



# GOLDEN AGE GAZETTE



*Bryce Ward Mayor*

Presented by the FNSB Parks and Recreation Department

Programs are offered to all FNSB Seniors age 60+

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## July/August

**Hello Everyone,**

The Senior Walking Club held Tuesdays and Thursdays, 9:00am-10:00am, will be relocating to Morris Thompson Cultural Center Tuesday and the Bentley Mall Thursdays, from July 8th to August 5th due to the Big Dipper's scheduled closure for Maintenance. The downtown walking will begin and end at the Morris Thompson Cultural Center. The Bentley Mall location will be the entrance by Safeway. If the weather is nice, you may be walking outside allowing you to visit Great Harvest Bread Company to see their treats as well as sampling daily specials. Transportation is available to Senior Walking, Exercise or/and any of the outings by calling Van Tran, 459-1010, #2 and please place your requests at least 24 hours ahead of time. You may place your requests for up to 2 weeks in advance and it is always courteous to cancel at least 24 hours in advance unless it is an emergency situation.

Outings for July include: Breakfast at the Cookie Jar and Shopping at the Farmer's Market. The second summer picnic will be July 31st 11:30am-1:15pm at Mary Siah Recreation Center with Friends of Mary Siah. This is a potluck picnic allowing you to bring a dish to share with others. If your last name starts with A-L please bring a salad, veggies or a side to share. If your last name starts with M-Z please bring a dessert or fruit to share. There will be hamburgers, hot dogs, buns and beverages provided.

August activities will include: Senior Luncheon at Tanana Valley State Fair, Breakfast at The Diner, Farmer's Market Shopping and Pagoda for lunch for all seniors.

You can check online for this information at: [www.fnsb.us](http://www.fnsb.us), or read the newsletter with the current information on what the Parks & Recreation Senior Program has planned for the upcoming months.

Thank you for your help by viewing your newsletter online. To cancel your newsletter mailing, please call the office at 459-1136 to notify us. If we are unavailable, please leave your name and address with your request on our voicemail.

*Marya*

### Important Dates:

- Thursday, Friday, July 4th-5th, Independence Day No Programs
- Monday, July 8th- August 5th, Big Dipper Closed for Maintenance.
- Wednesday, July 10th, Cookie Jar, 10:00am-11:30am
- Wednesday, July 24th, Farmer's Market, 11:30am-12:30pm.
- Wednesday, July 31st, Potluck Picnic@ Mary Siah Recreation Center, 11:30am-1:15pm
- Wednesday, August 7th, Senior Luncheon Day. Tanana Valley Fair, 11:30am-2:30pm.
- Wednesday, August 14th, Diner, 9:30am-11:00am.
- Wednesday, August 21st, Farmer's Market, 11:15am-12:30pm
- Wednesday, August 28th, Pagoda, 11:30am-12:45pm

If you have any ideas or concerns that bear upon the welfare of senior citizens and are within the powers of the Fairbanks North Star Borough, you may contact any member of the

**Senior Citizens Advisory Commission**

|                |          |                  |          |              |          |
|----------------|----------|------------------|----------|--------------|----------|
| Art Delaune    | 479-2838 | Marleyne Hunter  | 488-4116 | Mikki Rosser | 456-6117 |
| Barbara Sevier | 488-2063 | Goldie Southwood | 378-3624 | Karen Wood   | 474-2121 |
| Sonja Younker  | 888-2960 |                  |          |              |          |

The Senior Citizens Advisory Commission will not hold a meeting until September 2019. We have new commissioners to welcome and for you to meet. Please come and meet Marleyne, Mikki, Goldie and Barbara. Currently there are 2 vacancies on the commission, if you are interested in being a commissioner please contact the Parks & Recreation Office for an application. This is a good time to meet and speak with the commissioners about any senior issues you may have and want to address. The public is welcome to attend.

