



# GOLDEN AGE GAZETTE

2019

Presented by the FNSB Parks and Recreation Department

Bryce Ward, Mayor

Programs are offered to all FNSB Seniors age 60+

Tiffany Corrigan

Senior/Adaptive Program Coordinator:

Phone: 459-1136

Email: tcorrigan@fnsb.us

## January/February

**Hello Everyone,**

**Happy New Year 2019!** As I am sure we all have made our new year resolutions, it's time to set our best foot forward so we can try to succeed in keeping them. With that being said, why not call the Parks and Recreation's Senior Program Office to join the Walking Club or to join other seniors exercising at the Fairbanks Senior Center. Don't let the darkness, cold temperatures, or lack of transportation keep you house bound.

It has been proven that exercising as little as 30 minutes a day helps: lower blood pressure, reduce cholesterol, lower the risk of diabetes and reduce the progression of arthritis. Our exercise classes last only 30 minutes offering a variety of exercises and mobility stretches. You can set your own goals within your personal limits as well as share pleasant conversation with others. Those participating find the socialization and humor quite rejuvenating. It's a great way to keep in touch, keep moving and meet new faces. The best part is that you don't have to drive, FNSB Van Tran provides transportation, to the Parks & Recreation Senior Programs at no cost to you, so please call and join us. We offer this great way for you to get out! Also, we offer outings every month complete with FNSB Van Tran transportation that include: Breakfast Club, lunches at Santa's Senior Center with the option to play games, as well as dining out at other restaurants in our community. Once you are registered with the Senior Program you can request to go on these outings complete with transportation. If you would like to receive the Golden Age Gazette, call 459-1136 and leave your name, address and phone number on our voicemail, so that you may be added to our mailing list to receive our newsletter.

The information regarding the regularly scheduled programs as well as the elective outings are listed in this newsletter. Be sure to mark your calendar with the outings you would like to participate in, followed by a call to the office requesting those outings. Registration is required and you may request the form by calling the Parks & Recreation Senior Program Office for the form. Please leave a voicemail if staff is unavailable to answer your call. Staff will return your call as soon as possible. This newsletter includes January and February calendars for your convenience. It is your obligation to schedule VanTran for your transportation to these outings. FNSB Van Tran's number is 459-1010 option 2 to place your request.

It's time to submit the nomination forms for the Outstanding Senior Volunteer and Lifetime Senior Fitness Awards. The awardees are recognized on Senior Recognition Day, which will be on Thursday, May 9, 2019 10am-1pm, held at the Carlson Center. Please don't wait for the last minute to submit your nomination form to honor a special senior who exemplifies outstanding volunteerism in our community or is the energetic, active senior committed to a healthy lifestyle. The nomination forms may be obtained at the Parks & Recreation Office or online.

*Tiffany*

**Important Dates:**

- Tuesday, January 1st, No Programs , New Year's Day observed
- Monday, January 21st, No Programs, Martin Luther King Jr. Day
- Monday, February 18th, No Programs, President's Day Observed

If you have any ideas or concerns that bear upon the welfare of senior citizens and are within the powers of the Fairbanks North Star Borough, you may contact any member of the

**Senior Citizens Advisory Commission**

Art Delaune	479-2838	Diane Fleeks	456-1529	William Sanderson	488-3866
Christine Schut	460-2773	Barbara Sevier	488-2063	Karen Wood	474-2121
Sonja Younker	322-3956				

The Senior Citizens Advisory Commission will meet on Thursday, January 17, 2019 with the meeting beginning at 12 noon. The February meeting will be held on Thursday, February 21, 2019 at 12 noon. The meetings are held in the conference room located upstairs at the Big Dipper Ice Arena Mezzanine. There are currently 2 vacancies on the commission, if you are interested in being a commissioner please contact the Parks & Recreation Office for an application. This is a good time to meet and speak with the commissioners about any senior issues you may have and want to address. The public is welcome to attend.

