

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
		ASK THE NURSE 1 (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	2 9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball FEBRUARY BIRTHDAY CUPCAKES	3 9:00 Bingo - First Light 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 12:30 Ball Drumming
6 9:00 Exercise 9:30 Golf Cards 10:00 Ping Pong 10:00 Sing-A-Long 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:30 Cornhole	7 9:00 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 11:45 Card Mahjongg 12:00 Bridge 12:00 Bunco	8 Brookdale Blood Pressure Screening 10:45-11:15AM 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	9 9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball	10 9:00 Bingo - Life Care Center Valpo 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 12:30 Ball Drumming
13 9:00 Exercise 9:30 Golf Cards 10:00 Ping Pong 10:00 Sing-A-Long 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:30 Cornhole	14 9:00 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 11:45 Card Mahjongg 12:00 Bridge 12:00 Bunco 1:00 Valentine's Day Party - \$5 entry	15 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	16 9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball	17 9:00 Bingo - Pretzel Pups Baking and Stuff 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 12:30 Ball Drumming
Spirit Week!				
20 9:00 Exercise 9:30 Golf Cards 10:00 Ping Pong 10:00 Sing-A-Long 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:30 Cornhole	21 9:00 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 11:45 Card Mahjongg 12:00 Bridge 12:00 Bunco	22 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	23 9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn	24 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 12:30 Ball Drumming
27 9:00 Exercise 9:30 Golf Cards 10:00 Ping Pong 10:00 Sing-A-Long 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:30 Cornhole	28 9:00 Exercise 9:30 Euchre 10:15 Phase 10 11:30 Lunch 11:45 Card Mahjongg 12:00 Bridge 12:00 Bunco			Coffee 50 cents Free Refills! <i>Panera</i> Mondays & Fridays NEEDED PLEASE! Sandwich bags, quart and gallon zip-lock bags, grocery bags.

February
2023



THE BANTA *Times*

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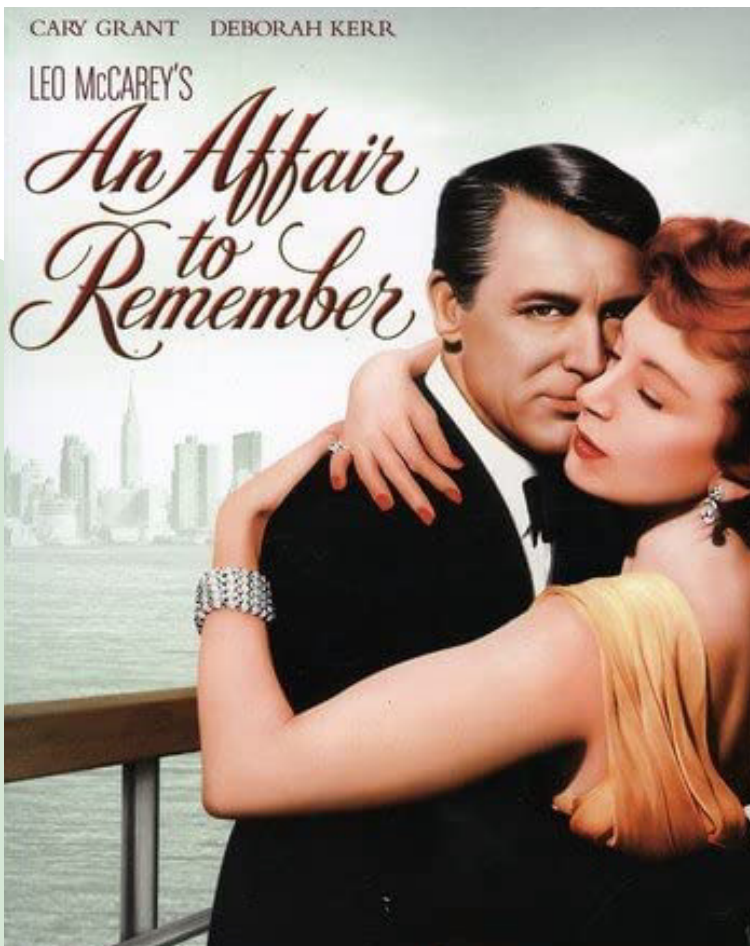
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This Month's FREE Movie:

An Affair to Remember



Spirit Week

We had so much fun with this last time and have had many requests to do it again. So, the week of February 13-17, here is your chance to show your spirit!

Monday, February 13
Pajama Day

Tuesday, February 14
Wear Red Day

We are also having our **Valentine's Day Party**, from 1 to 2:30pm! See Wendy or Helen to sign up with a \$5 fee.

Wednesday, February 15
Tie Dye Day

Thursday, February 16
Superhero Day

Friday, February 17
'60s, '70s, or '80s Day

VOLUNTEERS NEEDED

Volunteers needed to assist the kitchen in all areas.

We appreciate your help!

Welcome New Members!

William Wendt
Christine McCord
Thomas Welk
James Welch

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!

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.