



# Fairbanks Senior Center News



1424 Moore Street,  
Fairbanks, AK 99701  
907-452-1735  
Fax 907-451-9974

<http://fairbanksseniorcenter.org> • [www.facebook.com/FairbanksSeniorCenter](http://www.facebook.com/FairbanksSeniorCenter)

NSCoA News

Center Hours: Monday-Friday 8:00 AM-4:30PM

August 2017

Dear Seniors,

First, I want to apologize for this month's edition being late. I wanted to be able to talk about our Open House we held on Saturday July 29<sup>th</sup>, and mention all the wonderful support from our community members. A huge hug to all the volunteers who donated their time in preparation that contributed to an outstanding day. The Fairbanks community constantly supports our efforts to make sure no senior goes hungry or without.

We had amazing food donated by: Alaska Cheesesteak Company; Alaska Salmon Bake; Big Daddy's; Bobby's Downtown; Brewster's; Friar Tucks; Frostbite Foods; Gallentinos; Gambardella's; KFC; Miguel's; Pikes Landing; Raven Landing; Stone Soup Kitchen; Taco King; The Cookie Jar; The Pump House; and The Turtle Club. Also, to help with our Meals on Wheels fundraising efforts, gift certificates were donated by DW Grill, and Double Eagle Restaurant, and a hotel stay provided by the Westmark. The variety of outstanding food created a smorgasbord of selections for a true taste of Fairbanks.

The Center was able to create an outside experience with a event tent donated by Alaska Dreams, Inc. and a large discount offered in support by Independent Rental for tents, tables and chairs. I have included a display of every logo from each of the names mentioned above. I do hope as you pay patronage to each of the establishments, you extend a huge thank you on behalf of the Senior Center.

I would also like to thank all the volunteers and musicians who provided a delightful experience of music and Hawaiian dancers. Our front yard was filled with smiling faces, sitting back and enjoying the lovely sounds of the many performers.

I truly thank each and every one for their support in this event. The positive feedback from the 170 visitors communicated to us that next year we will hold this celebration again.

On August 26<sup>th</sup>, we will have our annual meeting to communicate the direction the Senior Center is going this year and listen to all of our members as to how we can provide better services for the unique needs of our senior community. The meeting will start at 10:00am with a BBQ to celebrate our yearly accomplishments to begin at 11:30am. I look forward to seeing each of you there!

With a smile of great thanks!

Darlene Supplee  
Executive Director

# WHAT IS GOING ON AT THE CENTER

## Zumba Gold Seated Classes

**When:** Tuesdays @ 9:30–10:30

**Why:** Muscle strength / Increases Balance / Enhances flexibility / Improves mental awareness / Mood  
And so much more

**Where:** Fairbanks Senior Center

Call Adele at 388-1724 for more information

Cost \$5.00

Come see what all the fun is about!

## Monday Art Classes

1:00 pm to 3:00 pm

\*\*All supplies provided\*\*

**Aug 7th: "Bits & Pieces"** Karen Demeyer 987-0739

**Aug 14th: Painting with Peggy**– No Painting for the Summer - Peggy would like to thank those who participated in Painting and she will see you in the Fall!

**Aug 21st: Crochet & Knitting**- Joy - 978-4413

**Aug 28th: Zentangle** No Zentangle until further notice



## **YARD SALE!**

**August 18th & 19th- 8:30-2:00**

All proceeds go to the Meals on Wheels program and help to make sure no senior goes hungry.

Drop off gently used, donated items at the Center  
Monday–Friday 9:00 am-4:00 pm



## Better Breathers Club

Tuesday, August 22nd 1:30pm

### Disaster Preparedness

Speaker: Baird Stiefel with the FNSB Department of Emergency Operations

For more info contact Alyssa-907-891-7452



Are you age 55 or over and have a heart to give and some spare time to help others?  
If you would like to help seniors in your community overcome challenges with their daily activities so they can remain in their own home as long as possible...Then...YOU WOULD BE A GREAT COMPANION! Call Cheryl at (907) 452-2551 to get started.

## **We still have Farmers Market Coupons!**

Please bring your ID and come to the Senior Center to pick up your \$25.00 worth of coupons.

