

BETTER BEYOND 50

September 10, 2009

By Jill Pfister, For the Post-Tribune

Village Park Enrichment Center at Banta

TRIAD Fundraiser at Strongbow

In tough economic times, we all feel the crunch and have to tighten our belts. In most cases, when it's time to trim budgets, charitable contributions are first. Thus, local not-for-profit agencies are competing for a smaller pool of donations. Porter County TRIAD is one of these agencies. Its membership includes representatives from law enforcement, the clergy, social service agencies and members of the business community who care about the health, safety and wellbeing of the elderly in our county.

TRIAD provides Project Lifesaver tracking bracelets, sets up collections for expired medications and makes cell phones available to seniors in need.

From 5 to 8 p.m. Thursday, Oct. 1, TRIAD will conduct its annual fundraising dinner at Strongbow Inn in Valparaiso. Scheduled speakers include Indiana Attorney General Greg Zoeller, Valparaiso Mayor Jon Costas, Portage Mayor Olga Velazquez and Porter County Sheriff David Lain.

Tickets are \$28 and will provide an enjoyable evening of entertainment and prizes. Not a bad price for dinner and a night out with a great group of people. Call 477-3125 for tickets or more information.

* Village Park Enrichment Center at Banta will sponsor its annual Red Hat Tea at noon Saturday, Sept. 26. Area Red Hat Club members are invited to enjoy entertainment and a delicious luncheon. Tickets are \$10 and advance purchase is required.

* An educational program regarding depression in older adults will be presented at 11 a.m. Friday. A representative of Porter Starke Services will talk about the symptoms of depression and offer advice about dealing with it. Funding is provided by Northwest Indiana Community Action. Reservations are required, and a boxed lunch will be provided. Seating is limited.

* Free hearing checks will be provided from 9 a.m. to 2 p.m. Friday. Appointments are required.

* Purdue University Cooperative Extension will present "All About Apples" during its monthly nutrition program at 12:15 p.m. Thursday, Sept. 17.

* The AARP driver 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 non-members. Call 873-3049 to register.

* Sing your heart out with the Young at Heart Singers at 1 p.m. each Thursday.

* Ready for a mini vacation this fall? Several trips are available. Experience Cirque du Soleil in Chicago, the 76th Purdue Musical Organization Christmas Show in West Lafayette or a four-day trip to Branson, Mo. Rates are reasonable, and it's a great way to support Village Park Banta. Stop by or call the center for more details. New trips are added regularly.

* 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.

* Fitness memberships are available to those 50 years and older at Village Park Banta. Nu-Steps, rowing machines and treadmills offer a healthy workout without the crowds. Call Banta for more details.

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 for more information on Village Park programs.