



**FITNESS  
&  
WELLNESS**

*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



*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, December 20

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

**LOCATION:** Battle Ground Community Center

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

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

[bgparksandrec@cityofbg.org](mailto:bgparksandrec@cityofbg.org)

# MEDICARE Health Plan Seminars

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

## Kaiser Permanente Medicare Health Plan Seminars

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

Day	Date	Time
Wednesday	December 6	10am – 1130am
Wednesday	December 13	1 – 230pm
Wednesday	January 10	10am – 1130am
Wednesday	January 17	1 – 230pm
Wednesday	February 10	10am – 1130am
Wednesday	February 17	1 – 230pm

## United Healthcare Medicare Health Plan Seminars offered by Farmers Insurance

For more information or to RSVP please contact: Deanna Buell at 1-360-637-4479

Day	Date	Time
Wednesday	December 6	10am – Noon

This institution is an equal opportunity provider and employer. Information is available in the following languages by request to [cityclerk.info@cityofbg.org](mailto:cityclerk.info@cityofbg.org). SPANISH: Información será traducida al español a petición de [cityclerk.info@cityofbg.org](mailto:cityclerk.info@cityofbg.org); RUSSIAN: Информация имеется на русском языке по запросу на [cityclerk.info@cityofbg.org](mailto:cityclerk.info@cityofbg.org); VIETNAMESE: Gửi yêu cầu nhận thông tin sẵn có bằng tiếng Việt đến [cityclerk.info@cityofbg.org](mailto:cityclerk.info@cityofbg.org); SERBO-CROATION: Za informacije na bosanskom jeziku obratite se na adresu [cityclerk.info@cityofbg.org](mailto:cityclerk.info@cityofbg.org); TAGALOG: Ang impormasyon ay makukuha sa Tagalog sa pamamagitan ng kahilingan sa [cityclerk.info@cityofbg.org](mailto: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](mailto:cityclerk.info@cityofbg.org)

912 E. Main Street, Battle Ground, WA  
[www.cityofbg.org](http://www.cityofbg.org)