

June
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>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>			<p>1</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>2</p> <p>9:00 Bingo 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>5</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>6</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:15 Euchre 12:00 Bridge 12:00 Bunco</p> <p style="text-align: center;">JUNE BIRTHDAY CUPCAKES</p>	<p>7</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>8</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>9</p> <p>9:00 Bingo 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>12</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>13</p> <p style="text-align: center;">HEART TO HEART HOSPICE: BLOOD PRESSURE SCREENINGS* 10:00AM</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Euchre</p> <p style="text-align: center;">*Will happen every month on 2nd Tuesday</p>	<p>14</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 style="text-align: center;">FLAG DAY</p>	<p>15</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>16</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>19</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 style="text-align: center;">HAPPY FATHER'S DAY! (6/18)</p>	<p>20</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Euchre</p>	<p>21</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>22</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>23</p> <p>9:00 Bingo 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>26</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>27</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:00 Bunco 12:15 Euchre</p>	<p>28</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>29</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>30</p> <p>9:00 Bingo 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>

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Coming Up at Valpo Parks:



FRIDAY, JUNE 9TH

6PM - 9PM

**WILLIAM E. URSCHER PAVILION,
CENTRAL PARK PLAZA**

**BBQ DINNER • DRINKS
MUSIC • TRIVIA**

CASUAL DRESS

Skater Attire Encouraged

**Purchase Online for \$60 at:
bit.ly/PartyInThePark2023**

Link is case-sensitive.



VOLUNTEERS NEEDED

Volunteers needed:

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

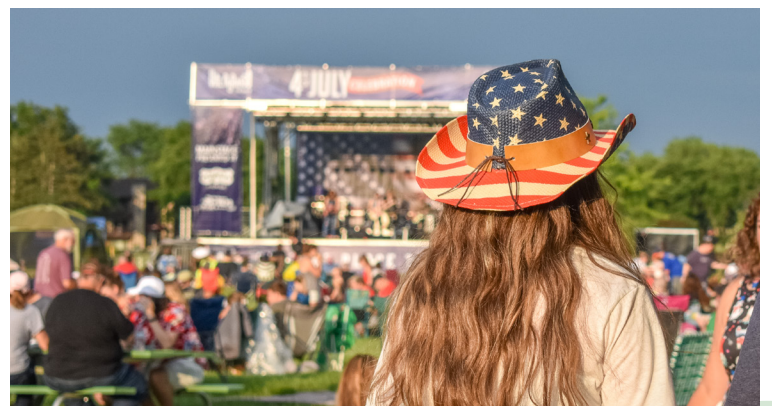
NUTRITION PROGRAM

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 **\$7.80**. 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!



Touch a Truck | Sunday, June 11 | 11am

Kids of all ages will enjoy exploring their favorite big rigs during this **free**, hands-on event! From **11am to 1pm**, take photos, enjoy the DJ, grab a bite at food trucks, and more. We will also be taking cash donations or new toys and books for the Tot Shop and Healthy Families.



4th of July Celebration

Join the Valparaiso community on Tuesday, July 4th for one of the best entertainment and fireworks shows in the area! Event kicks off at **6:30pm** with live music, food trucks, and patriotic events leading up to the show.

Fireworks will begin at approximately **9:15pm**.
Bring your chair or blanket!

Welcome New Members!

Daniel Kim, M.D.
Dixie Mayer
Joseph Rogowski
Katherine Sirko
Terrence Anderson