

# FNSB SENIOR PROGRAM

## SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <b>★ LABOR DAY ★</b> ☆☆☆ DAY ☆☆☆ No Programs	3 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC	4 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	5 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ 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	11 1:00pm-1:45pm Aquacise* @ MSRC 3:00pm-4:30pm Table Tennis @ JCC 4:30pm-7:00pm Family Play Night @JCC	12 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 7:00pm-8:00pm Walk w/ a Doc @ Dipper	13 No NP Exercise 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	18 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	19 9:30am-10:30am Walking @ Dipper 11:15am-11:45am Exercise @ JCC 12:15pm-1:45pm Lunch* @ The Banks Alehouse 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-1:45pm Lunch* @ Geraldo's	25 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	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					

**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**



SSC=Santa Senior Center (101 E. Fifth Ave.), Dipper= Big Dipper Ice Arena (1920 Lathrop St.), MSRC=Mary Siah Recreation Center (965 14th Ave.), JCC= Joy Community Center (24 Margaret Ave.)

\*Activity requires a small fee