Must be 60 years or older and meet the income requirements.

Call 452-1735 for more info



Program based on the national Village to Village model

### **Want to become a member?**

For membership or more info contact  
907-799-4026

or email [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)

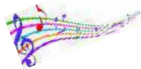
Membership includes one-call-access to short-term volunteer services including rides to appointments, minor household tasks, help with yard or gardening tasks, and other similar types of assistance.

## **Is your Membership about to expire?** **Make sure to check your label on your newsletter.**

**If you see three asterisks \*\*\***  
**Please make sure to renew your membership ASAP**

**Please contact Laura at 452-2562 for more info**

# EVENTS AROUND TOWN



## Music In the Garden

Georgeson Botanical Gardens-UAF  
Thursdays 7:00 pm

Concerts in August:

**August 3rd** – Fairbanks Community Jazz Band

**August 10** – ET Barnette String Band

Contact 474-7021 for more info



**August 11-20, 2017**

20 sports with more than 60 events!

- |                 |               |
|-----------------|---------------|
| Archery         | Mini Golf     |
| Basketball      | Pickleball    |
| Bocce           | Racquetball   |
| Bowling         | Road Races    |
| Cycling         | Swimming      |
| Disc Golf       | Table Tennis  |
| Golf            | Tennis        |
| Horseshoes      | Track & Field |
| Ice Hockey      | Trap Shooting |
| Indoor Shooting | Triathlon     |

For more info: <https://www.alaskaisg.org/>



## Tanana Valley State Fair

August 4-13th

452-3750

**Friday, Aug 4-** Mining Day,  
Marty Brown in concert @7:30 pm

**Saturday Aug 5-** Rodeo 5:00 PM

**Sunday Aug 6-** AK Heritage Day,  
Rodeo 1:00 pm

**Monday Aug 7-** Kid's Day,  
Vocal Trash @7 pm

**Tuesday Aug 8-** UAF Day, Vocal Trash @7 pm

**Wednesday Aug 9-** Senior Day

**Thursday Aug 10-** Food Bank Canned Food Day

**Friday Aug 11-** Military Appreciation Day

**Sunday Aug 13-** Multicultural Day



## FABULOUS '50S / SENSATIONAL '60S

ROCK 'N ROLL OLDIES DANCE

PIONEER PARK DANCE CENTER

FRIDAY, AUGUST 18TH @ 7:00-10:00PM

\$5 MEMBERS, STUDENTS & MILITARY

\$6 GENERAL PUBLIC

Come celebrate the 2017 International Senior Games with our '50's and '60's throwback dance.

Wear your best '50's or '60's outfit and get ready to get your groove on with tunes from Elvis to Aretha. No experience or partner necessary. Please bring clean, non-marking shoes.

## Fairbanks Park & Recreation Events

- ◆ August 9th- Senior Day Luncheon @ Tanana Valley Fair
- ◆ August 16- 8:30—10:00 Breakfast Club @ Bridgewater Hotel
- ◆ August 23rd—11:00-12:15 Farmer's Market (don't forget your coupons to redeem)

For free Rides, you must be registered with Van Tran and let them know this is for the Parks & Rec.



## Fairbanks North Star Borough Seniors

Is it getting more difficult to keep up with your daily activities, such as going up and down stairs, preparing meals, household chores, personal care needs or would you just like some company throughout the day?

The Senior Companion Program offers free services to help meet these needs.

Contact Cheryl LaFollette (907) 452-2551



### Fairbanks Senior Center

# ANNUAL MEETING & LUNCH

## Saturday, August 26, 2017



Meeting begins at 10:30 a.m.  
Lunch at 12:00 p.m.  
Bring your appetite!



