



The Extra Scoop

Presented by the Fairbanks North Star Borough
Department of Parks and Recreation
Adaptive Recreation Program (907) 459-1097



Karl Kassel, Mayor



Adaptive Program Coordinator

Tiffany Corrigan

Phone: 459-1097

Email: tcorrigan@co.fairbanks.ak.us

Email: tcorrigan@fnsb.us

Website: <http://co.fairbanks.ak.us>

November/December

Dear Participants, Parents and Caregivers:

I hope this newsletter finds everyone in good health as well as gearing up for our winter weather. A reminder to all those who attend Parks & Recreation Adaptive Programs, it is vitally important for participants to wear appropriate outerwear for the current temperature when participating in the Adaptive Fall/Winter Programs. Equally important, when being transported on the Parks & Recreation van each individual must be wearing appropriate outerwear for the current weather conditions; (i.e. boots, hat, coat & gloves for the cold winter weather).

The calendar reflects all the changes and times of each activity. Page 2 has the Cultural Enrichment Activities listed for the months of November and December. Please note the relocations found on the calendar of December as the school closes for the Christmas Holiday. There are several days that there will be no programs and they are listed below for your convenience.

A completed current registration form is required to participate in any of the Adaptive Programs. You will be required to register for each of the programs in which you would like to participate in. You may call Tiffany at the Adaptive Office to place your program requests. It is important for those wanting transportation to place their request at the same time of their call to register for the program. We will try to accommodate all requests made.

To register, or acquire information, simply call the Parks & Recreation Adaptive Office at 459-1097 or check online at the Fairbanks North Star Borough website: 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. We have limited transportation for all activities including Cultural. 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 a Happy Holidays to all,
Tiffany

Important Dates:

- **Sunday, November 6th, Daylight Savings, Turn clocks BACK 1 hour**
- **Tuesday, November 8th, No Programs, Staff Training**
- **Friday, November 11th, No Programs, Veteran's Day Observed**
- **Saturday, November 19th, Special Olympics Dance, 7:00-9:00p.m.**
- **Thursday, November 24th, No Programs, Thanksgiving Day, Holiday Observed**
- **Friday, November 25th, No Programs, Thanksgiving Holiday Observed**
- **Saturday, December 17th, Special Olympics Dance,**
- **Friday, December 23rd, No Programs, Christmas Eve Holiday Observed**
- **Monday, December 26th, No Programs, Christmas Holiday Observed**

Adaptive November & December Adult Cultural Enrichment Activities

November

- Friday, November 4th **Movie @ Regal Cinemas**
Time: 4:00p.m.(pick-up starts earlier)
Cost: \$27.00 ticket & snacks
- Saturday, November 19th **Special Olympics Dance**
Time: 7:00-9:00p.m.(pick-up starts earlier)
Cost: \$ 1.00 per soda

December

- Friday, December 2nd **Movie @ Regal Cinemas**
Time: 4:00p.m.(pick-up starts earlier)
Cost: \$27.00 ticket & snacks
- Friday, December 9th **Dinner @ Taco Azteca**
Time: 4:00p.m.(pick-up starts earlier)
Cost: \$20.00 meal, beverage & gratuity
- Saturday, December 17th **Special Olympics Dance**
Time: 7:00-9:00p.m.(pick-up starts earlier)
Cost: \$ 1.00 per soda
- Friday, December 30th **Bingo & Pizza @ MSRC**
Time: 4:00p.m.(pick-up starts earlier)
Cost: \$ 15.00 meal & beverage

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 facilities 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.
- 5) If you must cancel transportation, call 459-1097 at least 4 hours before the activity is scheduled to begin. Failure to call in your cancellation may result in loss of transportation privileges.
- 6) The cultural driver will call the day before the activity with an approximate pick up time.

We hope this system is equitable. If you have any questions, call 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) 459-1072.



November 2016



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

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 Tiffany Corrigan, 459-1097



December 2016



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------|
| | | | | 1 4:30-6:00p.m. Art @ MSRC 6:30-8:30 p.m. Adapt/Rec Swim | 2 2:30-3:30p.m. Exercise @ MSRC 4:00-7:00 p.m. Cultural/ Movie | 3 |
| 4 | 5 3:30-5:30 p.m. Bowling @ Arctic Bowl | 6 2:30-3:30p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC | 7 4:30-5:30p.m. Walking @ Dipper 6:00-7:30p.m. Rec Night @ Hunter | 8 4:30-6:00p.m. Art @ MSRC 6:30-8:30 p.m. Adapt/Rec Swim | 9 2:30-3:30p.m. Exercise @ MSRC 4:00-7:00p.m. Cultural/ Taco Azteca | 10 |
| 11 | 12 3:30-5:30p.m. Bowling @ Arctic Bowl | 12 2:30-3:30p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC | 14 4:30-5:30p.m. Walking @ Dipper 6:00-7:30p.m. Rec Night @ Hunter | 15 4:30-6:00p.m. Art @ MSRC 6:30-8:30 p.m. Adapt/Rec Swim | 16 | 17 7:00-9:00p.m. Cultural/ Special Olympics Dance |
| 18 | 19 3:30-5:30p.m. Bowling @ Arctic Bowl | 20 2:30-3:30p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC | 21 4:30-5:30p.m. Walking @ Dipper 6:00-7:30p.m. Rec Night @ MSRC | 22 4:30-6:00p.m. Art @ MSRC 6:30-8:30 p.m. Adapt/Rec Swim | 23 No Programs Christmas Holiday Observed | 24 Christmas Eve |
| 25 Merry Christmas | 26 No Programs Christmas Holiday Observed | 27 2:30-3:30p.m. Exercise @ MSRC 4:00-5:00p.m. Game Night @ MSRC | 28 4:30-5:30p.m. Walking @ Dipper 6:00-7:30p.m. Rec Night @ MSRC | 29 4:30-6:00p.m. Art @ MSRC 6:30-8:30 p.m. Adapt/Rec Swim | 30 2:30-3:30p.m. Exercise @ MSRC 4:00-7:00p.m. Cultural | 31 |

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Fairbanks, AK 99707**