



# GOLDEN AGE GAZETTE



Bryce Ward Mayor

Presented by the FNSB Parks and Recreation Department

Programs are offered to all FNSB Seniors age 60+

Tiffany Corrigan

Senior/Adaptive Program Coordinator:

Phone: 459-1136 Office

Phone: 322-1358 Cell

Email: tcorrigan@fnsb.us

## May/June 2019

**Hello Everyone,**

It is time to RSVP for Senior Recognition Day held on Thursday, May 2nd, 2019, if you plan on attending. You must call the Parks & Recreation Senior Office, 459-1136, to give us your name or spell your name, so we may add you to the RSVP List. Spelling your name always helps us decipher voicemail messages! It is a first come first serve basis and we will be accepting 400 names. Please be sure to call, we would love to see you there. It's a wonderful day to see your senior friends, seek information on senior issues and enjoy a delicious free catered lunch. If you are vegetarian please indicate this when you RSVP.

This year the theme for May's Older Americans' month is "Connect, Create, Communicate". "Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives."

Remember to place your transportation requests with Van Tran, 459-1010, #2 and please place your requests at least 24 hours ahead of time. You may place your requests for up to 2 weeks in advance and it is always courteous to cancel at least 24 hours in advance unless it is an emergency situation.

You can check online for this information at: [www.fnsb.us](http://www.fnsb.us), or read the newsletter with the current information on what the Parks & Recreation Senior Program has planned for the upcoming months.

Thank you for your help by viewing your newsletter online. To cancel your newsletter mailing, please call the office at 459-1136 to notify us. If we are unavailable, please leave your name and address with your request on our voicemail.

*Tiffany*

### Important Dates:

- Wednesday, May 1st No Programs, Senior Recognition Day Set-Up 1:00-4:00p.m. @ Carlson Center
- Thursday, May 2nd, Senior Recognition Day, 10:00a.m.-1:00p.m., Carlson Center, Must RSVP 459-1136
- Sunday, May 12th, Happy Mother's Day
- Saturday, May 18th, North Pole Seniors Hilltop Truck Café, 11:15a.m.-12:30p.m.
- Wednesday, May 22nd, Breakfast @ Bakery, 9:30a.m.-10:45a.m.
- Thursday, June 13th, Wednesday, Potluck Picnic @ Pioneer Parks' Square Dance Pavilion, 11:30a.m.-1:30p.m.
- Sunday, June 16th, Happy Father's Day
- Wednesday, June 19th, Sam's Sourdough Café, 10:00a.m.-11:30p.m.
- Wednesday, June 26th, Farmer's Market, 11:30a.m.-12:30p.m.

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      Karen Wood      474-2121      Sonja Younker      888-2960

The Senior Citizens Advisory Commission will not hold a meeting but will be available to speak with at Senior Recognition Day held on Thursday, May 2 2019. The June meeting will be the annual potluck picnic held at Pioneer Park's Square Dance Pavilion on Thursday, June 13th, 2019 beginning at 11:30a.m.-1:30p.m.. Hamburgers, hotdogs, buns and beverages will be provided.

There is currently several 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. 8:00 A.M.- 4:30 P.M.*

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

*101 E. 5th Ave.*

*Office hours*

*Mon.- Fri. 11:00 A.M.-3:00 P.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. 9:00 A.M. - 9:45A.M. (Mary Siah Recreation Center)

Mon., Wed., Fri. 6:00 P.M.- 6:45 P.M. (Wescott Pool)

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

Mon. & Fri. 10:45 A.M.-11:15 A.M.

**Exercises at Fairbanks Senior Center (Transportation provided by Van Tran)**

Tues. & Thurs. 11:00 A.M.– 11:30 A.M

**Walking Club at Big Dipper (Transportation provided by Van Tran)**

Tues. & Thurs. 9:00 A.M.-10:00 A. M.

**Various Outings (Transportation provided by Van Tran)**

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

## May and June Senior Outings

**Thursday, May 2nd** Senior Recognition Day 2019 @ Carlson Center, 2010 2nd Ave.

**Time:** 10:00a.m. –1:00p.m.

**RSVP's will not be taken after 5pm on Monday, April 29th, 2019. Call 459-1136 to RSVP.**

**Saturday, May 18th** North Pole Seniors Hilltop Truck Café, 5.5mile Elliot Hwy

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

**Cost:** \$24.00 meal, beverage, pie & gratuity

**Wednesday, May 22nd** Breakfast@ Bakery, 44 College Rd. Ste. A

**Time:** 11:30a.m. –12:45p.m.

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

**Thursday, June 13th** Potluck Picnic @ Pioneer Park Square Dance Pavilion

**Time:** 11:30a.m.-1:00p.m.

**Hamburgers, Hotdogs, Buns and beverage will be provided.**

**Last names beginning with A-L please bring dessert, or fruit to share**

**Last names Beginning with M-Z please bring salad, veggies, or sides to share**

**Wednesday, June 19th** Lunch @ Sam's Sourdough Café, 3702 Cameron St.

**Time:** 10:00a.m– 11:30a.m.

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

**Wednesday, June 26th** Farmer's Market, 2600 College Rd.

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

**Cost:** Personal \$\$\$







**August 9-18, 2019**

**Mark your 2019 Calendars** for the Alaska International Senior Games to be held in Fairbanks and North Pole from August 9-19. Registration is expected to be available in mid-April. Visit the **AI SG Web site** : [www.alaskaisg.org](http://www.alaskaisg.org) or call **907-978-2388**



# May 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Programs <b>SRD 2019</b> Set-up	2 <b>Senior</b> <b>Recognition Day</b> 10:00a.m.-1:00p.m. Carlson Center	3 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	4 
5	6 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	7 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	8 9:00-9:45a.m. Aqua Fitness @ MSRC 	9 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	10 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	11
12 	13 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	14 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	15 9:00-9:45a.m. Aqua Fitness @ MSRC	16 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	17 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	18 <div style="border: 1px solid black; padding: 5px;">North Pole Seniors @ Hilltop 11:15a.m.-12:30p.m.</div>
19	20 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	21 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	22 9:00-9:45a.m. Aqua Fitness @ MSRC <div style="border: 1px solid black; padding: 2px;">9:30-10:45a.m. Breakfast@ Bakery</div>	23 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	24 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	25
26 	27 No Programs Memorial Day	28 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	29 9:00-9:45a.m. Aqua Fitness @ MSRC	30 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	31 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	

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



# June 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	4 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	5 9:00-9:45a.m. Aqua Fitness @ MSRC	6 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	7 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	8
9	10 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	11 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	12 9:00-9:45a.m. Aqua Fitness @ MSRC	13 11:30a.m.-1:30p.m. Senior Potluck Picnic @ P.P Square Dance Pavilion <b>PICNIC</b>	14 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	15
16 Happy Father's Day	17 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	18 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	19 9:00-9:45a.m. Aqua Fitness @ MSRC 10:00a.m.-11:30a.m. Sam's Sourdough Café	20 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	21 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	22
23	24 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	25 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	26 9:00-9:45a.m. Aqua Fitness @ MSRC 11:15a.m.-12:30p.m. Farmer's Market	27 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	28 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	29
30						

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