



Get fit for life! Our Senior Enhanced Fitness Program is a very popular exercise program that will help you to meet your fitness goals.

SENIOR ENHANCED FITNESS PROGRAM

This course is a group exercise program for people 60+ years of age. The program helps to improve your balance, flexibility, bone density, endurance, coordination and mental sharpness and decreases your risk of falling.

Days: Tuesday, Wednesday and Friday

Times: 8:30 – 9:30 am or 9:45 – 10:45 am

Location: Battle Ground Community Center

Fee: \$1 per person, per day; pre-registration not required



MEDICARE Health Plan Seminars

Kaiser Permanente & Humana will be providing several Medicare health plan information seminars at the Battle Ground Community Center this spring. Join us and learn more about healthcare options that are available.

Battle Ground Parks & Recreation Department
(360) 342-5380

bgparksandrec@cityofbg.org

Kaiser Permanente Medicare Health Plan Seminars

For more information or to RSVP Call toll free at 1-866-949-0546

Day	Date	Time
Wednesday	March 14	10am – 1130am
Wednesday	March 21	1 – 230pm
Wednesday	April 11	10am – 1130am
Wednesday	April 18	1 – 230pm
Wednesday	May 9	10am – 1130am
Wednesday	May 16	1 – 230pm

Humana Seminars For more information or to RSVP please contact: Chris Miller (971) 258-8627

Day	Date	Time	Seminar Information
Thursday	April 12	2 – 3pm	Medicare 101
Thursday	May 10	2 – 3pm	Social Security 101



You're the best type....Give Blood at our upcoming blood drive. Walk-In donors are welcome. Picture ID is required to donate blood.

DATE: Wednesday, May 27

TIME: 10am – 4pm (closed 12:30-1:30pm)

LOCATION: Battle Ground Community Center

MORE INFO: Call Bloodworks at 1-800-398-7888

This institution is an equal opportunity provider and employer. Information is available in the following languages by request to cityclerk.info@cityofbg.org. SPANISH: Información será traducida al español a petición de cityclerk.info@cityofbg.org; RUSSIAN: Информация имеется на русском языке по запросу на cityclerk.info@cityofbg.org; VIETNAMESE: Gửi yêu cầu nhận thông tin sẵn có bằng tiếng Việt đến cityclerk.info@cityofbg.org; SERBO-CROATION: Za informacije na bosanskom jeziku obratite se na adresu cityclerk.info@cityofbg.org; TAGALOG: Ang impormasyon ay makukuha sa Tagalog sa pamamagitan ng kahilingan sa cityclerk.info@cityofbg.org; CHINESE: 如需相关信息的中文版本, 请来函索取: cityclerk.info@cityofbg.org

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