



GOLDEN AGE GAZETTE



Presented by the FNSB Parks and Recreation Department

Bryce Ward, Mayor

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

June 2022

Hello,

Welcome to summer! The sunshine makes it easier for us to get started with our summer activities. **Senior Walking Club, Tuesdays and Thursdays, 9:30-10:30a.m. walking at the Big Dipper.** If you would like information on joining the Walking Club, please call the Senior Program Office and speak with staff. This is a great group of seniors walking and sharing in the positive effects of exercise and socialization. The Big Dipper will be closed for maintenance June 18th –July 24th. Senior Walking Club will relocate to the Morris Thompson starting June 21st.

Also, we will be having practice sessions for Alaska Senior Games at Pioneer Park and T. Miller Memorial Park in North Pole. Pioneer Park Tuesday June 14th and June 28th, 1:00-2:00pm. Terry Miller Memorial Park Friday June 17th, 1:45-2:45pm. Bocce and Horseshoes will be at both locations. These sessions are open to anyone even if you have never participated in Alaska Senior Games.

June Regular Activities Schedule:

WALKING - TUES & THURS - 9:30-10:30am - Big Dipper (June 2nd - June 16th)

TUES & THURS-9:30-10:30am –Morris Thompson Cultural Center (June 21st–June 30th)

EXERCISE - TUES & THURS - 11:15 –11:45am - Mary Siah Recreation Center

EXERCISE IN NORTH POLE-MON & FRI-11:15-11:45am-Santa Senior Center

Signing up for programs is now required. Please call 459-1136 to sign-up. If no answer, please leave a message. We will return your call!

For transportation, please call Van Tran to schedule trips for any of our activities by calling 459-1010, #2. Please place pick up requests at least 24 hours ahead of time. Requests can be made up to 2 weeks in advance. Please cancel at least 24 hours in advance, unless it is an emergency situation.

For more information, check the newsletter or go online: www.parks.fnsb.gov

We encourage you to view your newsletter online or by email. To cancel the mailing, or get on the email list please call 459-1136. If we are unavailable, please leave your name and address with your request on our voicemail.

Marya

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

Denise Daniello 219-381-8421 Carol Davila 458-5545 Marleyne Hunter 488-4116
 Mikki Rosser 378-9353 Darlene Supplee 452-1735 Barbara Tarkiainen 479-3209
 Karen Wood 474-2121

The Senior Citizens Advisory Commission will hold a meeting on June 16th. 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

8:00am-4:30pm

SANTA'S SENIOR CENTER (NORTH

POLE) 488-4663

101 E. 5th Ave.

Office Hours

11:00am-3:00pm

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 (Transportation provided by Van Tran)

Mon-Fri. 9:00 A.M. - 9:45A.M. (Hamme Pool)

Monday, Wednesday, Friday 12:00-12:45pm (Hamme Pool)

Hamme Pool will be closed June 13th-July 10th

Please call Hamme Pool 459-1086 for more information

Exercise at Santa Senior Center in North Pole

Monday and Friday 11:15-11:45am

Senior Exercise at Mary Siah Recreation Center

Tuesday & Thursday 11:15am –11:45am, Exertubes provided. Please bring your own weights (2 water bottles work well also!)

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

Tues. & Thurs. 9:30 A.M.-10:30 A. M. ***Big Dipper will be closed June 18th-July 10th***

Please look at Calendar and Newsletter for more information

Various Outings (Transportation provided by Van Tran)

See calendar for details.