

# GOLDEN AGE GAZETTE



*Karl Kassel, Mayor*

Presented by the FNSB Parks and Recreation Department

Programs are offered to all FNSB Seniors age 60+

*Tiffany Corrigan*

*Senior/Adaptive Activities Coordinator:*

*Phone: 459-1136*

*Email: [tcorrigan@fnsb.us](mailto:tcorrigan@fnsb.us)*

## November/December 2016

Hello Everyone,

This newsletter will provide you with information on the programs and outings provided by the Parks and Recreation Department. If you are currently not registered with the Senior Program, now is a great time to register and join in on the fun. The Senior Program offers transportation for the Walking Club, Fairbanks Exercise Class, and Wednesday outings. Last month, we had fun learning about Laughter Yoga from Mr. Mirth. We had even more fun laughing along with him! If you want to experience more laughter, join the senior session held on Thursdays, 1:00p.m. at Raven Landing Building D. If there is a consistent number of seniors wishing to participate in laughter yoga regularly, we could potentially arrange transportation for those to attend the 1:00p.m. Thursdays' session. I would need the interested seniors to call the Parks & Recreation Senior Program Office with their request.

The winter always brings cold and long dark days, but you don't have to stay at home and sit idle, when you can join our Walking Club at the Big Dipper. This program allows seniors to walk at their own pace and distance, whether it be one lap around the mezzanine or more. We have seniors walking as many as 20 laps equal to more than 2.5 miles. This program provides transportation from your home to the Dipper and will take you back home after walking, or if you would like to exercise then join the seniors at the Fairbanks Senior Center for exercise class which begins at 11:00-11:30a.m. After exercise class, the Fairbanks Senior Center serves a warm meal in a congregate setting or you may ride the van back to your home. The van ride offers a chance to chat with fellow seniors and enjoy all the comforts of not having to drive. To request transportation please call 459-1136 to speak with staff to make the necessary arrangements. Please leave a voicemail with your name, phone number and a brief message so that staff may return your call.

The November outings will include: shopping at Fred Meyer East and Wal-Mart, Breakfast Club at The Cookie Jar and Lunch at Raven Landing featuring their homemade soup with fresh bread. December outings will include shopping at Fred Meyer West and Safeway, Breakfast Club at Denny's, Fairbanks Seniors touring the cities' Christmas Lights in the comfort of a heated van as well as the North Pole Seniors dining at Friar Tuck's followed with a tour of more Christmas Lights.

This Golden Age Gazette contains both the November/December calendars, so be sure to keep your copies. Remember you can check on line for this information at: [www.fnsb.us](http://www.fnsb.us)

Wishing a Happy Holiday Season to all!

*Tiffany*

Important Dates:

- Sunday, November 6th, Daylight Savings, Turn clocks BACK 1 hour
- Friday, November 11th, No Programs, Veteran's Day Observed
- Thursday, November 24th, No Programs, Thanksgiving Day, Holiday Observed
- Friday, November 25th, No Programs, Thanksgiving Holiday Observed
- Friday, December 16th, North Pole Seniors Christmas Light Tour
- Tuesday, December 20th, Fairbanks Seniors Christmas Light Tour
- Friday, December 23rd, No Programs, Christmas Eve Holiday Observed
- Monday, December 26th, No Programs, Christmas Holiday Observed

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**

Art Delaune	479-2838	Diane Fleeks	456-1529	James Hunter	978-6297
Banarsi Lal	479-4781	William Sanderson	488-3866	Barbara Sevier	488-2063
Karen Wood	474-2121	Sonja Younker	474-9534		

The Senior Citizens Advisory Commission will meet on Thursday, November 17, 2016 with the meeting beginning at noon. The December meeting will be held on Thursday, December 15, 2016 at 12 noon. The meetings are held in the conference room located upstairs at the Big Dipper Ice Arena Mezzanine. This is a good time to meet and speak with the commissioners about any senior issues you may have and want to address. The public is welcome to attend.

**THE FAIRBANKS SENIOR CENTER**

North Star Council on Aging

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.*

**The Fairbanks North Star Borough Parks & Recreation Department  
offers these weekly programs for seniors.**

**Senior Aqua Fitness / Aquacise**

Mon., Wed., Fri. 9:00 a.m. - 9:45 a.m. (Mary Siah Recreation Center)

Mon., Wed., Fri. 6:00 p.m.- 6:45 p.m. (Wescott Pool)

**Exercises at North Pole Santa's Senior Center**

Mon. & Fri. 10:45 a.m.-11:15 a.m.

**Walking Club at the Big Dipper** (Transportation available)

Tues. & Thurs. 9:00 a.m. -10:00 a.m.

**Exercises at Fairbanks Senior Center** (Transportation available after Walking Club)

Tues. & Thurs. 11:00 a.m.- 11:30 a.m.

Please call, 459-1136 to sign-up for your first **TWO** choices per month of these outings. Transportation is available on all the outings listed below. Please request when signing up.

