

GOLDEN AGE GAZETTE

Presented by the Fairbanks North Star Borough Parks & Recreation Department

SEPTEMBER AND OCTOBER

WELCOME TO THE SENIOR PROGRAM

Here is the September/October Newsletter! Join us for healthy activities and socialization.

Senior Program
Joy Community Center
24 Margaret Ave.

Email: marya.lewanski@fnsb.gov



Phone: 907-459-1136

Website: parks.fnsb.gov



Sign up for our monthly Parks & Rec e-Newsletter packed with events and programs. Issues come out on the 1st of the month. Sign up online at parks.fnsb.gov or call 459-1070.

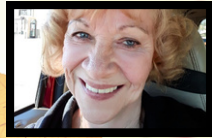
Senior Citizens Advisory Commission



Denise Daniello, Chair
(219) 381-8421



Darlene Supplee
(907) 452-1735



Marleyne Hunter
(208) 599-0579



Karen Wood
(907) 474-2121



Carol Anthony, Vice-Chair
(907) 378-2769
(907) 458-5545



Bobbie Tarkiainen
(907) 978-6543

**Could
This
Be You?**

3 Vacant Seats
Apply today fnsb.gov

Contact any member of the Commission if you have ideas or concerns that bear upon the welfare of senior citizens and are within the powers of the Fairbanks North Star Borough. The meetings are quarterly. The 2nd Thursday in January, April, July and October. Meeting takes place in the JHAC Assembly Chambers at Noon.

More information [fnsb.gov/ Senior-Citizens-Advisory-Commission](https://fnsb.gov/Senior-Citizens-Advisory-Commission)

Local Senior Centers

Fairbanks Senior Center

1424 Moore St.
(907) 452-1735
Office Hours
8:00am - 4:30pm

Santa's Senior Center

101 E. 5th Ave.
(907) 488-4663
Office Hours
11:00am - 3:00pm

Salcha Senior Center

6073 Salcha Pioneer Court
(907) 488-1606
Office Hours
N/A

SEPTEMBER/OCTOBER NEWS

Parks & Recreation will begin offering limited transportation for Senior and Adaptive Recreation Programs beginning September 16th.

This service will be different from Van Tran because the drivers will be one of the P&R staff members and all participants will be picked up/dropped off on one route.

You may still use Van Tran if you so choose.

The Senior Programs will offer limited transportation for Tuesday and Thursday programs. Due to the timing and the limited staff, if you sign up for transportation on Tuesday or Thursday, you must attend all Senior programs that day.

If you only want to attend one program on these days, please contact Van Tran for your transportation needs.

To register for P&R transportation to events, you must call 907 459-1136, at least one week prior to the scheduled activity. Emails and verbal communication requests for transportation will not be processed.

Once we have your requests, a staff member will call and reconfirm your requests.

The day before your pickup, a staff member will call you with a pickup time. All drop offs will be made at the original pickup location unless prior arrangements are made.

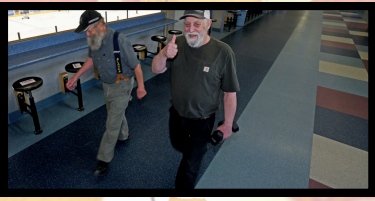
All participants who use the P&R transportation will need to sign a van code of conduct.

We are unable to offer transportation for North Pole or outlying areas due to staffing limitations.

You must cancel transportation, please call 907 459-1097 at least 4 hours before the activity is scheduled to begin. Failure to call in and cancel your ride, may result in loss of transportation privileges.

FNSB Senior Program Walking and Exercise

September/October 2024



WALKING CLUB

Tuesdays & Thursdays 9:30AM-10:30AM Big Dipper Ice Arena Free



NORTH POLE EXERCISE

Mondays & Fridays 11:15AM-11:45AM Santa's Senior Center Free



FAIRBANKS EXERCISE

Tuesdays & Thursdays 11:15AM-11:45AM Joy Community Center Free



WALKING WITH A DOC

Thursdays 7:00PM-8:00PM Big Dipper Ice Arena Free



AQUACISE

Monday, Wednesday, Friday 1:00PM-1:45PM Mary Siah Recreation Center \$5.00

North Pole Exercise
Santa Senior Center

Fairbanks Exercise
Joy Community Center



**Come Join One of Our
Exercise Classes!!**

FNSB Senior Program Food Outings

September/October 2024



LUNCH @ THE BANKS ALEHOUSE

**Thursday,
September 19th** **12:15PM-1:45PM** **1243 Old Steese Hwy** **Approx. \$25.00**



LUNCH @ GERALDOS

**Tuesday,
September 24th
October 22nd** **12:15PM-1:45PM** **701 College Rd.** **Approx. \$20.00**



LUNCH @ GALLO'S

**Tuesday,
October 29th** **12:15PM-1:45PM** **60 College Rd.** **Approx. \$25.00**



POTLUCK

**Friday, September 20th
Friday, October 25th** **2:00PM-4:00PM** **Mary Siah
Recreation Center** **Bring a Dish to Share**

These outings are for people to enjoy a meal together. Get together with old friends or meet some new people.

Price listed is an approximate for each restaurant. Price you will pay is based on what you order.

FNSB Senior Program Activities

September/October 2024

GRANDPARENTS AND GRANDKIDS CRAFTS

Thursday,
September 26th
October 24th

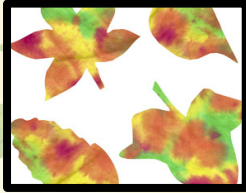
4:00PM - 5:30PM

Joy Community
Center

\$5.00



9/26



10/24



FAMILY PLAY NIGHT AND OPEN GYM

Family Open Gym

Sept. 4th and 18th
Oct. 2nd, 16th and 30th
Family Play Night
Sept. 11th and 25th
Oct. 9th and 23rd

4:30PM-7:00PM

Joy Community Center

\$5.00 Senior/Child
\$7.00 Adult



SPOOKY TRAIL

Friday,
October 11th

6:00PM-8:00PM

Tanana Lakes
Recreation Area
Sandpiper Trail

\$5.00 per
group of 5

Call 459-1070 to Register



CRAFTS

Wednesdays,
September 4th, 18th and
25th
October 2nd, 23rd and 30th

1:00PM-2:00PM

Fairbanks Senior
Center
1424 Moore St.

Free



ADULT GAME NIGHT

Tuesday,
October
8th

5:00PM-8:00PM

Joy Community
Center

\$5.00 Senior
\$7.00 Adult



TABLE TENNIS

Wednesdays

3:00PM-4:30PM

Joy Community
Center

\$5.00

