



Luke Hopkins, Mayor

# GOLDEN AGE GAZETTE

## 2012

Presented by the FNSB Parks and Recreation Department

Programs are offered to all FNSB Seniors age 60+



Senior Activities Coordinator: Georgia Reynolds

Phone: 459-1136

Email: greynolds@fnsb.us

## MAY

Hello Everyone,

May is designated Older American's Month. We celebrate this with Senior Recognition Day on Thursday, May 3rd at the Carlson Center. Doors open to the public at 9:30 am, with the program beginning at 10:00 am. This year's theme is "Make a Splash Celebrating Your Golden Years."

Senior Recognition Day will begin May's outings. The Breakfast Club will reconvene from it's springtime hiatus. We will meet at the Hilltop Restaurant on Wednesday, May 9th. Reservations are not accepted, but we plan to be there at 9:30 am. The following Wednesday, May 16th, is the monthly shopping trip to Wal-Mart and Fred Meyer at 10:00 am. The outings will end on Wednesday, May 30th with a trip to Risse's Greenhouse at 10:00 am. We have only one van for this trip, so seating and purchasing will be limited. You may bring up to two containers (hanging basket, individual planter, etc.) for the staff to pot your purchased plant(s). Flats will be limited to 1 per person as well. The offices will be closed and no programs will run on Memorial Day, Monday, May 28th.

With the melting of snow brings summer activities. The birds arrived at Creamer's Field Migratory Waterfowl Refuge last month. The Tanana Valley Farmer's Market opens Saturday, May 12th. Their schedule is Wednesdays 11:00 am to 4:00 pm and Saturdays 9:00 am to 4:00 pm. The "Artist's Market" runs Sundays 11:00 am to 4:00 pm. UAF's Georgeson Botanical Garden opens for the season on Saturday, May 26th; which is designated Alaska Public Gardens Day. An inquiry into the Riverboat Discovery revealed their Senior Appreciation day float is slated for June.

While there are many activities going on outside; it is an opportunity for maintenance and repair to happen on the inside of buildings. The Big Dipper Ice Arena will be closed Friday, June 29th through Sunday, July 22nd. The Senior Walking Club will relocate; see upcoming newsletters for locations. The outside walking track will remain open to the public during this time. Mary Siah Recreation Center will be closed Sunday, July 1st through Sunday, July 15th. Hamme Swimming Pool will be closed Monday, July 30th through Sunday, September 16th. We appreciate your patience while work is being completed on these facilities.

We are in the process of updating the mailing list. If you would like to continue receiving the newsletter, please call 459-1070 and advise us of your wishes.

**PROGRAM CHANGES NEXT MONTH: I will be out of the office June 25th-29th.**

### Georgia Reynolds

Fairbanks North Star Borough Department of Parks & Recreation Senior Activities Coordinator, Georgia Reynolds 459-1136

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**

Irene Christie	455-9037	Banarsi Lal	479-4781	Sonja Younker	474-9534
Diane Fleeks	456-1529	Ethel Stoneman	488-6879	Art Delaune	479-2838
Cindy Jeffries	488-0794	Myldred Thomas	479-7377	Kyong Hollen	452-3246

There will not be a meeting this month as **Senior Recognition Day** is **Thursday, May 3, 2012**. The next meeting of the Senior Citizens Advisory Commission will be held **Thursday, August 16, 2012**, starting at noon. Meetings are held in the conference room located upstairs at the Big Dipper Ice Arena. Refreshments are provided prior to the meeting. The public is welcome, and encouraged 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.

Please call and sign-up for these outings and to arrange transportation if necessary.

459-1136

**PARKS & RECREATION SENIOR OUTINGS**

**Thursday, May 3rd**

**Senior Recognition Day @ Carlson Center**

**Time:** Doors open 9:30 A.M.; Program begins 10:00 A.M.

**Cost:** Free

**Wednesday, May 9th**

**Breakfast Club @ Hilltop Restaurant**

**Time:** 9:30 A.M. (pick ups start earlier)

**Cost:** \$15.00 for meal, beverage, and tip

**Wednesday, May 16th**

**Shopping @ Wal-Mart and Fred Meyer**

**Time:** 10:00 A.M. (pick ups start earlier)

**Cost:** Personal

**Wednesday, 30th**

**Risse's Greenhouse**

**Time:** 10:00 A.M.

**Cost:** Personal

(Bring a container IF you want them to pot purchased plant(s) for you)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 9:15—10:15 Walking @ Big Dipper 11:15—11:45 Exercise @ FSC	<b>2</b> Aqua Fitness	<b>3</b> <b>10:00 A.M. Senior Recognition Day @ Carlson Center</b>	<b>4</b> Aqua Fitness 8:30 Exercise @ MLH 11 Exercise @ North Pole	<b>5</b> <b>M</b>
<b>6</b>	<b>7</b> Aqua Fitness 8:30 Exercise @ MLH 11 Exercise @ North Pole 1:30 P.M. Bowling	<b>8</b> 9:15—10:15 Walking @ Big Dipper 11:15—11:45 Exercise @ FSC	<b>9</b> Aqua Fitness <b>9:30 A.M. Breakfast Club @ Hilltop Cafe</b>	<b>10</b> 9:15—10:15 Walking @ Big Dipper 11:15—11:45 Exercise @ FSC 1:15 P.M. FRA	<b>11</b> Aqua Fitness 8:30 Exercise @ MLH 11—11:30 Exercise @ North Pole	<b>12</b> <b>A</b> <b>Y</b>
<b>13</b> <b>Mother's Day</b>	<b>14</b> Aqua Fitness 8:30 Exercise @ MLH 11 Exercise @ North Pole 1:30 P.M. Bowling	<b>15</b> 9:15—10:15 Walking @ Big Dipper 11:15—11:45 Exercise @ FSC	<b>16</b> Aqua Fitness <b>10:00 A.M. SHOPPING @ Fred Meyer &amp; Wal-Mart</b>	<b>17</b> 9:15 Walking @ Big Dipper 11:15 Exercise @ FSC 1:15 P.M. FRA	<b>18</b> Aqua Fitness 8:30 Exercise @ MLH 11 Exercise @ North Pole	<b>19</b> <b>2</b> <b>0</b> <b>1</b> <b>2</b>
<b>20</b>	<b>21</b> Aqua Fitness 8:30 Exercise @ MLH 11 Exercise @ North Pole 1:30 P.M. Bowling	<b>22</b> 9:15—10:15 Walking @ Big Dipper 11:15—11:45 Exercise @ FSC	<b>23</b> Aqua Fitness	<b>24</b> 9:15—10:15 Walking @ Big Dipper 11:15—11:45 Exercise @ FSC 1:15 P.M. FRA	<b>25</b> Aqua Fitness 8:30 Exercise @ MLH 11 Exercise @ North Pole	<b>26</b>
<b>27</b>	<b>28</b> <b>HOLIDAY—NO PROGRAMS</b>	<b>29</b> 9:15—10:15 Walking @ Big Dipper 11:15 — 11:45 Exercise @ FSC	<b>30</b> Aqua Fitness <b>10:00 A.M. Risse's Greenhouse</b>	<b>31</b> 9:15—10:15 Walking @ Big Dipper 11:15—11:45 Exercise @ FSC 1:15 P.M. FRA		



**If you Do Not Wish to receive the  
Golden Age Gazette,  
Please contact 459-1136 to have your  
name removed  
from the mailing list**



**Fairbanks North Star Borough  
Department of Parks and Recreation  
P.O. Box 71267  
Fairbanks, AK 99707-1267**