

May
2023

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
<p>1</p> <p>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</p> <p>MAY BIRTHDAY CUPCAKES</p>	<p>2</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Euchre</p>	<p>3</p> <p>ASK THE NURSE (Community Healthcare System) 10AM – 2PM upstairs</p> <p>9:00 Stepping On Program (in library)</p> <p>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</p>	<p>4</p> <p>9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball</p>	<p>5</p> <p>9:00 Bingo - Chesterton Manor 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</p> <p>CINCO DE MAYO</p>
<p>8</p> <p>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</p>	<p>VALPO K-9 UNIT VISIT 11AM - 12PM</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Euchre</p>	<p>10</p> <p>9:00 Stepping On Program (in library)</p> <p>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</p>	<p>11</p> <p>9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball</p>	<p>12</p> <p>9:00 Bingo - Life Care Center of 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</p>
<p>15</p> <p>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</p> <p>HAPPY MOTHER'S DAY! (5/14)</p>	<p>PVD SCREENING* 8:00AM-3:00PM</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Euchre</p> <p>*Sign up and check in with Wendy or Helen</p>	<p>17</p> <p>9:00 Stepping On Program (in library)</p> <p>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</p>	<p>18</p> <p>9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 11:00 FREE Movie and Popcorn* 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball</p> <p>*In the library. Bring a sack lunch!</p>	<p>19</p> <p>9:00 Exercise 9:15 Pilates 10:00 Bingo - Valpo Senior Village 10:00 Ping Pong 10:00 Writing Workshop 11:30 Lunch 12:00 Pinochle 12:15 Hand and Foot 12:30 Ball Drumming</p>
<p>22</p> <p>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</p>	<p>23</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Euchre</p>	<p>24</p> <p>9:00 Stepping On Program (in library)</p> <p>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</p>	<p>25</p> <p>9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball</p> <p>RED NOSE DAY Stop by the office to get your nose!</p>	<p>26</p> <p>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</p>
<p>29</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>30</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Euchre</p>	<p>31</p> <p>9:00 Stepping On Program (in library)</p> <p>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</p>		<p>Coffee 50 cents Free Refills!</p> <p><i>Panera Mondays & Fridays</i></p> <p>NEEDED PLEASE! Sandwich bags, quart and gallon zip-lock bags, grocery bags.</p>

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THE BANTA *Times*

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This Month's FREE Movie:
AVATAR: The Way of Water
This movie will be in the *library*. Bring a lunch!



Stepping On Workshop

This workshop can help you avoid a dangerous & costly fall so you can keep doing the things you love. Over 7 weeks, learn to avoid fall hazards and more!

This free 7-week class will be held **every Wednesday** from **9-10:45am**, **May 3 to June 14** here in the Banta library.

To register or for more information, call **(219) 488-1380**.



Franciscan HEALTH

Stepping
On

wiha
Wisconsin Institute
for Healthy Aging

PVD Screening

Peripheral Vascular Disease occurs when arteries are narrowed or blocked, and eventually causes inadequate blood supply. Get screened for free **May 16!** **Register** at the Banta front desk, or call **(219) 703-5483** with questions.



COMMUNITY
HEALTHCARE SYSTEM®

VOLUNTEERS NEEDED

Volunteers needed:

- to assist the kitchen in all areas.
 - to water, weed, harvest upcoming garden
- We appreciate your help!*

Welcome New Members!

Kathy Bubala

Sharon Adams

Nola Hostetler

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!

Game Night on June 2

For \$5 a person, join us from 3 to 8pm for games (up to you!), pizza, and snacks. **FREE** pass available to bring a friend!

Bocce Ball Coming in June!

Join us at 12:30pm on Wednesday afternoons starting in June for this fun outdoor game! (Weather permitting.)