>IN OBSERVANCE OF INDEPENDENCE DAY</b></p>	<p>5</p> <p>9:00 Exercise</p> <p>9:30 Euchre</p> <p>10:15 Phase 10</p> <p>11:30 Lunch</p> <p>12:00 Bridge</p> <p>12:30 Bunco</p> <p><b>JULY BIRTHDAY CUPCAKES</b></p>	<p>6</p> <p><b>ASK THE NURSE</b> (Community Healthcare System) 10AM - 2PM upstairs</p> <p>9:00 Tai Chi</p> <p>9:15 Pilates</p> <p>10:00 Ping Pong</p> <p>11:00 Duplicate Bridge</p> <p>11:30 Lunch</p> <p>12:15 Canasta</p> <p>1:00 Line Dancing</p>	<p>7</p> <p>9:00 Knitting/Crocheting</p> <p>9:00 Exercise</p> <p>9:15 Advanced Bridge</p> <p>11:30 Lunch</p> <p>12:00 Bridge</p> <p>12:15 Mahjongg</p> <p>12:30 Chair Volleyball</p> <p>1:00 Golf Cards</p>	<p>8</p> <p>9:00 Bingo - Life Care Center of Valpo</p> <p>9:00 Exercise</p> <p>9:15 Pilates</p> <p>10:00 Ping Pong</p> <p>10:00 Writing Workshop</p> <p>11:30 Lunch</p> <p>12:00 Pinochle</p> <p>12:15 Hand and Foot</p> <p>1:00 Qi Gong</p>
<p>11</p> <p>9:00 Exercise</p> <p>9:30 Golf Cards</p> <p>10:00 Ping Pong</p> <p>11:30 Lunch</p> <p>12:00 Pinochle</p> <p>12:15 Mexican Train</p> <p>12:30 Cornhole</p> <p>1:30 Chair Volleyball</p> <p><b>Spirit Week!</b></p>	<p>12</p> <p>9:00 Exercise</p> <p>9:30 Euchre</p> <p>10:15 Phase 10</p> <p>11:30 Lunch</p> <p>12:00 Bridge</p> <p>12:30 Bunco</p>	<p>13</p> <p>9:00 Tai Chi</p> <p>9:15 Pilates</p> <p>10:00 Ping Pong</p> <p>11:00 Duplicate Bridge</p> <p>11:30 Lunch</p> <p>12:15 Canasta</p> <p>1:00 Line Dancing</p>	<p>14</p> <p>9:00 Knitting/Crocheting</p> <p>9:00 Exercise</p> <p>9:15 Advanced Bridge</p> <p>11:30 Lunch</p> <p>12:00 Bridge</p> <p>12:15 Mahjongg</p> <p>12:30 Chair Volleyball</p> <p>1:00 Golf Cards</p>	<p>15</p> <p>9:00 Bingo - Silver Birch with Michigan City</p> <p>9:00 Exercise</p> <p>9:15 Pilates</p> <p>10:00 Ping Pong</p> <p>10:00 Writing Workshop</p> <p>11:30 Lunch</p> <p>12:00 Pinochle</p> <p>12:15 Hand and Foot</p> <p>1:00 Qi Gong</p>
<p>18</p> <p>9:00 <b>Breakfast*</b></p> <p>9:00 Exercise</p> <p>9:30 Golf Cards</p> <p>10:00 Ping Pong</p> <p>11:30 Lunch</p> <p>12:00 Pinochle</p> <p>12:15 Mexican Train</p> <p>12:30 Cornhole</p> <p>1:30 Chair Volleyball</p>	<p>19</p> <p>9:00 Exercise</p> <p>9:30 Euchre</p> <p>10:15 Phase 10</p> <p>11:30 Lunch</p> <p>12:00 Bridge</p> <p>12:30 Bunco</p>	<p>20</p> <p>9:00 Tai Chi</p> <p>9:15 Pilates</p> <p>10:00 Ping Pong</p> <p>11:00 Duplicate Bridge</p> <p>11:30 Lunch</p> <p>12:15 Canasta</p> <p>1:00 Line Dancing</p>	<p>21</p> <p>9:00 Knitting/Crocheting</p> <p>9:00 Exercise</p> <p>9:15 Advanced Bridge</p> <p>11:30 Lunch</p> <p>12:00 Bridge</p> <p>12:15 Mahjongg</p> <p>12:30 Chair Volleyball</p> <p>12:30 <b>FREE Movie and Popcorn</b></p> <p>1:00 Golf Cards</p>	<p>22</p> <p>9:00 Bingo - First Like Home Care</p> <p>9:00 Exercise</p> <p>9:15 Pilates</p> <p>10:00 Ping Pong</p> <p>10:00 Writing Workshop</p> <p>11:30 Lunch</p> <p>12:00 Pinochle</p> <p>12:15 Hand and Foot</p> <p>1:00 Qi Gong</p>
<p>25</p> <p>9:00 Exercise</p> <p>9:30 Golf Cards</p> <p>10:00 Ping Pong</p> <p>11:30 Lunch</p> <p>12:00 Pinochle</p> <p>12:15 Mexican Train</p> <p>12:30 Cornhole</p> <p>1:30 Chair Volleyball</p>	<p>26</p> <p>9:00 Exercise</p> <p>9:30 Euchre</p> <p>10:15 Phase 10</p> <p>11:30 Lunch</p> <p>12:00 Bridge</p> <p>12:30 Bunco</p>	<p>27</p> <p>9:00 Tai Chi</p> <p>9:15 Pilates</p> <p>10:00 Ping Pong</p> <p>11:00 Duplicate Bridge</p> <p>11:30 Lunch</p> <p>12:15 Canasta</p> <p>1:00 Line Dancing</p>	<p>28</p> <p>9:00 Knitting/Crocheting</p> <p>9:00 Exercise</p> <p>9:15 Advanced Bridge</p> <p>11:30 Lunch</p> <p>12:00 Bridge</p> <p>12:15 Mahjongg</p> <p>12:30 Chair Volleyball</p> <p>1:00 Golf Cards</p>	<p>29</p> <p>9:00 Bingo - Brookdale Senior Living</p> <p>9:00 Exercise</p> <p>9:15 Pilates</p> <p>10:00 Ping Pong</p> <p>10:00 Writing Workshop</p> <p>11:30 Lunch</p> <p>12:00 Pinochle</p> <p>12:15 Hand and Foot</p> <p>1:00 Qi Gong</p>

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## This Month's FREE Movie:

### Away from Her



## Spirit Week

Remember High School Spirit Week?

We are going to have our own little fun, the week of July 11 - 15!

**Monday, July 11**  
**Crazy Hair/Wig/Hat Day**

**Tuesday, July 12**  
**Wear Your Favorite Character Shirt**

**Wednesday, July 13**  
**Wear Your Favorite Sports Team Shirt**

**Thursday, July 14**  
**Mix and Match Day**

**Friday, July 15**  
**Wear Red, White, and Blue**

## VOLUNTEERS NEEDED

Volunteers needed:

To assist the kitchen in all areas.  
To help with watering and planting for our upcoming garden.

We appreciate your help!

## 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!



## OUTSIDE WALKING GROUP CHALLENGE

Record your steps here at Banta with the Outside Walking Group. Prizes will be awarded at the end of August for 1st and 2nd highest number of steps!