



# 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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## January/February 2020

Hello Everyone,

Happy New Year 2020! I hope the new year brings good health, happiness and prosperity to all. As I am sure we have all made our new year resolutions, it's time to put our best foot forward so we can try to succeed in keeping them. To help you keep those new years resolutions of improving one's health along with increasing your activity level, you can come and join us at one of our exercise classes. We exercise twice a week at the Fairbanks and North Pole Senior Center. It has been proven that exercising as little as 30 minutes a day helps: lower blood pressure, reduces cholesterol, lower the risk of diabetes and reduces the progression of arthritis. Our exercise classes are 30 minutes long offering all types of exercises and mobility stretches. You can set your own goals within your personal limits as well as share pleasant conversation with others. Those participating find the socialization and humor quite rejuvenating. Also, to meet your fitness goals we offer walking twice a week. The Senior walking club is held Tuesday and Thursday from 9:00-10am. Most people attend the walking club usually do 1 lap up to 15+ laps within the hour.

We are excited to announce that, starting in January FNSB Senior Program will be offering transportation with VanTran to Aqua Fitness at Mary Siah Recreation Center. Aqua Fitness is offered Monday, Wednesday and Friday from 9:00 to 9:45am. I have also included two outings to McDonald's on Airport Way. This is to join an already established group of seniors who gather there to enjoy coffee and socialize. Please join us for the camaraderie and to meet new people. Please call the Senior Program office with any questions about any of the programs.

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.

You can check online for this information at: [www.parks.fnsb.us](http://www.parks.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:

- Wednesday, January 1st, No Programs, New Year's Day
- Wednesday, January 15th, Breakfast/Coffee, McDonald's, 1930 Airport Way
- Monday, January 20th, No Programs, Martin Luther King Jr. Day
- Friday, January 24th, No NP Exercise
- Wednesday, February 12th, Breakfast/Coffee, McDonald's, 1930 Airport Way
- Monday, February 17th, No Programs, President's Day Observed
- Friday, February 21st, No NP 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 January and February. 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) 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**

**January and February Senior Outings**

**Wednesday, January 15th**    **Breakfast/Coffee @ McDonald's, 1930 Airport Way**

**Time:** 10:00a.m.-11:15a.m.

**Cost:** \$10.00 meal, beverage

**Wednesday, February 12th**    **Breakfast/Coffee @ McDonald's, 1930 Airport Way**

**Time:** 10:00a.m.-11:15a.m.

**Cost:** \$10.00 meal, beverage

**Did you know....**

The FNSB Public Library's **Bookmobile** provides **Home Delivery Services** to people who are homebound because of age or disability?

**We can deliver all library materials** depending on your needs: Large print or regular print books, audio books, music CDs, DVDs. You can make specific requests or we will make selections for you based on your interests. We'll visit once each month with new items and pick up those to be returned.

**Phone Little or Karen at the Bookmobile office 459-1031**, if you-- -or someone you know- - is interested in this service.

We'll set up a time to visit and get you started.

**Little or Karen**

**FNSB Bookmobile 459-1031**

**bookmobile@fnsb.us**

It's time to submit the nomination forms for the Outstanding Senior Volunteer and Lifetime Senior Fitness Awards. The Awardees are recognized on Senior Recognition Day, which will be on Thursday, May 7th 2020, 10am-1pm, held at the Carlson Center. Please don't wait for the last minute to submit your nomination form to honor the special senior who exemplifies outstanding volunteerism in our community or is the energetic, active senior committed to a healthy lifestyle. The nomination forms may be obtained at the Parks & Recreation Office or online.