

September
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 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>SEPTEMBER BIRTHDAY CUPCAKES</p>
<p>4</p> <p>CLOSED HAPPY LABOR DAY</p>	<p>5</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:15 Euchre 12:00 Bridge 12:00 Bunco</p>	<p>6</p> <p>ASK THE NURSE (Community Healthcare System) 10AM - 2PM upstairs</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>7</p> <p>9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg</p>	<p>8</p> <p>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 12:30 Ball Drumming</p>
<p>11</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>12</p> <p>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><i>*Will happen every month on 2nd Tuesday</i></p>	<p>13</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>14</p> <p>9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg</p>	<p>15</p> <p>9:00 Bingo - First Care Home Service 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>18</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>19</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Bunco 12:15 Euchre</p>	<p>20</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>21</p> <p>9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg</p>	<p>22</p> <p>9:00 Bingo - Valpo Senior Village 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>25</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>26</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Bunco 12:15 Euchre</p>	<p>27</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>28</p> <p>Going Wireless: HOW TO USE WI-FI* 1 - 2PM</p> <p>9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg</p> <p><i>*Only 20 spots available</i></p>	<p>29</p> <p>9:00 Bingo - Comfort Keepers 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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THE BANTA Times

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CLOSED SATURDAY AND SUNDAY

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Join us for our Annual Halloween Party!



Tuesday, October 31st
12:30 to 2:00 pm
Cost: \$5/person

Costumes are encouraged! Trust us... you will want to enter the contest for **Best Costume!** 1st, 2nd, and 3rd prize will receive a prize!

The last day to sign up for the Halloween Party will be **Monday, October 23rd.**

Please see Helen to sign up!

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!



Join us for **Skip-Bo** every **Thursday at 10am!**
We will meet in the library.



Join Valpo Parks and Community Healthcare System September 6th at 2PM for the **Accelerate Your Health - Heart Health** class! This free class will review common heart issues and how to maintain/regain your health.

Call the Valpo Parks Office at (219) 462-5144 to register for the class.



CENTER FOR URBAN AND REGIONAL EXCELLENCE

INDIANA UNIVERSITY NORTHWEST

Going Wireless: How to Use Wi-Fi
Thursday, September 28th, 1 to 2pm

Only 20 spots available! Join us to learn all about Wi-Fi, the wireless Internet connection available at many public places.

In partnership with the Center for Urban and Regional Excellence at Indiana University Northwest, you will learn how to connect to Wi-Fi and about safety precautions for staying safe online.

Welcome New Members!

Sage Mason
Robert Kullmann
Janie Kasl
John Sullivan
Barbara Sullivan