



# 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

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## January/ February

Dear Participants, Parents and Caregivers:

Happy New Year! I hope this newsletter finds everyone starting their new year off on a positive note. I am sure you have all made some resolutions for this year and if staying active is one of them, we have fun activities planned for you! As some of you know, we are both delighted and disheartened to announce that Tiffany Corrigan, Senior and Adaptive Program Coordinator of the Parks & Recreation Department, has retired from her position. We will miss her greatly but we wish her the best and hope she enjoys this new chapter in her life. I will be passing out the Adaptive Program Waiver and information paperwork out for everyone to complete and return to me. It is required for everyone wishing to participate in our program to have this waiver completed along with the other necessary assessment and information. The programs will keep to the same schedule other than Tuesday's programs will change and be held in a different location.

Beginning February 4th, we are changing our Tuesday programs to be held at the Big Dipper. This schedule will remain through April. Yes, on Tuesdays, we will be bringing back our cross-country skiing/ snow shoeing and ice skating. We will offer Game Night at the same time as Ice Skating for those who don't wish to skate. Others can enjoy some board games or cards in the Dipper Conference Room. We will be cross-country skiing/ snow shoeing first at 2:45-4:00p.m. I will expect everyone who arrives at 2:45p.m. to be prepared for outdoor fun and to dress accordingly for the current weather. There will be no indoor activity until ice skating and Game Night beginning at 4:00p.m. After skating and games we will walk inside the Dipper, which is a great way to stretch your muscles by logging a few miles inside the warmth of the Big Dipper.

When you are requesting your Van Tran transportation, state the new location and time of the programs that you will be participating in. Transportation will be provided through the FNSB Van Tran at no cost to those within the Van Tran's service area. Be certain when you place your request with Van Tran's Dispatch you state that you are attending FNSB Parks & Recreation Adaptive Programs.

**Please, remember to place your program requests to the Adaptive Program Office at 459-1097 as well as signing-up for the Cultural outings. This request must be made by the Wednesday before the Cultural event you wish to attend. Be sure to leave a voicemail if we are unavailable to answer your call, so staff may return your call.**

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) It is very important for participants to wear appropriate outerwear for the current temperature when participating in the Adaptive Fall/Winter Programs.

Looking forward to see everyone,

Nicole

### Important Dates:

- **Wednesday, January 1st, No Programs, New Year's Day Observed**
- **Saturday, January 18th, Special Olympics' Dance**
- **Monday, January 20th, No Programs, Martin Luther King Jr.'s Day**
- **Saturday, February 15th, Special Olympics' Dance**
- **Monday, February 17th, No Programs, Presidents Day**

## January

- Friday, January 3rd      Movie      Night @ Regal Cinema, 1855 Airport Way  
Time: 4:00p.m. –7:00p.m.  
Cost: \$27.00 ticket, & snack \$\$  
Please bring your **ADA ID** and your **Regal Crown Club Card** if you have one.
- Friday, January 10th      Dinner @ Brewsters , 3578 Airport Way  
Time: 4:00p.m.-6:15p.m.  
Cost: \$27.00 meal, beverage & gratuity
- Saturday, January 17th      Special Olympics Dance @ Elk's Lodge, 1003 Pioneer Way  
Time: 7:00-9:00p.m.  
Cost: \$1.00 per soda
- Friday, January 24th      Ice Dog Game, 1920 Lathrop St., Big Dipper  
Time: 5:45p.m.-9:15p.m.  
Cost: \$27.00, ticket cost (\$10.00) & snack\$\$\$
- Friday, January 31st      Bingo @ MSRC, 1025 14th Ave.  
Time: 3:45p.m.-6:30p.m.  
Cost: \$10.00 , Blackout \$1.00, snacks & beverage

