




# FNSB SENIOR PROGRAM

## MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	<p><b>To Sign up for Programs:</b>            Call Marya at (907)459-1136            or email: <a href="mailto:marya.lewanski@fnsb.gov">marya.lewanski@fnsb.gov</a>  <b>PARKS.FNSB.GOV</b></p>		<p>1 12:00pm-1:00pm  <b>Senior Appreciation Snacks @MSRC</b>            1:00pm-1:45pm            Aquacise* @ MSRC            3:00pm-4:30pm            Table Tennis @ JCC</p>	<p>2 9:30am-10:30am            Walking @ Dipper            11:15am-11:45am            Exercise @ JCC            7:00pm-8:00pm            Walk w/ a Doc @ Dipper</p>	<p>3 11:15am-11:45am            Exercise @ SSC            1:00pm-1:45pm            Aquacise* @ MSRC</p>	<p>4</p>
<p>5</p>	<p>6 11:15am-11:45am            Exercise@ SSC            1:00pm-1:45pm            Aquacise* @ MSRC</p>	<p>7 9:30am-10:30am            Walking @ Dipper            11:15am-11:45am            Exercise @ JCC            12:15pm-1:45pm  <b>Lunch* @ Geraldo's</b></p>	<p>8 <b>Senior Recognition Day Set-Up</b>            8:00am-5:00pm</p>	<p>9 <b>Senior Recognition Day</b>            10am-1pm            Carlson Center</p>	<p>10 FBKS 50+ Summit and Senior Health Fair            8:00am-5:00pm  </p>	<p>11</p>
	<p>13 11:15am-11:45am            Exercise@ SSC            11:45am-12:45pm  <b>Potluck @ SSC</b>            1:00pm-1:45pm            Aquacise* @ MSRC</p>	<p>14 9:30am-10:30am            Walking @ Dipper            11:15am-11:45am            Exercise @ JCC</p>	<p>15 1:00pm-1:45pm            Aquacise* @ MSRC            3:00pm-4:30pm            Table Tennis @ JCC</p>	<p>16 8:00am-9:30am  <b>Senior Appreciation Snacks @Dipper</b>            9:30am-10:30am            Walking @ Dipper            11:15am-11:45am            Exercise @ JCC            7:00pm-8:00pm            Walk w/ a Doc @ Dipper</p>	<p>17 11:15am-11:45am            Exercise@ SSC            1:00pm-1:45pm            Aquacise* @ MSRC            2:00pm-4:00pm  <b>Potluck Social @ MSRC</b></p>	<p>18</p>
<p>19</p>	<p>20 11:15am-11:45am            Exercise@ SSC            1:00pm-1:45pm            Aquacise* @ MSRC</p>	<p>21 9:30am-10:30am            Walking @ Dipper            11:15am-11:45am            Exercise @ JCC            11:45am-12:45pm  <b>Exercise Recharge @JCC</b></p>	<p>22 1:00pm-1:45pm            Aquacise* @ MSRC            3:00pm-4:30pm            Table Tennis @ JCC</p>	<p>23 9:30am-10:30am            Walking @ Dipper            11:15am-11:45am            Exercise @ JCC            4pm-5:30pm  <b>Grandparents &amp; Grandkids Crafts* @ JCC</b>            7:00pm-8:00pm            Walk w/ a Doc @ Dipper</p>	<p>24 11:15am-11:45am            Exercise@ SSC            1:00pm-1:45pm            Aquacise* @ MSRC</p>	<p>25</p>
<p>26</p>	<p>27 <b>MEMORIAL DAY</b>            No Programs</p>	<p>28 9:30am-10:30am            Walking @ Dipper            11:15am-11:45am            Exercise @ JCC</p>	<p>29 1:00pm-1:45pm            Aquacise* @ MSRC            3:00pm-4:30pm            Table Tennis @ JCC</p>	<p>30 9:30am-10:30am            Walking @ Dipper            11:15am-11:45am            Exercise @ JCC            12:15pm-1:45pm  <b>Lunch* @ Hari Om Indian Cuisine</b>            7:00pm-8:00pm            Walk w/ a Doc @ Dipper</p>	<p>31 11:15am-11:45am            Exercise@ SSC            2:00pm-3:00pm  <b>Mid-Day Snack Stop @Dipper</b>            1:00pm-1:45pm            Aquacise* @ MSRC</p>	<p></p>

SSC=Santa Senior Center (101 E. Fifth Ave.), Dipper= Big Dipper Ice Arena (1920 Lathrop St.), MSRC=Mary Siah Recreation Center (803 14th Ave.), JCC= Joy Community Center (24 Margaret Ave.)

\*Activity requires a small fee