



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

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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 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
		1 New Year's Day No Programs	2 5:00-6:00p.m. Walking @ Dipper 6:00-7:45 p.m. Rec Night @ Dipper Conference Room	3 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	4 2:30-3:30p.m. Exercise @MSRC 4:00-7:00p.m. Cultural @ Regal Cinema	5 
6	7 3:30-5:30p.m. Bowling @ Arctic Bowl 	8 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	9 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	10 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	11 5:45-9:15p.m. Ice Dog Game	12
13	14  3:30-5:30p.m. Bowling @ Arctic Bowl	15 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	16 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	17 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	18 2:30-3:30p.m. Exercise @ MSRC	19 7:00-9:00p.m. Cultural Special "O" Dance 
20	21 Martin Luther King Jr. Day No Programs	22 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	23 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	24 4:30-6:00p.m Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	25 2:30-3:30p.m. Exercise @MSRC 3:45-6:45p.m. Cultural @ MSRC Paint Night	26
27 	28 3:30-5:30p.m. Bowling @ Arctic Bowl	29 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	30 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	31 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 4:30-6:00p.m Art @ MSRC 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		

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 Hunter Gym = Hunter Elementary School Gymnasium, Arctic Bowl=Arctic Bowling Alley
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