



# 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

Phone: 459-1136 Office

Email: [marya.lewanski@fnsb.gov](mailto:marya.lewanski@fnsb.gov)

## January/February 2022

Hello Everyone,

**Happy New Year 2022! In January, programs will run much like they have in December. We are excited to announce that, starting in February FNSB Senior Program will be starting to offer more programs. Walking will be Tuesday and Thursday 9:30-10:30am at the Big Dipper. We will be offering exercise at the Carlson Center Tuesday and Thursday 11:15-11:45am. Exercise at the Carlson Center will be held in the North Star room. Exercise will be limited to 10 people. The only equipment that will be provided is exercubes. Please bring your own hand weights or two equally weighted items (water bottles work well). Participants will be able to enter the building through the door on the river side of the building. See map in newsletter. Wednesday, February 16th we will have Bingo at the Carlson center from 4:00 to 5:30pm. Bingo will take place in the same room as exercise. Bingo will be limited to 15 people. Masks are encouraged at all programs. Please call the Senior Program office sign up or with questions about any of the programs.**

**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. 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. I am excited to see all of you at 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.gov](http://www.parks.fnsb.gov), 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:

- Saturday, January 1st, No Programs, New Year's Day
- Monday, January 17th, No Programs, Martin Luther King Jr. Day
- Monday, February 17th, No Programs, President's Day

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**

Marleyne Hunter	488-4116	Mikki Rosser	456-6117	Karen Wood	474-2121
Barbara Sevier	488-2063	Goldie Southwood	378-3624		
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.**

Closed till Further Notice

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

**101 E. 5th Ave.**

Closed till Further Notice

**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

**Exercise at North Pole Safeway**

TBA

**Senior Exercise at the Carlson Center** (Transportation provided by Van Tran)

Tuesday & Thursday 11:15am –11:45am

**Senior Exercise**

Senior exercise is being held on **ZOOM**. Contact the Senior Program office at 459-1136 or email: [marya.lewanski@fnsb.gov](mailto:marya.lewanski@fnsb.gov)

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

Tues.& Thurs. 9:00 A.M. –10:00A.M. January

Tues. & Thurs. 9:30 A.M.-10:30 A. M. February

**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**

**February Senior Outings**

**Wednesday, February 2nd Breakfast/Coffee @ McDonald's, 1930 Airport Way**

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

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

**Wednesday, February 9th Breakfast @ Zacks Restaurant, 1717 University Ave**

**Time:** 8:30a.m.-10:00a.m.

**Cost:** \$20.00 meal, beverage and gratuity

**Wednesday, February 16th Bingo @ Carlson Center, 2010 2nd Ave.**

**Time:** 4:00-5:30pm

**Cost:** FREE

**Wednesday, February 23rd Lunch @ Pagoda, 431 N. Santa Claus Lane**

**Time:** 12:00pm-1:30pm

**Cost:** \$27.00 meal, beverage and gratuity

**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.

**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.

**FNSB Bookmobile 459-1031**

**bookmobile@fnsb.gov**