**THE FAIRBANKS SENIOR  
CENTER 452-1735**

**1424 Moore St.**

**Office hours:**

**Mon.-Fri. 8:00a.m.- 4:30p.m.**

**SANTA'S SENIOR CENTER  
(NORTH POLE) 488-4663**

**101 E. 5th Ave.**

**Office hours**

**Mon.- Fri. 11:00a.m.-3:00p.m.**

**SALCHA SENIOR CENTER  
488-1606**

**(Senior Citizens of the Interior,  
6062 Johnson Rd.)**

**The Fairbanks North Star Borough Parks & Recreation Department offers these weekly programs for seniors.**

**Senior Aqua Fitness / Aquacise**

Mon., Wed., Fri. 9:00a.m. - 9:45a.m. (Mary Siah Recreation Center)

Mon., Wed., Fri. 6:00p.m.- 6:45p.m. (Wescott Pool)

**Exercises at North Pole Santa's Senior Center**

Mon. & Fri. 10:45a.m.-11:15a.m.

**Exercises at Fairbanks Senior Center** (Transportation available after walking)

Tues. & Thurs. 11:00a.m.– 11:30a.m.

**Walking Club at Big Dipper**( Transportation available)

Tues.& Thurs. 9:00a.m.-10:00a.m.

**Various Outings**

See Calendars

Please call, 459-1136 to sign-up for your first TWO choices per month of these outings.  
You may sign-up for both months when you call and have your name added to the  
waitlist. You may request transportation if necessary.

**PARKS & RECREATION SENIOR OUTINGS**

**January and February 2019 Senior Outings**

**Wednesday, January 9th Breakfast Club @ The new Bakery, 44 College Rd.**

**Time:** 9:30a.m.-10:45a.m.

**Cost:** \$22.00 meal, beverage & gratuity

**Wednesday, January 16th Lunch @ Firehouse Subs, 950 Old Steese Hwy. Ste. B**

**Time:** 11:15a.m.-12:30p.m.

**Cost:** \$20.00 meal & beverage

**Wednesday, January 30th Lunch @ Santa's Senior Center, 101 E. 5th Ave., North Pole**

**Time:** 11:45a.m. --1:30p.m.

**Cost:** \$5.00 suggested donation for lunch of the day

Card or board games to be played after lunch as well as other activities

**Wednesday, February 13th Breakfast Club @ Sam's Sourdough Café, 3702 Cameron St.**

**Time:** 9:45am –11:00a.m.

**Cost:** \$22.00 meal, beverage & gratuity

**Wednesday, February 20th Lunch @ Shogun Japanese Restaurant, 4005 Geist Rd.**

**Time:** 11:30a.m.-12:45p.m.

**Cost:** \$23.00 meal, beverage & gratuity

**Wednesday, February 27th Lunch @ Santa's Senior Center, 101 E. 5th Ave., North Pole**

**Time:** 11:30a.m.-1:30p.m.

**Cost:** \$5.00 suggested donation for lunch of the day

Card or board games to be played after lunch as well as other activities

**Did you know....**

The FNSB Public Library's **Bookmobile** provides **Home Delivery Services** to people who are homebound because of age or disability? **We can deliver all library materials** depending on your needs: Large print or regular print books, audio books, music CDs, DVDs. You can make specific requests or we will make selections for you based on your interests. We'll visit once each month with new items and pick up those to be returned.

**Phone Kitty or Yvonne at the Bookmobile office 459-1031, or email us: [bookmobile@fnsblibrary.us](mailto:bookmobile@fnsblibrary.us); if you or someone you know is interested in this service. We'll set up a time to visit and get you started.**

**Fairbanks Memorial Hospital offers Hospice Bereavement Care Opportunities. There is a Grief Recovery Support Group that meets for 8 weeks, sessions beginning January 8, April 2, July 9, October 1, 2019 meeting at 7-8:30p.m. @ 2001 Gillam Way.**

**This program hosts a "Women's Group" that meets on the 2nd and 4th Monday of every month, 12:00 p.m. at 2001 Gillam Way. They host a "Men's Group" on the 2nd Tuesday of every month, 7:00a.m held at Denny's.**

**There is also a "Suicide Survivor Support Group" held on the 2nd Wednesday of every month, 6:00p.m at 2001 Gillam Way. Other services are available and you may contact David Rumph, 458-3095 for more information.**



**Senior Recognition Day 2019**  
**Thursday, May 9th, 2019**  
**Lifetime Fitness Award Nomination Form**

This nomination is for a senior (60 +) who has continued to exemplify the commitment of fitness for the health & well being of their life.

