

THE TIMES

COMMUNITY

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JILL PFISTER, DIRECTOR OF THE VILLAGE PARK ENRICHMENT CENTER AT BANTA IN VALPARAISO

GETTING TO KNOW

PFISTER ALL ABOUT THE SENIORS

BY SUE BERO
Times Correspondent

Jill Pfister is the new director of Village Park Enrichment Center at Banta, 605 Beech St. in Valparaiso, a facility with more than 500 members, ages 50 and older. She handles all operations at the center, from scheduling activities to bringing in educational programming.

"We try to bring in new programs, fresh programs, to attract new members and keep existing members engaged and interested, wanting to come back," she said.

Pfister plans a monthly dinner or special outing. Members will have an outdoor picnic in July and will host Senior Day at the fair along with Pines Village Retirement Communities. At this event Honored Senior awards will be presented.

Village Park Enrichment Center at Banta is open 8:30 a.m. to 4 p.m. Monday through Friday. Members can chalk up for a game of pool in the billiard room, hunker down for popcorn and movie day or work up a sweat in the newly updated fitness area specifically designed for older adults.

Aside from treadmills, NuStep and a water rowing machine, a fitness instructor is there once a week to help set up workout routines and give advice.

Pfister plans educational workshops on a regular basis. On July 24 a member of the Valparaiso Police Department will present a program on home safety and



Aug. 28 a dentist will be at the center to talk about oral health and how it relates to overall health.

Health screenings are also held regularly at the center. All of this is in addition to a daily nutrition program at the center for anyone over the age of 60.

"I love my job," said Pfister. "The people are incredible. It's very inspiring to see the members who come here, how active they are and eager to learn."