



January/ February 2019

# The Extra Scoop

Presented by the Fairbanks North Star Borough  
Department of Parks and Recreation  
Adaptive Recreation Program (907) 459-1097

Bryce Ward, Mayor



Adaptive Program Coordinator

**Tiffany Corrigan**

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## January/ February

Dear Participants, Parents and Caregivers:

Happy New Year! I would like to welcome our newest staff member, Nicole Horn. She is a welcome addition to our great team! Be sure to introduce yourself if you haven't already met her.

I am sure you have all made some resolutions for this year and if staying active is one of them, we have fun activities planned for you! The programs will keep to the same schedule other than Tuesday's programs will change and be held in a different location.

Beginning January 29th, we are changing our Tuesday programs to be held at the Big Dipper. This schedule will remain through May. Yes, on Tuesdays, we will be bringing back our cross-country skiing/ snow shoeing and ice skating. We will offer Game Night at the same time as Ice Skating for those who don't wish to skate. Others can enjoy some board games or cards in the Dipper Conference Room. We will be cross-country skiing/ snow shoeing first at 2:45-4:00p.m. I will expect everyone who arrives at 2:45p.m. to be prepared for outdoor fun and to dress accordingly for the current weather. There will be no indoor activity until ice skating and Game Night beginning at 4:00p.m. After skating and games we will walk inside the Dipper, which is a great way to stretch your muscles by logging a few miles inside the warmth of the Big Dipper.

Please note the cancelation of Art on Thursday, January 31st. We will have our Swimming Program at 6:30-8:30p.m. and hope to see you all there.

When you are requesting your Van Tran transportation state the new location and time of the programs that you will be participating in. Transportation will be provided through the FNSB Van Tran at no cost to you those within the Van Tran's service area. Be certain when you place your request with Van Tran's Dispatch you state that you are attending FNSB Parks & Recreation Adaptive Programs.

Please, remember to place your program requests to the Adaptive Program Office at 459-1097 as well as signing-up for the Cultural outings. This request must be made by the Wednesday before the Cultural event you wish to attend. Be sure to leave a voicemail if we are unavailable to answer your call, so staff may return your call.

For additional information or to register, simply call the Parks & Recreation Adaptive Office, or check online at the Fairbanks North Star Borough website: [www.fnsb.us](http://www.fnsb.us) It is very important for participants to wear appropriate outerwear for the current temperature when participating in the Adaptive Fall/Winter Programs.

Looking forward to see everyone,

Tiffany

### Important Dates:

- **Tuesday, January 1st, No Programs, New Year's Day Observed**
- **Monday, January 21st, No Programs, Martin Luther King Jr.'s Day**
- **Saturday, January 19th, Special Olympics' Dance**
- **Thursday, January 31st, No Art Program**
- **Saturday, February 16th, Special Olympics' Dance**
- **Monday, February 18th, No Programs, President's Day Observed**

# Adaptive January & February Adult Cultural Enrichment Activities

## January

- Friday, January 5th      **Movie Night @ Regal Cinema, 1855 Airport Way**  
Time: 4:00p.m. –7:00p.m.  
Cost: \$27.00 ticket, & snack \$\$  
Please bring your **ADA ID** and your **Regal Crown Club Card** if you have one.
- Friday, January 11th      **Ice Dog Game @ Big Dipper, 1920 Lathrop St.**  
Time: 5:45p.m.-9:15p.m.  
Cost: \$27.00 ticket cost \$15.00 & snack \$\$
- Saturday, January 19th      **Special Olympics Dance @ Elk's Lodge, 1003 Pioneer Way**  
Time: 7:00-9:00p.m.  
Cost: \$1.00 per soda
- Friday, January 25th      **Paint Night @ MSRC, 805 14th Ave.**  
Time: 3:45-6:45p.m.  
Cost: \$10.00 supplies & snack

