



Bryce Ward, Mayor

GOLDEN AGE GAZETTE



Presented by the FNSB Parks and Recreation Department

Programs are offered to all FNSB Seniors age 60+

November/December 2019

Hello Everyone,

The year 2019 is almost over and it feels like it happened so fast. I know that we have had a spectacular fall without snow on the ground. Hopefully, we will have snow for the holidays. It's that time of the year for our winter reminder to have your wood stove and furnaces cleaned. This small maintenance practice helps prevent poor air quality once the true cold sets in and we are using our heat sources constantly. My hope is for this winter to be a gentle one with the roads remaining in good condition to allow safe travel during the holidays.

The months of November and December have several holidays that we will be observing therefore no programs on those dates. The dates are listed below and designated on the calendars.

Transportation is available to Senior Walking, Exercise and/ or any of the outings by calling Van Tran, 459-1010, #2. Please place your requests at least 24 hours ahead of time. You may also place your requests for up to 2 weeks in advance. It is always courteous to cancel at least 24 hours in advance unless it is an emergency situation.

The outing in November will be Breakfast at Denny's. Due to participation declining at the outings, we have not scheduled any outings for December. I hope everyone has a wonderful holiday season.

I would appreciate your assistance with feedback for our Senior Program. I have included a short survey in this newsletter. I would appreciate you taking the time to fill it out and hand your survey to staff at programs. By sharing your ideas for outings and other senior programs it will help us to include activities that you would enjoy and attend. You may also email or call the Senior Office to leave us your ideas. Your input is valued greatly! I would like to receive your surveys with your input by January 31st, 2020.

This information may be found on our website which is: www.fnsb.us. Also available to read is the current newsletter with information on the Parks & Recreation Senior Program's upcoming activities.

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:

Sunday, November 3rd, Turn your clocks BACK 1 hour for Daylight Saving Time

Monday, November 11th, Veteran's Day, No Programs

Wednesday, November 20th, Denny's, 9:30am-10:45am, \$25.00 meal and gratuity

Thursday, November 28th, Thanksgiving Day, No Programs

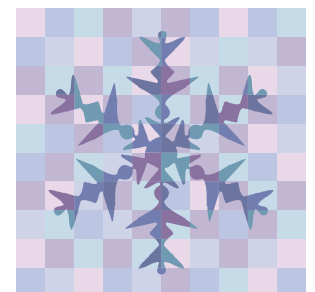
Friday, November 29th, Thanksgiving Day Observed, No Programs

Friday, December 20th, No North Pole Exercise

Monday, December 23rd, No North Pole Exercise

Tuesday, December 24th, Christmas Eve Holiday, No Programs

Wednesday, December 25th, Christmas, 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 its monthly meeting on **November 21st, 2019, at 12 noon** in the Big Dipper Conference Room. The December meeting will also be held in the Big Dipper Conference Room on **Thursday, December 19th, 2019 at 12 noon.**

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. 8:00 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)

Exercise at North Pole Santa's Senior Center

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

Exercise 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

Senior Program Survey

Please circle your choices

1. Do you attend currently any Senior Program Outings?

Yes No

2. If yes, Which ones do you attend?

Exercise

Walking

Outings

3. Which activities would you attend if available?

UAF Hockey Game/ Ice Dog Game

Craft Class

Evening Concerts/ Symphony/Musical

Theater Performances

Game Day/ Playing Cards, Board Games, Dice Games, Puzzles

Knitting / Crocheting Social

Skiing/ Snow Shoeing/ Trail Walking

Holiday Marketplace @ Carlson Center

First Friday Art Show

In House Movie Day

Library Outings, North Pole / Fairbanks/UAF

Paint Night

Something we haven't thought of: _____



4. If you have other comments or suggestions , please note them here

Thank you for taking the time to provide us with your information.



November 2019



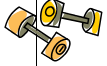
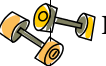





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	2
3 Daylight Savings Ends Turn clocks back!	4 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	5 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	6 9:00-9:45a.m. Aqua Fitness @ 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 No Programs Veteran's Day 	12 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	13 9:00-9:45a.m. Aqua Fitness @ MSRC	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 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	19 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	20 9:00-9:45a.m. Aqua Fitness @ MSRC <div style="border: 1px solid black; padding: 2px; display: inline-block;">9:30am-10:45am Breakfast @ Denny's</div>	21 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	22 9:00-9:45a.m. Aqua Fitness @ MSRC No NP Exercise	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	28 No Programs Thanksgiving Day 	29 No Programs Thanksgiving Day Observed	30

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



December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP 	3 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	4 9:00-9:45a.m. Aqua Fitness @ MSRC	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	12 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	13 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	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	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 No NP Exercise	24  No Programs Christmas Eve	25 No Programs Christmas Day	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	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**