

September/ October2019



# 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

**Tiffany Corrigan**

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Website: [www.fnsb.us](http://www.fnsb.us)

## September/October

Hello Participants, Parents and Caregivers:

Where oh where, has summer gone? It's hard to believe that September is here and school is back in session! When School starts it is time to change to our fall/winter schedule. Please take time to note the changes and be certain that you call the Adaptive Office to sign up for the programs you would like to attend. You may email me your requests if that is more convenient for you.

I would like to emphasize the importance of being on time to programs and to be registered. It is imperative to have the necessary paperwork on file. Equally important is the Adaptive Staff need to know who will be attending which program. Please be courteous and call the Adaptive Office to sign-up for all programs. The emphasis on signing up is vitally important especially when purchasing materials necessary for certain programs.

Please note that these programs are geared for the adults with the exception of the Art and Swim Programs. Parents or Guardians, if you have an adolescent who wishes to participate in an adult activity please, consult with Tiffany about the guidelines for the activity. Most parent accompanied adolescents are able to participate upon consultation with Tiffany. We welcome new faces and remind those to have a current registration form and waiver on file. You will also find important dates listed at the bottom of this page.

In October, we will host the Alaska Recreation and Park Association Conference therefore canceling programs while the conference is here.

The temperatures are changing now requiring a jacket and hat for outdoor activities. Remember to please send a water bottle and a snack along with their coat, hat and gloves. We will continue our outdoor activities as long as the weather permits.

We make every effort possible to accommodate the requests made. Please, remember when placing your requests all calls must be made to the Adaptive Program Office at 459-1097 or the Adaptive cell phone at 322-1358. 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](http://www.fnsb.us)

Please leave a voicemail if staff is unavailable to answer your call. Staff will return your call as soon as possible.

To sign-up for the cultural outings, you must call in and place your request the Wednesday before the Cultural you wish to attend. If you request more than two cultural outings your name will be waitlisted for the third outing and added if there is availability.

Hope to see you at the fun Parks & Recreation Adaptive Programs!

Tiffany

### Important Dates:

- **Monday, September 2nd, Labor Day Holiday observed, No programs**
- **Wednesday, September 4th & 11th, No Wheelchair Basketball, Walking & Rec Night at the Big Dipper**
- **Saturday, September 21st, Special Olympics' Dance, 7:00-9:00p.m. @ Elk's Lodge**
- **Wednesday, October 9th, Alaska Recreation & Park Association Conference, No Wheelchair Basketball or Rec Night Programs**
- **Thursday, October 10th, Alaska Recreation & Park Association Conference, No Art or Swim Programs**
- **Friday, October 18th, Alaska Day Observed, No Programs**
- **Saturday, October 19th, Special Olympics' Dance, 7:00-9:00p.m. @ Elk's Lodge**
- **Thursday, October 31st, No Art and Swim is at Wescott Pool in North Pole**

# Adaptive September & October Adult Cultural Enrichment Activities

## September

- Friday, September 6th      Movie @ Regal Cinema, 1855 Airport Way  
Time: 4:00p.m. –7:00p.m.  
Cost: \$28.00 ticket & snacks
- Friday, September 13th      Dinner @ Pagoda, 431 N. Santa Claus Lane  
Time: 4:30p.m.-6:15p.m.  
Cost: \$28.00 meal, beverage and tax
- Saturday, September 21st      Special Olympics' Dance, Elk's Lodge, 1003 Pioneer Rd  
Time: 7:00p.m.-9:00p.m.  
Cost: \$1.00 per can of soda
- Friday, September 27th      Paint Night @ MSRC, 1025 14th Ave.  
Time: 3:45p.m.-6:45p.m.  
Cost: \$10.00 snacks, paint supplies

## October

- Friday, October 4th      Movie @ Regal Cinema, 1855 Airport Way  
Time: 4:00p.m. –7:00p.m.  
Cost: \$28.00 ticket & snacks
- Friday, October 11th      Dinner @ Food Factory,  
Time: 4:00p.m. –7:00p.m.  
Cost: \$28.00 ticket & snacks
- Saturday, October 19th      Special Olympics' Dance, 1003 Pioneer Rd.  
Time: 7:00 –9:00p.m.  
Cost: \$1.00 per can of soda
- Friday, October 25th      Bingo @ MSRC, 1025 14th Ave.  
Time: 4:00p.m.-6:30p.m.  
Cost: \$10.00, Blackout \$1.00, snacks & 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 inform 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.

ADAPTIVE REGISTRATION FORM ACTIVITY: \_\_\_\_\_.

Participant: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Alternate person to contact (for emergency): \_\_\_\_\_ Phone: \_\_\_\_\_

Special Education Classification/Disability: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Check (X) if participant is: \_\_\_\_\_ Subject to Seizure \_\_\_\_\_ Hearing Impaired  
\_\_\_\_\_ Visually Impaired \_\_\_\_\_ Non-Ambulatory

List any Allergies: \_\_\_\_\_

List any Medication: \_\_\_\_\_

List any Dietary Restrictions: \_\_\_\_\_

Provide any information that you feel will assist our staff in accommodating the participant:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Emergency Treatment Permission: I Do\_\_\_\_/Do Not \_\_\_\_\_, agree to emergency treatment by a physician or hospital in the event I cannot be reached.