**MAKE SURE YOUR MEMBERSHIP DUES ARE PAID 25 DAYS BEFORE THE ANNUAL MEETING OR YOU WILL BE UNABLE TO VOTE!!!**

Transportation will be available  
Space is limited so call 452-1735 to reserve a ride

1424 Moore Street  
Fairbanks, AK 99701  
907-452-1735

A great big thank you to all the local restaurants donations for the Open House &

# A Taste of Fairbanks



# August 2017 Senior Center Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CONGREGATE MEALS SERVED FROM 11:30 to 12:30 M-F</b>		1 Broccoli & Cheese Bake	2 Meatloaf	3 Enchiladas	4 Tuna Casserole	5 <b>Seniors (60 &amp; over) \$5.00 suggested donation</b>
<b>**EACH MEAL SERVED WITH SOUP OR SALAD &amp; BREAD</b>	7 Chicken Pot Pie	8 Roasted Turkey	9 Pizza	10 Honey Crusted Chicken	11 Biscuits & Gravy	12 <b>Non-Seniors (Under 60) \$9.00</b>
13	14 White Chicken Chili	15 Goulash	16 Shepherds Pie	17 Basil Cream Chicken	18 Fish	19
20	21 Beef Stroganoff	22 Baked Chicken	23 Pork w/ French Applesauce	24 Beef Stew	25 Mac N Cheese	26
27	28 Chicken Mushroom Fricassee	29 Breakfast Bake	30 Hamburgers	31 Lasagna	1 Breaded Fish	2



# Senior Center August 2017 Activities Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Bridge Club 6:30-10:30	2 Strong Seniors 9:30-10:30 Bridge Club 1-4:30p	3 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Bridge Club 6:30-10:30	4 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15	5
6	7 Strong Women 9-10am Bits & Pieces 1:00 55+ Senior Yoga 3-4:15	8 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Bridge Club 6:30-10:30	9 Strong Seniors 9:30-10:30 Bridge Club 1-4:30p	10 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Bridge Club 6:30-10:30	11 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15	12
13	14 Strong Women 9-10am 55+ Senior Yoga 3-4:15	15 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Bridge Club 6:30-10:30	16 Strong Seniors 9:30-10:30 Bridge Club 1-4:30p	17 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p NSCoA BRD Mtg 5:30 Bridge Club 6:30-10:30	18 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15	19
20	21 Strong Women 9-10am Crocheting & Knitting 1:00 55+ Senior Yoga 3-4:15	22 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Better Breathers 1:30 p Strong Women T-Group 2-3p Bridge Club 6:30-10:30	23 Strong Seniors 9:30-10:30 Bridge Club 1-4:30p	24 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p AARP Potluck 6p Bridge Club 6:30-10:30	25 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15 NSCoA Birthday Party	26
27	28 Strong Women 9-10am 55+ Senior Yoga 3-4:15	29 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Bridge Club 6:30-10:30	30 Strong Seniors 9:30-10:30 Bridge Club 1-4:30p	31 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Bridge Club 6:30-10:30	1 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15	2

August 2017 Sudoku Puzzle (#242)

1	3	7		5				
5		8		3		2		
			6					8
		5	7			8		
	7					6		2
6				4			9	3
				8				6
8			9					
			5	7	2			4

July 2017 Sudoku Puzzle Answer (#241)

9	6	3	1	2	5	7	4	8
7	4	2	3	6	8	9	1	5
5	8	1	4	7	9	2	3	6
8	3	6	5	4	2	1	7	9
1	9	5	7	3	6	8	2	4
2	7	4	8	9	1	5	6	3
3	1	9	6	5	7	4	8	2
6	2	7	9	8	4	3	5	1
4	5	8	2	1	3	6	9	7



## August Word Search



U	K	P	B	Y	N	L	A	V	I	N	R	A	C	H
C	K	P	W	W	D	C	O	Q	F	S	E	D	I	R
D	M	U	S	R	H	N	T	Q	H	O	R	S	E	S
R	G	U	G	K	I	N	A	P	A	G	U	E	C	K
U	U	F	Y	E	Z	B	F	C	Y	A	A	Y	V	L
U	S	E	K	A	C	L	E	N	N	U	F	M	Q	Z
S	T	B	Y	J	R	G	Y	A	Q	O	U	F	E	M
E	F	E	K	H	I	N	T	W	O	F	T	L	O	S
G	A	L	I	V	E	S	T	O	C	K	M	T	C	P
D	I	F	R	E	B	S	O	Q	R	O	D	E	O	R
U	R	F	Q	B	X	Y	A	W	D	I	M	J	S	C
J	N	A	C	Q	C	O	R	N	D	O	G	S	X	T
X	P	R	Q	G	J	Q	S	T	E	K	C	I	T	S
N	W	A	S	W	T	P	Z	F	H	R	G	Q	K	Y
V	C	V	E	G	E	T	A	B	L	E	S	P	A	B

