

FNSB SENIOR PROGRAM

AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT	
	1 11:15-11:45am Exercise@ SSC 12:00-2:00pm Social Time @SSC	2 9:30-10:30am Walking @ Dipper 11:15-11:45am Exercise @MSRC	3 12:00-3:00pm Fair Day @ TVSF	4 11:15-11:45am Exercise @MSRC	5 11:15-11:45am Exercise@ SSC 12:00-2:00pm Social Time @SSC	6	
7	8 9:00am-12:00pm Bocce @ Alaska Senior Games	9 9:30-10:30am Walking @ Dipper 11:15-11:45am Exercise @MSRC	10	11 9:30-10:30am Walking @ Dipper 11:15-11:45am Exercise @MSRC	12 9:00am-12:00pm Team Toss @ Alaska Senior Games	13 9:00am-12:00pm Mini Golf @ Ak Senior Games 2:00-7:00pm Chena Lakes Art and Music	
14	15 11:15-11:45am Exercise@ SSC 12:00-2:00pm Social Time @SSC	16 9:30-10:30am Walking @ Dipper 11:15-11:45am Exercise @MSRC 12:15pm-1:15pm Lunch@ The Chowder House	17 10:00-11:00am Coffee @ McDonalds 11:30am-12:30pm Farmers Market	18 9:30-10:30am Walking @ Dipper 11:15-11:45am Exercise @MSRC	19 11:15-11:45am Exercise@ SSC 12:00-2:00pm Social Time @SSC	20	
21	22 11:15-11:45am Exercise@ SSC 12:00-2:00pm Social Time @SSC	23 9:30-10:30am Walking @ Dipper 11:15-11:45am Exercise @MSRC	24 11:30am-12:30pm Lunch@ Pagoda 2:30-3:30pm Barnes N Noble	25 9:30-10:30am Walking @ Dipper 11:15-11:45am Exercise @MSRC 12:15-1:15pm Lunch@ The Banks Alehouse	26 11:15-11:45am Exercise@ SSC 12:00-2:00pm Social Time @SSC	27	
28	29 11:15-11:45am Exercise@ SSC 12:00-2:00pm Social Time @SSC	30 9:30-10:30am Walking @ Dipper 11:15-11:45am Exercise @MSRC 12:15pm-1:15pm Lunch @ The Bakery	31 11:00am-12:00pm Shopping@ Roxy's Secondhand 2:30-4:00pm Bingo @ Big Dipper	<p>To Sign up for Programs: Call Marya at (907) 459-1136 or email: marya.lewanski@fnsb.gov PARKS.FNSB.GOV</p>			



MSRC=Mary Siah Recreation Center, SSC=Santa Senior Center, Dipper= Big Dipper Ice Arena, TVSF= Tanana Valley State Fair