



GOLDEN AGE GAZETTE



Bryce Ward, Mayor

Presented by the FNSB Parks and Recreation Department

Programs are offered to all FNSB Seniors age 60+

Marya Lewanski

Senior Program Recreation Specialist III

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March/April 2020

Hello Everyone,

This year the logo for May's Older Americans' month is "Make Your Mark". This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. This year's theme highlights the differences everyone can make –in the lives of older adults, in support of caregivers, and to strengthen communities. Senior Recognition Day is Thursday, May 7th, 2020, 10:00am-1:00pm. at the Carlson Center. Be sure to mark your calendars for this wonderful event so you can enjoy a catered lunch as well as socializing with your friends and checking out the many Senior Service Agencies offering information.

Attached to this newsletter are forms for you to nominate a senior who exemplifies a lifetime of fitness or is an "Outstanding Senior Volunteer", a senior that donates their time and volunteers to help our community in various ways. If you know of a senior that is always helping out and could be honored on this day amongst their peers, don't hesitate to submit a nomination form. Please submit completed forms to the Parks & Recreation Office no later than April 10th, 2020 by 5:00pm. The more nominations we receive with all the pertinent information the easier it is for determining the honored recipients.

Mary Siah Recreation Center will be closed for major maintenance starting March 1st through August 2nd. We will still offer transportation via VanTran to Aqua Fitness at Hamme Pool until Mary Siah reopens. Together with Foundation Health Partners we are offering "Walk with a Doc" on Thursdays from 7:00-8:00pm. Please go to www.foundationhealth..org/walkwithadoc for more information. Please check the senior program calendar for other programs and information.

Please call Van Tran to schedule transportation for any of our activities by calling 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.

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:

- March 1st - August 2nd Mary Siah Recreation Center CLOSED for Major Maintenance
- Sunday, March 8th, Daylight Saving Time, Move clocks ahead 1 hour
- Monday, March 30th, No Programs, Seward's Day
- Friday, April 10th, All Lifetime Fitness and Outstanding Volunteer Nominations Deadline@ 5pm.
- Friday, April 17th, North Pole Exercise

Fairbanks North Star Borough Department of Parks & Recreation,

Marya Lewanski Senior Program Recreation Specialist III, Parks & Recreation Senior Program Office 1920 Lathrop St., #459-1136.

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	Denise Daniello	219-381-8421		

The Senior Citizens Advisory Commission will hold a meeting March and April. 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. (Hamme Pool) Transportation provided by Van Tran

Mon., Wed., Fri. 6:00 P.M.- 6:45 P.M. (Wescott Pool) No Transportation available

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.

Various Outings (Transportation provided by Van Tran)

See calendars

Please call, 459-1136 to sign-up for any of these outings.

You may request transportation if necessary.

PARKS & RECREATION SENIOR OUTINGS

March and April Senior Outings

Wednesday, March 11th **Breakfast/Coffee @ McDonald's 1930 Airport Way**
Time: 10:00-11:15am
Cost: \$10.00 meal, beverage

Wednesday, April 15th **Breakfast/Coffee @ McDonald's, 1930 Airport Way**
Time: 10:00-11:15a.m.
Cost: \$10.00 meal, beverage

Wednesday, April 22nd **NP Seniors Lunch @ Pagoda Restaurant, 431 N. Santa Claus Lane**
Time: 11:30am-1:00pm
Cost: \$ 25.00 meal, beverage and gratuity



August 7-16, 2020

Qualify in Alaska for the National Senior Games

Mark your 2020 Calendars for the Alaska International Senior Games to be held in Fairbanks and North Pole from August 7-16. Registration is expected to be available in mid-April.

Visit the **AISG Web site** :

www.alaskaisg.org

or call **907-978-2388**