

THE EXTRA SCOOP

Presented by the Fairbanks North Star Borough Parks & Recreation Department Adaptive Recreation Program



Phone: 907-459-1097
Cell: 907-388-1053

Website: parks.fnsb.gov



FLiP
Fairbanks Loves Its Parks

**SIGN UP FOR OUR FREE
MONTHLY PARKS & REC
NEWSLETTER !**

WELCOME TO THE ADAPTIVE PROGRAM!

We have some **FUN** events planned for **March** :

**ST.
PATRICK'S DAY
KARAOKE**
Friday March 17th

**ST.
PATRICK'S
CRAFTS**
Friday March 10th

BINGO
Friday March 24th

**SPECIAL "O"
DANCE**
Saturday
March 18th

See calendar for more March programs!

THE EXTRA SCOOP | PAGE 1



DEAR PARTICIPANTS, PARENTS AND CAREGIVERS,

In order to enjoy the many programs offered, please remember a few important things:

- Please Note : We bowl 3 games @ \$5.50 per game
- Sign up for all activities and events! Call 459-1097 by Fridays before the next week's activities.
- All registered participants are required to stay with the group during activities. You must have your Guardian's permission to leave AND notify Adaptive staff.
- Be respectful! Use kind and appropriate language.
- NO ALCOHOL USE and NO SMOKING.
- No pets or animals allowed! Certified service animals are acceptable.



WEEKLY PROGRAMS

MUST PRE-REGISTER FOR PROGRAMS PLEASE CONTACT 459-1097



LUNCH CHAT - ONLINE ZOOM

DAY(S) OF WEEK	LOCATION	TIME	FEE
Monday, Tuesday, Wednesday & Friday	Online - Zoom	12:00pm-12:30pm	Free



BOWLING

DAY(S) OF WEEK	LOCATION	TIME	FEE
Monday	Arctic Bowl	3:00pm-4:30pm	\$5.50/game



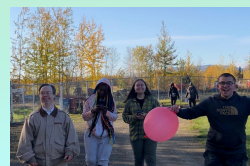
GAMES

DAY(S) OF WEEK	LOCATION	TIME	FEE
Tuesday	Mary Siah	3:30pm-4:30pm	Free



EXCERISE

DAY(S) OF WEEK	LOCATION	TIME	FEE
Tuesday	Mary Siah	2:30pm-3:30pm	Free
Friday	Mary Siah	2:00pm-2:45pm	



WALKING

DAY(S) OF WEEK	LOCATION	TIME	FEE
Wednesday	Big Dipper	2:30pm-3:30pm	Free



WII GAMES

DAY(S) OF WEEK	LOCATION	TIME	FEE
Wednesday	Big Dipper	3:30pm-4:30pm	Free



SWIMMING

DAY(S) OF WEEK	LOCATION	TIME	FEE
Thursday	Mary Siah	1:00pm-2:15pm	Free



ART

DAY(S) OF WEEK	LOCATION	TIME	FEE
Thursday	Mary Siah	2:30pm-3:30pm	Free

SPECIAL PROGRAMS

MUST PRE-REGISTER FOR PROGRAMS PLEASE CONTACT 459-1097



ST PATRICK'S DAY CRAFTS

DAY(S) OF WEEK

Friday March 10th

Please let me know if you will be attending this event

LOCATION

Carlson Center -
North Star Room

TIME

4:00pm -5:30pm

FEE

Free



ST .PATRICK'S DAY KARAOKE

DAY(S) OF WEEK

Friday March 17th

LOCATION

Carlson Cener -
PROW Room

TIME

2:00pm -4:00pm

FEE

Free



SPECIAL "O" DANCE

DAY(S) OF WEEK

Saturday March 18th

LOCATION

Elk's Lodge -
1003 Pioneer Rd

TIME

7:00pm -9:00pm

FEE

Free



MOVIE

DAY(S) OF WEEK

Friday March 3rd & 31st

LOCATION

Mary Siah

TIME

3:00pm-5:00pm

FEE

Free



BINGO

DAY(S) OF WEEK

Friday March 24th

LOCATION

Mary Siah

TIME

3:00pm-4:30pm

FEE

Free





March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12:00pm-12:30pm Zoom Lunch Chat 2:30-3:30p.m. Walking @ Big Dipper 3:30-4:30 Wii Games @ Big Dipper	2 1:00-2:15p.m. Swimming@ Mary Siah 2:30-3:30pm Art @ Mary Siah	3 12:00pm-12:30 Zoom Lunch Chat 2:00pm-2:45pm Exercise @ Mary Siah 3:00pm-5:00pm Movie @ Mary Siah	4 
5	6 12:00pm-12:30 Zoom Lunch Chat 3:00—4:30p.m. Bowling @ Arctic Bowl	7 12:00pm-12:30 Zoom Lunch Chat 2:30-3:30 Exercise @ Mary Siah 3:30-4:30pm Games @ Mary Siah	8 12:00pm-12:30pm Zoom Lunch Chat 2:30-3:30p.m. Walking @ Big Dipper 3:30-4:30 Wii Games @ Big Dipper	9 1:00-2:15p.m. Swimming@ Mary Siah 2:30-3:30pm Art @ Mary Siah	10 12:00pm-12:30 Zoom Lunch Chat 4:00pm-5:30pm St. Patrick's Day Crafts @ Carlson Center (this event is with the public)	11
12 Daylight Savings 	13 12:00pm-12:30 Zoom Lunch Chat 3:00—4:30p.m. Bowling @ Arctic Bowl	14 12:00pm-12:30 Zoom Lunch Chat 2:30-3:30 Exercise @ Mary Siah 3:30-4:30pm Games @ Mary Siah	15 12:00pm-12:30pm Zoom Lunch Chat 2:30-3:30p.m. Walking @ Big Dipper 3:30-4:30 Wii Games @ Big Dipper	16 1:00-2:15p.m. Swimming@ Mary Siah 2:30-3:30pm Art @ Mary Siah	17 2:00pm –4:00pm St. Patrick's Day Karaoke @ Carlson Center 	18 Special "O" Dance @Elks Lodge 7-9pm
19	20 12:00pm-12:30 Zoom Lunch Chat 3:00—4:30p.m. Bowling @ Arctic Bowl	21 12:00pm-12:30 Zoom Lunch Chat 2:30-3:30 Exercise @ Mary Siah 3:30-4:30pm Games @ Mary Siah	22 12:00pm-12:30pm Zoom Lunch Chat 2:30-3:30p.m. Walking @ Big Dipper 3:30-4:30 Wii Games @ Big Dipper	23 1:00-2:15p.m. Swimming@ Mary Siah 2:30-3:30pm Art @ Mary Siah	24 12:00pm-12:30 Zoom Lunch Chat 2:00pm-2:45pm Exercise @ Mary Siah 3:00pm-4:30pm Bingo@ Mary Siah	25
26 	27 No programs Seward's Day 	28 12:00pm-12:30 Zoom Lunch Chat 2:30-3:30 Exercise @ Mary Siah 3:30-4:30pm Games @ Mary Siah	29 12:00pm-12:30 Zoom Lunch Chat 2:30-3:30p.m. Walking @ Big Dipper 3:30-4:30 Wii Games @ Big Dipper	30 1:00-2:15p.m. Swimming@ Mary Siah 2:30-3:30pm Art @ Mary Siah	31 12:00pm-12:30 Zoom Lunch Chat 2:00pm-2:45pm Exercise @ Mary Siah 3:00pm-5:00pm Movie @ Mary Siah	