



The Senior Scene

A quarterly publication of the
Battle Ground Parks & Recreation Department

Winter 2016 - 2017 Newsletter

Welcome to The Senior Scene! This quarterly publication highlights activities, events and items of interest in the Battle Ground area. Activities are open to any senior who wants to participate! Most activities are offered on an on-going basis.



**The MAD HATTERS
CLUB
Winter Schedule!**

The **Mad Hatters Club** meets on the 2nd Friday of each month. There are no membership fees or red hats required. The only requirement is that you join us when you can and have some FUN!

Friday, December 9 @ 11:30am

Lunch at Mallard Landing

The Mad Hatters Club has been invited to lunch at Mallard Landing, an assisted living property in Battle Ground. Their in-house chef will be preparing a scrumptious holiday meal for us to enjoy. *Please RSVP to Debbi at the Parks & Recreation office for this event no later than December 2nd. Call (360) 342-5380 to make your lunch reservation.* Mallard Landing is located at 813 SE Clark Ave, Battle Ground.

Friday, January 13th @ 11:30am

Lunch at Mill Creek Pub

Join us as we check out one of the more popular lunch spots in town...the Mill Creek Pub. They are known for great food in a casual setting. The restaurant is located in the Gardner Center next to the BG Cinemas. We'll meet at the restaurant at 1130am. (dutch treat!)

Friday, February 10th @ 11:30am

Lunch at Uncle D's Wood Fired Pizza

We will be treating ourselves to only place in town that serves wood fired pizza....Uncle D's! The menu states that "Earth & fire combined produce a rustic mouth watering experience" ...so come experience it for yourself! Lunch menu features pizza, salads and soups. Restaurant located at the corner of E. Main St & Parkway Ave. We'll meet at the restaurant at 11:30am. (dutch treat!)

Sr. Potluck Day

Date: 2nd Monday of each month

Time: Doors open at 10am; Lunch served at Noon

Location: Senior Center, 116 NE 3rd Ave.

Suggested Donation: \$1 per person

Join us at the monthly Sr. Potluck and meet new friends and enjoy a hearty meal. Bring a main entrée, salad, appetizer or dessert to share.





Pinochle

Date: Tuesdays & Thursdays (weekly)

Time: Noon – 4pm

Location: BG Senior Center, 116 NE 3rd Ave.

Cost: Nominal fee per game

Are you a Pinochle card player? If yes, then join us for either single deck or double deck games!

Having a partner is not a requirement to play.

Potluck served at noon prior to game so bring a dish to share with the group. No Pinochle on

Thanksgiving Day.

Bunco!



Date: 3rd Friday of each month

Time: Noon – 3pm (potluck at noon)

Location: BG Senior Center, 116 NE 3rd Ave.

Cost: \$5 per person, per day

Roll the dice and play BUNCO! This game is fun and fast-paced. Anyone can play...no previous game experience or partner required. It's easy and fun to learn and play.



**Senior Lunch Program
@ the Battle Ground
Community Center**

Seniors, age 60 and over, are invited to join us on weekdays for a hot and nutritious lunch. Typically there are 2 entrees offered each day. A monthly newsletter, which includes a complete menu, is available at the Battle Ground Community Center, 912 E. Main Street or view on-line at <https://www.mealsonwheelspeople.org/what-we-do/monthly-menu/>. Younger guests can also join the lunch crowd for a small fee of \$6.30 per person.

Date: Daily, Monday – Friday (*except holidays*)

Time: Lunch served at Noon

Cost: \$3 suggested donation for seniors, 60+

Location: Battle Ground Community Center,
912 E. Main Street

Holiday Closures: Please note that the senior lunch will not be available on the following dates in observance of major holidays: Monday, December 26; Monday, January 2; Monday, January 16; Monday, February 20.

Christmas Tree Lighting



Date: Friday, December 2nd

Time: 530pm Christmas Caroling

6pm Christmas Tree Lighting

630 – 8pm Visit w/ Santa

Cost: *Free* Event (photo with Santa \$5 per pix)

Location: Battle Ground Community Center

Join us at the **27th annual Christmas Tree Lighting & Visit with Santa**. The festivities begin outdoors at 5:30pm, with the BG High School Jazz Choir leading the community in Christmas carols. At approximately 5:45pm Santa & Mrs. Claus arrive by fire truck courtesy of Clark County Fire District #3. At 6pm Santa will lead event attendees in the count down to light the tree. Then everyone is invited to come inside the BG Community Center for coco and cookies, while they wait to visit and have their picture taken with Santa and Mrs. Claus.



Get fit for life! We have several popular fitness classes available for adults and seniors. Find one that fits your lifestyle and your fitness goals.

Pilates Fitness Class

Pilates helps to build flexibility, strength, endurance, coordination and increases circulation. People who do Pilates say they have better posture, are less prone to injury and experience better overall health! All classes are a 6 week session.

Day & Time: Tuesday Mornings, 830am – 930am
Thursday Mornings, 830am – 930am

Location: Battle Ground Community Center

Registration Fee: \$40 for 6 week session
\$45 for 7 week session
\$50 for 8 week session

How To Register: Registrations accepted through the BG School District Community Ed Program at (360) 885-6584 or www.battlegroundps.org

Yoga Class

Yoga has proven to have profound healing benefits such as increased flexibility, stamina, strength, muscle tone and range of motion and an overall well being and ease in daily life.

Day & Time: Monday Mornings, 9am – 10am
Monday Evenings, 6 – 7pm
Thursday Mornings, 10 – 11am

Location: Battle Ground Community Center

Registration Fee: \$25 per 4 week session

How To Register: Registrations accepted through the BG School District Community Ed Program at (360) 885-6584 or www.battlegroundps.org

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