CARNIVAL  
CORNDOGS  
COTTONCANDY  
FAIR  
FUNNELCAKES

GAMES  
HORSES  
JUDGES  
LIVESTOCK  
MIDWAY

RAFFLE  
RIDES  
RODEO  
TICKETS  
VEGETABLES

# ANNOUNCEMENTS

## WISH LIST

### IT/Computer Dept. -

- Microsoft Office programs for the library computers that were donated by Holland America

### Meals on Wheels:

- Always in need of awesome volunteer drivers willing to donate 1 1/2 hours - 2 hours of their time to do a route.
- Volunteers to help with cutting, chopping, & prep of food

### Building:

- Hot & Cold Water Cooler for multi-purpose space



**SENIOR ACCESS PROGRAM**  
CURRENTLY SERVING FAIRBANKS NORTH STAR BOROUGH

The Senior Access Program is funded through a grant from AHFC and is designed to provide access modifications to homes of elders (55 years and older). Limit of \$15,000 per household of grant work done to their house.

### Eligible applicants must meet the following:

- Age: 55 years or older
- At or below 100% of the area median income
- Must not owe child support money
- Home must be principal residence of the eligible
- Property: No Outstanding Notice of Default or Notice of Sale filed
- Provide all information required in application
- Completely fill out and sign application

Please contact the Interior Regional Housing Authority for more info:  
(907) 452-8315

## Reward

For Cane with Black Handle & white ribbon attached / chrome Engraved with the name "Peggy Birkenbuel"

Please contact Peggy @ 460-7071 for details on reward or return to the Senior Center.

Winner of 5 meal tickets is:

**JOY COPELAND**

You can be a winner too! For a donation of \$20.00 you get four lunch tickets and one extra and your tickets are entered in the drawing!

## SUGGESTIONS!

Do you have something you would like to see in the newsletter?

We welcome your suggestions for articles, letters, news, cartoons, artwork, poetry and, especially, your photographs. The deadline for submissions is the 15th of the month prior to the publication month.

## Thank You for going GREEN!

This is a cost savings of paper, printing, and mailing costs.

Join the movement of going green by emailing

[nscoa.newsletter@alaska.net](mailto:nscoa.newsletter@alaska.net)

Please put in the subject line:

"Subscription"



