

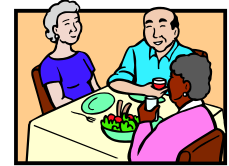
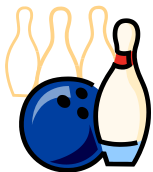


Fairbanks North Star Borough Senior Recreation Programs

At a glance...



Aqua Fitness at Mary Siah Pool	Mondays, Wednesdays & Fridays: 9:00 a.m.
Exercise at Santa's Senior Center in North Pole	Mondays & Fridays: 11:00 – 11:30 a.m.
Bowling at Arctic Bowl	Mondays: 1:30 p.m.
Monthly Shopping Trip	Check Calendar for Available Shopping Trips Free transportation included
Walking Club	Tuesdays & Thursdays: 9:15 -10:15 a.m.
Exercises at N.S.C.A. Senior Center	Tuesdays & Thursdays: 11:15 –11:45 a.m.
Exercise at MLH Manor	Mondays & Fridays: 8:30-9:15am
Various Outings (concerts/plays, tours, day trips, Breakfast Club)	Mostly Wednesdays, Fridays and some weekends. Please call for more info or refer to our newsletter, the "Golden Age Gazette". Free transportation included.



If you are interested in any of these programs, or need more information, please call Georgia Reynolds Senior Activities Coordinator, at 459-1136. Ask to be added to our mailing list to receive your free monthly newsletter!