Name of Nominee: \_\_\_\_\_

Years Resided in the Fairbanks North Star Borough: \_\_\_\_\_  
Fairbanks\_\_\_\_\_ North Pole\_\_\_\_\_ Salcha\_\_\_\_\_ At Large (FNSB Senior Resident)\_\_\_\_\_

Age: \_\_\_\_\_

Fitness Activities ( i.e. aqua fitness, weight lifting, running, walking, bicycling, bowling, yoga, Pilates, Alaska International Senior Games, darts, etc.....)

---

---

---

---

Why do you consider this nominee to be exceptional?

---

---

---

---

Your Name: \_\_\_\_\_

Your Email (optional): \_\_\_\_\_

Your Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Completed form may be turned in at The Parks & Recreation Office or the Senior Program Office located upstairs of the Big Dipper Ice Arena, and you may also fax or mail the form to:

FNSB Parks & Recreation  
Attention: Tiffany Corrigan  
P.O. Box 71267  
Fairbanks, AK 99707  
Fax 907-290-2449

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> No Programs New Year's Day	<b>2</b> 9:00-9:45a.m. Aqua Fitness @ MSRC	<b>3</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>4</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>5</b>
<b>6</b>	<b>7</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>8</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>9</b> 9:00-9:45a.m. Aqua Fitness @ MSRC <b>9:30a.m.-10:45a.m.</b> Breakfast @ New Bakery	<b>10</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>11</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>12</b>
<b>13</b>	<b>14</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>15</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>16</b> 9:00-9:45a.m. Aqua Fitness @ MSRC <b>11:15a.m. -12:30p.m.</b> Lunch @ Firehouse Subs	<b>17</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>18</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>19</b>
<b>20</b>	<b>21</b> No Programs Martin Luther King, Jr. Day	<b>22</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>23</b> 9:00-9:45a.m. Aqua Fitness @ MSRC	<b>24</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>25</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>26</b>
<b>27</b>	<b>28</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>29</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>30</b> 9:00-9:45a.m. Aqua Fitness @ MSRC <b>11:45a.m. -1:30 p.m.</b> All Seniors Lunch @ Santa's Senior Center	<b>31</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC		

MSRC= Mary Siah Recreation Center, North Pole = Santa's Senior Center North Pole, FSC= Fairbanks Senior Center, Dipper =Big Dipper Ice Arena, Fairbanks North Star Borough Parks & Recreation Department Senior Program, 459-1136

# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	2
3	4 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	5 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	6 9:00-9:45a.m. Aqua Fitness @ MSRC	7 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	8 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	9
10	11 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	12 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	13 9:00-9:45a.m. Aqua Fitness @ MSRC 9:45a.m. -11:00a.m. Breakfast @ Sam's Sourdough Cafe	14 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	15 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	16
17	18 No Programs President's Day	19 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	20 9:00-9:45a.m. Aqua Fitness @ MSRC 11:15a.m.-12:45p.m. Lunch @ Shogun Japanese Restaurant	21 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	22 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	23
24	25 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	26 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	27 9:00-9:45a.m. Aqua Fitness @ MSRC 11:30a.m.-1:30p.m. Lunch & Activities @ Santa's Sr. Ctr.	28 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC		

MSRC= Mary Siah Recreation Center, North Pole = Santa's Senior Center North Pole, FSC= Fairbanks Senior Center, Dipper =Big Dipper Ice Arena, Fairbanks North Star Borough Parks & Recreation Department Senior Program, 459-1136

**Fairbanks North Star Borough  
Department of Parks & Recreation  
PO Box 71267  
Fairbanks, AK 99707**