



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

Marya Lewanski

Senior Program Recreation Specialist III

Phone: 459-1136 Office 322-1358 Cell

Email: tcorrigan@fnsb.us, mlewanski@fnsb.us

September/October 2019

Hello Everyone,

I hope this newsletter finds everyone in good health . I hope you have enjoyed the summer with all the warm and sunny days we have had. Reluctantly, I am getting things ready for our approaching Fall season leading into winter, as I'm sure you are too. Many of you are busy with your garden harvesting and preparing your lawns for what lies ahead. Unfortunately, we too should be aware of the need to tune our furnaces, to cut and stack firewood, or fill our fuel tanks so, we are prepared for any burst of cold that leads us to warm our houses. Winter seems to appear all too quickly once the leaves fall and the geese fly south. I hope that all our senior snowbirds enjoy their winters in the warmth and know we look forward to seeing them next spring.

Transportation is available to Senior Walking, Exercise or/and any of the outings by calling 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.

Outings for September include: Breakfast at the Crepery , a Movie at Regal Goldstream Cinemas, Lunch at Brewster's and Pike's Landing

October activities will include: Breakfast at D&W Grill and Lunch at Friar Tuck's.

You can check online for this information at: 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.

Marya

Important Dates:

- Monday, September 2nd Labor Day No Programs
- Wednesday, September 4th, The Crepery, 9:30am-10:45am
- Wednesday, September 11th, Brewster's , 11:30am-1:00pm
- Wednesday, September 18th , Pike's Waterfront, 11:15am-12:45pm
- Wednesday, September 25th, Movie, 12:00pm-3:00pm
- Wednesday, October 2nd , Friar Tuck's Hoagie House , 11:15am –12:30pm
- Wednesday-Thursday, October 9th-10th, Alaska Recreation & Parks Association Conference, No Programs
- Wednesday, October 16th, D&W Grill, 9:00am-10:30am
- Friday, October 18th, Alaska Day, No Programs

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	Marleyne Hunter	488-4116	Mikki Rosser	456-6117
Barbara Sevier	488-2063	Goldie Southwood	378-3624	Karen Wood	474-2121
Sonja Younker	888-2960				

The Senior Citizens Advisory Commission will hold a meeting September and October. Currently there are 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. 8:00 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

September and October Senior Outings

Wednesday, September 4th	Breakfast @ The Crepery, 523 2nd Ave. Time: 9:30am-10:45am Cost: \$22.00 meal, beverage, gratuity
Wednesday, September 11th	Lunch @ Brewster's, 3578 Airport Way Time: 11:30a.m.-1:00p.m. Cost: \$25.00 meal, beverage, gratuity
Wednesday, September 18th	Lunch @ Pike's Waterfront, 4438 Airport Way Time: 11:15am-12:45pm Cost: \$27.00 meal, beverage, gratuity
Wednesday, September 25th	Movie @ Regal Goldstream Cinemas, 1855 Airport Way Time: 12:00pm-3:00pm Cost: \$27.00
Wednesday, October 2nd	Lunch @Friar Tuck's Hoagie House, 427 Merhar Ave. Time: 11:15am-12:30pm Cost: \$25.00 meal, beverage, gratuity
Wednesday, October 16th	Breakfast @D&W Grill, 617 27th Ave. Time: 9:00am-10:30am Cost: \$22.00 meal, beverage, gratuity

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 Little or Karen at the Bookmobile office 459-1031, if you-- -or someone you know- - is interested in this service.

We'll set up a time to visit and get you started.

Little or Karen

FNSB Bookmobile 459-1031

bookmobile@fnsb.us



September 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1	2 Labor Day No Programs	3 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	4 9:00-9:45a.m. Aqua Fitness @ MSRC 9:30am-10:45am Breakfast @ The Crepery	5 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	6 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	7
8	9 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	10 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	11 9:00-9:45a.m. Aqua Fitness @ MSRC 11:30am-1:00pm Lunch @ Brewster's	12 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	13 9:00-9:45a.m. Aqua Fitness @ MSRC No NP Exercise	14
15	16 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	17 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	18 9:00-9:45a.m. Aqua Fitness @ MSRC 11:15am-12:45pm Lunch @ Pike's Waterfront	19 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	20 9:00-9:45a.m. Aqua Fitness @ MSRC No NP Exercise	21
22	23 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	24 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	25 9:00-9:45a.m. Aqua Fitness @ MSRC 12:00-3:00pm Movie @ Regal Cinemas	26 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	27 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	28
29	30 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



October 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	2 9:00-9:45a.m. Aqua Fitness @ MSRC 11:15am-12:30pm @ Friar Tuck's	3 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	4 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	5
6	7 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	8 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	9 No Programs Alaska Recreation & Parks Association Conference	10 No Programs Alaska Recreation & Parks Association Conference	11 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	12
13	14 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	15 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	16 9:00-9:45a.m. Aqua Fitness @ MSRC 9:00am-10:30am Breakfast @ D&W Grill	17 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	18 Alaska Day No Programs 	19
20	21 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	22 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	23 9:00-9:45a.m. Aqua Fitness @ MSRC	24 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	25 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	26
27	28 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	29 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	30 9:00-9:45a.m. Aqua Fitness @ MSRC 	31 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**