
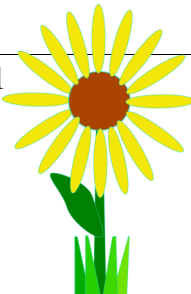




# May 2023

## Adaptive Programs

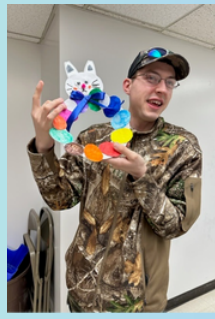
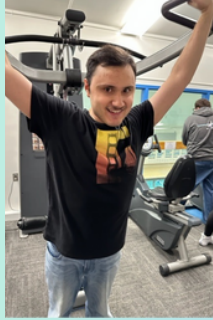
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:00pm-12:30pm Zoom Lunch Chat 3:00pm—4:30pm Bowling @ Arctic Bowl	2 12:00pm-12:30pm Zoom Lunch Chat 2:30pm-3:30pm Exercise @ MSRC 3:30pm-4:30pm Games @ MSRC	3 12:00pm-12:30pm Zoom Lunch Chat 2:30pm-3:30p.m. Walking @ BD 3:30pm-4:30pm Wii Games @ BD	4 1:00pm-2:15p.m. Swimming@ MSRC 2:30pm-4:00pm Art @ MSRC	5 12:00pm-12:30pm Zoom Lunch Chat 2:00pm—2:45pm Exercise @MSRC 3:00pm-5:00pm Movie @ MSRC	6
7	8 12:00pm-12:30pm Zoom Lunch Chat 3:00pm—4:30pm Bowling @ Arctic Bowl	9 1:15pm-2:00pm Fire Station Tour— Station #1 3:00pm-4:30pm Games @ MSRC	10 <b>No Programs</b> <b>Senior Recognition Day</b>	11 <b>No Programs</b> <b>Senior Recognition Day</b>	12 2:00pm—4:00pm Karaoke @ Carlson Center— North Star Room	13
14	15 12:00pm-12:30pm Zoom Lunch Chat 3:00pm—4:30pm Bowling @ Arctic Bowl	16 12:00pm-12:30pm Zoom Lunch Chat 2:30pm-3:30pm Exercise @ MSRC 3:30pm-4:30pm Games @ MSRC	17 12:00pm-12:30pm Zoom Lunch Chat 4:00pm—6:00pm Community Bike Ride Bring your bike to the Dipper!	18 1:00pm-2:15p.m. Swimming@ MSRC 2:30pm-4:00pm Art @ MSRC	19 12:00pm-12:30pm Zoom Lunch Chat 3:00 pm—4:30 pm Walking and Outdoor Fun!@ BD	20 Special “O” Dance @Elks Lodge 7-9pm
21 	22 12:00pm-12:30pm Zoom Lunch Chat 3:00pm—4:30p.m. Bowling @ Arctic Bowl	23 12:00pm-12:30pm Zoom Lunch Chat 2:30pm-3:30pm Exercise @ MSRC 3:30pm-4:30pm Games @ MSRC	24 12:00pm-12:30pm Zoom Lunch Chat 2:30pm-3:30p.m. Walking @ BD 3:30pm-4:30pm Wii Games @ BD	25 1:00pm-2:15p.m. Swimming@ MSRC 2:30pm-4:00pm Art @ MSRC	26 12:00pm-12:30pm Zoom Lunch Chat 3:00 pm—4:30 pm Walking and Outdoor Fun!@ BD	27
28	29 NO PROGRAMS 	30 Staff Training No Programs	31 12:00pm-12:30pm Zoom Lunch Chat 2:30pm-3:30p.m. Walking @ BD 3:30pm-4:30pm Wii Games @ BD			

\*BD = Big Dipper \*

\*MSRC = Mary Siah Recreation Center\*

# 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](http://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 **May** :

### KARAOKE

Friday May 12th

### FIRE STATION #1 TOUR

Tuesday  
May 9th

### COMMUNITY BIKE RIDE

Tuesday  
May 7

### SPECIAL "O" DANCE

Saturday  
May 20th

See calendar for more May programs!

