

# FNSB SENIOR PROGRAM

## SEPTEMBER 2023



**To Sign up for Programs:**  
 Call Marya at (907)459-1136  
 or email: [marya.lewanski@fnsb.gov](mailto:marya.lewanski@fnsb.gov)  
**PARKS.FNSB.GOV**

SUN	MON	TUE	WED	THU	FRI	SAT
		<p><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></p>			1 11:15am-11:45am Exercise @ SSC 1:00pm-1:45pm Aquacise* @ MSRC	2
3	4 <b>No Programs Labor Day</b>				5 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm-1:45pm Lunch* @ Seoul Gate 12:15pm and 5:30pm Trail Tuesday	6 1:00pm-1:45pm Aquacise* @ MSRC
10	11 11:15am-11:45am Exercise@ SSC 1:00pm-1:45pm Aquacise* @ MSRC	12 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm and 5:30pm Trail Tuesday	13 10:00am-11:00am Coffee* @ McDonalds Airport Way 1:00pm-1:45pm Aquacise* @ MSRC	14 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm-1:45pm Lunch* @ Geraldo's 7:00pm-8:00pm Walk w/ a Doc @ Dipper	15 NO NP Exercise 1:00pm-1:45pm Aquacise* @ MSRC	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 12:15pm and 5:30pm Trail Tuesday	20 1:00pm-1:45pm Aquacise* @ MSRC	21 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 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 12:15pm and 5:30pm Trail Tuesday	27 11:30am-1:00pm Lunch @ Pagoda 1:00pm-1:45pm Aquacise* @ MSRC	28 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	29 11:15am-11:45am Exercise@ SSC 1:00pm-1:45pm Aquacise* @ MSRC	30

\*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