

March
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>ASK THE NURSE 1 (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>ASK THE NURSE 2 (Community Healthcare System) 10AM - 2PM upstairs</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball</p>		
		<p>ASK THE NURSE 3 (Community Healthcare System) 10AM - 2PM upstairs</p> <p>9:00 Bingo - First Light 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 12:30 Ball Drumming</p> <p>MARCH BIRTHDAY CUPCAKES</p>		
		<p>Brookdale Blood Pressure Screening 8 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 9 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball</p>		
		<p>Brookdale Blood Pressure Screening 10 10:45 - 11:15AM in the library</p> <p>9:00 Bingo - Silver Birch of Michigan City 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>DAYLIGHT SAVINGS: SET CLOCKS AHEAD ON 12TH</p>		
		<p>Brookdale Blood Pressure Screening 11 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 12 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 13 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 14 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 15 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 16 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 17 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 18 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 19 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 20 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 21 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 22 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 23 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 24 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 25 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 26 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 27 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 28 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 29 10:45 - 11:15AM in the library</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>Brookdale Blood Pressure Screening 30 10:45 - 11:15AM in the library</p> <p>9:00 Knitting/Crocheting 9:00 Exercise 9:15 Advanced Bridge 11:30 Lunch 12:00 Bridge 12:15 Mahjongg 12:30 Chair Volleyball 12:30 FREE Movie and Popcorn</p>		
		<p>Brookdale Blood Pressure Screening 31 10:45 - 11:15AM in the library</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>		



FIRST DAY OF SPRING



HAPPY St. PATRICK'S DAY!



March
2023



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

This Month's FREE Movie: **The Quiet Man**



Stepping On Workshop

Don't let a fall cramp your style!

Stepping On Workshop can help you avoid a dangerous and costly fall so you can keep doing the things you love. Over 7 weeks, learn to identify and avoid fall hazards, strength & balance exercises, how to get back on your feet, and more!

This free 7-week class will be held **every Wednesday from 9-10:45am, May 3 to June 14** here at Banta.

To register or for more information, call **(219) 488-1380**.



Stepping
On

wiha
Wisconsin Institute
for Healthy Aging

VOLUNTEERS NEEDED

Volunteers needed to assist the kitchen in all areas.

We appreciate your help!

Welcome New Members!

Nancy Johnson
Alice Casey
Jerry Roedel
Rosalie Sears
Barbara Creed

Joni White
Jon Porter
Paul Garrigan
Sarah Garrigan
Sara Ann Wangerin

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.