

JULY 2024 ADAPTIVE PROGRAMS

Sun Mon Tue Wed Thu Fri Sat

	1 3:00pm—4:30pm Bowling @ Arctic Bowl	2 2:30pm-4:30pm Bocce @ Pioneer Park Moose Pavillion	3 1:30pm-2:00pm Exercise @ JCC 2:30pm - 3:30pm Walking @ JCC 3:30pm- 4:30pm Gardening @JCC	4 NO PROGRAMS 4th of July	5 NO PROGRAMS	6
7	8 3:00pm—4:30pm Bowling @ Arctic Bowl	9 2:30pm-4:30pm Bocce @ Pioneer Park Moose Pavillion	10 1:30pm-2:00pm Exercise @ JCC 2:30pm - 3:30pm Walking @ JCC 3:30pm- 4:30pm Gardening @JCC	11 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	12 6:00pm—9:00pm Game starts @ 7:00pm Goldpanners Baseball Game @ Growden Park	13
14 	15 3:00pm—4:30pm Bowling @ Arctic Bowl	16 2:30pm-4:30pm Bocce @ Pioneer Park Moose Pavillion	17 1:30pm-2:00pm Exercise @ JCC 2:30pm - 3:30pm Walking @ JCC 3:30pm- 4:30pm Gardening @JCC	18 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	19 1:30pm—3:00pm Visit to Channel 11 @ 3650 Braddock St. 6:00pm-8:00pm Special O Dance @ Midnight Sun Golf Course	20 
21	22 3:00pm—4:30pm Bowling @ Arctic Bowl	23 2:30pm-4:30pm Bocce @ Pioneer Park Moose Pavillion	24 1:30pm-2:00pm Exercise @ JCC 2:30pm - 3:30pm Walking @ JCC 3:30pm- 4:30pm Gardening @JCC	25  1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	26 1:30pm-2:00pm Exercise @ JCC 2:30pm—4:00pm Outdoor Fun @ JCC	27 
28 	29 3:00pm—4:30pm Bowling @ Arctic Bowl	30 FAIR DAY 12:00pm—4:00pm Tanana Fairgrounds Meet at Blue Gate (Sensory 12-2)	31 1:30pm-2:00pm Exercise @ JCC 2:30pm - 3:30pm Walking @ JCC 3:30pm- 4:30pm Gardening @JCC	You must Pre-register for ALL programs at least 48 hours in advance!		

Recreation Program Manager : Michelle Leonard
 Phone: 907-459-1097
 Cell: 907-388-1053 Email: michelle.leonard@fnsb.gov
 Website: parks.fnsb.gov

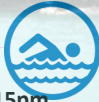
MSRC = Mary Siah* *JCC = Joy Community Center

AUGUST 2024 ADAPTIVE PROGRAMS

Sun Mon Tue Wed Thu Fri Sat

You must Pre-register for ALL programs at least 48 hours in advance!

				1 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	2 1:30pm-2:00pm Exercise @ JCC 2:30pm—4:00pm Outdoor Fun @ JCC	3
4	5 3:00pm—4:30pm Bowling @ Arctic Bowl	6 2:30pm-4:30pm Bocce @ Pioneer Park Moose Pavillion	7 1:30pm-2:00pm Exercise @ JCC 2:30pm - 3:30pm Walking @ JCC 3:30pm- 4:30pm Gardening@JCC	8 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	9 2:30pm—4:00pm Botanical Gardens @ UAF	10
11	12 3:00pm—4:30pm Bowling @ Arctic Bowl	13 2:30pm-4:30pm Bocce @ Pioneer Park Moose Pavillion	14 1:30pm-2:00pm Exercise @ JCC 2:30pm - 3:30pm Walking @ JCC 3:30pm- 4:30pm Gardening@JCC	15 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	16 2:30pm—4:30pm BBQ @ JCC PLEASE SEE FLYER!	17 6:00pm-8:00pm Special O Dance @ Midnight Sun Golf Course 
18	19 3:00pm—4:30pm Bowling @ Arctic Bowl	20 2:30pm-4:30pm Bocce @ Pioneer Park Moose Pavillion	21 2:30pm - 4:00pm Tanana Valley Farmers Market 2600 College Rd	22 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	23 2:30pm—4:00pm Bike Ride @ Big Dipper	24
25	26 3:00pm—4:30pm Bowling @ Arctic Bowl	27 2:30pm-4:30pm Bocce @ Pioneer Park Moose Pavillion	28 1:30pm-2:00pm Exercise @ JCC 2:30pm - 3:30pm Walking @ JCC 3:30pm- 4:30pm Gardening @JCC	29 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	30 1:30pm-2:00pm Exercise @ JCC 2:30pm—4:00pm Outdoor Fun @ JCC	31



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