## February

- Friday, February 1st      **Movie Night @ Regal Cinema, 1855 Airport Way**  
Time: 4:00p.m. –7:00p.m.  
Cost: \$27.00 ticket & snack \$\$  
Please bring your **ADA ID** and your **Regal Crown Club Card** if you have one.
- Friday, February 8th      **Dinner @ Food Factory, 275 Bentley Trust Rd**  
Time: 4:00p.m. –6:00p.m.  
Cost: \$27.00 meal, beverage & gratuity
- Saturday, February 16th      **Special Olympics Dance @ Elk's Lodge, 1003 Pioneer Way**  
Time: 7:00-9:00p.m.  
Cost: \$1.00 per soda
- Friday, February 22nd      **Karaoke Night @ MSRC, 805 14th Ave.**  
Time: 3:45-6:15p.m.  
Cost: \$10.00 snack & beverage

### Adaptive Programs and Cultural Enrichment Instructions

- 1) All participants that come with the Adaptive Recreation group will be required to stay with the group during the activity. If the participant wishes to leave an event, he or she must have his or her guardians consent and the guardian needs to tell a member of the Adaptive staff.
- 2) All Participants of the Adaptive Recreational Programming will need to be respectful to other members of the program and community to the best of his or her ability. This includes using appropriate language.
- 3) The no alcohol rule is in effect and smoking prohibited during the program. After the program ends, the facility's smoking rules apply.
- 4) Call the Parks and Recreation office between 3:30 P.M. and 5:00 P.M. Monday through Friday at 459-1097 to sign up for 2 cultural activities. All reservations must be made by the Wednesday prior to the activity. Your phone call will be returned, confirming the reservation. If an activity is full or if you want to sign up for more than 2 events, ask to be put on the wait list. If an event does not fill up, those on the wait list will be contacted.

We hope this system is equitable. If you have any questions, call 459-1097.

**All transportation must be arranged with Van Tran, 459-1010 ext.2. Be sure to identify your transportation is to Parks & Recreation programs.**









# **ADAPTIVE RECREATION PARTICIPANT GUIDELINES**

1. Please be on time for programs.
2. Keep your hands and feet to yourself.
3. No foul or abusive language will be tolerated.
4. No alcohol or smoking is permitted on outings or activities.
5. Participants must follow directions from staff members and stay with the group at all times.
6. Participants should come dressed appropriately for the activity and are required to participate in the activity to the best of his or her ability.
7. All participants that come with the Adaptive Recreation group will be required to stay with the group during the activity. If the participant wishes to leave an event, he or she must have his or her guardians consent and the guardian needs to tell a member of the Adaptive staff.
8. All participants of the Adaptive Recreational Programming will need to be respectful to staff as well as other members of the program and community to the best of his or her ability. This includes using appropriate language.



# January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> New Year's Day No Programs	<b>2</b> 5:00-6:00p.m. Walking @ Dipper 6:00-7:45 p.m. Rec Night @ Dipper Conference Room	<b>3</b> 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	<b>4</b> 2:30-3:30p.m. Exercise @MSRC 4:00-7:00p.m. Cultural @ Regal Cinema	<b>5</b> 
<b>6</b>	<b>7</b> 3:30-5:30p.m. Bowling @ Arctic Bowl 	<b>8</b> 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	<b>9</b> 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	<b>10</b> 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	<b>11</b> 5:45-9:15p.m. Ice Dog Game	<b>12</b>
<b>13</b>	<b>14</b>  3:30-5:30p.m. Bowling @ Arctic Bowl	<b>15</b> 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	<b>16</b> 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	<b>17</b> 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	<b>18</b> 2:30-3:30p.m. Exercise @ MSRC	<b>19</b> 7:00-9:00p.m. Cultural Special "O" Dance 
<b>20</b>	<b>21</b> Martin Luther King Jr. Day No Programs	<b>22</b> 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	<b>23</b> 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	<b>24</b> 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	<b>25</b> 2:30-3:30p.m. Exercise @MSRC 3:45-6:45p.m. Cultural @ MSRC Paint Night	<b>26</b>
<b>27</b> 	<b>28</b> 3:30-5:30p.m. Bowling @ Arctic Bowl	<b>29</b> 2:45-4:00p.m. Snow Fun @ Dipper 4:00-5:00p.m. Ice Skating & Game Night @ Dipper 5:00-6:15p.m. Walking@ Dipper	<b>30</b> 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	<b>31</b> No Art 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC 		

MSRC = Mary Siah Recreation Center, Swimming Pool & Art Room, Dipper= Big Dipper Ice Arena, Hunter Gym = Hunter Elementary School Gymnasium, Arctic Bowl=Arctic Bowling Alley

