

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>VALENTINE'S DAY PARTY</p> <p>\$5 per person Wednesday, February 14 12:30 – 2:00PM</p> <p>See Helen or Wendy to sign up!</p>		<p>1</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 12:30 Chair Yoga</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 12:15 Trash Card Game 12:30 Ball Drumming</p> <p>FEBRUARY BIRTHDAY CUPCAKES-Dunes Hospice</p>
<p>ASK THE NURSE 5 (Community Healthcare System) 10AM – 2PM upstairs</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 12:00 Bridge 12:15 Bunco 12:15 Euchre</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 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Yoga</p>	<p>9</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 12:15 Trash Card Game 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>HEART TO HEART HOSPICE: BLOOD PRESSURE SCREENINGS* 10:00AM</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Bunco 12:15 Euchre</p> <p><i>*Will happen every month on 2nd Tuesday</i></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 12:30 Valentine's Day Party 1:00 Line Dancing</p>	<p>15</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 12:30 Chair Yoga</p>	<p>16</p> <p>9:00 Bingo - Silver Birch 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</p> <p>12:30 FREE Movie & Popcorn</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>20</p> <p>9:00 Exercise 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 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 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Yoga</p>	<p>23</p> <p>9:00 Bingo - Synergy 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 12:15 Trash Card Game 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 12:15 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 10:00 Skip-Bo 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Yoga</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>

