






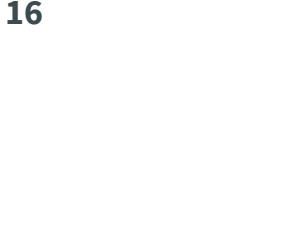








# FNSB SENIOR PROGRAM

## NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>To Sign up for Programs:</b> Call Marya at (907)459-1136 or email: <a href="mailto:marya.lewanski@fnsb.gov">marya.lewanski@fnsb.gov</a> <b>PARKS.FNSB.GOV</b>				1 11:15am-11:45am Exercise @ SSC  1:00pm-1:45pm Aquacise* @ MSRC	2 
3 	4 11:15am-11:45am Exercise @ SSC  1:00pm-1:45pm Aquacise* @ MSRC	5 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC  <b>12:15pm-1:45pm</b> <b>Lunch* @ Taco King</b>	6 1:00pm-1:45pm Aquacise* @ MSRC  <b>1:00pm-2:00pm</b> <b>Crafts @ FSC</b>  3:00pm-4:30pm Table Tennis @ JCC	7 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC  7:00pm-8:00pm Walk w/ a Doc @ Dipper	8 11:15am-11:45am Exercise @ SSC  1:00pm-1:45pm Aquacise* @ MSRC	9 
10 	11 <i>Veterans Day</i>  <b>No Programs</b>	12 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC	13 1:00pm-1:45pm Aquacise* @ MSRC  <b>1:00pm-2:00pm</b> <b>Crafts @ FSC</b>  3:00pm-4:30pm Table Tennis @ JCC	14 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC  7:00pm-8:00pm Walk w/ a Doc @ Dipper	15 11:15am-11:45am Exercise @ SSC  1:00pm-1:45pm Aquacise* @ MSRC  <b>2:00pm-4:00pm</b> <b>Potluck Social @ MSRC</b>	16 
17 	18 11:15am-11:45am Exercise @ SSC  1:00pm-1:45pm Aquacise* @ MSRC	19 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC  <b>12:15pm-1:45pm</b> <b>Lunch* @ Food Factory</b>	20 1:00pm-1:45pm Aquacise* @ MSRC  <b>1:00pm-2:00pm</b> <b>Crafts @ FSC</b>  3:00pm-4:30pm Table Tennis @ JCC	21 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC  <b>4pm-5:30pm</b> <b>Grandparents &amp; Grandkids</b> <b>Crafts* @ JCC</b> 7:00pm-8:00pm Walk w/ a Doc @ Dipper	22 11:15am-11:45am Exercise @ SSC  1:00pm-1:45pm Aquacise* @ MSRC	23 
24 	25 11:15am-11:45am Exercise @ SSC  1:00pm-1:45pm Aquacise* @ MSRC	26 9:30am-10:30am Walking @ Dipper  11:15am-11:45am Exercise @ JCC	27 1:00pm-1:45pm Aquacise* @ MSRC  3:00pm-4:30pm Table Tennis @ JCC	28 <i>Happy Thanksgiving</i>  <b>No Programs</b>	29  <b>Holiday</b> <b>No Programs</b>	30 

SSC=Santa Senior Center (101 E. Fifth Ave.), Dipper= Big Dipper Ice Arena (1920 Lathrop St.), MSRC=Mary Siah Recreation Center (965 14th Ave.), JCC= Joy Community Center (24 Margaret Ave.), FSC= Fairbanks Senior Center(1424 Moore St. ) \*Activity requires a small fee