Photo Permission: I Do\_\_\_\_/Do Not \_\_\_\_\_, grant permission for the participant's picture to be used in publicity or brochures related to the Fairbanks North Star Borough Parks & Recreation Programs.


I, the undersigned, in consideration of permission granted to the above-named Participant by the FNSB to participate in FNSB Parks & Recreation Programs, hereby and forever discharge and release on behalf of myself, my child or ward, our heirs and assigns, the FNSB along with its employees and volunteers, from all claims, demands, Damages, actions and causes of action whatsoever, including but not limited to claims for property loss, personal injury, or death, arising from participation in the program or activity. I agree to abide by all applicable Parks & Recreation Department Rules & Regulations for activities in which participant participates. I, the undersigned, have read and fully understand the provisions of the above release and have explained it to my child/ward if appropriate.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Adult Participant or Parent/Guardian

Please return to: Fairbanks North Star Borough, Department of Parks & Recreation  
P.O. Box 71267, Fairbanks, AK 99707-1267 or Fax to (907) 459-1072.

# September 2019


Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No Programs Labor Day Observed	3 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	4 5:30-6:30p.m. Walking @ Dipper 6:30-8:15p.m. Rec Night @ Dipper	5 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt / Rec Swim @ MSRC	6 2:30-3:30p.m. Exercise @ MSRC 4:00-7:00p.m. Cultural/ Movie	7
8	9 3:30-5:30p.m. Bowling @ Arctic Bowl	10 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	11 5:30-6:30p.m. Walking @ Dipper 6:30-8:15p.m. Rec Night @ Dipper	12 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt / Rec Swim @ MSRC	13 2:30-3:30p.m. Exercise @ MSRC 4:30-6:15p.m. Cultural/ Pagoda	14
15	16 3:30-5:30p.m. Bowling @ Arctic Bowl	17 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	18 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	19 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt / Rec Swim @ MSRC	20 2:30-3:30p.m. Exercise @ MSRC	21 7:00-9:00p.m. Cultural Special "O" Dance
22	23 3:30-5:30p.m. Bowling @ Arctic Bowl	24 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	25 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	26 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt / Rec Swim @ MSRC	27 2:30-3:30p.m. Exercise @ MSRC 4:00-7:00p.m. Cultural/ Paint Night @ MSRC	28 
29	30 3:30-5:30p.m. Bowling @ Arctic Bowl					

MSRC = Mary Siah Recreation Center, Swimming Pool & Art Room, @ 805 14th Ave. Dipper= Big Dipper Ice Arena @ 1920 Lathrop St.  
 Hunter Gym = Hunter Elementary School Gymnasium @ 1630 Gillam Way, Arctic Bowl=Arctic Bowling Alley @ 952 10th Ave., Elk's Lodge@1003 Pioneer Rd  
 Fairbanks North Star Borough Department of Parks & Recreation, Adaptive & Senior Program Coordinator Tiffany Corrigan, 459-1097



# October 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	<b>2</b> 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	<b>3</b> 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt / Rec Swim @ MSRC	<b>4</b> 2:30-3:30p.m. Exercise @ MSRC 4:00-7:00p.m. Cultural/ Movie	<b>5</b>
<b>6</b>	<b>7</b> 3:30-5:30p.m. Bowling @ Arctic Bowl	<b>8</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	<b>9</b> No Programs Alaska Recreation and Park Association Conference	<b>10</b> No Programs Alaska Recreation and Park Association Conference	<b>11</b> 2:30-3:30p.m. Exercise @ MSRC 4:30-6:30p.m. Cultural/ Food Factory	<b>12</b>
<b>13</b>	<b>14</b> 3:30-5:30p.m. Bowling @ Arctic Bowl	<b>15</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	<b>16</b> 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	<b>17</b> 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt / Rec Swim @ MSRC	<b>18</b> No Programs Alaska Day Observed	<b>19</b> 7:00-9:00p.m. Cultural Special "O" Dance
<b>20</b>	<b>21</b> 3:30-5:30p.m. Bowling @ Arctic Bowl	<b>22</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	<b>23</b> 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	<b>24</b> 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt / Rec Swim @ MSRC	<b>25</b> 2:30-3:30p.m. Exercise @ MSRC 4:00-6:30p.m. Cultural/ Bingo 	<b>26</b> 
<b>27</b>	<b>28</b> 3:30-5:30p.m. Bowling @ Arctic Bowl	<b>29</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	<b>30</b> 6:00-7:00p.m. WCBB @ Hunter 7:00-7:45p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	<b>31</b> 6:45-8:15p.m. Adapt/Rec Swim @ Wescott Pool		

MSRC = Mary Siah Recreation Center, Swimming Pool & Art Room, @ 805 14th Ave. Dipper= Big Dipper Ice Arena @ 1920 Lathrop St.  
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Department of Parks & Recreation  
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