

# FNSB SENIOR PROGRAM

## AUGUST 2024



**To Sign up for Programs:**  
 Call Marya at (907)459-1136  
 or email: [marya.lewanski@fnsb.gov](mailto:marya.lewanski@fnsb.gov)  
**PARKS.FNSB.GOV**

SUN	MON	TUE	WED	THU	FRI	SAT
				1 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	2 No NP Exercise  1:00pm-1:45pm Aquacise* @ MSRC	3
4	5 No NP Exercise  1:00pm-1:45pm Aquacise* @ MSRC	6 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC	7 1:00pm-1:45pm Aquacise* @ MSRC  3:00pm-4:30pm Table Tennis @ JCC	8 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	9 11:15am-11:45am Exercise@ SSC  1:00pm-1:45pm Aquacise* @ MSRC	10
11	12 11:15am-11:45am Exercise@ SSC  1:00pm-1:45pm Aquacise* @ MSRC	13 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm-1:45pm Lunch* @ KC's Kitchen	14 1:00pm-1:45pm Aquacise* @ MSRC 1:00pm-2:00pm Crafts @ FSC 3:00pm-4:30pm Table Tennis @ JCC	15 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	16 11:15am-11:45am Exercise@ SSC 1:00pm-1:45pm Aquacise* @ MSRC 2:00pm-4:00pm Potluck Social @ MSRC	17
18	19 11:15am-11:45am Exercise@ SSC  1:00pm-1:45pm Aquacise* @ MSRC	20 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC	21 1:00pm-1:45pm Aquacise* @ MSRC 1:00pm-2:00pm Crafts @ FSC 3:00pm-4:30pm Table Tennis @ JCC	22 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 4pm-5:30pm Grandparents & Grandkids Crafts* @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	23 11:15am-11:45am Exercise@ SSC  1:00pm-1:45pm Aquacise* @ MSRC	24
25	26 11:15am-11:45am Exercise@ SSC  1:00pm-1:45pm Aquacise* @ MSRC	27 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC	28 1:00pm-1:45pm Aquacise* @ MSRC 1:00pm-2:00pm Crafts @ FSC 3:00pm-4:30pm Table Tennis @ JCC	29 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm-1:45pm Lunch* @ Mickey's Cafe 7:00pm-8:00pm Walk w/ a Doc @ Dipper	30 11:15am-11:45am Exercise@ SSC  1:00pm-1:45pm Aquacise* @ MSRC	31

SSC=Santa Senior Center (101 E. Fifth Ave.), FSC=Fairbanks Senior Center (1424 Moore St.), Dipper= Big Dipper Ice Arena (1920 Lathrop St.), MSRC=Mary Siah Recreation Center (803 14th Ave.), JCC= Joy Community Center (24 Margaret Ave.) \*Activity requires a small fee