

GOLDEN AGE GAZETTE

Presented by the Fairbanks North Star Borough Parks & Recreation Department



March And April

WELCOME TO THE SENIOR PROGRAM

Welcome Spring!

Here is the March/April Newsletter! Join us for healthy activities and socialization.

Senior Program
Joy Community Center
24 Margaret Ave.

Email: marya.lewanski@fnsb.gov



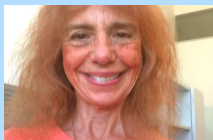
Phone: 907-459-1136

Website: parks.fnsb.gov

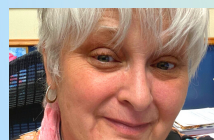


Sign up for our monthly Parks & Rec e-Newsletter packed with events and programs. Issues come out on the 1st of the month. Sign up online at parks.fnsb.gov or call 459-1070.

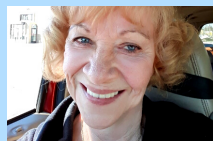
Senior Citizens Advisory Commission



Denise Daniello
(219) 381-8421



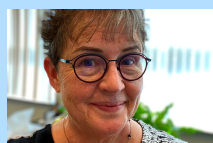
Darlene Supplee
(907) 452-1735



Marleyne Hunter
(907) 488-4116



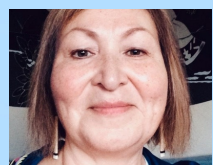
Karen Wood
(907) 474-2121



Carol Anthony
(907) 458-5545



Barbara Tarkiainen
(907) 479-3209



Drena McIntyre
(907) 347-1534

**Could
This
Be You?**

**2 Vacant
Seats**

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, and on ZOOM.

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

Local Senior Centers

The 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

Transportation

VanTran provides FREE transportation to any Parks and Recreation Senior Program. Call us or ask for an VanTran application at one of our programs. Call VanTran 459-1010 #2 to schedule a ride.

March/April News

Senior Recognition Day 2024

May 9th and 10th

Thursday May 9th

Luncheon and Awards

Friday May 10th

FBKS 50+ Summit and Senior
Health Fair

Sign-ups Start Friday, March 22nd.

Limited to 400 People

**Go to parks.fnsb.gov or call 459-1070
to sign up**



Award Nominations Needed For:

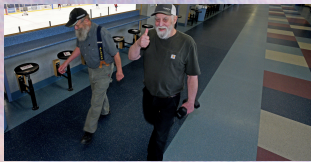
- ★ Male and Female Lifetime Fitness
- ★ Outstanding Volunteer
- ★ Honored Caregiver

Nomination form at parks.fnsb.gov

**Please Submit Nominations by Friday March 29th at
5pm**

FNSB Senior Program Walking and Exercise

March/April 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

March/April 2024



LUNCH @ GALLO'S

**Tuesday,
March 5th**

12:15PM-1:45PM

60 College Rd.

**Approx.
\$20.00**



LUNCH @ FOOD FACTORY

**Tuesday,
March
12th**

12:15PM-1:45PM

**275 Bentley Trust
Rd.**

**Approx.
\$20.00**



LUNCH @ C&J'S

**Tuesday,
April
16th**

12:15PM-1:45PM

**2233 S. Cushman St. Approx.
\$20.00**



LUNCH @ FENDERS

**Thursday,
April
25th**

12:15PM-1:45PM

636 28th Ave.

**Approx.
\$20.00**

**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

March/April 2024



GRANDPARENTS AND GRANDKIDS CRAFTS

Thursday,

March 7th, 28th

April 4th

4:00PM - 5:30PM

Joy Community
Center

\$5.00

March Crafts

3/7



3/28



April Crafts

4/4



FAMILY PLAY NIGHT

Wednesday,

March 6th (Structured)

March 20th (Open Gym)

April 10th (Structured)

4:30PM-6:00PM

Joy Community
Center

\$5.00/ child
Adults Free



SPRING FEST

Thursday,

March 14th

11:00AM-3:00PM

Tanana Lakes
Recreation Area

Free



POTLUCK SOCIAL

Friday,

March 15th

April 19th

2:00PM-4:00PM

Mary Siah
Recreation Center

Bring a
Dish to
Share



TABLE TENNIS

Wednesdays

3:00PM-4:30PM

Joy Community
Center

\$5.00