

FNSB SENIOR PROGRAM

OCTOBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	3 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm and 5:30pm Trail Tuesday	4 1:00pm-1:45pm Aquacise* @ MSRC	5 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 4pm-5:30pm Grandparents & Grandkids Crafts* @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	6 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	7
8	9 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	10 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm-1:45pm Lunch* @ C&J's 12:15pm and 5:30pm Trail Tuesday	11 10:00am-11:00am Coffee* @ McDonalds Airport Way 1:00pm-1:45pm Aquacise* @ MSRC	12 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:00pm Senior Citizen's Advisory Commission Mtg. 7:00pm-8:00pm Walk w/ a Doc @ Dipper	13 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	14
15	16 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	17 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm and 5:30pm Trail Tuesday	18 No Programs Alaska Day	19 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm-1:45pm Lunch* @ KC's Kitchen 7:00pm-8:00pm Walk w/ a Doc @ Dipper	20 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC 2:00pm-4:00pm Potluck Social @ MSRC	21
22	23 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	24 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm and 5:30pm Trail Tuesday	25 1:00pm-1:45pm Aquacise* @ MSRC	26 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 4pm-5:30pm Grandparents & Grandkids Crafts* @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	27 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	28
29	30 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	31 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC - Activity Room 12:15pm and 5:30pm Trail Tuesday 12:15pm-1:45pm Lunch* @ Geraldo's		<div data-bbox="1192 1312 1774 1560" data-label="Text"> <p>To Sign up for Programs: Call Marya at (907)459-1136 or email: marya.lewanski@fnsb.gov PARKS.FNSB.GOV</p> </div>		



SSC=Santa Senior Center (101 E. Fifth Ave.), Dipper= Big Dipper Ice Arena (1920 Lathrop St.), MSRC=Mary Siah Recreation Center (803 14th Ave.), JCC= Joy Community Center (24 Margaret Ave.)

*Activity requires a small fee