

## BETTER BEYOND 50

September 23, 2009

By Jill Pfister, For the Post-Tribune

Village Park Enrichment Center at Banta

### RELIVE THE '40s WITH "BIG BAND, BIG CITY"

Few things define significant eras in history as much as music. From "The "Roaring '20s" to rock 'n' roll in the '50s, each generation has held dear its music. One of the most exciting and widely respected eras is the 1940s. From Tommy Dorsey to Benny Goodman, big-band music carved a deep groove in history, helping everyone forget their troubles and celebrate their victories.

On Friday, Pines Village Retirement Communities will bring back this celebrated time with "Big Band, Big City" at the Butterfield Pavilion in Valparaiso. Charlie Blum and his 18-piece Star Orchestra will provide the music for this magical trip back in time.

Attire from the 1940s is encouraged. Tickets are \$25 and are available at Village Park Banta or by calling 465-1591. Proceeds will go toward the Pines Village Retirement Communities handicapped-accessible bus.

### UPCOMING VILLAGE PARK ENRICHMENT CENTER EVENTS

- \* The fifth annual TRIAD Fall Forum will run from 8:30 a.m. to 12:30 p.m. Wednesday, Oct. 7. Topics will include financial issues for seniors, legal aide opportunities, Valparaiso transportation, funeral planning, and the importance of physical medicine. Lunch will be served and seating is limited.
- \* The AARP drivers' safety program will run from 9 a.m. to 3 p.m. Friday, Oct. 16. The cost is \$12 for AARP members and \$14 for nonmembers. Call 873-3049 to register.
- \* Tai chi classes will begin Tuesday and Wednesday, Sept. 30, at Village Park Banta. This ancient form of martial arts will challenge your body, mind and inner energy. Classes are one day per week for six weeks and are divided by skill levels (beginner, intermediate, advanced, senior and saber). Cost of the class is \$65.
- \* Porter Health Services will conduct cholesterol screenings from 8:30 to 11 a.m. Thursday. A 12-hour fast is required before the test. Advance registration is required, and a \$30 fee will be charged. Call 263-7285 for more details and an appointment.
- \* Sing your heart out with the Young at Heart Singers at 1 p.m. each Thursday.
- \* Enjoy a nutritious lunch with friends at 11:30 a.m. daily for only \$1.50. The meals, sponsored by the Northwest Indiana Senior Nutrition Program, are provided to qualified people 60 years of age and older.

*Jill Pfister is director of Village Park Enrichment Center at Banta, 605 Beech St., Valparaiso. Call 462-1301 or e-mail [j.pfister@pinesvillage.org](mailto:j.pfister@pinesvillage.org) for more information on Village Park programs.*