**PARKS & RECREATION SENIOR OUTINGS**

<b>Wednesday, November 2nd</b>	<b>Shopping @ Fred Meyer East &amp; Wal-Mart</b> <b>Time:</b> 10:00a.m. (pick-ups start earlier) <b>Cost:</b> Personal \$\$
<b>Wednesday, November 9th</b>	<b>Breakfast Club @ The Cookie Jar</b> <b>Time:</b> 10:00a.m.(pick-ups start earlier) <b>Cost:</b> \$22.00 meal, beverage & gratuity
<b>Wednesday, November 16th</b>	<b>Lunch @ Raven Landing</b> <b>Time:</b> 11:30a.m. (pick ups start earlier) <b>Cost:</b> \$5.00 Fresh baked bread & soup of the day (TBA)
<b>Wednesday, December 7th</b>	<b>Shopping @ Fred Meyer West &amp; Safeway</b> <b>Time:</b> 10:00a.m. (pick-ups start earlier) <b>Cost:</b> Personal \$\$
<b>Wednesday, December 14th</b>	<b>Breakfast Club @ Denny's</b> <b>Time:</b> 9:30a.m. (pick-ups start earlier) <b>Cost:</b> \$15.00 meal, beverage & gratuity
<b>Friday, December 16th</b>	<b>North Pole Seniors Dinner @ Friar Tuck's Hoagie House &amp; Christmas Light Tour</b> <b>Time:</b> 4:00p.m. (pick-ups start earlier) <b>Cost:</b> \$25.00 meal, beverage & gratuity
<b>Tuesday, December 20th</b>	<b>Fairbanks Seniors Dinner @ The Diner &amp; Christmas Light Tour</b> <b>Time:</b> 4:00p.m. (pick-ups start earlier) <b>Cost:</b> \$22.00 meal, beverage & gratuity

**Did you know. . .**

. . . the FNSB Public Library's **Bookmobile** provides **Home Delivery Services** to people who are homebound because of age or disability?

**We can deliver all library materials** depending on your needs: Large print or regular print books, audio books, music CDs, and DVDs. You can make specific requests or we will make selections for you based on your interests. We'll visit once each month with new items and pick up those to be returned.

**Phone Kitty or Yvonne at the Bookmobile office, 459-1031**, if you--or someone you know-- is interested in this service. We'll set up a time to visit and get you started.

**Kitty and Yvonne**

**FNSB Bookmobile 459-1031**

**bookmobile@fnsblibrary.us**



# November 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>2</b> 9:00-9:45a.m. Aqua Fitness @ MSRC <div style="border: 1px solid black; padding: 2px;">10:00a.m. Shopping FME &amp; Wal-Mart</div>	<b>3</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>4</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>5</b>
<b>6</b> Turn clocks back 1 hour 	<b>7</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>8</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC 	<b>9</b> 9:00-9:45a.m. Aqua Fitness @ MSRC <div style="border: 1px solid black; padding: 2px;">10:00a.m. Breakfast @ Cookie Jar</div>	<b>10</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>11</b> No Programs Veteran's Day 	<b>12</b>
<b>13</b>	<b>14</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>15</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>16</b> 9:00-9:45a.m. Aqua Fitness @ MSRC <div style="border: 1px solid black; padding: 2px;">11:30a.m. Lunch @ Raven Landing</div>	<b>17</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>18</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>19</b>
<b>20</b>	<b>21</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>22</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>23</b> 9:00-9:45a.m. Aqua Fitness @ MSRC	<b>24</b> No Programs Thanksgiving Day	<b>25</b> No Programs Thanksgiving Holiday	<b>26</b>
<b>27</b>	<b>28</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ NP	<b>29</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>30</b> 9:00-9:45a.m. Aqua Fitness @ MSRC	<div style="font-size: 2em; font-weight: bold; color: orange; text-shadow: 2px 2px 4px black; border: 1px solid black; padding: 5px;">Thanksgiving</div> 		

MSRC= Mary Siah Recreation Center, North Pole = Santa's Senior Center North Pole, FSC= Fairbanks Senior Center, Dipper =Big Dipper Ice Arena  
 Fairbanks North Star Borough Parks & Recreation Department Senior Program, 459-1136



# December 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>2</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ North Pole	<b>3</b>
<b>4</b>	<b>5</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ North Pole	<b>6</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>7</b> 9:00-9:45a.m. Aqua Fitness @ MSRC <div style="border: 1px solid black; padding: 2px; display: inline-block;">10:00a.m. Shopping Trip FME/Wal-Mart</div>	<b>8</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>9</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ North Pole	<b>10</b> 
	<b>12</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ North Pole	<b>13</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>14</b> 9:00-9:45a.m. Aqua Fitness @ MSRC <div style="border: 1px solid black; padding: 2px; display: inline-block;">9:30a.m. Breakfast @ Denny's</div>	<b>15</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>16</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ North Pole <div style="border: 1px solid black; padding: 2px; display: inline-block;">4:00p.m. NP Dinner &amp; Xmas Light Tour</div>	
<b>18</b>	<b>19</b> 9:00-9:45a.m. Aqua Fitness @MSRC 10:45-11:15a.m. Exercise @ North Pole	<b>20</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC <div style="border: 1px solid black; padding: 2px; display: inline-block;">4:00p.m. Fbks Dinner &amp; Xmas Light Tour</div>	<b>21</b> 9:00-9:45a.m. Aqua Fitness @ MSRC	<b>22</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>23</b> No Programs Christmas Eve Holiday Observed	<b>24</b> Christmas Eve
<b>25</b> Merry Christmas	<b>26</b> No Programs Christmas Holiday Observed	<b>27</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>28</b> 9:00-9:45a.m. Aqua Fitness @ MSRC	<b>29</b> 9:00-10:00a.m. Walking @ Dipper 11:00-11:30a.m. Exercise @ FSC	<b>30</b> 9:00-9:45a.m. Aqua Fitness @ MSRC 10:45-11:15a.m. Exercise @ North Pole	<b>31</b>

**Fairbanks North Star Borough  
Department of Parks & Recreation  
PO Box 71267  
Fairbanks, AK 99707**