

November
2022

BANTA CENTER NEWSLETTER



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

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
	1 9:00 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Card Mahjongg	2 ASK THE NURSE (Community Healthcare System) 10AM – 2PM upstairs 9:00 Tai Chi 9:15 Pilates 10:00 Ping Pong 10:00 Five Crowns 10:30 Duplicate Bridge 11:30 Lunch 12:15 Canasta 1:00 Line Dancing	3 9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball	4 9:00 Bingo - Comfort Keepers Home Care 9:00 Exercise 9:15 Pilates 10:00 Ping Pong 10:00 Writing Workshop 11:30 Lunch 12:00 Pinochle 12:15 Hand and Foot DAYLIGHT SAVINGS: CLOCKS CHANGE ON 6TH
7 9:00 Exercise 9:30 Golf Cards 10:00 Ping Pong 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:30 Cornhole NOVEMBER BIRTHDAY CUPCAKES	8 9:00 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Card Mahjongg	9 Brookdale Presentation "What to Expect From Home Care to Hospice" 9:15AM in the library 9:00 Tai Chi 9:15 Pilates 10:00 Ping Pong 10:00 Five Crowns 10:30 Duplicate Bridge 11:30 Lunch 12:15 Canasta 1:00 Line Dancing	10 9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball	11 9:00 Bingo - Brookdale Senior Living 9:00 Exercise 9:15 Pilates 10:00 Ping Pong 10:00 Writing Workshop 11:30 Lunch 12:00 Pinochle 12:15 Hand and Foot VETERANS DAY
SHIP Sessions (see back for info) 9AM-2PM upstairs 14 9:00 Exercise 9:30 Golf Cards 10:00 Ping Pong 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:30 Cornhole	15 9:00 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Card Mahjongg	16 9:00 Tai Chi 9:15 Pilates 10:00 Ping Pong 10:00 Five Crowns 10:30 Duplicate Bridge 11:30 Lunch 12:15 Canasta 1:00 Line Dancing	SHIP Sessions (see back for info) 9AM-2PM upstairs 17 9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball	18 9:00 Bingo - StoryPoint Senior Living 9:00 Exercise 9:15 Pilates 10:00 Ping Pong 10:00 Writing Workshop 11:30 Lunch 12:00 Pinochle 12:15 Hand and Foot
21 9:00 Exercise 9:30 Golf Cards 10:00 Ping Pong 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:30 Cornhole	22 9:00 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Card Mahjongg	23 9:00 Tai Chi 9:15 Pilates 10:00 Ping Pong 10:00 Five Crowns 10:30 Duplicate Bridge 11:30 Lunch 12:15 Canasta 1:00 Line Dancing	24 CLOSED FOR THANKSGIVING	25 CLOSED FOR THANKSGIVING
28 9:00 Exercise 9:30 Golf Cards 10:00 Ping Pong 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:30 Cornhole	29 9:00 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Card Mahjongg	30 Brookdale Blood Pressure Screening 10:30-11:30AM in the library 9:00 Tai Chi 9:15 Pilates 10:00 Ping Pong 10:00 Five Crowns 10:30 Duplicate Bridge 11:30 Lunch 12:15 Canasta 1:00 Line Dancing		Coffee 50 cents Free Refills! <i>Panera</i> Mondays & Fridays NEEDED PLEASE! Sandwich bags, quart and gallon zip-lock bags, grocery bags.

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THE BANTA *Times*

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SHIP (State Health Insurance Assistance Program)

SHIP will be here between 9AM and 2PM on the following days to discuss and help review your Medicare options for next year:

Monday, November 14
Thursday, November 17

If you are interested in a time slot, please see Helen or Wendy. The spots are limited so sign up quickly!

VOLUNTEERS NEEDED

Volunteers needed to assist the kitchen in all areas.

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 **\$7.80**. 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!



HEALTHY LIFESTYLES with Community Healthcare System

Valpo Parks is partnered with CHS to offer **Healthy Lifestyles** class series held at Banta! The classes are **FREE** to register and teach about a variety of health and wellness topics.

Increase Your Health Wealth Tuesday, November 15, 2:00PM

Find ways to save on your medication and learn more about safe and proper medication storage. Retail pharmacy staff from CHS will answer questions and offer tips to save money at local pharmacies and your insurance plan.

Grocery Shopping Without a Car Tuesday, December 13, 2:00pm

Cooking from home gives you control over your food choices AND your wallet. This program, supported by the American Heart Association, should be on your to-do list if the weather is blustery or you are without a car. We will help you find ways to bring nutritious and delicious meals to your daily routine.

Register online at ValpoParks.org
or call (219) 462-5144.

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 or check the **Banta Facebook** page for closure announcements.