

BANTA CENTER NEWSLETTER



605 Beech Street, Valparaiso, IN 46383 | (219) 462-1301

Monday - Friday: 9:00AM - 3:00PM

CLOSED SATURDAY AND SUNDAY

www.ValpoParks.org | www.Facebook.com/605BeechSt

*Class fee for Pilates

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coffee 50 cents Free Refills!</p> <p><i>Panera</i> Mondays & Fridays</p> <p>NEEDED PLEASE! Sandwich bags, quart and gallon zip-lock bags, grocery bags.</p>	<p>Wellness Initiative for Senior Education (WISE) Program Wednesdays, 8:15 - 10:15 AM February 4 - March 11 Join Banta for the WISE Education Program— six free lessons covering topics about health & wellness for older adults! See front desk or call (219) 462-1301 to register.</p>	<p>Cooking for a Healthy Heart February 23 1 - 3 PM -Heart Healthy Cooking Demo -Free BP Screenings -Giveaways -Resources & more! RSVP with Trish at (219) 462-7173 Ext. 2461 by Feb 23</p> 	<p>1</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 SWOOP 12:15 Hand & Foot</p>
<p>5</p> <p>9:00 Exercise 10:00 Golf Cards 10:00 Ping Pong 10:00 Sing-A-Long 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:15 Hand & Foot 12:30 Cornhole</p> <p>JANUARY BIRTHDAY CUPCAKES-Dunes Hospice</p>	<p>6</p> <p>9:00 Exercise 10:00 SWOOP 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Euchre 12:30 Bunco</p>	<p>7</p> <p>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>ASK THE NURSE (Powers Health) 10AM - 2PM upstairs</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 12:45 Chair Yoga</p>	<p>9</p> <p>9:00 Bingo - FirstLight Home Care 9:00 Exercise 9:15 Pilates* 10:00 Ping Pong 10:00 Writing Workshop 11:30 Lunch 12:00 Pinochle 12:15 SWOOP 12:15 Hand & Foot</p>
<p>12</p> <p>9:00 Exercise 10:00 Golf Cards 10:00 Ping Pong 10:00 Sing-A-Long 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:15 Hand & Foot 12:30 Cornhole</p>	<p>13</p> <p>9:00 Exercise 10:00 SWOOP 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Euchre 12:30 Bunco</p>	<p>14</p> <p>8:30 Humane Indiana Visit (until 10 AM)</p> <p>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>Join us to meet some rescued animals! Donations appreciated.</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 12:45 Chair Yoga</p>	<p>16</p> <p>9:00 Bingo - Velocity Clinic 9:00 Exercise 9:15 Pilates* 10:00 Ping Pong 10:00 Writing Workshop 11:30 Lunch 12:00 Pinochle 12:15 SWOOP 12:15 Hand & Foot 1:00 Intro to Digital Wallets*</p>
<p>19</p> <p>9:00 Exercise 10:00 Golf Cards 10:00 Ping Pong 10:00 Sing-A-Long 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:15 Hand & Foot 12:30 Cornhole</p>	<p>20</p> <p>9:00 Exercise 10:00 SWOOP 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Euchre 12:30 Bunco</p>	<p>21</p> <p>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 12:45 Chair Yoga</p>	<p>23</p> <p>9:00 Banta Center Open House! (until 3 PM)* 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 SWOOP 12:15 Hand & Foot</p>
<p>26</p> <p>9:00 Exercise 10:00 Golf Cards 10:00 Ping Pong 10:00 Sing-A-Long 11:30 Lunch 12:00 Pinochle 12:15 Mexican Train 12:15 Hand & Foot 12:30 Cornhole</p>	<p>27</p> <p>9:00 Exercise 10:00 SWOOP 10:15 Phase 10 11:30 Lunch 12:00 Bridge 12:15 Euchre 12:30 Bunco</p>	<p>28</p> <p>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 12:45 Chair Yoga</p>	<p>30</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 SWOOP 12:15 Hand & Foot</p>

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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!

MEMBERSHIP

Membership for 1 year is \$65 and for 6 months is \$40. The daily fee is \$7. *Reminder: there is a \$5 late fee for any membership not paid on time.* If you have any questions, see Wendy!

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.

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 \$8.20. 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 Banta's Annual Valentine's Day Party!

Friday, Feb 11 | 12:30 - 2:30 PM

Join us for an hour of Bingo followed by dancing & yummy treats!

Cost is \$5/person, please see Wendy, Ty, or Patti to sign up!



Banta Center Open House!

Friday, January 23 | 9 AM - 3 PM



9 AM: Bingo

11:30 AM:

Informational Luncheon

12:30 PM: Games

Have a friend interested in Banta? Bring them along to enjoy the festivities & learn all about us!

Welcome New Members!

Charles Barth
Frank Bodish
Linda Griffith
Louise Claussen
Tracy Ritchey
Dennis Bartos

Rudy Kohn
Phyllis Goin
Bob Ford
Nancy Helton
Jim Ritchey
Russ Reed

 CENTER FOR URBAN AND REGIONAL EXCELLENCE SENIOR PLANET FROM AARP
INDIANA UNIVERSITY NORTHWEST

Intro to Digital Wallets
Friday, January 16
1:00 to 2:15 PM | Banta Center

The digital wallets on our smartphones allow us to go about our daily lives without ever needing to pull out our actual wallets. In this presentation, we'll review the basic features of the most popular digital wallets, and talk about their many uses beyond purchases. We'll also discuss features/considerations for security and privacy.

This Senior Planet from AARP class is being offered through the Senior Planet licensing program. It is intended for adults ages 60+.