## February

- Friday, February 7th      Movie      Night @ Regal Cinema, 1855 Airport Way  
Time: 4:00p.m. –7:00p.m.  
Cost: \$27.00 ticket & snack \$\$  
Please bring your **ADA ID** and your **Regal Crown Club Card** if you have one.
- Saturday, February 15th      Special Olympics Dance @ Elk's Lodge, 1003 Pioneer Way  
Time: 7:00-9:00p.m.  
Cost: \$1.00 per soda
- Friday February 21st      Dinner @ C & J Drive In, 2233 S Cushman St  
Time: 4:00p.m.-6:15p.m.  
Cost: \$27.00 meal, beverage & gratuity
- Friday February 28th      Karaoke Night @ MSRC, 805 14th Ave.  
Time: 3:45 p.m.-6:30p.m.  
Cost: \$20.00 Subway Sandwich, beverage & snacks

### 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 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 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.

We hope this system is equitable. If you have any questions, call 459-1097.

**All transportation must be arranged with Van Tran, 459-1010 ext.2. Be sure to identify your transportation is to Parks & Recreation programs.**



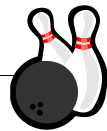
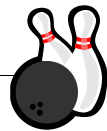



# **ADAPTIVE RECREATION PARTICIPANT GUIDELINES**

1. Please be on time for programs.
2. Keep your hands and feet to yourself.
3. No foul or abusive language will be tolerated.
4. No alcohol or smoking is permitted on outings or activities.
5. Participants must follow directions from staff members and stay with the group at all times.
6. Participants should come dressed appropriately for the activity and are required to participate in the activity to the best of his or her ability.
7. 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 tell a member of the Adaptive staff.
8. All participants of the Adaptive Recreational Programming will need to be respectful to staff as well as other members of the program and community to the best of his or her ability. This includes using appropriate language.



# January 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> New Year's Day No Programs	<b>2</b> 4:30-6:00p.m. Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	<b>3</b> 2:30-3:30p.m. Exercise @MSRC 4:00-7:00p.m. Cultural @ Regal Cinema	<b>4</b> 
<b>5</b>	<b>6</b> 3:30-5:30p.m. Bowling @ Arctic Bowl 	<b>7</b> 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	<b>8</b> No Programs Staff Training	<b>9</b> 4:30-6:00p.m. Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	<b>10</b> 2:30-3:30p.m. Exercise @MSRC 4:00-6:15p.m. Cultural @ Brewsters on Airport	<b>11</b>
<b>12</b>	<b>13</b>  3:30-5:30p.m. Bowling @ Arctic Bowl	<b>14</b> 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	<b>15</b> 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	<b>16</b> 4:30-6:00p.m. Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	<b>17</b> 2:30-3:30p.m. Exercise @ MSRC	<b>18</b> 7:00-9:00p.m. Cultural Special "O" Dance 
<b>19</b>	<b>20</b> Martin Luther King Jr. Day No Programs	<b>21</b> 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	<b>22</b> 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	<b>23</b> 4:30-6:00p.m. Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	<b>24</b> 5:45-9:15p.m. Cultural@Dipper Ice Dog Game	<b>25</b>
<b>26</b> 	<b>27</b> 3:30-5:30p.m. Bowling @ Arctic Bowl	<b>28</b> 2:30-3:30 p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC	<b>29</b> 6:00-7:00p.m. Wheelchair Basketball @ Hunter Gym 7:00-7:45p.m. Walking @ Hunter Gym 7:45-8:45p.m. Rec Night @ Hunter	<b>30</b> 4:30-6:00p.m. Art @ MSRC 6:30-7:30p.m. Adapt Swim @ MSRC 7:30-8:30p.m. Rec Swim @ MSRC	<b>31</b> 2:30-3:30p.m. Exercise @ MSRC 3:45-6:30p.m. Cultural @ MSRC Bingo	

MSRC = Mary Siah Recreation Center, Swimming Pool & Art Room, Dipper= Big Dipper Ice Arena, Hunter Gym = Hunter Elementary School Gymnasium,  
Arctic Bowl=Arctic Bowling Alley

Fairbanks North Star Borough Department of Parks & Recreation, Adaptive & Senior Program Coordinator Nicole Horn, 459-1097