**THE FAIRBANKS SENIOR CENTER 452-1735**

**1424 Moore St.**

**Office hours:**

***Mon.-Fri. 8:00 A.M.- 4:30 P.M.***

**SANTA'S SENIOR CENTER (NORTH POLE) 488-4663**

**101 E. 5th Ave.**

**Office hours**

***Mon.- Fri. 11:00 A.M.-3:00 P.M.***

**SALCHA SENIOR CENTER 488-1606**

***(Senior Citizens of the Interior, 6062 Johnson Rd.)***

**The Fairbanks North Star Borough Parks & Recreation Department offers these weekly programs for seniors.**

**Senior Aqua Fitness / Aquacise**

Mon., Wed., Fri. 9:00 A.M. - 9:45A.M. (Mary Siah Recreation Center)

Mon., Wed., Fri. 6:00 P.M.- 6:45 P.M. (Wescott Pool)

(Wescott Pool is closed for Maintenance until July 8th.)

**Exercises at North Pole Santa's Senior Center**

Mon. & Fri. 10:45 A.M.-11:15 A.M.

**Exercises at Fairbanks Senior Center** (Transportation provided by Van Tran)

Tues. & Thurs. 11:00 A.M.– 11:30 A.M

**Walking Club at Big Dipper** (Transportation provided by Van Tran)

Tues. & Thurs. 9:00 A.M.-10:00 A. M.

(The Big Dipper is closed July 8th-August 5th, Please check calendar for Walking Club relocations.)

**Various Outings** (Transportation provided by Van Tran)

See calendars

Please call, 459-1136 to sign-up for your first TWO choices per month of these outings. You may sign-up for both months when you call and have your name added to the waitlist.

You may request transportation if necessary.

## PARKS & RECREATION SENIOR OUTINGS

### July and August Senior Outings

|                               |   |
|-------------------------------|---|
| <b>Wednesday, July 10th</b>   | <b>Breakfast @ Cookie Jar, 1006 Cadillac Ct.</b><br><b>Time:</b> 10:00am-11:30am<br><b>Cost:</b> \$22.00 meal, beverage, gratuity   |
| <b>Wednesday, July 24th</b>   | <b>Farmer's Market, 2600 College Rd.</b><br><b>Time:</b> 11:15a.m.-12:30p.m.<br><b>Cost:</b> Personal \$\$\$  |
| <b>Wednesday, July 31st</b>   | <b>Potluck Picnic @ Mary Siah Recreation Center</b><br><b>Time:</b> 11:30a.m. -1:15pm<br><b>Hamburgers, Hotdogs, Buns and beverage will be provided.</b><br><b>Last names beginning with A-L please bring salad, veggies, or sides to share.</b><br><b>Last names beginning M-Z please bring dessert, fruit to share.</b> |
| <b>Wednesday, August 7th</b>  | <b>Senior Day @ Tanana Valley Fair, 1800 College Rd.</b><br><b>Time:</b> 11:30am-2:30pm<br><b>Cost:</b> Free Luncheon   |
| <b>Wednesday, August 14th</b> | <b>Breakfast @ Diner, 244 Illinois St.</b><br><b>Time:</b> 9:30am-11:00am<br><b>Cost:</b> \$22.00 meal, beverage, gratuity  |
| <b>Wednesday, August 21st</b> | <b>Farmer's Market, 2600 College Rd.</b><br><b>Time:</b> 11:15am-12:30pm<br><b>Cost:</b> Personal \$\$\$  |
| <b>Wednesday, August 28th</b> | <b>Lunch for All Seniors @ Pagoda, 431 N Santa Claus Ln,<br/>North Pole</b><br><b>Time:</b> 11:30am-12:45pm<br><b>Cost:</b> \$22.00 meal, beverage, gratuity  |

We are updating the Senior Program Files. It is required to have a current registration form from everyone on file. If you have not completed a new form in 2019, please turn one in at your earliest convenience. You may find the form online, pick one up at the Senior Program Office or staff will have forms at the programs.

You may return the form by bringing it to the Parks and Recreation office ( at the Big Dipper), mail it to 1920 Lathrop St. Fairbanks, AK 99701, fax to 459-1072, or hand them to staff at the programs.