THE EXTRA SCOOP | PAGE 1



# Meet our new Recreation Program Manager, Michelle Leonard



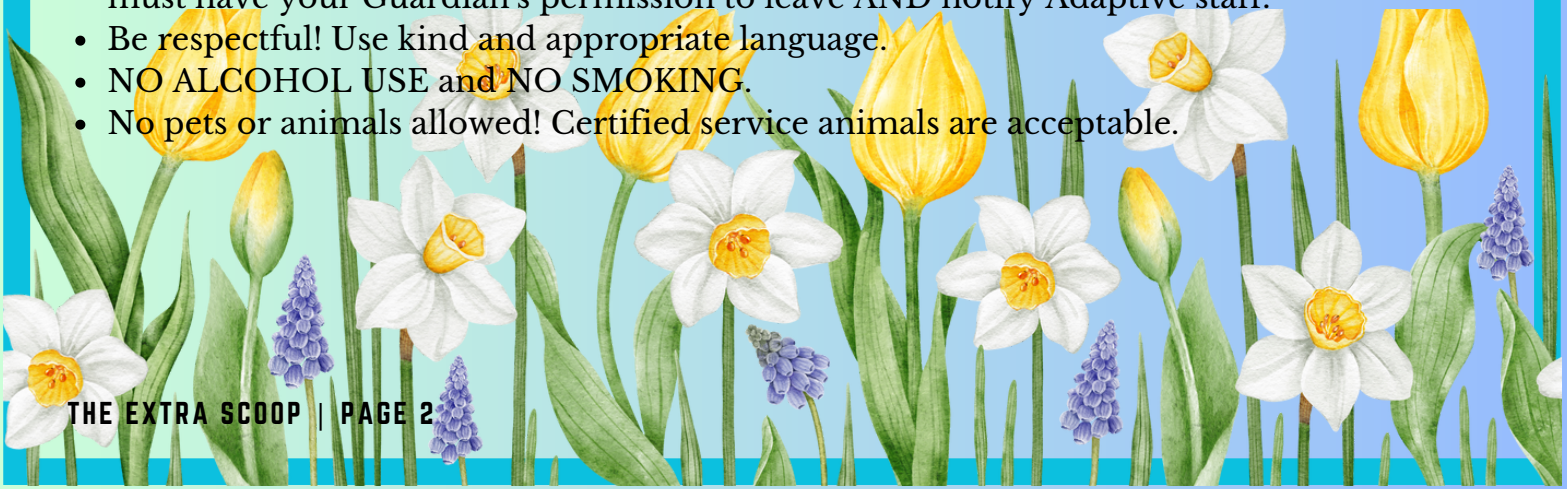
**"I AM EXCITED TO BE JOINING THE ADAPTIVE PROGRAMS AS THE MANAGER ON MAY 1. MANY OF YOU MAY RECOGNIZE ME FROM YOUR TIME SPENT AT ONE OF THE SWIMMING POOLS. I WILL BE ATTENDING AS MANY PROGRAMS AS I CAN AND LOOKING FORWARD TO MEETING EVERYONE. "**



## **DEAR PARTICIPANTS, PARENTS AND CAREGIVERS,**

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

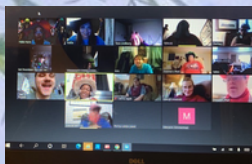
- **Please Note : We bowl 3 games @ \$5.50 per game**
- **Sign up for all activities and events! Call 459-1097 by Fridays before the next week's activities.**
- **All registered participants are required to stay with the group during activities. You must have your Guardian's permission to leave AND notify 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.**





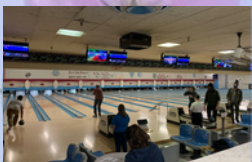
# ADAPTIVE WEEKLY PROGRAMS

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
Tuesday May 9th		3:00pm-4:30pm	



## EXCERISE

DAY(S) OF WEEK	LOCATION	TIME	FEE
Tuesday (excludes May 9th)	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
(Excludes May 10th & 17th)			



## WII

DAY(S) OF WEEK	LOCATION	TIME	FEE
Wednesday	Big Dipper	3:30pm-4:30pm	Free
(Excludes May 10th & 17th)			



## SWIMMING

DAY(S) OF WEEK	LOCATION	TIME	FEE
Thursday	Mary Siah	1:00pm-2:15pm	Free
(Excludes May 11th)			



## ART

DAY(S) OF WEEK	LOCATION	TIME	FEE
Thursday (Excludes May 11th)	Mary Siah	2:30pm-4:00pm	Free



# ADAPTIVE SPECIAL PROGRAMS

**MUST PRE-REGISTER FOR PROGRAMS PLEASE CONTACT 459-1097**



## MOVIE

**DAY(S) OF WEEK**  
Friday May 5th

**LOCATION**  
Mary Siah

**TIME**  
3:00pm -5:00pm

**FEE**  
Free



## FIRE STATION #1 TOUR

**DAY(S) OF WEEK**  
Tuesday May 9th  
**PLEASE LET ME KNOW IF  
YOU WILL BE COMING TO  
THIS!**

**LOCATION**  
1101 Cushman St

**TIME**  
1:15pm - 2:00pm

**FEE**  
Free



## KARAOKE

**DAY(S) OF WEEK**  
Friday May 12th

**LOCATION**  
Carlson Center -  
North Star Room

**TIME**  
2:00pm-4:00pm

**FEE**  
Free



## COMMUNITY BIKE RIDE- BIG DIPPER TO PIONEER PARK AND BACK

**DAY(S) OF WEEK**  
Tuesday May 17th

**LOCATION**  
Big Dipper  
(Bring Bikes to the  
Big Dipper)

**TIME**  
4:00pm -6:00pm

**FEE**  
Free



## SPECIAL "O" DANCE

**DAY(S) OF WEEK**  
Saturday May 20th

**LOCATION**  
Elk's Lodge -  
1003 Pioneer Rd

**TIME**  
7:00pm -9:00pm

**FEE**  
Free





## **FIRE HOUSE #1 (1101 Cushman Street) TOUR**

**MAY 9th 1:15pm - 2:00pm**

**We will meet in the parking lot at 1:15 and enter the building together at 1:25.**

**Tour starts promptly at 1:30!**

We will be checking out the fire house, fire engine and what the firefighters have to wear during a fire. This should be a great time!

**If you plan on coming , please let me know ASAP!**

**[kellie.rhodes@fnsb.gov](mailto:kellie.rhodes@fnsb.gov)/907-459-1098**