Fairbanks North Star Borough Department of Parks & Recreation, Adaptive & Senior Program Coordinator Tiffany Corrigan, 459-1097



# February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 2:30-3:30p.m. Exercise @ MSRC 4:00-7:00p.m. Cultural @ Regal Cinema	2
3	4 3:30-5:30p.m. Bowling @ Arctic Bowl 	5 2:45-4:00p.m. Snow Fun @ Dipper 4:00-5:00p.m. Ice Skating & Game Night @ Dipper 5:00-6:15p.m. Walking @ Dipper	6 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	7 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	8 2:30-3:30p.m. Exercise @MSRC 4:00-6:15p.m. Cultural @ Food Factory	9
10	11 3:30-5:30p.m. Bowling @ Arctic Bowl	12 2:45-4:00p.m. Snow Fun @ Dipper 4:00-5:00p.m. Ice Skating & Game Night @ Dipper 5:00-6:15p.m. Walking @ Dipper	13 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	14 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC 	15 2:30-3:30p.m. Exercise @ MSRC	16 7:00-9:00p.m. Cultural Special "O" Dance
17	18 No Programs Presidents' Day	19 2:45-4:00p.m. Snow Fun @ Dipper 4:00-5:00p.m. Ice Skating & Game Night @ Dipper 5:00-6:15p.m. Walking @ Dipper	20 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	21 No Art / Staff Training 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	22 2:30-3:30p.m. Exercise @MSRC 3:45-6:15p.m. Cultural @ MSRC Karaoke Night	23
24	25 3:30-5:30p.m. Bowling @ Arctic Bowl	26 2:45-4:00p.m. Snow Fun @ Dipper 4:00-5:00p.m. Ice Skating & Game Night @ Dipper 5:00-6:15p.m. Walking @ Dipper	27 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	28 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC		

MSRC = Mary Siah Recreation Center, Swimming Pool & Art Room, Dipper= Big Dipper Ice Arena, Conference Room & Mezzanine,  
 Hunter Gym = Hunter Elementary School Gymnasium, Arctic Bowl=Arctic Bowling Alley  
 Fairbanks North Star Borough Department of Parks & Recreation, Adaptive & Senior Program Coordinator Tiffany Corrigan, 459-1097

ADAPTIVE REGISTRATION FORM ACTIVITY: \_\_\_\_\_.

Participant: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Alternate person to contact (for emergency): \_\_\_\_\_ Phone: \_\_\_\_\_

Special Education Classification/Disability: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Check (X) if participant is: \_\_\_\_\_ Subject to Seizure \_\_\_\_\_ Hearing Impaired  
\_\_\_\_\_ Visually Impaired \_\_\_\_\_ Non-Ambulatory

List any Allergies: \_\_\_\_\_

List any Medication: \_\_\_\_\_

List any Dietary Restrictions: \_\_\_\_\_

Provide any information that you feel will assist our staff in accommodating the participant:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you want to receive your newsletter by email:

Email Address: \_\_\_\_\_

Emergency Treatment Permission: I Do \_\_\_/Do Not \_\_\_\_, agree to emergency treatment by a physician or hospital in the event I cannot be reached.

Photo Permission: I Do \_\_\_/Do Not \_\_\_\_, grant permission for the participant's picture to be used in publicity or brochures related to the Fairbanks North Star Borough Parks & Recreation Programs.

I, the undersigned, in consideration of permission granted to the above-named Participant by the FNSB to participate in FNSB Parks & Recreation Programs, hereby and forever discharge and release on behalf of myself, my child or ward, our heirs and assigns, the FNSB along with its employees and volunteers, from all claims, demands, Damages, actions and causes of action whatsoever, including but not limited to claims for property loss, personal injury, or death, arising from participation in the program or activity. I agree to abide by all applicable Parks & Recreation Department Rules & Regulations for activities in which participant participates. I, the undersigned, have read and fully understand the provisions of the above release and have explained it to my child/ward if appropriate.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
Adult Participant or Parent/Guardian

Please return to: Fairbanks North Star Borough, Department of Parks & Recreation  
P.O. Box 71267, Fairbanks, AK 99707-1267 or Fax to (907) 290-2449