# February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3:30-5:30p.m. <b>Bowling @ Arctic Bowl</b>  	4 2:45-4:00p.m. <b>Snow Fun @ Dipper</b> 4:00-5:00p.m. <b>Ice Skating &amp; Game Night @ Dipper</b> 5:00-6:15p.m. <b>Walking @ Dipper</b>	5 6:00-7:00p.m. <b>Wheelchair Basketball @ Hunter Gym</b> 7:00-7:45p.m. <b>Walking @ Hunter Gym</b> 7:45-8:45p.m. <b>Rec Night @ Hunter</b>	6 4:30-6:00p.m. <b>Art @ MSRC</b> 6:30-7:30p.m. <b>Adapt Swim @ MSRC</b> 7:30-8:30p.m. <b>Rec Swim @ MSRC</b>	7 2:30-3:30p.m. <b>Exercise @ MSRC</b> 4:00-7:00p.m. <b>Cultural @ Regal Cinema</b>	8
9	10 3:30-5:30p.m. <b>Bowling @ Arctic Bowl</b>  	11 2:45-4:00p.m. <b>Snow Fun @ Dipper</b> 4:00-5:00p.m. <b>Ice Skating &amp; Game Night @ Dipper</b> 5:00-6:15p.m. <b>Walking @ Dipper</b>	12 6:00-7:00p.m. <b>Wheelchair Basketball @ Hunter Gym</b> 7:00-7:45p.m. <b>Walking @ Hunter Gym</b> 7:45-8:45p.m. <b>Rec Night @ Hunter</b>	13 4:30-6:00p.m. <b>Art @ MSRC</b> 6:30-7:30p.m. <b>Adapt Swim @ MSRC</b> 7:30-8:30p.m. <b>Rec Swim @ MSRC</b>  	14 2:30-3:30p.m. <b>Exercise @ MSRC</b>	15 7:00-9:00p.m. <b>Cultural Special "O" Dance</b>
16	17 <b>No Programs Presidents' Day</b>	18 2:45-4:00p.m. <b>Snow Fun @ Dipper</b> 4:00-5:00p.m. <b>Ice Skating &amp; Game Night @ Dipper</b> 5:00-6:15p.m. <b>Walking @ Dipper</b>	19 6:00-7:00p.m. <b>Wheelchair Basketball @ Hunter Gym</b> 7:00-7:45p.m. <b>Walking @ Hunter Gym</b> 7:45-8:45p.m. <b>Rec Night @ Hunter</b>	20 4:30-6:00p.m. <b>Art @ MSRC</b> 6:30-7:30p.m. <b>Adapt Swim @ MSRC</b> 7:30-8:30p.m. <b>Rec Swim @ MSRC</b>	21 2:30-3:30p.m. <b>Exercise @ MSRC</b> 4:00-6:15p.m. <b>Cultural @ C &amp; J Drive in</b>	22
23	24 3:30-5:30p.m. <b>Bowling @ Arctic Bowl</b>	25 2:45-4:00p.m. <b>Snow Fun @ Dipper</b> 4:00-5:00p.m. <b>Ice Skating &amp; Game Night @ Dipper</b> 5:00-6:15p.m. <b>Walking @ Dipper</b>	26 5:15-8:15p.m. <b>Rec Night @ Dipper Walking &amp; Games</b>	27 4:30-6:00p.m. <b>Art @ MSRC</b> 6:30-7:30p.m. <b>Adapt Swim @ MSRC</b> 7:30-8:30p.m. <b>Rec Swim @ MSRC</b>	28 2:30-3:30p.m. <b>Exercise @ MSRC</b> 3:45-6:30p.m. <b>Cultural @ MSRC Karaoke Night</b>	29

MSRC = Mary Siah Recreation Center, Swimming Pool & Art Room, Dipper= Big Dipper Ice Arena, Conference Room & Mezzanine,  
 Hunter Gym = Hunter Elementary School Gymnasium, Arctic Bowl=Arctic Bowling Alley  
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