# July 2019





| Sun   | Mon  | Tue   | Wed  | Thu   | Fri  | Sat       |
|---|--|---|--|---|--|-----------|
|   | <b>1</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP  | <b>2</b> 9:00-10:00a.m.<br>Walking @ Dipper<br>11:00-11:30a.m.<br>Exercise @ FSC    | <b>3</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC  | <b>4</b> <b>No Programs</b><br><b>4th of July</b><br><b>Holiday</b>                     | <b>5</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br><b>No Programs</b>                | <b>6</b>  |
| <b>7</b><br>Big Dipper Closed<br>7-8-19 thru 8-5-19 | <b>8</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP  | <b>9</b> 9:00-10:00a.m.<br>Walking @ M.T.C.C.<br>11:00-11:30a.m.<br>Exercise @ FSC  | <b>10</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br><br>10:00am-11:30am<br>Breakfast @Cookie Jar | <b>11</b> 9:00-10:00a.m.<br>Walking @ Bentley Mall<br>11:00-11:30a.m.<br>Exercise @ FSC | <b>12</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | <b>13</b> |
| <b>14</b>   | <b>15</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | <b>16</b> 9:00-10:00a.m.<br>Walking @ M.T.C.C.<br>11:00-11:30a.m.<br>Exercise @ FSC | <b>17</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC   | <b>18</b> 9:00-10:00a.m.<br>Walking @ Bentley Mall<br>11:00-11:30a.m.<br>Exercise @ FSC | <b>19</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | <b>20</b> |
| <b>21</b>   | <b>22</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | <b>23</b> 9:00-10:00a.m.<br>Walking @ M.T.C.C.<br>11:00-11:30a.m.<br>Exercise @ FSC | <b>24</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br><br>11:15am-12:30pm<br>Farmer's Market       | <b>25</b> 9:00-10:00a.m.<br>Walking @ Bentley Mall<br>11:00-11:30a.m.<br>Exercise @ FSC | <b>26</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | <b>27</b> |
| <b>28</b>   | <b>29</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | <b>30</b> 9:00-10:00a.m.<br>Walking @ M.T.C.C<br>11:00-11:30a.m.<br>Exercise @ FSC  | <b>31</b> 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br><br>11:30am-1:15pm Pot-luck<br>Picnic @MSRC  |   |  |           |

MSRC= Mary Siah Recreation Center, North Pole = Santa's Senior Center North Pole, FSC= Fairbanks Senior Center, Dipper =Big Dipper Ice Arena, Bentley Mall, Downtown River Park MTCC= Morris Thompson Cultural Center, Fairbanks North Star Borough Parks & Recreation Department Senior Program, 459-1136



# August 2019



| Sun | Mon   | Tue   | Wed  | Thu   | Fri   | Sat   |
|-----|---|---|--|---|---|---|
|     |   |   |  | 1 9:00-10:00a.m.<br>Walking @ Bentley Mall<br>11:00-11:30a.m.<br>Exercise @ FSC | 2 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP  | 3   |
| 4   | 5 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP  | 6 9:00-10:00a.m.<br>Walking @ Dipper<br>11:00-11:30a.m.<br>Exercise @ FSC<br>    | 7 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br><b>SR Luncheon@ Tanana Valley Fair<br/>11:30am-2:30pm</b>  | 8 9:00-10:00a.m.<br>Walking @ Dipper<br>11:00-11:30a.m.<br>Exercise @ FSC       | 9 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP  | 10  |
| 11  | 12 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | 13 9:00-10:00a.m.<br>Walking @ Dipper<br>11:00-11:30a.m.<br>Exercise @ FSC  | 14 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br><b>9:30am-11:00am<br/>Breakfast @ Diner</b><br> | 15 9:00-10:00a.m.<br>Walking @ Dipper<br>11:00-11:30a.m.<br>Exercise @ FSC      | 16 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | 17<br> |
| 18  | 19 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | 20 9:00-10:00a.m.<br>Walking @ Dipper<br>11:00-11:30a.m.<br>Exercise @ FSC<br> | 21 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br><b>11:15am-12:30pm<br/>Farmer's Market</b>  | 22 9:00-10:00a.m.<br>Walking @ Dipper<br>11:00-11:30a.m.<br>Exercise @ FSC      | 23 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>No NP Exercise                   | 24  |
| 25  | 26 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | 27 9:00-10:00a.m.<br>Walking @ Dipper<br>11:00-11:30a.m.<br>Exercise @ FSC  | 28 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br><b>11:30am-12:45pm<br/>Lunch @ Pagoda<br/>All Seniors</b>   | 29 9:00-10:00a.m.<br>Walking @ Dipper<br>11:00-11:30a.m.<br>Exercise @ FSC      | 30 9:00-9:45a.m.<br>Aqua Fitness @ MSRC<br>10:45-11:15a.m.<br>Exercise @ NP | 31  |

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