



# 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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## November/December

Dear Participants, Parents and Caregivers:

This issue of the Extra Scoop is packed with information for the Adaptive November/ December Programs. You will find the Cultural Enrichment Activities listed for the months of November and December on page 2.

A current registration form as well as a current Adaptive Program Participant Waiver, an interview with Tiffany or Marya are required and must be on file for participation in any of the Adaptive Programs. It is recommended to have all the necessary paperwork and interview completed 48 hours prior to attending any Adaptive Programs.

Registration is required for each of the programs in which you would like to participate. Registering is imperative for our programming so that we have enough materials and staff to ensure a successful program. Simply call the Adaptive Program Office to place your requests. Transportation will be provided through the FNSB Van Tran system at no cost to you when attending the Adaptive Programs.

To register, or acquire information, call the Parks & Recreation Adaptive Office at 459-1097 or check online at the Fairbanks North Star Borough website: [www.fnsb.us](http://www.fnsb.us). Please leave a voicemail if we are unavailable, and staff will return your call. If you have an email address that you would like to receive your monthly newsletter, please call the Adaptive Office with your email information and we will put you on the email list.

It is very important for participants to wear appropriate outerwear for the current temperature when participating in the Adaptive Fall/Winter Programs as well as riding Van Tran.

**Anyone wishing to attend any cultural event MUST call the Adaptive Office the Wednesday prior to each of the cultural events to sign –up. Please be considerate of others; if you register for a cultural event then find you are unable to attend, please cancel no later than the day before the activity.** This makes it possible for us to contact someone on the waiting list so they may attend in your place.

Wishing everyone Happy Holidays!  
Tiffany

### Important Dates:

- **Sunday, November 3rd turn your clocks BACK 1 hour for Daylight Saving Time**
- **Monday, November 11th, No Programs, Veterans Day Holiday**
- **Saturday, November 16th, Special Olympics' Dance**
- **Thursday, November 28th, No Programs, Happy Thanksgiving Day**
- **Friday, November 29rd, No Programs, Thanksgiving Holiday Observed**
- **Saturday, December 21st, Special Olympics' Dance**
- **Tuesday, December 24th, No Programs, Christmas Eve Holiday**
- **Wednesday, December 25th, No Programs, Christmas Day Holiday**

# Adaptive November & December Adult Cultural Enrichment Activities

## November

- Friday, November 1st      Movie @ Regal Cinema, 1855 Airport Way  
Time: 3:45p.m.—6:45p.m.  
Cost: \$28.00 ticket & snacks
- Friday, November 8th      Ice Dog Game, 1920 Lathrop St., Big Dipper  
Time: 6:15p.m.-9:15p.m.  
Cost: \$27.00 ticket cost (\$12.00) & snack\$\$\$
- Saturday, November 16th      Special Olympics' Dance, 1003 Pioneer Rd.  
Time: 7:00-9:00p.m.  
Cost: \$1.00 per soda
- Friday, November 22nd      Paint Night @ MSRC , 805 14th Ave.  
Time: 3:45p.m.-6:45p.m.  
Cost: \$10.00 snacks & beverage

## December

- Friday, December 6th      Dinner @ Wood Center & Christmas Concert  
Symphony Practice @ Davis Concert Hall UAF,  
1731 S. Chandalar Drive  
Time: 4:30p.m.-8:45p.m.  
Cost: \$20.00 meal, drink & gratuity
- Friday, December 13th      Dinner @ Denny's 1929 Airport Way  
Time: 4:00p.m.-6:15p.m.  
Cost: \$22.00 meal, beverage & gratuity
- Saturday, December 21st      Special Olympics' Dance, 1003 Pioneer Rd.  
Time: 7:00p.m.-9:00p.m.  
Cost: \$1.00 per soda
- Friday, December 27th      Movie @ Regal Cinema, 1855 Airport Way  
Time: 4:00p.m.-7:00p.m.  
Cost: \$28.00 ticket & snacks

### Adaptive Programs and Cultural Enrichment Instructions







- 1) All registered 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 facilities smoking rules apply.
- 4) Call the Parks and Recreation Adaptive Program Office 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.



# November 2019




Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 2:30-3:30p.m. Exercise @ MSRC 4:15-7:15p.m. Movie @ Regal Cinema	<b>2</b> 
<b>3</b> Turn clocks back 1 hour 	<b>4</b> 3:30-5:30p.m. Bowling @ Arctic Bowl	<b>5</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	<b>6</b> 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	<b>7</b> 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt/ Rec Swim @ MSRC	<b>8</b> 6:30-9:15p.m. Cultural/Ice Dog Game @ Dipper	<b>9</b>
<b>10</b>	<b>11</b> No Programs Veteran's Day 	<b>12</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	<b>13</b> 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	<b>14</b> 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt/ Rec Swim @ MSRC	<b>15</b> 2:30-3:30p.m. Exercise @MSRC	<b>16</b> 7:00-9:00p.m. Cultural Special 'O' Dance 
<b>17</b>	<b>18</b> 3:30-5:30p.m. Bowling @ Arctic Bowl 	<b>19</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	<b>20</b> 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	<b>21</b> 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt/ Rec Swim @ MSRC	<b>22</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-6:45p.m. Paint Night @ MSRC	<b>23</b>
<b>24</b>	<b>25</b> 3:30-5:30p.m. Bowling @ Arctic Bowl	<b>26</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	<b>27</b> 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	<b>28</b> No Programs Happy Thanksgiving	<b>29</b> No Programs Thanksgiving Holiday Observed	<b>30</b> Thanksgiving 

MSRC = Mary Siah Recreation Center, Swimming Pool & Art Room, @ 805 14th Ave. Dipper= Big Dipper Ice Arena @ 1920 Lathrop St., Regal Cinema@1855 Airport Way, 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



# December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 3:30-5:30p.m. Bowling @ Arctic Bowl	3 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC	4 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	5 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt/ Rec Swim	6 2:30-3:30p.m. Exercise @ MSRC 4:30-8:45p.m. Cultural/ Symphony @ Davis Concert Hall	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 6:00-7:15p.m. WCBB @ Hunter 7:15-8:00p.m. Walking @ Hunter 8:00-8:45p.m. Rec Night @ Hunter	12 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt/ Rec Swim	13 2:30-3:30p.m. Exercise @ MSRC 4:00-6:15p.m. Cultural/ Denny's	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	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 No Programs Christmas Eve Holiday	25 No Programs Merry Christmas	26 4:30-6:00p.m. Art @ MSRC 6:30-8:30p.m. Adapt/ Rec Swim	27 2:30-3:30p.m. Exercise @ MSRC 4:00-7:00p.m. Cultural/ Movie @ Regal Cinema	28
29	30 3:30-5:30p.m. Bowling @ Arctic Bowl	31 2:30-3:30p.m. Exercise @ MSRC 3:45-5:00p.m. Game Night @ MSRC				

MSRC = Mary Siah Recreation Center, Swimming Pool & Art Room, @ 805 14th Ave. Dipper= Big Dipper Ice Arena @ 1920 Lathrop St. ,  
 Regal Cinema@1855 Airport Way, 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

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:

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

If you want to receive your newsletter by email:

Email Address: \_\_\_\_\_

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) 290-2449

**Fairbanks North Star Borough  
Department of Parks & Recreation  
P.O. Box 71267  
Fairbanks, AK 99707**