


FNSB SENIOR PROGRAM

OCTOBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC	2 1:00pm-1:45pm Aquacise* @ MSRC 1:00pm-2:00pm Crafts @ FSC 3:00pm-4:30pm Table Tennis @ JCC 4:30pm-7:00pm Family Open Gym @JCC	3 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	4 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	5
6	7 11:15am-11:45am Exercise@ SSC 1:00pm-1:45pm Aquacise* @ MSRC	8 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 5:00pm-8:00pm Adult Game Night @JCC	9 1:00pm-1:45pm Aquacise* @ MSRC 3:00pm-4:30pm Table Tennis @ JCC 4:30pm-7:00pm Family Play Night @JCC	10 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	11 11:15am-11:45am Exercise@ SSC 1:00pm-1:45pm Aquacise* @ MSRC 6:00pm -8:00pm Spooky Trail *@TLRA	12
13	14 11:15am-11:45am Exercise@ SSC 1:00pm-1:45pm Aquacise* @ MSRC	15 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC	16 1:00pm-1:45pm Aquacise* @ MSRC 3:00pm-4:30pm Table Tennis @ JCC 4:30pm-7:00pm Family Open Gym @JCC	17 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	18 Alaska Day  No Programs	19
20	21 11:15am-11:45am Exercise@ SSC 1:00pm-1:45pm Aquacise* @ MSRC	22 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm-1:45pm Lunch* @ Geraldo's	23 1:00pm-1:45pm Aquacise* @ MSRC 1:00pm-2:00pm Crafts @ FSC 3:00pm-4:30pm Table Tennis @ JCC 4:30pm-7:00pm Family Play Night @JCC	24 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	25 11:15am-11:45am Exercise@ SSC 1:00pm-1:45pm Aquacise* @ MSRC 2:00pm-4:00pm Potluck Social @ MSRC	26
27	28 11:15am-11:45am Exercise@ SSC 1:00pm-1:45pm Aquacise* @ MSRC	29 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm-1:45pm Lunch* @ Gallo's	30 1:00pm-1:45pm Aquacise* @ MSRC 1:00pm-2:00pm Crafts @ FSC 3:00pm-4:30pm Table Tennis @ JCC 4:30pm-7:00pm Family Open Gym @JCC	31 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <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 (965 14th Ave.), TLRA=Tanana Lakes Recreation Are,(1560 Saddle Ave.), JCC= Joy Community Center (24 Margaret Ave.) *Activity requires a small fee