

January  
2024

# 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  <b>CLOSED FOR NEW YEARS DAY</b>	2 9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Bunco 12:15 Euchre	3 <b>ASK THE NURSE</b> (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	4 9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Yoga  <b>JANUARY BIRTHDAY CUPCAKES-Dunes Hospice</b>	5 9:00 Bingo - VNA Hospice NWI 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 12:15 Trash Card Game 12:30 Ball Drumming
8 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	9 <b>HEART TO HEART HOSPICE: BLOOD PRESSURE SCREENINGS*</b> 10:00AM 9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Bunco 12:15 Euchre  <b>*Will happen every month on 2nd Tuesday</b>	10 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	11 9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Yoga	12 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 12:15 Trash Card Game 12:30 Ball Drumming
15 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	16 9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Bunco 12:15 Euchre	17 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	18 9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Yoga	19 9:00 Bingo - Green Oaks 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 12:15 Trash Card Game 12:30 Ball Drumming <b>12:30 FREE Movie &amp; Popcorn</b>
22 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	23 9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Bunco 12:15 Euchre	24 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	25 9:00 Exercise 9:15 Advanced Bridge 9:30 Knitting/Crocheting 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Yoga	26 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 12:15 Trash Card Game 12:30 Ball Drumming
29 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	30 9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Bunco 12:15 Euchre	31 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	<b>VALENTINE'S DAY PARTY</b>  \$5 per person Wednesday, February 14 12:30 – 2:00PM  See Helen or Wendy to sign up!	Coffee 50 cents Free Refills!  <i>Panera</i> Mondays & Fridays  <b>NEEDED PLEASE!</b> Sandwich bags, quart and gallon zip-lock bags, grocery bags.

# THE BANTA Times

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

## SAFETY INFORMATION FOR MEMBERS

During stormy weather or high winds **please** be certain your cell phone is **charged and ON**. We want to be able to reach you even when electricity and telephone landlines are out for hours during storms. Stay safe!

## Join us for our Annual Valentine's Day Party!



Wednesday, February 29th  
12:30 to 2:00 pm  
Cost: \$5/person

Join us for yummy treats and lots of dancing!  
See Helen or Wendy to sign up!

## This Month's FREE Movie:



## 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.

## VOLUNTEERS NEEDED

Volunteers needed to assist the kitchen in all areas. *We appreciate your help!*



**CENTER FOR URBAN AND REGIONAL EXCELLENCE**  
INDIANA UNIVERSITY NORTHWEST

**Smartphone Essentials**  
Thursday, February 29th

**Only 15 spots available each class!** Is your smartphone outsmarting you? Android users, join us from 11AM to 12:30PM. iPhone users, join us from 1 to 2:30PM. You will learn the basic skills for using your Android or iPhone smartphone.

## Chair Yoga with Jan Green

Join Jan every Thursday at 12:30pm! Jan (OHM Studio) has been practicing yoga for 10 years and is certified in trauma yoga, aerial yoga, and first aid mental health awareness.

## Welcome New Members!

Mary Larocque  
Terry Clawson

Mary Arnold  
Frank Feher