August Gemstone:  
Peridot



August Flower:  
Gladiolus



Fairbanks Senior Center	Membership List		
<b><u>Board of Directors</u></b>	Glen & Mary Abel	Linda Harding	Paul & Mary Beth Perreault
Pat Ivey	Mary Ann B. Adams	Merritt Hefferich &	Darlene Peterson
Natalie Gaskins	Kristina Ahlnas	April Crosby	Claudia Piatt
Ron Woolf	Don & Pat Atchison	Hope Helms	Wynola Possenti
Mary Abel	Marty Ault	Vida Helms	Sara Ramos
Dick Farris	Nancy Bachner	David & Marilyn Henry	Gloria Rasley
Dorothy Bradshaw	Karen Baker	Kay Hinckley	Lucille Reese
Nelson Traverso	Mary Ellen Baker	Susan Hobson	Frank & Ida Rhines
Karen Wood	Lona Baurick	Carl & Alice Hoffman	Jacqueline Richardson
Don Swarner	Faye Becker	Patricia Ivey	Marilyn Richardson
<b><u>Administration</u></b>	Don & Maria Billings	Irene Jacobson	Pat Roberts
Darlene Supplee	Peggy Birkenbuel	Cindy Jeffries	Terry & Stuart Roberts
Laurie Robinson	Edward Bobo	Fred & Bonnie Johnson	Violet Robinson
Bob Galloway	Hollis Bottles	Judy Johnson	Michele Rosser
Laura Saunders	Bernice Boykin	Lynn Johnson	Cheris & Michael Rotter
Rebecca Erickson	Dorothy Bradshaw	Margie Johnson	Susan Royston
Cheryl LaFollette	Pam Brandt	Virginia Kawasaki	Marilyn Russell
<b><u>Nutrition/Transportation</u></b>	Ellen Brown	Larry & Ruth Knapman	William Sanderson &
Chris Mittelstadt	Constance Burnette &	Lois Kincaid	Chyra Sanderson
Don Harvell	Ed Towler	Cheryl LaFollette	Philip & Helen Schulz
Sylvia Thruston	Staci & Lawrence Butler	Julie & Kelvin Lageson	Christine Schut
Iliamna O'Malley	Sharon Camarata	Barbara Lando	Judy See
Alonzo Rivers	Carol Canter Moore	Josie Leyva	Patricia Silverton
Lita Cristallo	Rose Cope	Ruth L'hommedieu	Marie Simmons
Beth Joseph	Tiffany Corrigan	Susan Lindholm	Linda Parker Smith
Jeffrey Kelly	Shirley Daniel	Gerald & Geraldine Lizotte	Tonia Smith
<b><u>MASST</u></b>	Karen DeMeyer	Gertrud Lopez	Jerry Stevens
Catherine Brantley	Linda Denton	Teri Lorkowski	Carole Stevenson
Deborah Sandifer-Buksoontorn	Dave & Nancy Dobberpuhl	Craig & Kathi Loudon	Judy Stoop
Mike Kapec	Brenda Dow	Suzi Lozo	Nancy Stover
<b><u>Meals On Wheels Drivers</u></b>	Howard Dresser	Mike & Ann McCann	Jo & Don Swarner
Tom Alton	Virgie Dunlap-King	D.A. McGilvary	Joan Talvi
Glen & Mary Abel	Gisela M Dykema	Sarah McGowan &	Roy Tansy
Virgil Severns	Karen Eddy	Dick Flaharty	Mike & Patricia Thurman
Madeline Nance	Lamie Ellsworth	Rita McGrath	Nelson Traverso
Charles & Donna Lincoln	Joyce Erickson	Pat Mack	Bettie Upright
Walter Hoover	Joan Fairchild	Mary Mathews	Diega Vaughn
Maya Bowers & Michael	Dick Farris	Neal Matson	Kathy Vaupel &
Jennifer Lynch	Pat and Sig Fink	Linda Menke	Suzanne Summerville
Ed Murphy	Diane C. Fleeks	Diane Miller	Pearl Watson
Alyssa Dillard	Marilyn Fleming	Van Mitchell	Marilyn Wenzlick
<b><u>Monthly Volunteers</u></b>	Sandra Fleming	Winifred Moore	Ellen Whitcher
Ken West, Kaethe Foertsch, Linda Denton,	Kaethe Foertsch	David Muller	Jan White
Strong Seniors, Strong Women, Dick Farris,	Fran Fuller	Ed & Gretchen Murphy	Gerald & Janice Whitton
Jerry and Geraldine Lizotte	Bob Galloway	Patricia Myers	Rosita Wilburn
<b><u>Companions Inc. Volunteers</u></b>	Natalie Gaskins	Madeline C. Nance	Edith Williams
Gretchen Murphy & "Buddy"	Sandra Gill	Mary Ann Nickles	Robert & Robin Wilson
Jean McDermott & "Ole"	Jane Gorsuch	Marilyn Nigro	Milt & Flora Wiltse
Nathan Collin & "Yukon" & "Eric"	Jerry Gottbe	Sharon Nowicki	Karen Wood
Donna Wojciechowski & "Yogi"	Agnes Govednik	Shirley O'Connor	
Jamie Marchner & "Dancer"	Louise Gry	Lucille & Cynthia Oligney	
	Hollis & Darleen Hall	Joyce Outten	
	Margaret Hall	Linda Parker-Smith	
	Jack Halsey	Elisabeth C. Paulson	
	Richard Hansen	Merrie Penick	

**North Star Council on Aging  
Fairbanks Senior Center  
1424 Moore St.  
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**Return service requested**



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Facebook: [www.facebook.com/FairbanksSeniorCenter](http://www.facebook.com/FairbanksSeniorCenter)

*It takes a long time to become young.*  
**Pablo Picasso**

Every flower is a soul blossoming in nature.  
~Gerard De Nerval~

